

Dental Tourism: A walk in the park.

by Raj Nath



Once again I was recently travelling, this time to learn surgical periodontics- flaps, grafts and osseous resective surgery from none other than Prof Andre Sadoun who was conducting a workshop in Slovenia.

At the end of the productive and very intensive hands-on workshop where we chopped multiple sheep heads into bits, I had a day spare.and the weather was brilliant!

I have been to Slovenia more than once, and so with my day I decided to do something different and go walking in the Lake District of neighbouring Croatia, specifically in the Plitvice Lakes National Park.

It is an hour and a half drive to the national park from where I was in Slovenia and, as is my usual habit, I started very early. (I recommend you do this as you will beat the crowds!)



This is one of the entry points of the parks.

I recommend you take the Southern entry as it offers a much more scenic view. The park is a series of stepped lakes with multiple waterfalls and is also a heritage site. No construction is allowed as you can expect and hence the park has been preserved in its pristine state for many, many years and has well maintained walkways.



The beautiful weather continued and this is a view from midway up the park on an elevated walkway looking towards the north of the park.



The water is amazingly clear as you can see and is safe enough to drink



Towards the end of the walk, I sat down on a tree trunk and contemplated the beauty of nature!

If you are a walking enthusiast- this is a place you really should visit, you would love it!

Elsewhere in Croatia there are amazing outdoor activities, fishing, superb food and wine. The people are very friendly and helpful.

Combining some activity with dentistry allows you to recharge and rest your mind to be fresh for your daily work. Meeting dentists from outside your home country also allows you to see and learn new perspectives. For me, taking opportunities to explore new lands while broadening my professional horizons is something I take great pleasure in. I hope it inspires you to spread your wings!

Travel is rejuvenating. ■