Global Perspectives in Nursing:

'Lessons from Sri Lanka for Australian Practice'

COLOMBO | SIGIRIYA | KANDY | NUWARA ELIYA | YALA | GALLE

22nd January to 2nd February 2028

Sri Lanka

CPD hours: 32

EDUCATION *at* SEA

NURSES FOR NURSES NETWORK

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BOOK NOW!

STUDY TOUR SYNOPSIS:

Join us for an immersive educational study tour exploring one of the world's most successful resource-efficient healthcare systems. Despite limited resources, Sri Lanka has achieved impressive health outcomes through strong public health programs, community-based care and innovative models of service delivery.

Throughout this unique learning experience, participants will explore the Sri Lankan healthcare system through expert presentations, healthcare facility visits and rich cultural experiences. The program examines how culture, history, economics and community values shape health outcomes while encouraging nurses to reflect on their own professional practice.

Topics include universal healthcare, public health, healthy ageing, infectious diseases, mental health, disaster preparedness, traditional and contemporary healthcare, cultural safety, nursing leadership and innovation in resource-limited environments.

Designed for nurses from all clinical specialties, this study tour offers practical insights that can strengthen clinical practice, cultural responsiveness, leadership and person-centred care back home in Australia

LEARNING OUTCOMES:

- Compare key features of the Sri Lankan and Australian healthcare systems and evaluate how different models of care influence health outcomes.
- Examine the influence of culture, spirituality, community values and the social determinants of health on nursing practice and person-centred care.
- Evaluate innovative approaches to public health, healthy ageing, infectious disease management, mental health and disaster preparedness that may inform Australian healthcare practice.
- Reflect on the knowledge and experiences gained during the study tour to strengthen cultural responsiveness, clinical leadership and professional practice within Australian healthcare settings.

YOU WILL ALSO LEARN:

- Structure of the Sri Lankan health system and the role of Nursing in both health service planning and delivery
- Workforce challenges
- Maternal and child health achievements
- Health indicators compared with Australia
- Tropical and Emerging Infectious Diseases
- Cultural Safety and Caring Across Cultures
- Traditional Healing and Integrative Health Sri Lanka has a rich tradition of Ayurvedic medicine
- Healthy Ageing and Community Care Sri Lanka, like Australia, is experiencing population ageing.
- Mental Health, Wellbeing and Community Resilience
- Public Health Success Stories from Sri Lanka and what we can learn.
- Disaster Preparedness and Community Recovery -Sri Lanka's experience with the 2004 tsunami provides valuable lessons.

INCLUSIONS:

- Accommodation with Breakfast
- Transportation by air-conditioned vehicle as per the itinerary
- English-Speaking Chauffeur Guide
- High Tea at Grand Hotel
- Hiriwaduna Village Walk with Lunch
- All meals mentioned in the itinerary
- Entrance fees to Sigiriya Rock Fortress entrance, Spice Garden, Polonnaruwa, Minneriya Safari, Peradeniya Botanical Garden, Kandy Temple, Cultural Show, Visit to A Tea Plantation (Nuwara Eliya), Victoria Garden, Yala National Park, Tissamaharama Raja Maha Vihara, Foundation of Goodness, Tsunami Museum.

Program Inclusions:

- An program based on current best practice
- Dedicated Space for expert presentations and reflection
- Education content that meets the same exacting standards as anything offered in an Australian program
- Presenters that are excited to be able to share their skill, knowledge, and passion with Attendees
- A Registration Reception where you can meet other attendees and network with convenors and presenters
- A Welcome pack and additional information to support a fantastic study tour experience
- A Certificate of Completion identifying the CPD hours attached to the Program for you to include in your CPD Evidence Portfolio

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CLINICAL LEAD

SUE WALKER

RN, BN, BN (ADMIN), MPHC, MACN, Specialist Nurse Educator

Sue is an Australian nurse educator, conference director and CPD specialist with extensive experience in clinical practice, leadership, education and public health. She is the Director and Co-Founder of Nurses for Nurses and a key contributor to Nursing CPD, where she helps deliver evidence-based education and professional development programs for nurses and midwives across Australia and internationally.

Sue holds qualifications in nursing, health administration and public health, along with postgraduate studies in gerontology, psychiatry of ageing, chemotherapy administration and training and assessment. Her career has included frontline nursing, senior management and education leadership.

At the heart of her work is a simple belief: nurses and midwives are not just the backbone of healthcare, they are critical decision-makers whose knowledge, judgement and advocacy directly influence patient outcomes and system safety. Sue's goal is to ensure nurses and midwives are supported and professionally empowered to meet the growing complexity of modern healthcare while sustaining long, fulfilling careers.

22nd January to 2nd February 2028

INTINERARY

DAY 1:
22nd January 2028

COLOMBO

Inclusions:
Drinks reception

Welcome to Sri Lanka!

Upon arrival, delegates will check in to the beautiful Cinnamon Grand Colombo. Take a moment to unwind with a cocktail by the hotel's pool or in one of its inviting bar spaces as you settle into the vibrant energy of Colombo and begin this inspiring journey together.

Evening: 5pm to 6pm

We invite you to join us for a welcome registration and a one-hour drinks reception — a relaxed opportunity to meet your fellow attendees, connect with colleagues, and ease into the start of your Sri Lankan nursing study tour.

DAY 2:
23rd January 2028

COLOMBO – SIGIRIYA

Inclusions:
Breakfast & Lunch

CPD Hours:
- 4 Hours Face to Face

7am to 8am: Breakfast

9am to 12pm: National Hospital Colombo

The National Hospital of Sri Lanka is the country's largest tertiary-care teaching hospital and the main referral hospital for complex and specialized medical services. Located in Colombo, it provides extensive exposure to advanced clinical nursing practice, multidisciplinary healthcare delivery, patient safety initiatives, critical care, and nursing education within a large public healthcare setting. It is an ideal site for professional and educational visits focused on nursing leadership, clinical excellence, and healthcare system management.

- Meeting with nursing administrators and nurse educators.
- Guided tour (subject to hospital approval).
- Case-study discussions and knowledge-sharing sessions.
- Q&A with nursing staff and educators.

12.30pm to 2pm: Lunch & Discussion with Ms. Pushpa Ramyani Zoysa

We are honoured to be having lunch and open discussion with Ms. Pushpa Ramyani Zoysa, one of Sri Lanka's most respected nursing professionals and often referred to as the country's "Nightingale."

DAY 2:
Continued...

2pm to 5pm: Colombo City Tour

Here, skyscrapers rise above historic colonial-era districts near the port, yet this modern metropolis never loses its old-world charm. Visit the famous Pettah Bazaar and explore its bustling streets filled with local traders and colourful markets. Make a brief stop at the iconic Red Mosque (Jami Ul-Alfar Mosque) — a striking landmark known for its unique red-and-white patterned façade and intricate architecture that dominates the Pettah skyline. Continue to the Gangaramaya Temple, one of Colombo's most important Buddhist temples, blending modern architecture with cultural heritage and housing an impressive collection of statues and relics.

Evening: Explore at your own leisure, dinner at own expense

Day 3:
24th January 2028

COLOMBO – DAMBULLA

Inclusions:
Breakfast, Lunch & Dinner

CPD Hours:
- 4 Via the Online Library

7am to 8am: Breakfast

8.30am: Transfer to Dambulla

Self-directed learning via the online library:
- Full program coming soon

12.30pm to 1pm: Hela Bojun

Upon arriving in Dambulla, visit Hela Bojun to enjoy a quick snack lunch — a delightful local food stall run by Sri Lankan women serving authentic homemade dishes. Enjoy traditional bites like hoppers, roti, and sweetmeats freshly prepared with local ingredients. It's a simple yet heartwarming stop that offers a true taste of Sri Lankan village flavors.

1.15pm to 3pm: Dambulla cave temple

In the city of Dambulla lies a hub which has been treasured by many kings since the 1st century B.C. Today, an icon in the face of Sri Lanka, Dambulla Rock Temple houses some of the most unique drawings in magnificently constructed 5 cave temples flanking the golden temple of Dambulla. Observe how exquisitely cave paintings are done along walls that shelter 150 statues of Lord Buddha. As you enter the retreat, look straight up to the gigantic Buddha statue glittering in gold over a land, which today houses an important junction in the country's economic and cultural uplifting.

7pm: Dinner at our hotel

Day 4:
25th January 2028

DAMBULLA – POLONNARUWA – DAMBULLA

Inclusions: Breakfast, Lunch & Dinner

7am to 7.30am: Breakfast

9.30am to 12pm: Polonnaruwa City Tour

Rising with the decline of Anuradhapura, the city of Polonnaruwa — the medieval capital and crown jewel of King Parakramabahu I — remains a remarkable testament to ancient culture and heritage blended with religious beliefs.

Day 4:
Continued...

Walk across its scattered walls within this World Heritage Site, blessed with stupas, reclining Buddha statues, irrigation canals, and intricately carved Hindu sculptures, while observing the relic house, Watadage, renowned for its beautiful stone carvings.

Take a closer glance and you will notice a subtle Hindu influence in the architecture and statues found throughout Polonnaruwa.

Or sit beside Gal Viharaya and admire the absolute beauty radiating from every curve of its magnificent Buddhist statues. The Nissankamalla Council Chamber is, however, a breathtaking sight to simply sit back and observe, with its swaying pillars reflecting the aesthetics of a powerful kingdom that rests beside Parakrama Samudraya — the Sea of Parakramabahu and a masterpiece of ancient irrigation.

1pm to 3pm: Hiriwaduna.

Experience the charm of rural Sri Lankan life with a memorable trek through the picturesque village of Hiriwadunna. Begin with a leisurely walk along scenic village paths surrounded by lush greenery, paddy fields, and tranquil lakes. Enjoy a traditional catamaran ride across the village reservoir and observe the daily activities of local farmers and villagers.

This authentic cultural experience offers a unique insight into Sri Lanka's countryside, traditions, and way of life. Along the way, you will have the opportunity to interact with local residents and learn about their customs and agricultural practices.

The excursion concludes with a delicious homemade Sri Lankan lunch prepared using fresh local ingredients, giving you a true taste of traditional village cuisine.

3.30pm to 5.30pm: It's Safari Time!!! Minneriya National Park

Minneriya National Park is a renowned wildlife sanctuary famed for its annual "Gathering" of elephants. During the dry season, hundreds of wild elephants migrate to the Minneriya Tank, creating one of the most spectacular wildlife events in Asia. Beyond elephants, the park is also home to leopards, sloth bears, and a rich variety of birdlife. A jeep safari through Minneriya offers visitors an unforgettable experience, combining breathtaking scenery with the thrill of observing wildlife in their natural habitat.

7.30pm to 8.30pm: Dinner at our hotel

Day 5:

26th January 2028

SIGIRIYA – MATALE – KANDY

Inclusions: Breakfast & Dinner

CPD Hours:

- 1 Hour Face to Face
- 3 Via the Online Library

7am to 8am: Breakfast

8am to 8.30am: Transfer to Sigiriya Rock

8.30am to 11.30am: Sigiriya Rock Fortress

The 5th century rock citadel of King Kasyapa and World Heritage Site – Sigiriya – doesn't only boasts of ancient Sri Lankan engineering & urban planning supremacy but also acclaims to be one of the finest monuments of art & culture. Step through the gigantic 'Lion Paws' – overlooking the symmetrical royal gardens below – to comprehend the absolute splendour that once dominated this rock fortress. Surrounded by ramparts & moats the Lion Rock – resembling the mythological 'City of Gods' – is coated by frescoes that relate to Gupta style paintings found in Ajanta caves of India. Walk in the shade of an eminent 'mirror wall' embracing the Western face of Sigiriya representing an artistic hundred meters laminated with graffiti.

Wander into the well-fabricated museum downstairs for an epic journey of yesteryears to realize how the citadel floated above citizens with the castle, ponds and irrigation systems that pumped water right onto its summit with an ingenious hydraulic system describing a colossal masterpiece of the great king which remained a wonder in Asia for centuries.

1pm to 2pm: Lunch at own expense

2pm to 3pm: Matale Spice Garden

An agricultural zone in the Central Province, Matale seldom drops off the maps due to its remarkable contribution through flagship crops of the island extending from tea, rubber & vegetables to spices. Spearheading the Rebellion back in 1848, Matale today takes immense pride in its story woven around spices. Stop by the side of a spice garden – into which you will be most welcome – and observe the therapeutic values of spices & processes over a refreshing cup of herbal tea! Or spend some time idling on the hardened streets if you mean a real town adventure filled with voices and colours.

Self directed via the online library:

- Full program coming soon

5pm to 6pm: Cultural Show

Enjoy witnessing cultural show featuring traditional Kandyan dance and drumming. Stroll through the lively streets, past the Kandy City Centre, bustling markets, and charming colonial landmarks that reflect the city's rich heritage.

6pm to 7.30pm: Kandy Temple

Temple of the Sacred Tooth Relic, one of Sri Lanka's most revered Buddhist shrines, where the evening rituals create a serene spiritual atmosphere.

8.30pm to 9.30pm: Dinner at our hotel

Day 6:

27th January 2028

KANDY

Inclusions: Breakfast, Lunch & Dinner

CPD hours:

- 4 Hours Face to Face

7am to 8am: Breakfast

Half day conference:

8.30am to 10.30am:

- Full program coming soon

10.30am: Break

11am to 1pm:

- Full program coming soon

1pm to 2pm: Lunch

2pm: Enjoy a free afternoon at your own leisure

7pm to 8pm: Dinner

Day 7:
28th January 2028

Kandy – Nuwara Eliya

Inclusions: Breakfast & High Tea

8am to 9am: Breakfast

10am: Transfer to Nuwara Eliya

3pm to 5pm: High Tea at the Grand Hotel.

We will enjoy High Tea at the Grand Hotel, taking in its historic charm and beautiful surroundings as we relax and unwind together.

Evening: Explore at your own leisure, dinner at own expense

Day 8:

29th January 2028

NUWARA ELIYA – TEA PLANTATION – YALA – TISSAMAHARAMA

Inclusions: Breakfast & Dinner

CPD Hours:

- 1 Face to Face
- 3 Via the Online Library

7am to 8am: Breakfast

8.30am to 9.30am: Tea plantation

Sri Lanka, Tea and Tourism are words which cannot be separated. Take a tour to the cold & misty hills that take pride of an ultimate tea tour, covering lush green blankets of tea plantations. Or just step into a tea factory processing the prestigious brand of Ceylon Tea, to observe a rich tradition kept alive up to date.

As you observe the hissing and swishing of machines, inhaling the heavenly scent arising from these facilities, make sure to end your day in style over a perfectly blended cup of pure Ceylon Tea.

Day 8:
Continued...

10am to 11am: Nuwara Eliya city tour

Misty steep roads, twisting through lush green blankets of tea bushes in a cool climate, remind visitors that they are within the range of the renowned British colonial retreat, Nuwara Eliya. Augmented by an English countryside atmosphere, the city of light – once governed by English & Scottish planters – is still studded with colonial bungalows, hedgerows & one of the finest 18-hole golf courses in the world. A hike through the green grass and red-brick walls should present breathtaking views of a buzzing countryside hamlet. Drive through green valleys of the hill country pierced by endless waterfalls & dotted by tea plucker's draped in bright-coloured saris.

Self-directed learning via the online library:

- Full program coming soon

4pm to 5pm: Buduruwagala Temple

The Buduruwagala Temple is an ancient 10th-century Mahayana Buddhist rock hermitage. It features seven colossal figures carved into a cliff face, highlighted by a towering 51-foot standing Buddha statue—the tallest of its kind in the country.

8pm to 9pm: Dinner

Day 9:
30th January 2028

YALA – GALLE

Inclusions: Breakfast & Lunch

CPD Hours:

- 3 Face to Face

6am to 9am: It's Safari Time! Yala National Park

Spreading into a vast 1259 Km2 Yala – with its glory spinning around vast grasslands, shrubs, tanks and dunes – rightfully is the heartland of wildlife in Sri Lanka. As your jeep rumble through the giant gates of Yala, you are not only stepping into the most visited national park in the country, but also the lands of a civilization which thrived during the reign of Sri Lankan kings. You name it, and Yala has it! Its usual inmates cover herds of elephant, sloth bear, spotted dear, jackal, extensively populated birdlife as well as the highest density of leopards in the world that garnish the park to be one of the finest destinations in the country. Feel the rough track as your jeep thunders over rocks and swish passing narrow bends for an exhilarating experience blended with the cries of wilderness under the tropical sun.

9.30am to 10.30am: Breakfast

11am: Transfer to Galle with stop off at Tissamaharama Temple

We will set off on a scenic drive to Galle Straddling a beautiful bay, Galle is a multicultural city with a rich colonial heritage from the Portuguese, Dutch and British.

Day 9:
Continued...

En route make a quick visit to the Tissamaharama Raja Maha Vihara (Approx 45mins drive from Yala, 1hr Excursion time), the main pagoda in Tissa, revered as one of the oldest and most sacred Buddhist temples in the region. Its towering white stupa and tranquil surroundings offer a glimpse of the area's rich spiritual heritage.

1.30pm to 4.30pm: Karapitiya Teaching Hospital

This is the largest tertiary-care teaching hospital in Southern Sri Lanka and a major center for clinical training, nursing education, and specialist healthcare services. The hospital serves as a teaching institution for the University of Ruhuna and provides training opportunities for nursing students and allied health professionals. It offers exposure to medical-surgical nursing, critical care, emergency nursing, oncology, cardiology, paediatrics, infection control, and multidisciplinary patient care. The hospital is one of the country's leading referral centers and is well suited for international nursing study visits and professional exchange programs.

Evening: At your own leisure, dinner on own expense

Day 10:
31st January 2028

GALLE

Inclusions: Breakfast & Lunch

CPD Hours:
- 4 Face to Face

8.30am to 10.30am: Sessions include:
- Full program coming soon

10.30am: Break

11am to 1pm: Sessions include:
- Full program coming soon

1pm to 2pm: Lunch

Afternoon: Free afternoon to explore at your own leisure (Dinner at own expense)

Day 11:
1st February 2028

GALLE – HIKKADUWA – COLOMBO

Inclusions: Breakfast & Farewell Drinks

CPD Hours:

- 3 Face to Face
- 2 Via the Online Library

8am to 9am: Breakfast

9.30am to 11.30: Foundation of Goodness

Visit the Foundation of Goodness to learn about Sri Lanka's Women's Empowerment Programmes and explore how community-based initiatives contribute to health, wellbeing, and social outcomes. These programmes support rural women through skills development in areas such as dressmaking, beeralu lace weaving, cookery, and small-business opportunities.

For nurses, this visit provides a unique opportunity to consider the broader social, economic, and cultural factors that influence health outcomes and shape access to care.

Through engagement with participants and their stories, we will reflect on:

- how social connection, education, and economic empowerment influence individual and community health outcomes
- the relationship between wellbeing, resilience, and access to healthcare services
- barriers rural communities face in accessing health support and how these challenges compare across different healthcare systems
- the importance of holistic, person-centred care beyond the clinical setting
- the role nurses play in health advocacy, prevention, education, and addressing social determinants of health

This experience offers valuable insight into the wider factors that influence health and highlights the importance of culturally responsive, equitable, and community-informed nursing practice.

12pm to 1pm: Tsunami museum

Tsunami Museum to learn about the 2004 tsunami and its profound impact on coastal communities in Sri Lanka. The exhibits and personal stories offer a moving insight into resilience, recovery, and remembrance.

Self-directed via the online library:

- Full program coming soon

5pm to 6pm: Farewell drinks reception

Day 12:
2nd February 2028

COLOMBO

Inclusions: Breakfast

We say our final goodbyes – Safe Travels

EXCLUSIONS:

- Flights to and from Sri Lanka
- Meals & Drinks not mentioned in the itinerary
- Arrival & departure transfers to and from airport
- Gratuities
- Travel insurance
- Visa: https://eta.gov.lk/slvisa/

COST:

Twin Share:	$4995 per person
Single Supplement for solo travellers:	$1650 per person

A non-refundable deposit of $600 per person is due at time of booking with the final balance payable by the **2nd November 2027.**

International Flights & Travel Insurance:

We are happy to provide airfare and travel insurance quotes upon request for any travel needs.
There is no obligation.

Booking your airfare and travel insurance with Travel Direct Australia/Education At Sea provides the convenience of having all your travel plans organized under one roof. This also comes with the advantage of having all your associated travel costs on a single statement of account.

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