



Plandent

Reservér din
plads nu!

OKTOBER 2026

Unik kursusrejse til Cape Town, Sydafrika

– faglighed, fællesskab og mening i én oplevelse

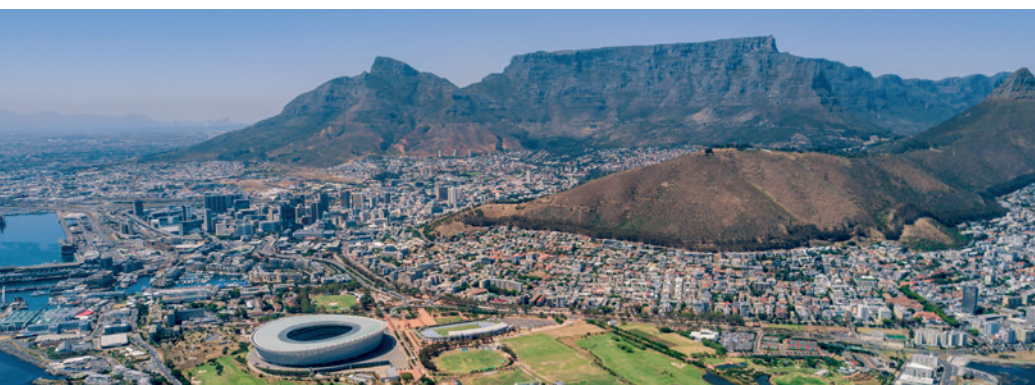
Vi har fornøjelsen af at invitere dig med på en helt særlig kursusrejse til Cape Town, Sydafrika. Her får du høj faglig kvalitet, hands-on undervisning og mulighed for at gøre en reel forskel gennem meningsfuldt velgørhedsarbejde – samlet i én uforglemmelig oplevelse.

Rejsen er til dig, der ønsker international inspiration, ny klinisk indsigt og konkrete værktøjer, du kan implementere direkte i din hverdag. Samtidig bliver du en del af et stærkt fællesskab og får mulighed for at gøre en reel forskel for skolebørns tandsundhed.

Der er kun 18 pladser, så du er sikret nærvær, høj kvalitet og god tid til både læring og nye oplevelser.

KUN 18 PLADSER

Tilmeld dig allerede
nu hos Bonnie Møller
på 43 66 44 14 eller
bonnie.moeller@plandent.dk



Glæd dig til faglighed, velgørenhed og unik natur



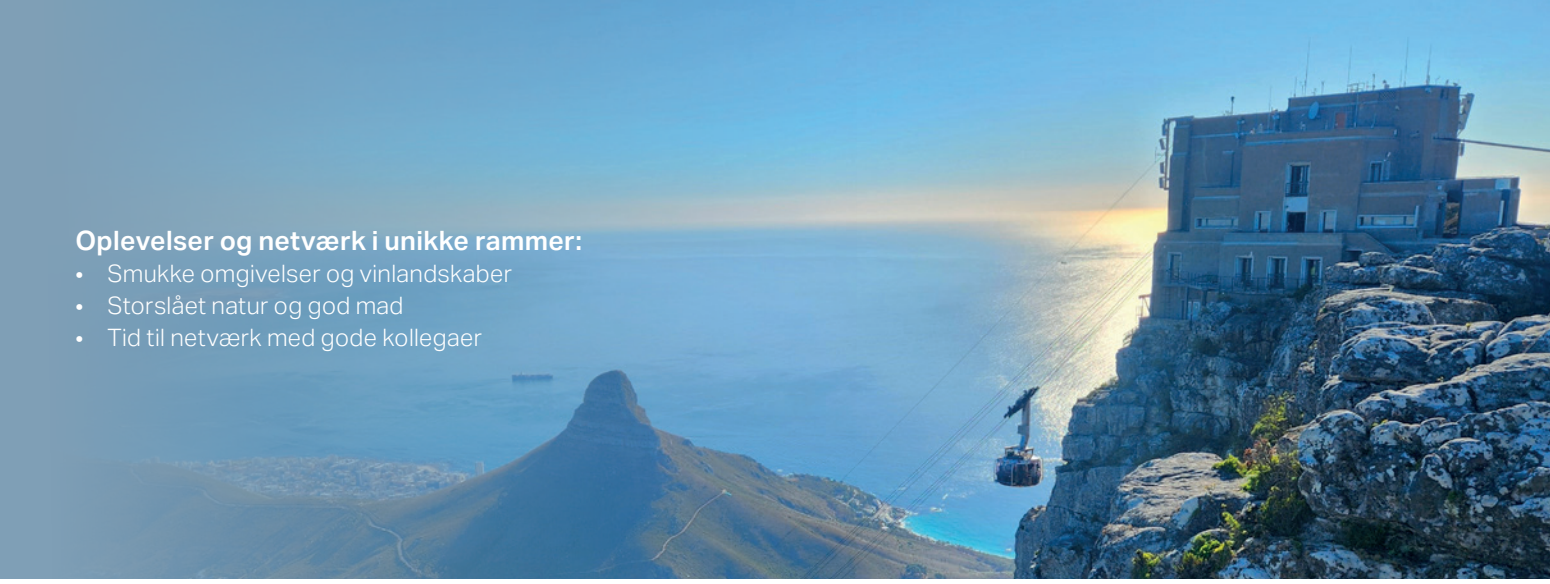
Fagligt kursus med lokale specialiser i Cape Town med fokus på teori, cases og hands-on øvelser inden for:

- Kompositrestaurationer
- Kofferdam og optimal isolation
- Bidfunktion og slid
- Digitalt workflow
- Minimal Invasive Aesthetic Dentistry (MIAD).



En helt særlig velgørenhedsdag i samarbejde med Dental Wellness Trust:

- Besøg på en skole i landsbyen Mfuleni
- Screening og behandling af skolens børn
- En oplevelse, der gør indtryk – både fagligt og menneskeligt



Oplevelser og netværk i unikke rammer:

- Smukke omgivelser og vinlandskaber
- Storslået natur og god mad
- Tid til netværk med gode kollegaer

Mød de lokale specialister...



Dr. Linda Greenwall is an international lecturer, author, and pioneer in minimally invasive aesthetic dentistry, and founder of the Dental Wellness Trust. She has been awarded both the BEM and MBE for her outstanding contributions to dentistry and charity.

Minimal Invasive Aesthetic Dentistry (MIAD)

Minimal invasive aesthetic dentistry focuses on enhancing dental appearance while preserving as much natural tooth structure as possible.

You will be introduced to:

- modern adhesive techniques.
- biomimetic principles.
- preventive care to achieve aesthetic improvements with minimal biological cost

Key philosophy: "Preserve, protect, and enhance rather than replace."



Dr. Kaveer Ratan is the owner of Ratan & Co. Advanced Dentistry, with a focus on digital workflows, biomimetics, and posterior composite. His teaching is highly practical and clinically applicable.

Isolation and Stamp Technique for Class I & Class II

In this course, you will gain practical knowledge and hands-on skills in modern restorative dentistry techniques designed to improve efficiency and clinical outcomes.

The training will cover:

- The principles and application of rubber dam isolation to ensure optimal moisture control and patient safety.
- The stamp technique for achieving precise occlusal anatomy, including its modification for Class II restorations.
- The semi-direct injection molding technique using flowable composite for posterior restorations, offering a predictable and minimally invasive approach.

By the end of the session, you will be equipped with contemporary methods to enhance accuracy, aesthetics, and workflow in your everyday practice.



Dr. Waldo Engelbrecht is known for his uncompromising approach to quality and attention to detail, with a focus on composite, rubber dam, and clinical precision.

Pressure Mapping, Force Measurement & Tactile Sensors

In this session, you will explore key questions and clinical considerations:

- What is pressure mapping, and is it unique to dentistry?
- Does your intraoral scanner provide pressure mapping?
- What is the difference between jaw tracking and pressure mapping?
- Can occlusal adjustment relieve dentin hypersensitivity?
- How do you practically register pressure mapping, and what should you look for?



Dr. Mark Bowes is an internationally recognised lecturer and expert in aesthetic and restorative dentistry, with a strong focus on Digital Smile Design and aesthetic treatment planning. He is South Africa's only certified DSD instructor and a DSD World Master.

Aesthetic Dentistry and Health – A New Era

This session will explore a comprehensive, modern approach to aesthetic rehabilitation using Digital Smile Design (DSD) as the foundation for diagnosis, planning, and execution.

You will follow a full "start-to-finish" makeover workflow, from initial patient assessment and digital planning through to predictable clinical delivery.

Emphasis will be placed on

- Interdisciplinary thinking.
- Patient communication.
- Translating digital concepts into minimally invasive outcomes.

The session will also introduce the integration of COHA (Comprehensive Oral Health Assessment) within the treatment plan, highlighting how systemic and oral health considerations enhance long-term aesthetic success.

Key topics include smile analysis, digital workflows, material selection, adhesive protocols, and step-by-step clinical sequencing.

As part of an intimate group of international clinicians, you will gain practical, real-world strategies that you can implement immediately in your daily practice.

PRIS OG PRAKTIK

Enkeltværelse:

Totalpris pr. person: 34.995,-
StjernePLUS-kunde pris: 31.495,-

Delt dobbeltværelse:

Totalpris pr. person: 30.850,-
StjernePLUS-kunde pris: 27.765,-

Prisen inkluderer:

- Flyrejse København - Cape Town
- Lovpligtig passagerafgift på fly
- Klimakompensation
- Måltider ombord på fly
- 6 nætter på hotel i Cape Town inkl. morgenmad
- 3 netværksmiddage
- Transport mellem hoteller og lufthavn
- Kursusdage inkl. kaffepauser og frokoster

PROGRAM

1. oktober

Afrejse København kl. 18.55

2. oktober

Ankomst Cape Town

3.-7. oktober

Kursus- og netværksdage

8. oktober

Hjemrejse til Danmark kl. 17.55

9. oktober

Ankomst Danmark kl. 09.15

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