



Tour: A Medical Science Journey
Destination: Washington DC metro-area, Virginia & Maryland
Itinerary: 6-days / 5-nights
Specialization: Biology, Health, History & Culture
Dates: Year-round

A MEDICAL SCIENCE JOURNEY

Washington DC, Virginia & Maryland

Day	Morning	Afternoon	Evening
1 Sun	Fly to Washington DC area and transfer to hotel; Welcome, Safety & Orientation Briefing		Washington DC City Tour Welcome Dinner
2 Mon	Battlefield Medicine & History: Pry House Field Hospital Museum, Antietam National Battlefield & the National Museum of Civil War Medicine - includes Sutures, Anesthesia, Bullet Removal, Pill Rolling and Medicine-making		Pizza Dinner at Mozzarella
3 Tues	John's Hopkins University - Campus Tour	National Museum of Dentistry with Dental Health Master Class	Stabler-Leadbeater Apothecary Museum Local Dinner
4 Wed	National Museum of Health & Medicine with Private Tour & Forensics Workshop	The National Library of Medicine	The DeWitt Stetten, Jr., Museum of Medical Research Dinner & Dance Cruise on the Potomac
5 Thur	CPR / AED Certification Class with the Red Cross	Smithsonian's National Museum of Natural History	Ford's Theatre & Petersen House Farwell Dinner at Hard Rock Café
6 Fri	Free time until departure; depart for home		



As with all sample itineraries, please be advised that this is an 'example' of a schedule and that the activities and hotels shown may be variable dependent upon dates, weather, special requests and other factors. Itineraries will be confirmed prior to travel.



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Day 1

Dinner included

Washington DC... This immersive program takes students into the heart of medical history, innovation, and practice. From Civil War field hospitals to modern research labs, every stop connects science with storytelling. Students will explore battlefield medicine at Antietam, roll pills and mix tinctures at the National Museum of Civil War Medicine, and dive into forensic science at the National Museum of Health & Medicine. It's a rare chance to see how medicine has evolved - and to try it out themselves.

Throughout the week, students will earn CPR/AED certification, participate in dental health master classes, and tour top institutions like Johns Hopkins University and the National Library of Medicine. They'll walk through historic apothecaries, examine medical artifacts, and explore the science behind anesthesia, bullet removal, and surgical techniques. Each experience is designed to spark curiosity, deepen understanding, and inspire future careers in healthcare and research.

Beyond the labs and museums, students will enjoy city tours, local dinners, and a dance cruise on the Potomac River. With a balance of academic rigor and social connection, this journey offers a powerful blend of learning and fun. Whether they're exploring the Smithsonian or reflecting at Ford's Theatre, students will leave with new skills, unforgettable memories, and a deeper appreciation for the science that shapes our lives



Did you know?

- ❖ The National Museum of Civil War Medicine showcases battlefield ingenuity. During the Civil War, doctors used chloroform for anesthesia, rolled pills by hand, and performed bullet extractions with basic tools - skills students get to explore hands-on during their visit.
- ❖ Johns Hopkins University revolutionized medical education. It was the first U.S. institution to combine teaching, research, and patient care under one roof, setting the standard for modern medical schools.
- ❖ The National Museum of Dentistry houses George Washington's dentures. Spoiler: they weren't made of wood! His dentures were crafted from ivory, gold, and even human teeth.
- ❖ The Stabler-Leadbeater Apothecary Museum once served Martha Washington. This historic pharmacy operated from 1792 to 1933 and sold everything from herbs to unicorn root (yes, that was a real ingredient).
- ❖ Dr. Charles Drew, a pioneer of blood banking, lived in Arlington. His work during WWII saved countless lives, and his methods are still used today. He also fought against racial discrimination in medical education.



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- ❖ The National Library of Medicine is the largest biomedical library in the world. It holds over 10 million items, including rare manuscripts, medical journals, and historical surgical tools.
- ❖ The National Museum of Health & Medicine has Einstein’s brain on display. Well, not the whole thing—but it does include preserved slices used for neurological research.
- ❖ Ford’s Theatre isn’t just about Lincoln - it’s also a medical site. After Lincoln was shot, he was carried across the street to the Petersen House, where doctors tried to save him. Students visit both locations to understand 19th-century emergency care.

Groups will generally arrive Washington DC in the afternoon. Upon arrival, we’ll get checked into our hotel and have our Welcome, Safety & Orientation Meeting.

Sample Hotel - Holiday Inn Express Alexandria (or similar) - Located in the heart of Alexandria, Virginia and features 86 guest rooms and suites. Students will sleep 4-to-a-room while teachers sleep 2-to-a-room. Resort amenities include 24-hour staffing, business center, complimentary high-speed Internet access, health and fitness center with whirlpool, guest laundry facilities, ATM, convenience purchases and safety deposit boxes. Room amenities include 32-inch LCD TV with cable channels, complimentary local phone calls, hair dryers, coffee and tea makers, microwaves, mini-refrigerators, individually controlled air conditioning units and irons/boards.



Later today we’ll kick off with a city tour to get to know DC and then a welcome dinner.

Washington DC City Tour with a Private Guide – Spend an afternoon exploring DC with all its fabulous memorials, monuments and neighborhoods. Let us know if you have any special requests! Groups may feel free to hop-on and hop-off at will to get a closer look. Places of interest will include:



The White House
National Mall
Thomas Jefferson Memorial
Lincoln Memorial
Vietnam Veterans Memorial Wall
Korean War Memorial

Capitol Hill
Martin Luther King, Jr. Memorial
Franklin D. Roosevelt Memorial
Washington Monument
World War II Memorial
and more

Day 2

Breakfast & dinner included; lunch on own

Today we’ll have a full day learning about the past so we can look into the future. We’ll start in the battlefields on an incredible Civil War-era day that will take us to explore the beginning of medical surgical procedures in the USA.



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During our day, we'll also try our hand with **battlefield sutures, anesthesia, bullet removal, pill rolling and medicine-making.**

Pry House Field Hospital Museum - The Pry House Field Hospital Museum tells the story of a home that became a headquarters and hospital during the bloodiest single day in American history: September 17, 1862. As the Battle of Antietam raged within view of the Pry family's house, decisions were made on this historic property that shaped the lives of soldiers, surgeons, and civilians. We'll visit the Pry House and discover how emergency medicine evolved during the Civil War and the impact on the soldiers.

Antietam National Battlefield - 23,000 soldiers were killed, wounded or missing after twelve hours of savage combat on September 17, 1862. The Battle of Antietam ended the Confederate Army of Northern Virginia's first invasion into the North and led Abraham Lincoln to issue the preliminary Emancipation Proclamation. [LINK](#)



The National Museum of Civil War Medicine - Follow in the footsteps of soldiers and surgeons to discover the harsh conditions, personal sacrifices, and brilliant innovations of Civil War medicine, innovations that continue to save lives today.

After our full day we'll have dinner, discussion on what we took away from today's experiences, and get a great night's rest so we're ready to take on another day tomorrow!

Day 3

Breakfast & dinner included; lunch on own

Today we're headed to Baltimore for medical exploration. We'll start with checking out the Johns Hopkins University Campus and then learn about biology and dental health before heading over to Alexandria.

Johns Hopkins University School of Medicine Campus Tour – Continuously ranked within the top 3 in the nation for best medical schools, students at Johns Hopkins learn through the Genes to Society Curriculum, which pairs academics with concurrent clinical experience. All students are divided into one of four colleges – Nathans, Sabin, Taussig or Thomas, meant to foster a community-feel among students from all four years of medical training. Each college has advisers to guide students through medical school courses, research participation and career selection. Students may earn a traditional M.D., a Ph.D. or both in about eight years. The school receives a large amount of research funding from the National



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Institutes of Health, among other organizations, and runs leading research centers including the Brain Science Institute and the Institute of Genetic Medicine.

The National Museum of Dentistry – Located on the site of the University of Maryland’s first “Dental Infirmary and Laboratory Building,” which was then part of the Dental Department in the School of Medicine in 1882, the NMD is located at the heart of the University of Maryland’s founding campus in Baltimore and at the epicenter of the beginnings of professional dentistry. The NMD’s extensive 40,000 object collection of dental instruments and equipment is one of the largest and oldest collections in the world related to dentistry. The Dr. Samuel D. Harris National Museum of Dentistry is also a proud Smithsonian Affiliate.

Dentistry Master Class - Take a bite out of history and health! Students encounter key concepts about oral health care and learn about dentistry as a career choice. Students will learn about each of the dental specialties, the allied professions, and dental research, along with exploring an exhibit on bioengineering, forensics, and saliva. Students will also learn about the Changing Faces of Dentistry with a new exhibit exploring the progress of diversity in the dental profession. University of Maryland, School of Dentistry

Stabler-Leadbeater Apothecary Museum - The Apothecary Museum was a family business founded in 1792 and represents one of Alexandria's oldest continuously run businesses. The Museum boasts a vast collection of herbal botanicals and medical equipment and also has a spectacular collection of archival materials, including journals, prescription and formula books, ledgers, orders and invoices. The museum is a National Historic Landmark. The company’s best-known clients? George & Martha Washington. [To Bleed or Not to Bleed](#)



This evening we’ll have dinner down by the Alexandria Waterfront with plenty of time to explore the great shops and services!

Day 4

Breakfast & dinner included; lunch on own

Today is an important day as we learn about the health institutes in the country, what they do and how they serve their citizens. In the evening, get ready to dance!



National Museum of Health + Private Tour - For more than 150 years, the National Museum of Health and Medicine has collected and shared information about the history of medicine and American military medicine. Students will get an in-depth overview of the museum's permanent exhibits, including "Military Medicine: Challenges and Innovations," "Civil War Collections," "The Human Body: Anatomy and Pathology," and others.

National Museum of Health Forensics Workshop - After a museum docent introduces the science behind human identification of fallen unidentified service members, students work in pairs or small groups to gather information about a set of bones, estimating age, sex, height, and evaluating trauma, dental profile, material evidence, and DNA. As a whole group, they then use the evidence and profiles of missing service members to determine whose remains they may have been examining.



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The National Institutes of Health Tour - The nation’s medical research agency, NIH’s mission is to seek fundamental knowledge about the nature and behavior of living systems and the application of that knowledge to enhance health, lengthen life, and reduce illness and disability. NIH tour programs are designed for young adults, individuals, and small groups who are interested in learning more about how the NIH improves human health and prevents disease. The NIH Nobel Laureate exhibit honors NIH-supported intramural and extramural scientists who have won the Nobel Prize in chemistry, physiology, or medicine. The Clinical Center is the world’s largest hospital entirely devoted to clinical research. It is a national resource that makes it possible to speed the translation of laboratory discoveries into new approaches for diagnosing, treating, and preventing disease. The 870,000-square-foot research center has 200 inpatient beds and more than 1,600 laboratories conducting basic and clinical research.

National Library of Medicine, Visitor’s Center Experience Tour -

The National Library of Medicine, on the campus of the National Institutes of Health in Bethesda, Maryland, has been a center of information innovation since its founding in 1836. The world’s largest biomedical library, NLM maintains and makes available a vast collection and produces resources on a wide range of topics that are searched billions of times each year by millions of people around the globe. It also supports and conducts research, development, and training in biomedical informatics and health information technology. While here, we’ll watch a video providing an overview of NLM programs and services, observe demonstrations of the library’s online information resources; and take a walking tour that includes the computer room, reading room, exhibition area, and the History of Medicine Division.



The DeWitt Stetten, Jr., Museum of Medical Research -

The Office of NIH History and Stetten Museum advances the historical understanding of the biomedical research conducted at the NIH by documenting, preserving, and interpreting the history of significant NIH achievements, scientists, and policies.

The NIH biomedical and behavioral research community is an extraordinarily dynamic one, with a flow of talent from across the globe that relies on, and sometimes invents, ever-changing technologies. This office helps to preserve the memory of who worked with whom, of when the work was conducted, and of what tools they used. The material heritage in these collections include instruments, objects, images, films, voices, notebooks, illustrations, and myriad documents. These historical resources preserved by ONHM are of inestimable value to this and future generations of researchers.



City Dinner & Dance Cruise on the Potomac – Especially for students! Experience the best of Washington DC and see the Nation’s Capital from the water along the Potomac River! Enjoy picturesque views of the iconic landmarks as you dance the night away with a great dinner buffet and DJ.



Day 5

Breakfast & dinner included; lunch on own

Get ready for a great day! We'll start with meeting our Red Cross Course Director at our hotel to earn our CPR/AED certification. Afterwards, we're off to explore the American Museum of Natural History and checking out their exhibits related to health. Then later, we'll wrap up our DC experience with a visit to Ford's Theatre followed by our last DC dinner at the Hard Rock Café. Fun!

Red Cross CPR / AED Certification Class - Behind every American Red Cross training program stands the Scientific Advisory Council – a volunteer body of Red Cross science and medical experts dedicated to ensuring that what you learn is based on the latest and best emergency science. Our goal? To immerse students in an interactive and hands-on environment so you can be assured your students leave with a mastery of lifesaving techniques and the confidence to act when moments matter. Classes will be held either at your hotel or a local facility; each participant will earn their certification.



Smithsonian's National Museum of Natural History - The world's most popular natural history museum is dedicated to understanding the natural world and our place in it. Delve into the fascinating story of our planet, from its fiery beginnings through billions of years of transformation, and explore life on Earth through exhibitions and activities, collection objects and research that happens in the lab and in the field. The museum is larger than 18 football fields and is home to the largest natural history collection in the world. Exhibits, subject to change, currently include:



Outbreak: Epidemics in a Connected World - Join epidemiologists, veterinarians, public health workers, and citizens across the globe as they work together to identify viruses in animals and humans and contain infectious disease outbreaks.



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Bone Hall - Compare and contrast the skeletons of flying fish, a massive sea turtle, snakes, a giraffe, monkeys, and many more vertebrates. Learn what skeletons tell us about how different animals live.

David H. Koch Hall of Human Origins - Meet your closest ancestors and relatives in this exploration of human evolution. Discover fascinating stories of extinction and survival and learn what set us apart from other species.

Ford's Theatre & Petersen House – Where Abraham Lincoln's legacy lives, this is the site of Lincoln's assassination. Ford's Theatre offers museum exhibits and immersive learning.



- **The Museum:** View exhibits that follow Abraham Lincoln from the beginning of his presidency to the moments leading up to his assassination. Learn about his life in the White House, the struggles he faced during the Civil War, and his meetings with abolitionist Frederick Douglass. Learn about actor John Wilkes Booth, the roots of his hatred toward Lincoln, and the group of people who joined his conspiracy to dismantle the United States government. The museum features artifacts related to the assassination, including the weapons Booth used.
- **The Theatre:** On the night of April 14, 1865, actor and Confederate sympathizer John Wilkes Booth sneaked into the Presidential Box and shot President Abraham Lincoln. Today, the theatre looks very much the way it did that fateful night. The President's Box is decorated with an American flag and a portrait of President George Washington, just as it was in 1865.
- **Petersen House:** On April 14, 1865, after John Wilkes Booth shot President Lincoln, Lincoln was carried out of the theatre and into a boarding house across the street. The celebratory night quickly turned into an overnight vigil as people gathered outside the house. The doctor at Lincoln's bedside updated the crowd each hour on the president's condition. His final update came at 7:22 a.m. on April 15, 1865: the president had died.
- **Aftermath Exhibits:** The Aftermath Exhibits take you to a Washington street the morning after Lincoln's assassination. Follow Lincoln's funeral train back to his hometown in Springfield, Illinois. In an interactive exhibit, learn about the crowds that gathered to mourn the president each time the train stopped.

For dinner, we'll walk next door and enjoy our farewell dinner at the Hard Rock Café!

Day 6

Breakfast included (dependent upon departure time)

It's time to pack up and head home! Following breakfast and dependent upon our flight or motorcoach departures, we'll have the morning free and then we'll start to say goodbye as we head off for home; taking memories with us that will last forever!



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Farewell!



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Minimum Booking Numbers:

20 students

What's Included:

Round-trip flights or coach to Washington DC metro area
Motorcoach/shuttle transportation to all included activities
5-nights' accommodation in the metro DC area
Breakfasts & dinners daily starting with dinner on arrival and ending with breakfast on your day of departure
DC City Tour with a licensed Guide
Full-day excursion of Battlefield Medicine & History: Pry House Field Hospital Museum, Antietam National Battlefield & the National Museum of Civil War Medicine - includes sutures, anesthesia, bullet removal, pill rolling and medicine-making
National Museum of Dentistry with Dental Health Master Class
Campus Tour of Johns Hopkins University
Private Tour of the Stabler-Leadbeater Apothecary Museum
National Museum of Health & Medicine with Private Tour
Forensics Workshop at the National Museum of Health
The DeWitt Stetten Museum of Medical Research
National Library of Medicine
Smithsonian National Museum of Natural History (Self-Guided)
CPR / AED Certification Class with the Red Cross
Ford's Theatre & Petersen House
Personal Tour Director
24-hour emergency cover

What's Not Included:

Fully comprehensive insurance (mandatory)
Checked airline baggage cost (payable direct to airline at check-in)
Cost of lunches, snacks and beverages other than at mealtimes
Transfers to/from home airport
Baggage handling - each student should be able to carry/load their own suitcase
Cost of inoculations or medication required for travel
Sightseeing / Entertainment options not shown as included above
Incidental deposits & bills – mini-bar items, purchases billed to room, etc.
Credit card fees if individuals pay via credit card instead of ACH (online check)
Any gratuities – driver, hotel services, local guide, Tour Director

As always, our staff are always available to you to answer any questions you may have regarding programming. If we may serve you in any way, please do not hesitate to contact us.



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