

## SUGGESTED ATTIRE:

When visiting mosques and churches in Egypt, it is suggested that you dress respectfully. Head coverings for women are recommended in mosques.

Cobble stone streets can be irregular and so comfortable flat soled walking shoes with a good grip are recommended. Sunglasses, and a wide brimmed hat will be useful protection against the sun.

## POTPOURRI

Egypt's best-kept secret is *janzabil*, the hot, spicy ginger drink that the Quran calls "the promise of paradise." It's the perfect respiratory and digestive tract cleanser for murky urban air and unfamiliar food. All the sidewalk coffee and *shisha* (tobacco) shops have it and will be surprised and delighted when you order it.

Expect to see security checks at government buildings and museums. You will often be asked to leave your camera at the security desk.

Friday is the day of worship, when most things are closed at least in the morning (shops in tourist areas may be open). Many stores are closed during prayer hours or all day on Friday, and most Coptic stores are closed on Sunday.

There are a number of holidays, streets, neighborhoods and even a museum in Cairo commemorating Egypt's victory over Israel in various wars. Although interesting to observe, it is not recommended that you bring up political views with the locals.

## PLEASE NOTE:

Please note that departure times are firm. If you are not at the meeting point at the designated time, we will assume that you have chosen not to join us.

## Emergency Contact Information:

Sanjay Goel +1 604 760 3102  
Judy Branner +1 604 377 6700  
Catherine McLellan +1 604 761 9283  
Ahmed Shady +20 101 8777007  
Mohamed Badawy +20 100 6892676

## Nile Ritz Carlton

1113 Nile Corniche, Ismailia  
El Nil, Cairo, Governorate  
11221, Egypt  
Phone: +20 2 257 78899

November 3-6, 2022

## CAIRO, EGYPT

Egypt has been a nation for much longer than most. Menes, the first pharaoh, united Upper and Lower Egypt in 3050 BC, creating a country whose legacy is unmatched in recorded history. Elaborate tombs were designed, magnificent pyramids constructed, and a vast and impressive pantheon of deities was honored in huge temples. Hieroglyphs were etched in stone, detailing everything from the lives of the gods to the lives of the lowest slaves. The Nile was harnessed for irrigation. By any standard, this dynastic society was very successful.

Eventually, however, it fell to outside influences. Conquest of the country by Alexander the Great in 332 BC led to three centuries of Greek rule, followed by a brief but significant period of Roman rule. Arab invaders, who conquered Egypt and introduced Islam around AD 640, have had the most lasting influence. Others who left their mark include the Ottoman Turks, the French and the British.



## DOS AND DON'TS

- Do be prepared for unwanted attention if you're a woman traveling alone—it's best to travel with a companion outside the main tourist areas. You'll undoubtedly be whistled at or talked to in the street. The best response is no response—any other response may be misinterpreted as encouragement. If approached, always say that you are married. If you need help, ask a woman. If you find yourself being unduly hassled, simply raise your voice and yell; you'll instantly be surrounded by a curious crowd, all trying to help.
- Do avoid public displays of affection between the sexes (although it's perfectly acceptable for two men or two women to hold hands).
- Do be respectful if you're visiting a mosque or other religious site. Take off your shoes, and cover your head if you're a woman, before going into a mosque. Don't enter during prayers.
- Do ask people if they mind having photos taken before snapping away. They may ask for money, as is their right. Don't photograph bridges, canals (including the Suez Canal) or anything even remotely related to the military or government.
- Do know the frequently used expression *insha'allah*, which means "God willing." It is used in connection with any event (or desired outcome) in the future. A request for a task to be performed will often be met with this response, rather than a definite yes or no.
- Do buy a book about the Egyptian gods that illustrates a few common hieroglyphics. It will make touring the temples more enjoyable.
- Do expect to pay for almost any service, such as toilet paper being handed out at the bathrooms. Unemployment in Egypt is high and there is no Western-style system of welfare to depend on. Egyptians are creative when finding a service of any sort they may get paid for and will not be shy to ask for payment.
- Do insist on receiving some small bills when possible at your exchange bank, and try to purchase a roll of £5 coins for the purpose of tipping.
- Don't tip anyone with foreign currency coins. Banks in Egypt will not accept coins for exchange, so it is essentially useless to the recipient.
- Don't expect people you approach for directions to admit to not knowing where your destination actually is. It's a good rule of thumb to double-check directions with another local, as it is culturally frowned upon to appear ignorant of such details, and people often lie or improvise rather than share that they don't know where a place is.

## KING TUTANKHAMUN

King Tut's tomb was discovered by Howard Carter on November 4, 1922 and sparked wide media coverage and a renewed interest in Egyptian artifacts. In 2007, 85 years to the day after the discovery, King Tut was moved to an underground tomb in Luxor. He was removed from his golden sarcophagus to a climate controlled box. This was to prevent the heightened rate of decomposition caused by the humidity and warmth from tourists visiting the tomb.

## Friday November 4<sup>th</sup>, 2022

Breakfast, Lunch, Dinner

### ■ All Guests ■ CMEatSEA Delegate Program

6:30am	11:00am	Breakfast .....	Culina
7:45am	8:00am	CMEatSEA Welcome / Housekeeping .....	Abdeen Meeting Room
8:00am	9:00am	Screening for Psychosocial Risk Factors in Patients with Pain Dr. Roman Jovey.....	Abdeen Meeting Room
9:00am	10:00am	Cardiovascular Risk Reduction in 2022 – Part 2: Lipid Management Dr. Bradley J. Dibble .....	Abdeen Meeting Room
10:00am	11:00am	Global Medicine – Professor Ashraf Kortam .....	Abdeen Meeting Room
<i>Please note that Dr. David Lau's session will now be on November 6<sup>th</sup> in Luxor</i>			
11:00am	12:30pm	Lunch.....	Pool Deck
12:45pm		Meet for the Citadel & Mohammed Ali Mosque Tour .....	Hotel Lobby
1:00pm		Depart for the Citadel & Mohammed Ali Mosque Tour	
1:00pm	4:00pm	Citadel & Mohammed Ali Mosque Tour	
5:00pm	6:30pm	<b>Exclusive Tour:</b> Museum of Civilization	
7:00pm		Outdoor Dinner Event.....	Al Azhar Park

## Saturday November 5<sup>th</sup>, 2022

Breakfast, Lunch, Dinner

### ■ All Guests ■ CMEatSEA Delegate Program

6:30am		Breakfast .....	Culina
8:45am		Meet for the Coptic Tour.....	Hotel Lobby
9:00am		Depart for the Coptic Tour	
9:00am	11:30am	Coptic Tour	
12:00pm	1:30pm	Lunch.....	Sky Rim
1:45pm		Transfer to Nile Ritz Carlton Hotel	
4:30pm		Meet for our Exclusive After Hours Tour of the Original Egyptian Museum Hotel Lobby	
5:00pm	7:00pm	<b>Exclusive Tour:</b> Original Egyptian Museum After Hours Tour	
7:30pm	9:00pm	Reception .....	Out Of The Nox Bar & Terrace
9:30pm		Luggage collection	
<i>We will be collecting all luggage except your carry-on case for the next day.</i>			

## Sunday November 6<sup>th</sup>, 2022

Breakfast, Lunch, Dinner

### ■ All Guests ■ CMEatSEA Delegate Program

4:00am		Continental Breakfast .....	Lobby Lounge
4:30am		Meet for the Transfer to the airport .....	Hotel Lobby
<i>please ensure you have checked out and have your carry-on case with you</i>			
4:45am		Transfer to airport for Charter Flight to Luxor	
6:45am		Charter Flight to Luxor	