



WashU Medicine

Books & Bodies

The Medical Heritage of the Low Countries

October 16–24, 2027

With Elisabeth Brander, director for the Center for the History of Medicine
and head of rare books at the Bernard Becker Medical Library



Traveling With You

Elisabeth Brander joined the Bernard Becker Medical Library as rare book librarian in 2012. She holds a Master of Arts in History and a Master of Library Science from the University of Maryland at College Park, and has completed further coursework through the Rare Book School located at the University of Virginia. She is a member of both the Rare Books and Manuscripts Section of the American Library Association and LAMPHHS (Librarians, Archivists, and Museum Professionals in the History of the Health Sciences). Her areas of academic interest include the history of the book, the history of anatomical illustration, and the portrayal of medicine in literature.

Trip Highlights

Travel through **Amsterdam, Haarlem, Leiden, The Hague, Antwerp, and Brussels** to explore how anatomical science, the printing press, and Dutch art advanced together.

Learn from lecturer **Elisabeth Brander**, director of WashU's Bernard Becker Medical Library and head of rare books.

Enjoy lunch at a café inside Amsterdam's 15th-century **Waag Building**, dining in the very room where Rembrandt sketched the anatomy lesson he later immortalized in paint.

Join a curator of Haarlem's **Teylers Museum** to view its collection of 18th-century medical books and scientific instruments.

Peruse rare early printed scientific publications at Leiden's **Rijksmuseum Boerhaave**, housed in the former hospital where Herman Boerhaave pioneered bedside clinical teaching.

Gain special access to Leiden University's **Anatomical Museum**, within one of Europe's premier 17th-century medical teaching institutions.

View Wandelaar's original preparatory sketches for *Albinus's Tabulae Sceleti et Musculorum Corporis Humani* in **Leiden University Libraries' Special Collections**.

See Rembrandt's *The Anatomy Lesson of Dr. Nicolaes Tulp* at the **Mauritshuis**, days after standing in the Waag Building room where that dissection actually took place.

Tour Amsterdam's **Museum Vrolik**, a collection of preserved human and animal specimens that charts how medicine classified bodies and developmental anomalies.

Walk through Rembrandt's meticulously restored 17th-century home at the **Rembrandthuis Museum**, viewing over 250 of his prints.

Participate in a tour of the UNESCO-listed **Museum Plantin-Moretus** in Antwerp, home to the world's oldest printing presses.

Explore Antwerp's **Institute of Tropical Medicine**, one of the world's leading research and training centers for tropical medicine and healthcare in developing countries.

Access the **Bibliothèque Royale de Belgique's** collection in Brussels for a behind-the-scenes look at early editions of Vesalius' *De Humani Corporis Fabrica*.

Dear WashU Medicine Alumni and Friends,

How did a single anatomy book change what we believe about the human body? How did the 16th- and 17th-century medical innovations seen in Holland and Belgium influence Dutch masters like Rembrandt?

From **October 16–24, 2027**, join us on a journey through **Amsterdam, Haarlem, Leiden, The Hague, Antwerp, and Brussels** to witness firsthand how anatomy, the book trade, and Dutch Golden Age art advanced side by side.

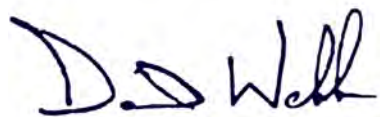
Through special access to museums, rare-book libraries, archives, churches, and other historic venues, learn why medical students and scientists from across Europe traveled to Holland and Belgium in the 1500s and 1600s, as printing presses disseminated new ideas and artists such as Rembrandt attended anatomy lessons to sharpen their compositions.

In 1543, anatomist **Andreas Vesalius** published *De Humani Corporis Fabrica*, a landmark atlas based on human dissection and engraved with a precision that scholars still study. A first edition of Vesalius's atlas resides at WashU's Bernard Becker Medical Library.

Elisabeth Brander, the Becker's director of the Center for the History of Medicine and head of rare books, has spent her career studying that volume and will lead this program as your lecturer. In Brussels, Vesalius's birthplace, you will have behind-the-scenes access to other early editions of *De Humani Corporis Fabrica* at the **Bibliothèque Royale de Belgique (KBR)**.

Along the way, enjoy traditional Low Countries activities, such as an Amsterdam canal cruise, a chartered water limousine tour in Antwerp, and a visit to Holland's oldest botanical garden, the **Hortus Botanicus** in Leiden. **To reserve your place**, contact our tour operator, Arrangements Abroad, at 212-514-8921 or trips@arrangementsabroad.com.

Sincerely,



David Webb
Director, Travel Program & Education



Bibliothèque Royale de Belgique (KBR), Brussels, photo courtesy of Visit Brussels

Activity Level:
Intermediate

Pace Level:
Moderato



Visit Arrangements Abroad's website for more information about Activity and Pace Levels at www.arrangementsabroad.com/faqs.



Map of the region

Books & Bodies

The Medical Heritage of the Low Countries

October 16 – 24, 2027

Saturday, October 16: Departure

Depart on an overnight flight to Amsterdam.

Sunday, October 17: Amsterdam, Holland

(D)

Arrive in **Amsterdam** and transfer to the **Kimpton De Witt Hotel**, perfectly situated in the heart of the City Center. Afterwards, wander the lively surrounding neighborhoods.

Later, embark on a **guided canal cruise** along Amsterdam's UNESCO-listed waterways. This evening, attend a festive welcome dinner.



Rembrandt Huis Museum, Amsterdam, photo courtesy of Rembrandt Huis Museum



Canosa Vase, Allard Pierson, Amsterdam

Monday, October 18: Amsterdam

(B,L)

Discover where masterpieces were born during a guided tour of the **Rembrandt Huis Museum**, his meticulously restored 17th-century home. View over 250 of Rembrandt's prints on display, his sunlit studio, original etching press, and living quarters.

Next, visit the **Allard Pierson**, a museum at the University of Amsterdam. Explore its collections of anatomical books, surgical instruments, pharmacopoeias, and manuscripts spanning the Middle Ages to modern times.

Then, savor lunch at **Café In de Waag** on Nieuwmarkt, nestled in the vaulted interior of the 15th-century Waag Building. Dine in the very room where Rembrandt studied dissections for his celebrated painting, *The Anatomy Lesson of Dr. Nicolaes Tulp*.

Afterwards, take a guided tour of the **Museum Vrolik**, home to one of Europe's most remarkable anatomical collections, featuring over 5,000 preserved human and animal specimens.

Later, enjoy a private visit to the **Amsterdam City Archives** to explore rare anatomical drawings, 17th- to 19th-century surgical treatises, hand-colored engravings of dissections, and vivid illustrations that shaped modern medicine (*pending confirmation*).

Dinner this evening is at leisure.

Tuesday, October 19: *Amsterdam / Haarlem*

(B,L)

Journey west this morning to **Haarlem**, dubbed “Little Amsterdam,” with its cobblestone lanes and picturesque canals. First, visit the **Grote Kerk**, a Gothic church featuring a painted wooden vault, a floor lined with over 400 gravestones, and a Christian Müller organ once performed on by a young Mozart and Handel.

Then, take a guided visit to the **Archeologisch Museum Haarlem**, housed in a former meat hall, the atmospheric basement of the 17th-century Vleeshal. Trace the city’s transformation from prehistoric dunes to a medieval powerhouse, and encounter Cornelis, the reconstructed medieval skeleton, to gain insight into daily life in the Middle Ages.



Grote Kerk, Haarlem



Teylers Museum, Haarlem, photo courtesy of the Teylers Museum

After lunch, enjoy free time to stroll **Grote Markt**, the bustling square at Haarlem’s core for centuries. Then, join a curator at the **Teylers Museum**, the Netherlands’ oldest museum (opened in 1784), for a guided tour of the restricted library, with its rare 18th- to 19th-century medical volumes and scientific instruments.

Return to Amsterdam this evening for dinner at your leisure.

Wednesday, October 20: *Amsterdam / Leiden*

(B,D)

Venture to **Leiden**, Rembrandt’s birthplace and one of Europe’s longtime scientific hubs. First, visit the **Rijksmuseum Boerhaave**, set in the former St. Caecilia Hospital, where Herman Boerhaave first taught medicine at the patient’s bedside. It holds five centuries of Dutch scientific instruments and rare early printed medical editions.

Next door, walk through Leiden University's **Hortus Botanicus**, Holland's oldest botanical garden, founded in 1590 and the place where Carolus Clusius first cultivated tulips on Dutch soil. See its 1745 orangery and tropical greenhouses.

After lunch at leisure, enjoy special access to the **Anatomisch Museum**, which hosts preserved specimen collections that once served as the primary teaching tools for Europe's foremost anatomists.

Continue to **Leiden University Libraries' Special Collections**, to see anatomical artist Jan Wanderlaar's original sketches for Dr. Bernard Siegfried Albinus's 1747 treatise *Tabulae Sceleti et Musculorum Corporis Humani*.

As an afternoon alternative to those science-based tours, you may venture to the **Museum De Lakenhal**, the 1640 Leiden Cloth Hall, which houses artworks by Lucas van Leyden and Rembrandt. For dinner this evening, we may dine on a cruise along Leiden's illuminated canals (*pending confirmation*).



Hortus Botanicus, Leiden, photo courtesy of Hortus Botanicus



Mauritshuis, The Hague, photo courtesy of Mauritshuis

Thursday, October 21: Amsterdam / The Hague / Antwerp, Belgium (B,L)

Travel south this morning to **The Hague**, the seat of the Dutch government. Here, a guided tour of the **Mauritshuis** puts you before the world's finest concentration of Dutch Golden Age paintings, including such treasures as Vermeer's *Girl with a Pearl Earring* and Rembrandt's *The Anatomy Lesson of Dr. Nicolaes Tulp* (painted in the same Waag Building room where we dined earlier this week).

After lunch, transfer south to Antwerp for a guided tour of the **Institute of Tropical Medicine**, one of the world's leading institutes for research and training in tropical medicine and healthcare in developing countries, with active work on HIV, malaria, tuberculosis, and neglected tropical diseases.

Check into the **Hotel 't Sandt**, situated minutes from Antwerp's scenic Scheldt River Promenade, then enjoy an evening and dinner at leisure.

Friday, October 22:

Antwerp

(B,L)

At the UNESCO-listed **Museum Plantin-Moretus**, a private guide will take you through this Renaissance-era publishing house. Here, the world's oldest surviving printing presses still stand alongside a library of 25,000 books printed before the 19th century, around 600 medieval manuscripts, and graphic prints from the 16th and 17th centuries.

Afterwards, visit the **Cathedral of Our Lady** to see Rubens's *Descent from the Cross* amid the cathedral's seven-aisle Gothic interior. Following a group lunch, embark on a **chartered water limousine tour** offering views of the city.

Then, take a guided tour of the newly renovated **KMSKA Royal Museum of Fine Arts**, whose collection spans seven centuries of Flemish and Belgian painting. Dinner is at leisure.

Saturday, October 23:

Antwerp / Brussels

(B,D)

Transfer to **Brussels** for a behind-the-scenes visit to the **Bibliothèque Royale de Belgique (KBR)**, Belgium's national library, for a private look at its rare books collection, including first and second editions of Vesalius's 1543 *De Humani Corporis Fabrica*—the book whose first edition also resides in WashU's own Becker Medical Library.



Museum Plantin-Moretus, Antwerp, photo by Filip Dujardin

Lunch is at leisure. You may explore the city independently, or join an optional guided tour of the **Musée de la Médecine de Bruxelles**, whose collections trace the history of healing from antiquity to the present, including anatomical wax figures from the 19th century.

Check into the **Hotel Amigo**, with time to relax and refresh. This evening, a **festive farewell dinner** closes the program.

Sunday, October 24:

Brussels / Return

(B)

This morning, transfer to the airport for your flight home.

Program Rate
\$9,699 per person, double rate
\$11,699 single rate

Rate Includes

- Seven nights hotel accommodations as per itinerary
- Meals as indicated in the itinerary (B=Breakfast, L=Lunch, D=Dinner). Bottled water, soft drinks, juices, and coffee/tea with all meals; house wine and beer at all included lunches and dinners
- Enrichment program of lectures and talks
- Escorted sightseeing, transportation, and entrance fees for all included visits
- Airport/hotel/airport transfers for participants on arrival and departure days
- Taxes, service, and portage charges; gratuities to local guides and drivers

NOT INCLUDED IN RATES: International airfare; passport/visa fees; meals not specified; alcoholic beverages other than those noted in inclusions; personal items and expenses; airport transfers other than for participants on arrival and departure days; excess baggage; trip insurance; any other items not specifically mentioned as included.

DISCLAIMER: This itinerary is subject to change at the discretion of Washington University and Arrangements Abroad. For complete details, please carefully read the terms and conditions at <https://www.arrangementsabroad.com/terms-conditions/>

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Accommodations



Kimpton de Witt Amsterdam

Kimpton De Witt Amsterdam

Stay at this modern luxury hotel in Amsterdam's city center, with rooms and common spaces designed around Dutch art and design.

Hotel 'T Sandt Antwerp

A 17th-century neo-Rococo mansion was converted into a 29-room luxury hotel, steps from Antwerp's historic city center, design shops, and restaurants.

Hotel Amigo, Brussels

In Brussels's historical center, this 173-room luxury property features bright, contemporary rooms accented by antique pieces.



Hotel 'T Sandt Antwerp

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RESERVATION FORM

To reserve a place, please call Arrangements Abroad at 212-514-8921 or 800-221-1944; email: trips@arrangementsabroad.com; or complete and return this form with your deposit of \$2,000 per person (of which \$1,000 is non-refundable for administrative fees) to *Arrangements Abroad*. Mail to: Arrangements Abroad, 260 West 39th Street, 17th Floor, New York, NY 10018-4424.

Name(s) in full as on passport(s). Please print.

Address

City

State

Zip

Telephone (mobile)

(home)

E-mail

ACCOMMODATIONS

Hotel room preference one bed two beds

I wish to share a room with

FORM OF PAYMENT

Enclosed is my check (payable to *Arrangements Abroad*)

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Signature (required)

Date

Signature (required)

Date



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Front cover: Teylers Museum, Haarlem, photo courtesy of Teylers Museum.
Back cover: Anatomical Theatre, Rijksmuseum Boerhaave, Leiden, photo courtesy of Rijksmuseum Boerhaave (top) Mauritshuis, the Hague (bottom).
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