



The Li River and mountains of Guilin Province

Physiotherapy and Rehabilitation in China

2 - 14 November 2026

**“Thank you for the wonderful tour. We had a
brilliant time - it’s a memorable experience.”**

Paul Myers, Medicine in China, April 2025



Level 4
ACTIVE





The Great Wall at sunset

This tour is designed to give participants a fascinating insight into China by looking at its history, its culture and its approach to therapy and rehabilitation. A superb cultural programme takes you well off the beaten track to offer an insider's view of China.

From imperial Beijing, travel by high-speed train to the Silk Road city of Xi'an. Fly to Guilin in spectacular Guangxi Province, a favourite of artists for centuries for its incredible karst landscape. Cruise on the Li River to the cobblestone town of Yangshuo, past jaw dropping scenery. The tour ends in the dynamic city of Shanghai, with its beautiful Art Deco heart.

This tour examines the rapid development of physiotherapy and rehabilitation in China and

how these incorporate Traditional Chinese Medicine (TCM). It looks at the challenges posed due to its rapid economic development and the legacy of the One Child Policy, as well as how Western Medicine and Traditional Chinese Medicine (TCM) are integrated in practice in China.

Experience the great cities of China and enjoy the stunning landscapes, cuisine, history and society of this extraordinary land.

THIS TOUR IS CLASSED AS:

Level 4 | Active



Longer and fuller days. Significant levels of walking, covering longer distances, requiring very good fitness and mobility.

Tour Leader

Professor Gillian Webb is an Australian physiotherapist with a career spanning more than five decades. She has been involved in physiotherapy education for most of those five decades.

Her research interests are in health professional education and particularly in clinical education, assessment of student learning and curriculum development. Her most recent work has been in educating physiotherapy students about the Sustainable Development Goals and Sustainability in health practice. She was the president of the International Society of Physiotherapy Educators for ten years. As a past chair and executive member of the World Physiotherapy Asia Western Pacific region, she works to assist member organisations to move the profession forward in their countries to improve the health outcomes of their communities.

She was awarded an Order of Australia (AM) in 2015 for significant service to community health in the field of physiotherapy and is an Honoured Member of the Australian Physiotherapy Association. Gillian has previously led successful study tours to Japan and Vietnam.

The tour has been created in consultation with previous tour leader, **Sheila Purves MBE**, who assisted with the professional visits and will be with the tour in Beijing.



National Guide

Zhang Zhong Jiu (known as John) has worked with Jon Baines since 1994, taking healthcare and cultural groups around China. Educated in Beijing and London and widely travelled, with familial links in Australia, John is extremely knowledgeable and popular with our groups for his ability to bring China's history and society to life with personal anecdotes.

Having led a wide variety of professional groups over so many years, Zhang's breadth of knowledge is second to none.

'Gillian has been wonderful – energetic, patient and full of fun!'

Fiona McKinnon, Physiotherapy in Japan, June 2025

'John has been an absolute joy to have as our guide.'

Sahar Boctor, Travelling Surgical Society in China, May 2025

Itinerary 2 - 14 November 2026

B = Breakfast **L** = Lunch **D** = Dinner

4 nights Beijing - 2 nights Xi'an - 1 night Guilin - 3 nights Yangshuo - 2 nights Shanghai



Day 1: Beijing (Mon, 2 Nov)

D

Pm: Arrive Beijing, China's mighty imperial city, and transfer to the hotel.

Talk: "China Perspectives on Physiotherapy."

Eve: Local dinner.

Day 2: Beijing (Tues, 3 Nov)

B D

Am: Drive out to visit the iconic Great Wall.

Pm: Visit the beautiful Summer Palace and a teahouse.

Eve: Traditional Peking Roast Duck dinner.

Day 3: Beijing (Wed, 4 Nov)

B D

Am: Visit the China National Rehabilitation Research Centre. Meet with physiotherapists, teaching staff and students. Visit the hydrotherapy and sports therapy departments.

Pm: Visit an NGO and specialist centre for children with special needs physiotherapy skills exchange with European and Chinese staff.

Day 4: Beijing (Thurs, 5 Nov)

B D

Am: Visit Tiananmen Square and the impressive Forbidden City, once barred to all but the royal inner circle.

Pm: Explore the traditional hutongs of Old Beijing.

Eve: Option to see the Beijing Acrobats.

Day 5: Beijing / Xi'an (Fri, 6 Nov)

B D

Am: Train to Xi'an, an ancient Silk Road hub and probably the first truly multicultural city in the world.

Pm: Visit the Traditional Chinese Medicine Hospital in Xi'an and learn of acupuncture, herbal medicine and massage. Visit Xi'an City Hospital Physiotherapy Department.

Eve: Join locals thronging the many restaurants and food stalls in the evening market in Xi'an's vibrant old Muslim quarter.

Day 6: Xi'an (Sat, 7 Nov)

B D

Am: Visit the necropolis of the Terracotta Warriors and explore this exceptional site from mid-morning to mid-afternoon.

Pm: In the late afternoon visit a tea house.

Eve: Option to see traditional, graceful Tang Dynasty Theatre.

Day 7: Xi'an / Guilin (Sun, 8 Nov)

B D

Am: Optional early morning visit to the local park to watch or take part in tai chi. Return for breakfast. Visit the old city wall and attend a calligraphy class.

Pm: Late afternoon flight to Guilin in Guangxi Province; long a favourite of Chinese artists because of its spectacularly dramatic landscapes. Transfer to the hotel.

Day 8: Guilin / Yangshuo (Mon, 9 Nov) B D

Am: Cruise along the beautiful Li River to the cobblestone town of Yangshuo.

Pm: At leisure.

Day 9: Yangshuo (Tues, 10 Nov) B L

Am: Visit the Mothers' and Children's Hospital and learn about water therapy and baby massage.

Pm: Optional Sichuan cuisine cooking class or at leisure.

Day 10: Yangshuo (Wed, 11 Nov) B D

Am: Travel through the countryside past farms, villages and visit the Blind People's Massage Centre, where you can enjoy a foot massage.

Eve: Option to see a spectacular *son et lumière* show, set on the river with mountains as backdrop.

Day 11: Yangshuo / Shanghai B D
(Thurs, 12 Nov)

Am: Fly from Guilin to Shanghai.

Pm: Explore Shanghai with its spectacular skyline and fabulous Art Deco heart, visiting the French Concession, Tian Zi Fang and the Bund.

Day 12: Shanghai (Fri, 13 Nov) B D

Am: Visit a community based rehabilitation centre with a focus on elderly care.

Pm: Visit the excellent Shanghai Museum.

Eve: Farewell dinner.

Day 13: Shanghai (Sat 14, Nov) B

Am: Depart hotel after breakfast.

All itineraries are subject to change according to local conditions.



The Terracotta Warriors in Xi'an



(clockwise from top) The Temple of Heaven; Tai chi with fans; Forbidden City details of imperial architecture; The Forbidden City.



Join the locals in the Muslim Street evening market in Xi'an (top); Close-up of a Terracotta Warrior; Cormorant fisherman on the Li River by night (above)

The cost of the tour is €3,334 per person sharing

The cost of the tour with a room to yourself is €3,724

The cost includes:

- The services of a tour leader (Prof Gillian Webb)
- 12 nights' accommodation in twin-bedded rooms in medium grade and first-class hotels
- Breakfast and lunch or dinner daily
- An allowance of soft drinks, tea and beer with meals on the tour
- All professional visits, meetings and talks
- All cultural visits and admission fees
- Services of a specialist English speaking national guide (Zhang Zhong Jiu)
- All transport services, taxes and tips

The cost excludes:

- International flights and airport transfers
- Meals not mentioned
- All optional excursions, tours and visits
- Travel insurance
- Visa (if required)

"Fantastic trip, very impressed."

Rachel Simpson, previous Physiotherapy and Rehabilitation in China tour



Locals doing tai chi in the Summer Palace, Beijing

About Us

To travel with us is to dig below the surface, revealing the deeper destination. Of course, you will visit the great historical sites; marvel at the wonders of architecture and engineering; be moved by the riches of culture and art; and experience the most spectacular landscapes in the world. What we also do is make sure that you see the country as it is today, giving you privileged access that independent travel and other tour companies rarely get close to. We give you a variety of experiences, from the sublime to the humble, in the company of intelligent, curious, like-minded people. And while we can be worthy, we also make sure that you have a lot of fun.

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Forbidden City (top); Water therapy in Yangshuo Maternity Hospital; Shanghai skyline (above)



**JON BAINES
TOURS**

