



St. Matthew's Cathedral and Calvin's church, Budapest

Palliative Care in Hungary and Romania

13 – 23 September 2026



Level 3
MODERATE





Bran Castle, Braşov

Both Hungary and Romania possess rich cultural heritages, vibrant cityscapes and spectacular unspoilt countryside. Their imperial histories have produced an eclectic ethnic mix, bringing distinctive spiritual and cultural traditions to a relatively compact region and shaping local attitudes towards life, death and caregiving.

The modern concept of palliative care remained virtually unknown in Hungary and Romania until the early 1990s, as both nations emerged from Communist dictatorships. On this professional tour, David Oliviere will explore how hospice and palliative care have taken root and evolved over the past 30 years.

Travel within your professional community and meet your counterparts, pioneers, and specialists to connect, converse, and learn about the work they are doing to advance palliative care in their respective medical landscapes. The varied itinerary includes visits to the Magyar Hospice, Pécs Medical School, and the renowned Hospice Casa Speranței (House of Hope). You will also meet a rural palliative care team in Făgăraş and visit Bucharest Hope Hospice.

Explore the Old World grandeur of Budapest, where the Danube neatly divides stately Buda from bohemian Pest. Continue to Pécs, a pleasant city founded by the Romans and shaped by Slavic, Avar and Ottoman influences. Cross into Romania's vertiginous Carpathian landscape and encounter the revolutionary spirit of Timișoara. Travel through myth-shrouded Transylvania, rich in Saxon fortifications, and spend three nights in Braşov. Conclude the tour in Bucharest, a city of Byzantine churches, palatial Beaux-Arts architecture and the pompous legacy of 'Ceausima'.

Enjoy comfortable accommodation, traditional flavours and the diverse cultural influences that continue to shape the character and care traditions of Hungary and Romania.

THIS TOUR IS CLASSED AS:

Level 3 | Moderate



Regular walking at destinations, extended standing and /or increased travel distances. Good fitness is required.

Tour Leader

David Oliviere is a consultant in psychosocial palliative care, social worker, educationalist and clinical supervisor. He is the former Director of Education and Training at St Christopher's Hospice, London, and a Visiting Professor at Middlesex University.

He trained in social administration and social work at Nottingham University and has worked in psychiatric social work, hospice development and community care. He helped to found Pilgrim's Hospice in Canterbury, served as Director of Social Work at North London Hospice, and worked as Community Care Advisor for ethnic minorities and refugees in Enfield. He was also Macmillan Principal Lecturer in Palliative Care at Middlesex University while practising with the Macmillan Support Team at Barnet Hospital.

David has contributed to several publications, spoken internationally and has co-edited a number of books including "Good Practices in Psychosocial Care", "Loss, Grief and Bereavement", "Patient Participation in Palliative Care", "Resilience in Palliative Care",



"Death, Dying and Social Differences" and "Narratives and Stories in Palliative Care". He now practises as a couple and bereavement counsellor. His interests include family work in palliative care, culture and ethnicity, staff support, bereavement and strength-based approaches. He is joint lead for the theatre-based education project Stories That Speak.

"David's calm, thoughtful and gentle consideration was valued. The high regard he is held in provided wonderful opportunities"

Susan Norris, Palliative Care in Northern India tour, Feb 2023

Braşov old town with its medieval centre



3 nights Budapest – 2 nights Pécs – 1 nights Timișoara – 3 nights Brașov – 1 night Bucharest



Day 1: Budapest (Sun, 13 Sep)

D

Pm: Arrive in magnificent Budapest, 'Queen of the Danube', and transfer to the hotel. Dinner at the hotel.

Day 2: Budapest (Mon, 14 Sep)

B D

Am: Visit to the Magyar Hospice where you'll meet the Founder and CEO of the Hungarian Hospice Association. See the inpatient care centre and learn about their home care service and End of Life programme. Learn about the origin and management of the Hungarian hospice care system including organizational structure, financing and volume.

Pm: Budapest straddles the Danube River, with the Buda Hills to the west and the Great Plain to the east. Its stunning natural setting is complemented by an architectural heritage that includes Baroque, Neoclassical and Art Nouveau styles, giving the city its distinctive fin-de-siècle character. Take a sightseeing tour featuring St Stephen's Castle and the Grand Market.

Eve: Welcome dinner cruise along the Danube River to see Budapest gloriously lit up.

Day 3: Budapest (Tues, 15 Sep)

B D

Am: Visit the National Institute of Oncology, the therapeutic, research, educational and methodological centre of Hungarian oncology for more than half a century. Continue to the Hospital in the Rock Museum, a former emergency hospital used in the Second World War and as a nuclear bunker during the Cold War. Conclude with a visit to the Golden Eagle Pharmacy Museum, a fascinating medieval alchemy laboratory with a collection of antique medical tools.

Pm: At leisure with the option to experience Budapest's famous thermal baths.

Day 4: Budapest / Pécs (Wed, 16 Sep)

B D

Am: Drive south to the lesser-known ancient city of Pécs and check into the hotel.

Pm: Explore the charming streets, renowned for their cultural and artistic heritage and for their beautiful architecture, reflecting a long and multicultural history shaped by Roman, Slavic, Avar and Ottoman influences.

Day 5: Pécs (Thurs, 17 Sep)

B D

Am: Visit Pécs Medical School and meet Hungary's leading academic and hospital-based palliative care team.

Pm: At leisure.

Eve: Visit a local winery and enjoy a wine-tasting experience with dinner.

Day 6: Pécs / Timișoara (Fri, 18 Sep) B

Am: Drive to Timișoara in western Romania, one of the country's most attractive cities, with its beautiful public squares and parks. Check in to the hotel.

Pm: Tour the city, a centre of culture, education and European Capital of Culture 2021, learn of its revolutionary past.

Day 7: Timișoara / Brașov (Sat, 19 Sep) B D

Am: Drive through Transylvania to Brașov, stopping at Sibiu and the Burzenland region. This area is characterised by its heavily fortified Saxon towns and churches, built in the 15th and 16th centuries to withstand Turkish attacks. Explore Sibiu's old town, which retains the Germanic grandeur of its past.

Pm: Meet with the rural palliative care team in the town of Făgăraș. Arrive in Brașov, Romania's second city, and check in to the hotel before dinner in the old town.

Day 8: Brașov (Sun, 20 Sep) B L

Am: Explore the beautiful villages of southern Transylvania with a specialist local guide. Set amidst stunning mountain scenery, these villages were built between the 13th and 15th centuries and reflect nearly nine centuries of the Saxon (German) community's history—a cultural and architectural heritage unique in Europe. Discover Transylvanian culture, including its history, folk tales and superstitions.

Pm: Return for a tour of Brașov, a city resplendent with fortified churches, medieval architecture and distinctly bohemian atmosphere.

Day 9: Brașov, (Mon, 21 Sep) B L

Am: Visit the Hospice Casa Speranțe – the House of Hope. Founded in 1992 by Graham Perolls, it was the first organisation in Romania dedicated to palliative care. Today, it serves as a

benchmark for palliative care training and offers specialist courses to professionals in Romania and abroad.

Pm: Walk through the medieval centre of Brașov, visiting the stunning Gothic Black Church, named for its charred appearance after the town's Great Fire in 1689. Continue to Bran and visit the legendary castle of Transylvania's most notorious son, Dracula.

Day 10: Brașov, / Bucharest (Tues, 22 Sep) B D

Am: Drive to Bucharest, a city with an extraordinary architectural mix of Ceausescu's follies, neoclassical elegance and ornate Orthodox churches. Visit Bucharest Hope Hospice, the most modern in the country, and meet a pioneer of Romanian palliative care. Check in to your hotel.

Pm: Explore the old city.

Eve: Farewell dinner at a local restaurant.

Day 11: Bucharest (Wed, 23 Sep) B

Am: Check out of the hotel after breakfast.



Patriarchal palace, Bucharest



Szechenyi Square, Pécs

Hotels

Danubius Hotel Astoria City Center (Budapest)

Originally opened in 1914, the building echoes the city's elegant fin-de-siècle character and offers comfortable rooms. Just a 10-minute walk from Budapest's main attractions, it also features a lovely on-site restaurant.

Corso Hotel (Pécs)

A modern four-star hotel in the heart of Pécs, offering spacious, design-led rooms, a good on-site restaurant, and attentive staff.

Ibis Timișoara City Centre (Timișoara)

A modern, centrally located hotel, offering practical, comfortable rooms, a cosy restaurant, bar and relaxation area, with easy access to the city's main attractions.

Casa Wagner (Brașov)

Situated in Sfatului Square, the heart of Brașov, this charming hotel offers excellent views of the city's landmarks. The rooms are spacious, with a cosy historic atmosphere, and the hotel features a traditional, rustic restaurant.

Hotel Berthelot (Bucharest)

Located in the centre of Bucharest, Berthelot Hotel offers comfortable accommodation and tasty cuisine, close to a wealth of the city's main attractions.



Danubius Hotel Astoria, Budapest



Rupea fortress, Braşov (top); Zsolnay fountain, Pécs,
Parliament, Budapest (above)

The cost of the tour sharing a double or twin room is £2,740 per person

The cost of the tour with a room to yourself is £3,240

The tour cost includes:

- The services of a tour leader, David Oliviere
- The services of an English-speaking national guide throughout the tour
- All internal transport
- 10 nights' hotel accommodation in standard rooms with private facilities
- Meals as specified
- A full programme of cultural visits, excursions and activities as detailed in the itinerary
- A full programme of professional visits as detailed in the itinerary
- All admission fees, tips and taxes

The tour cost excludes:

- International flights and airport transfers
- Meals not mentioned
- Drinks not mentioned
- All optional excursions, tours and visits; all personal extras such as portage, laundry and inoculation fees; where applicable travel insurance and visas

“It was such a well-rounded tour with enough free time and ability to easily engage with all speakers and make meaningful connections with each other. Totally enjoyable.”

Jennifer Smith, Palliative and End of Life Care in England and Scotland tour, September 2025

NB: All itineraries are subject to change according to local conditions.

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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Heroes' square, Budapest (top); Timișoara, one of Romania's most attractive urban areas; Hungarian Parliament Building, Budapest (above)



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TOURS**

