

The Professional Education Society invites you to join our CME/CE Seminar
for Medical, Dental, Nursing, and Allied Healthcare Professionals

Cruising the Seychelles & Coastal Tanzania

Luxury Expedition with Abercrombie & Kent on Le Jacques Cartier

March 11 – 24, 2023

12 Nights Exploring Coastal Tanzania and Seychelles with A&K's Expedition Team



Join PES on an unforgettable luxury expedition cruise with A&K's Expedition Team for 12 nights exploring coastal Tanzania and Seychelles, where idyllic beaches, lush emerald mountains, and UNESCO-protected wildlife reserves await!

Expedition Cruise Itinerary Highlights:

- Visit **four UNESCO World Heritage sites** highlighting a rich diversity of cultural history, flora, and fauna
- Set the stage for your adventure with a day of **discovery in Zanzibar** and a **choice of curated excursions**
- Embark on a series of **Zodiac excursions and landings** in some of the **world's most remote islands** for forest hikes, birding, swimming, and beach exploration
- Spend **two days at Aldabra Atoll**, the **world's largest raised coral atoll** and home to approximately two-thirds of the world's Giant Tortoise population
- Enjoy opportunities to **snorkel in the extraordinary marine ecosystems of Seychelles**, experiencing jaw-dropping coral reefs, sea cliffs, lagoons, and marine parks
- Visit **Curieuse Island** and **Aride Island**, known for their exceptional bird life

Your All-Inclusive A&K Expedition Includes:

- Private balcony with every onboard accommodation and butler service in suites
- Pre-cruise hotel stay at the 5-star Hotel Verde Zanzibar and all airport transfers
- Culinary program featuring french-inspired cuisine, including house drinks, afternoon tea, and pastries, plus 24-hour room service and breakfast in bed onboard
- Zodiac expeditions and shore excursions led by A&K Expert Naturalist driver-guides, plus snorkeling and aquatic activities
- A&K's renowned Expedition Team with an all-encompassing enrichment program and lecture series
- Laundry service on board, all gratuities, port taxes, and Wi-Fi
- Staff-to-guest ratio of 1 to 1.3 and ship occupancy limited to 80 percent



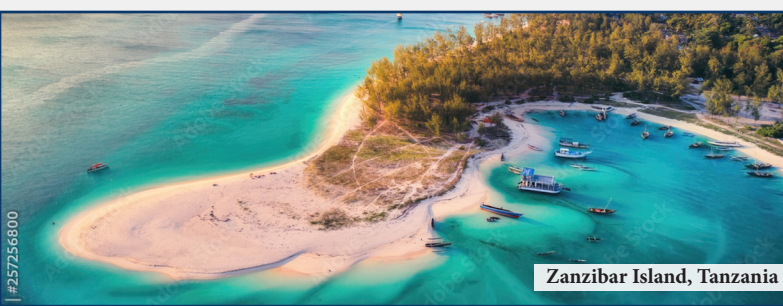
P E S
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CME/CE CRUISE & TRAVEL SEMINARS

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Hot Topics in Medical, Dental & Public Health Issues

This Seminar is Planned for up to 14 Continuing Education Credit Hours



Zanzibar Island, Tanzania

Seminar Topics

- Community Healthcare Delivery in the Seychelles: Overview
- Dental Care in the Seychelles: Availability and Challenges
- Treatment and Prevention Strategies for Common Chronic Illnesses
- Oral Health: Addressing Dental Diseases
- Updates in Travel Medicine
- Wellness & Stress Management for Medical Professionals



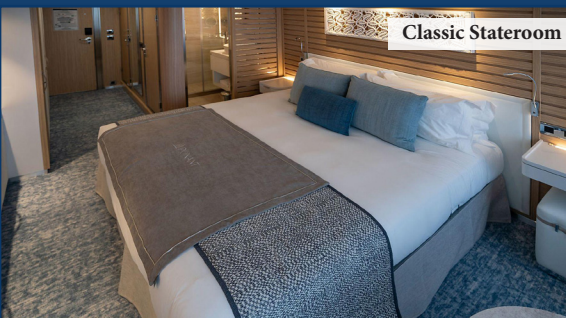
Abercrombie & Kent

Le Jacques Cartier

148-Guest Luxury Expedition Ship, Built in 2021
Chartered Exclusively by Abercrombie & Kent

Built in 2021, Le Jacques Cartier embodies a subtle blend of refinement, intimacy, and comfort. The ship is tastefully decorated in light tones with an open-to-the-sea design providing soft light and luminosity all day. Located below the waterline, the Blue Eye, the first-ever multisensorial lounge, offers a unique experience: the opportunity to enjoy undersea views and the sounds of the marine world.

Staterooms feature a balcony or terrace with large sliding glass doors, king size bed or two twin beds, an interactive television system, iPod sound system, desk, spacious bathroom, bathrobes, hairdryer and included minibar.



Classic Stateroom



Watersports Platform

Date	Day	Port	Included Expedition Activities & Meals
Mar 11	Sat	Zanzibar Island, Tanzania	Arrive Zanzibar and transfer to the Hotel Verde Zanzibar. Evening welcome briefing with the A&K Expedition Team and dinner at the hotel (D)
Mar 12	Sun	Zanzibar Island, Tanzania	Choice of morning Stone Town walking tour or mangrove trek in Jozani Forest Nature Reserve. Embark Le Jacques Cartier (B,L,D)
Mar 13	Mon	Pemba Island, Tanzania	Choice of morning Kidike Flying Fox Sanctuary or visit a local spice plantation. Afternoon visit to local school (B,L,D)
Mar 14	Tue	Kilwa Kisiwani	Guided tour of Kilwa Kisiwani ruins with afternoon enrichment lectures (B,L,D)
Mar 15	Wed	Sailing the East Indian Ocean	Day at sea (B,L,D)
Mar 16	Thu	Assumption Island & Aldabra Atoll, Seychelles	Morning snorkeling and beach landings. Afternoon visit to Aldabra Atoll (B,L,D)
Mar 17	Fri	Assumption Island & Aldabra Atoll, Seychelles	Expedition to Aldabra Atoll by zodiac to snorkel and enjoy the beach (B,L,D)
Mar 18	Sat	Astove Island, Seychelles	Choice of snorkeling, visit to an abandoned coconut plantation, or birding walk (B,L,D)
Mar 19	Sun	Farquhar Atoll, Seychelles	Embark on Zodiac excursions, snorkel in a lagoon, and free time at the beach (B,L,D)
Mar 20	Mon	St. François Atoll, Seychelles	Embark on Zodiac excursions and beach landings with free time to snorkel and spend time at the beach (B,L,D)
Mar 21	Tue	Poivre & Rémire Islands, Seychelles	Morning Zodiac excursions, visit a former copra plantation, and snorkeling. Afternoon visit to Rémire Island (B,L,D)
May 22	Wed	Arde & Curieuse Islands, Seychelles	Morning nature walk. Afternoon visit to Curieuse Marine National Park for choice of mangrove forest hike or participate in a reforestation initiative followed by snorkeling at Anse St. José Beach (B,L,D)
May 23	Thu	Praslin & La Digue Islands, Seychelles	Morning nature reserve trek. Choice of afternoon scenic island tour, guided bike tour and beach visit, or walking tour (B,L,D)
May 24	Fri	Mahé, Seychelles	Disembarkation followed by choice of perfume factory visit, rum distillery visit, or foodie tour. Afternoon transfer to the airport for flight home (B,L)

PES Stateroom Rates:

Early Booking Discount of \$1,500 per person, limited time only!

Category	Regular Price Double Per Person	Early Booking Double Per Person	Early Booking Single Price
Staterooms with Balcony			
Category 1 Classic Stateroom 248 sq. ft.	\$16,495	\$14,995	\$27,370
Category 2 Deluxe Stateroom 248 sq. ft.	\$18,995	\$17,495	\$31,740
Category 3 Prestige Stateroom 248 sq. ft.	\$21,495	\$19,995	\$36,120
Suites with Balcony			
Category 4 Deluxe Suite 361 sq. ft. <i>waitlisted</i>	\$27,495	\$25,995	\$50,690
Category 5 Privilege Suite 430 sq. ft. <i>waitlisted</i>	\$29,995	\$28,495	\$55,590
Category 6 Prestige Two-Room Suite 496 sq. ft.	\$36,495	\$34,995	\$68,240
Category 7 Grand Deluxe Suite 807 sq. ft. <i>waitlisted</i>	\$42,495	\$40,995	\$79,940
Category 8 Owner's Suite 915 sq. ft. <i>waitlisted</i>	\$45,495	\$43,995	\$85,790
CME/CE Professional Seminar Fee:	\$695		
Seminar Attendance Fee:	\$450		

Rates include port taxes. **Categories 4–8** include room upgrade at the hotel and butler service aboard the ship. **Double pricing** is based on double occupancy or two people per stateroom. **Single pricing** is based on one person per stateroom and is capacity-controlled. **Required Deposit:** **Cruise:** \$2,500 per person and a non-refundable Global Tracks administration fee of \$100 per person **Seminar:** \$200 per person **Final Payment:** November 11, 2022



Optional Serengeti Pre-Tour Package



4-Night Safari | March 7 – 11, 2023

Experience Big Five wildlife and wildebeest calving season on a 4-night A&K safari across the sweeping Serengeti plains. Explore the bush in style at the Four Seasons Safari Lodge Serengeti, an amazing lodge set deep within Serengeti National Park.

Price: \$5,995 per person, double occupancy / \$7,290 single price
Internal air is not included, and is estimated at an additional \$1,995 per person.

**The Professional Education Society invites you to join our CME/CE Lecture Seminar
for Medical, Dental, Nursing and Allied Healthcare Professionals**

Hot Topics in Medical, Dental & Public Health Issues

PES Mission Statement: Our mission is to provide quality global CME/CE programs for healthcare professionals, catalyzing opportunities for collaboration with national and international colleagues, while fostering cross-cultural perspectives and partnerships in healthcare education and the delivery of quality patient care.

Seminar Overview/Statement of Purpose:

Confronting the challenges of delivering quality patient care in the face of limited budgets and resources is fast becoming a global issue for healthcare practitioners. Medical professionals in both North America and Africa share these challenges, especially in remote areas where healthcare access and delivery are further limited. Community healthcare in both places also reflects the emerging need to establish new best practice protocols dealing with the increasing longevity of human populations and the growth of geriatric and palliative care needs. In addition, providing treatment and prevention strategies addressing chronic disease issues such as cardiovascular, obesity, and diabetes are a continuing challenge for both continents. Life expectancy for both males and females in Seychelles is high with non-communicable diseases such as cancer, heart attacks, diabetes, asthma and depression being the leading causes of mortality.

Now, more than ever, it is important for medical and dental professionals to collaborate with colleagues and global counterparts to gain cross-cultural perspectives and updates in the treatment and prevention of medical and dental problems. By design, this program offers opportunities for professionals to compare and contrast current best practices to provide quality patient care and outcomes in their own professional setting.

Planned In Country Healthcare Topics Include:

- Community Healthcare Delivery in the Seychelles: Overview
- Dental Care in the Seychelles: Availability and Challenges
- Treatment and Prevention Strategies for Common Chronic Illnesses
- Oral Health: Addressing Dental Diseases
- Updates in Travel Medicine
- Wellness & Stress Management for Medical Professionals

Educational Goals: Our goal is to provide unparalleled CME/CE travel opportunities for healthcare professionals that combine their most passionate destination desires with their educational goals, fostering exceptional learning experiences, friendships and connections with national and international colleagues.

- Conduct educational healthcare programs to learn about best practice models reflecting current approaches in medicine and healthcare across different cultures for providing quality patient outcomes
- Provide professional educational exchanges with international colleagues, healthcare educational organizations and clinics to gain cross-cultural perspectives and updates in the treatment and prevention of disease
- Allow medical/healthcare professionals to compare current best practices in medical/healthcare delivery to provide quality patient outcomes in their own professional setting

Learning Objectives: Keep abreast of rapid expansion of medical knowledge and current best practice models on multiple topics to facilitate change and thus provide continually excellent patient care. By design, this program permits medical experts to collaborate with colleagues and international counterparts to realize cross cultural view points and updates within the treatment and prevention of disease and offers opportunities to compare and contrast current best practices to supply quality patient care and outcomes in their own professional setting.

Continuing Education Recognition Awards offered for healthcare professionals on this PES Program include:

Physicians: Programs are reviewed by the *American Academy of Family Physicians* for a minimum of 14 Prescribed Credit Hours. AAFP Prescribed credit is accepted by the American Medical Association as equivalent to AMA PRA Category 1 credit(s) toward the AMA Physician Recognition Award. When applying for the AMA PRA, Prescribed credit earned must be reported as Prescribed, not as Category 1.

Dentists: The *Professional Education Society* is an ADA CERP Recognized Provider.



ADA CERP is a service of the American Dental Association to assist dental professionals in identifying quality providers of dental education. ADA CERP does not approve or endorse individual courses or instructors, nor does it imply acceptance of credit hours by boards of dentistry.

The *Professional Education Society* designates this activity for a minimum of 14 continuing education credits.

Nurses: The *Professional Education Society* is approved by the California Board of Registered Nursing, Provider Number CEP 5428, for up to 14 contact hours. Although the California Board of Registered Nursing does not approve individual continuing education courses, providers are required by law to be approved by the Board. Reciprocity for continuing education hours for nurses is available in most states. Please check with your regulation board regarding requirements.

For Other Healthcare Professionals: Certificates of Attendance are issued to all participants attending credit sessions and can be submitted for credit approval to their professional board. In order to receive a Certificate of Attendance, registrants must sign-in, attend the programs and complete a program evaluation.

Tax Deduction: This healthcare seminar has been designed to comply with current IRS convention rules and deductibility requirements under Code Section 274(h)(1) as directly related to the conduct of the attendee's profession and meeting the reasonableness standard of the foreign seminar rules. The formal meetings will be scheduled with lectures and discussions. Seminars in conference rooms, clinics or hospitals will be conducted by in-country speakers as well as distinguished faculty of the Professional Education Society.

Documentation verifying the scheduling dates, locations, hours of attendance, certificate of participation, and appropriate certificate of continuing medical, dental or nursing education will be provided at the completion of the conference. Tax deductible benefits are not guaranteed, and we recommend that every attendee should consult with their Tax Consultant about their Individual situation to determine the appropriate amount and reporting of deductible expenses.