

CASABLANCA, MOROCCO

Arrive: 0800 Saturday, September 3
Onboard: 1800 Tuesday, September 6
Depart: 2000 Tuesday, September 6

DAY 1: Saturday, September 3

CAS10 DIPLOMATIC BRIEFING FOLLOW-UP DISCUSSION: MOROCCO (Following Diplomatic Briefing - 1030, On Ship) Minimum 5/No Maximum (PRICE: FREE) PRE-SALE ONLY

[FDP: RUX]

Students will meet with an American diplomat assigned to Morocco and have an opportunity to learn about work in diplomacy and the Foreign Service. Occurring directly after the general briefing, this session is open to all members of the shipboard community.

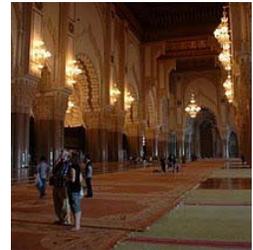
CAS11 INTERIOR VISIT OF HASSAN II MOSQUE (On Arrival - 1030) Minimum 16/Maximum 35 (PRICE: \$42) PRE-SALE ONLY

[FDP: MORROW & HOLCOMB]

Visit the Hassan II Mosque, the world's third largest mosque. Completed in 1993, the mosque was designed by French architect Michel Pinseau and built by Bouygues. The minaret of the Hassan II Mosque is the world's tallest at 689 feet. Similar to the architecture of the Alhambra, the mosque displays strong Moorish influence but also includes modern touches, such as electric doors, a sliding roof and heated floor. It was also built to withstand earthquakes.

Built on reclaimed land, almost half of the surface of the mosque lies over the Atlantic. This was inspired by a verse of the Qur'an that states, "the throne of God was built on the water." Part of floor of this facility is glass so that as many as 25,000 worshippers can kneel directly over the sea. Eighty thousand additional worshippers can be accommodated in the courtyard.

Suggested attire: long cotton trousers for men, skirts or long cotton pants for women are recommended. Women should also bring a scarf to cover their heads.



CAS12 CASABLANCA CITY ORIENTATION with INTERIOR VISIT OF HASSAN II MOSQUE (On Arrival - 1300) Minimum 15/Maximum 90 (PRICE: \$65) PRE-SALE ONLY

More than 150 years ago, the village that eventually developed into modern-day Casablanca contained a mere 600 inhabitants. Today it is the economic center of Morocco, the country's largest city and Africa's second-largest city, with a population of more than three million people. It is a new and vital city, clearly a product of the 20th century. Casablanca is a modern and well-planned city that is good at hosting the many foreign visitors who pass through each year.



Visit the Hassan II Mosque, the world's third largest mosque. Completed in 1993, the mosque was designed by French architect Michel Pinseau and built by Bouygues. The minaret of the Hassan II Mosque is the world's tallest at 689 feet. Similar to the architecture of the Alhambra, the mosque displays strong Moorish influence but also includes modern touches, such as electric doors, a sliding roof and heated floor. It was also built to withstand earthquakes.



Built on reclaimed land, almost half of the surface of the mosque lies over the Atlantic. This was inspired by a verse of the Qur'an that states, "the throne of God was built on the water." A section of the floor is glass so that as many as 25,000 worshippers can kneel directly over the sea. An additional 80,000 worshippers can be accommodated in the courtyard.

After visiting the Great Mosque, drive through Casablanca's varied neighborhoods, including the Ain Diab Corniche, lined with swimming pools, restaurants and nightclubs; and the luxurious Anfa residential section, where Churchill and Roosevelt met for the Casablanca Conference during World War II. Continue to Mohamed V Square, the Central Market, the Habous Quarter, the Mahkama (court), the Cathedral Notre Dame du Lourdes, and the Royal Palace Mechouar. Finally, enjoy a walking tour through the mechouar bazaars of the new medina adjoining the Royal Palace.

Suggested attire: long cotton trousers for men, skirts or long cotton pants for women are recommended. Women should also bring a scarf to cover their heads.

Please note: The chronological order of visits may change to avoid uncomfortable overlapping of groups at the same time and place.

CAS13 MARRAKECH & CAMEL RIDING IN THE PALM GROVES – GROUP A (On Arrival – 1230 Day 3) Minimum 30/Maximum 86 (PRICE: \$528) PRE-SALE ONLY



Located three hours from Casablanca on an oasis at the base of the High Atlas Mountains, Marrakech is the gateway city to the Sahara. Legend and fact both contribute to the explanation of Marrakech's unique character. The town's origins are attributed to the development of an oasis, which grew out of the refuse of caravans from the south, whose food supplies contained dates. The palm groves that sprang up provided an ideal place for the Saharan nomad Almoravids to settle. Since this time, Marrakech has seen many dynasties and fortunes rise and fall, resulting in a remarkably beautiful city which has not only become the capital of southern Morocco but an integral city to the Islamic world. The cultural, natural and historical attractions of this traditional Berber capital, seat to nearly all of Morocco's dynasties over the last thousand years, make Marrakech the top tourism destination in North Africa.

Highlights of this trip include exploration of Marrakech, the camel ride in the palm groves and indulging in the country's flavorful cuisine – from typical Moroccan lunches to tempting pastries.



Suggested packing list: light comfortable walking shoes, cotton trousers, knee-length shorts, light shirts/T-shirts for day wear; protection from the sun and layered clothing for cooler temperatures in the evenings.

Includes: hotel accommodations in Marrakech; 2 lunches, 2 dinners, 2 breakfasts and a snack of Moroccan pastries with mint tea (Day 1); all tours and transfers.

CAS14 THE HABOUS DISTRICT (1000-1400) Minimum 11/Maximum 25 (PRICE: \$84 +OOPEX) PRE-SALE ONLY

[FDP: FINOCCHARIO KESSLER]

This FDP is specially designed for Professor Finocchario Kessler's research students, but others are welcome to come and enjoy with us the bustle and excitement of the big souk in the heart of Casablanca. In the beautiful architecture of the Habous district, enjoy a stroll through elegant arcades, small squares and alleys. The souk has all kinds of merchandise on display. Participants can wander, stopping whenever somebody finds an item of interest. Participants will have an opportunity to appreciate the Moroccan craftsmanship and practice their bargaining skills. Professor Finocchario Kessler's students will participate in the overview provided by the guide, but will then have up to two hours to explore independently a setting, individual or group of people to unobtrusively observe. Class instructions will be provided to students prior to this FDP. We will all reunite at noon at a designated restaurant in the souk area to share a Moroccan meal together and debrief our observation experiences.

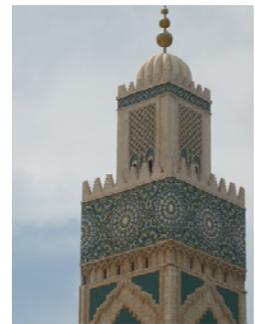
Note on bargaining: The interaction with the merchant will provide participants with a glimpse into the local culture. These traders can negotiate with a rudimentary knowledge of English. The storekeeper has no qualms about charging the tourist twice the price he will obtain from a native; you have to protect your own interest. At the same time, no matter how low a price you offer, the merchant will not take offence. The bargaining is all very polite. It is really a game and it should be played according to the time-honored rules. If you offer a price and the merchant accepts it, you have to consummate the transaction. Walking away from the store after the shop-owner has accepted your offer shows poor manners. Please note: Please dress appropriately for hot weather and bring plenty of water. OOPEX includes local currency if you wish to purchase anything. Lunch is included, but beverages are at your own expense.

CAS15 CASABLANCA CITY ORIENTATION (1330-1730) Minimum 21/Maximum 86 (PRICE: \$39) PRE-SALE ONLY

More than 150 years ago, the village that eventually developed into modern-day Casablanca contained a mere 600 inhabitants. Today, it is the economic center of Morocco, the country's largest city and Africa's second-largest city, with a population of more than 3 million people. It is a modern and vital city, clearly a product of the 20th century. Casablanca is a modern and well-planned city that is good at hosting the many foreign visitors who pass through each year.

Visit the Hassan II Mosque, the world's third largest mosque (outside viewing only). Completed in 1993, the mosque was designed by French architect Michel Pinseau and built by Bouygues. The minaret of the Hassan II Mosque is the world's tallest at 689 feet. Similar to the architecture of the Alhambra, the mosque displays strong Moorish influence but also includes modern touches, such as electric doors, a sliding roof and heated floor. It was also built to withstand earthquakes.

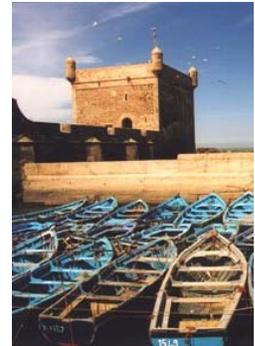
After visiting the Great Mosque, drive through Casablanca's varied neighborhoods, including the Ain Diab Corniche, lined with swimming pools, restaurants and nightclubs; and the luxurious Anfa residential section, where Churchill and Roosevelt met for the Casablanca Conference during World War II.



Continue to Mohamed V Square, the Central Market, the Habous Quarter, the *Mahkama* (court), the Cathedral Notre Dame du Lourdes, and the Royal Palace Mechouar. Finally, enjoy a walking tour through the mechouar bazaars of the new medina adjoining the Royal Palace.

CAS16 MARRAKECH/ESSAOUIRIA (1330 Day 1 - 1700 Day 4) Minimum 20/Maximum 43 (PRICE: \$452) PRE-SALE ONLY

In addition to visiting Marrakech, the cultural and traditional Berber capital, this trip also explores Essaouira. The harbor and mild climate of Essaouira have drawn many visitors over the centuries, from the Phoenicians in the seventh century BCE to Jimi Hendrix and Mick Jagger in the late 1960s. Orson Welles chose Essaouira's scenic setting for nearly the entire filming of *Othello*. In addition to Essaouira, this trip also includes a visit to Marrakech, the millennium-old Berber capital of Morocco. Nestled on an oasis at the base of the High Atlas Mountains, Marrakech is truly the gateway city to the Sahara. Far removed from the sea and the Western European-oriented cities of Casablanca and Tangier, Marrakech is truly an African city.



Depart by air-conditioned bus to Marrakech (3-4 hours). Upon arrival, check in to the hotel and have dinner; the evening is at your leisure. After exploring Marrakech in the morning, including stops at the Bahia Palace, Dar Si Said Museum, and the city's famed maze of reed-covered bazaars. Bahia Palace, the lavish palace of a black slave who rose to become grand vizier, was built in 1880 and was later inhabited by the French General Lyauty. It was looted after the vizier's death, but the surviving quarters and the lovely garden with fruit trees give a clear idea of its former grandeur. Dar Si Said Museum is a delightful palace that houses an impressive collection of Moroccan arts. The star exhibit is a decorated marble basin from the Ben Youssef Medersa. Equally impressive are the collection of Berber jewelry and the 16th century wood carvings from el-Badi. After lunch in a typical Moroccan restaurant, continue your exploration of Marrakech by visiting the souks (markets), the winding little streets, and the Jemaa el Fna Square, with its varied and non-stop entertainment—storytellers, snake charmers, fire-eaters and more. Return to the hotel for dinner and overnight.

The next day drive south to Safi. En route, stop in Essaouira for lunch and a city tour. Visit the colorful port area to watch the manual "chain" unloading of the sardine catch and the building of wooden fishing boats. Tour the ramparts, begun by the Portuguese in the 16th century when this was their outpost of Mogador. Within these ramparts reside craftsmen who create exquisite decorative objects from the roots of the indigenous Thuya tree. Continue to Safi for dinner and overnight.

Following breakfast at the hotel, depart for a city orientation of Safi, including the Bab Chaaba area in the souk that is famous for the blue and white Safi pottery. Then depart for your return to Casablanca, stopping in El Jadida for lunch and an orientation tour. In 1513, El Jadida, formerly known as Mazagam, was discovered by the Portuguese in their effort to create a maritime trading empire. In 1769, the Portuguese were overthrown by Sultan Mohammed ben Abdallah, who forced them from the fortress. Upon their departure, the Portuguese mined the ramparts, thus weakening the attackers, and the fortress lay in ruins until 1820. Although rebuilt by the Moroccans, the fortress, enclosed medina, churches, and cistern are still intact and reflect a medieval, European-style. If time permits, visit El Jadida's ramparts, port and impressive underground cistern—an immense square hall supported by 25 columns and lit only by a circular opening in the roof. The Portuguese built it as an arsenal but transformed it in the mid-16th century to a cistern.

Suggested packing list: light comfortable walking shoes, cotton trousers, knee-length shorts, light shirts/T-shirts for day wear; protection from the sun and layered clothing for cooler temperatures in the evenings.

Includes: 2 nights' hotel accommodations in Marrakech; 1 night hotel accommodations in Safi; 3 dinners, 3 breakfasts, 3 lunches; all tours and transfers.

CAS17 MARRAKECH & NOMAD CAMP WITH CAMEL TREK (1000 Day 1 – 1700 Day 3)
Minimum 30/Maximum 60 (PRICE: \$739) PRE-SALE ONLY

Marrakech is the gateway city to the Sahara. The town's origins are attributed to the development of an oasis. Discover how the Saharan Almoravid Dynasty gained the upper hand on this arid land long ago, developing irrigation by creating reservoirs in river valleys and, later, constructing dams. The four-hour ride to a suburb of Marrakech is worth the wait as you transfer to a more exotic mode of transportation – a camel! Enjoy the camel ride as you travel to the nomad camp. Located in a desert-like region, enjoy your surroundings and lunch before visiting a nearby village of mud houses, where people, coming from the Sahara, are still living today. Spend the evening in the beautiful nomad camp built especially for the occasion. Enjoy dinner under the nomad tents. The night continues with a local folkloric show set around the campfire. On the second day, explore the area by 4WD vehicles and follow the *N'fis Wadi* (River). This field of old salt mines features a nice view on the two dams that supplies Marrakech with water and electricity. After enjoying the view, return to Marrakech. A Moroccan dinner in the *medina* featuring an Arabo-Andalusian orchestra and belly dancing show will surely add some spice to the evening. Enjoy the *medina* of Marrakech, Jamaa El Fna Square during daylight hours and watch the snake charmers, acrobats, storytellers, scribes and *souks* (markets).



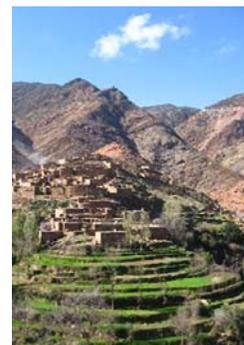
Enjoy the complexities of this trip from the mesmerizing *medina* to the introduction of the nomadic life. Follow in their footsteps and begin to realize the work done to improve their lives.

Suggested packing list: light comfortable walking shoes, cotton trousers, knee-length shorts, light shirts/T-shirts for day wear; card games or reading material; protection from the sun and layered clothing for cooler temperatures in the evenings.

Includes: 1 nights' accommodation in Marrakech; 1 night accommodation at nomadic camp including dinner and folkloric show; 3 lunches, 2 dinners.

CAS18 BERBER VILLAGES OF THE HIGH ATLAS MOUNTAINS (1000 Day 1 – 1700 Day 4)
Minimum 12/Maximum 60 (PRICE: \$409) PRE-SALE ONLY

Located on an oasis at the base of the High Atlas Mountains, Marrakech is considered the gateway to the Sahara and is just three hours from Casablanca. Legend and fact both contribute to the explanation of Marrakech's unique character. The town's origins are attributed to the development of an oasis, which grew out of the refuse of caravans from the south, whose food supplies contained dates. The palm groves that sprang up provided an ideal place for the Saharan nomad Almoravids to settle. Since that time, Marrakech has seen many dynasties and fortunes rise and fall, resulting in a remarkably beautiful city that has not only become the capital of southern Morocco but an integral city to the Islamic world. The cultural, natural and historical attractions of



this traditional Berber capital, seat to nearly all of Morocco's dynasties over the last thousand years, make Marrakech the top tourism destination in North Africa.

From Marrakech, travel into the mountains and become truly immersed in Morocco's rural culture. Spend a few days enjoying the varied scenery and the kind hospitality of the Berber villagers. Enjoy hikes and walks through cultivated terraced fields with the jagged mountains of the High Atlas rising into the distance. This trip provides a wonderful opportunity to spend time with, and learn about, rural Berber communities as participants will spend two nights in the villages.

In addition to those wishing to experience the Berber culture, this trip is designed for outdoor enthusiasts who will relish in activities like the full day trek to Ait Hamed scheduled on the third day. Approximately four to five hours, this hike takes you down valleys and up mountains, offering fabulous views of the magnificent Haouz plain and Lake Lalla Tazerkount. The morning walk on the last day is equally refreshing. The route takes you through the traditional villages of the Amizmiz Valley known for their well-tended, precariously-labored, luxuriously verdant garden patches.

Suggested packing list: light comfortable walking shoes, cotton trousers, knee-length shorts, light shirts/T-shirts for day wear; card games or reading material; flashlight (or headlamp), protection from the sun, layered clothing for cooler temperatures in the evenings; toiletries, such as towels, toilet paper, sanitizing wipes and trinkets (small gifts for villagers) are recommended.

Includes: Box lunch from the ship; hotel accommodation in Marrakech; 2 nights' gîte accommodation; 3 lunches, 2 dinners and 2 breakfasts.

**CAS19 SACRED SPACES OF CASABLANCA (1300-1730) Minimum 20/Maximum 43
(PRICE: \$92) PRE-SALE ONLY**

[FDP: NELSON]

This FDP tours Casablanca's major places of worship. The most monumental of the sites will be the Hassan II Mosque, completed only recently, in 1993. It is not only one of the largest mosques in the world, but it is also the only mosque in Morocco open to the non-Muslim public. It is Casablanca's most monumental building. The tour will also visit two Christian sites, reinforcing the religious complexity of Morocco. Notre Dame de Lourdes, completed in 1956, has an extraordinary collection of Modern stained glass. Sacre-Coeur Cathedral, completed in 1930, functions today as a cultural center rather than an active place of worship. It also allows spectacular views of the city from its towers (Note: It may not be possible to visit the interior of the Sacré-Coeur Cathedral, but from outside we can, nevertheless, have an idea how it reflects the best of the more adventurous architectural products of the art deco era). And finally, the trip will also visit Beth El Synagogue, the premier place of worship for the city's Jewish population, offering a view into the city's third major religious community. Please note: Participants are advised to bring adequate sun protection and good walking shoes. A strict dress code is enforced in the Mosque. Shorts, short skirts and tank tops or any clothes revealing the knees or shoulders are not acceptable.

Suggested attire: long cotton trousers for men, skirts or long cotton pants for women are recommended. Women should also bring a scarf to cover their heads.

DAY 2 Sunday, September 4

CAS20 MARRAKECH – GROUP A (0700-1900) Minimum 20/No Maximum (PRICE: \$138) PRE-SALE ONLY

[FDP: UNRUH]

Travel approximately three hours from Casablanca to Marrakech by motor coach. Upon arrival, visit the Majorelle Gardens. After lunch, the exploration of the city will continue with the Bahia and Dar Si Said Palaces (the latter now a museum of southern crafts). Wind up the afternoon at the tumultuous Jemaa el Fna Square at the height of the day's activity—with snake charmers, acrobats, medicine men and women, storytellers, and scribes. Return to Casablanca.

Suggested attire: light comfortable walking shoes, cotton trousers, knee-length shorts, light shirts/T-shirts.



CAS21 VOLUBILIS/FÈS (0730 Day 2 - 2000 Day 3) Minimum 21/Maximum 86 (PRICE: \$271) PRE-SALE ONLY

Travel by motorcoach approximately four hours to Volubilis, the site of the best preserved ancient Roman ruins in Morocco. This spectacular city with stunning mosaics dates back to the second and third centuries when the Romans began developing the area to keep control of this north African region. As one of the Roman Empire's most remote outposts, Volubilis was the administrative center of the province in Roman Africa. Grain and olive oil produced here was exported to Rome, adding to the city's wealth and prosperity. Explore the ancient ruins—including wall fragments, massive columns and arches—all decorated with beautiful mosaics and colorful tiles depicting Roman mythology.



Fès (also known as Fez) is the oldest of Morocco's Imperial Cities and the kingdom's spiritual center. Founded around 790 by Moulay Idriss I, many mosques and madrasas (Islamic schools) were constructed in Fès, and today the city is considered central to the Islamic world. Deemed to be the last true example of a typical medieval Arab town, Fès is under the strict building code supervision of UNESCO, which declared the whole medina (Old City) of Fès a world Heritage Site in 1981.

Explore the medina's labyrinth of alleyways that open into craft workshops, vast leather tanneries and richly ornamented monuments on a walking tour. The area's sights, sounds and smells will overwhelm your senses as you witness craftsmen making carpets and tiles; locals shopping for food, clothing and household items; and donkeys, carriages and motorbikes transporting goods to and from the car-free area. Escape the hustle and bustle of the busy streets at one of the many rooftop terraces where you can enjoy the great view.

In the medina, visit the Suuq Dabbaghin (the tanners' quarter), which features leather-making techniques unchanged since the Middle Ages; the Qaraouine University and mosque, which was founded in the ninth century and features a beautifully decorated exterior; and the Moulay Idriss II shrine, the tomb of Fès' founder. Visit sites in the

“new” city of Fès, including the Royal Palace, the Jewish Quarter, and the Bab Boueloud gate, which was built in 1913 and features beautiful mosaic work.

Suggested packing list: light comfortable walking shoes, cotton trousers, knee-length shorts, light shirts/T-shirts for day wear; protection from the sun, layered clothing for cooler temperatures in the evenings.

Includes: box lunch from the ship; hotel accommodation in Fès; 2 lunches, 1 dinner and 1 breakfast; all tours and transfers.

CAS22 RABAT (FULL DAY) (0900-1800) Minimum 21/Maximum 86 (PRICE: \$48 + OOPEX) PRE-SALE ONLY

[FDP: MORROW]

North Africa was a significant center during the Roman Empire, and Morocco played a vital part in the expansion of Islam. History classes will use this ancient site to study the movement of these peoples. The medieval traveler, Ibn Battuta, began his travels from Morocco in the 14th century; on this tour, participants will visit some of the sites he would have seen.

Although Rabat has a thousand-year history, it became a major city only in the 20th century when the French moved the administrative capital from Fès to Rabat. Since then it has become a distinguished, elegant and modern city. It is the closest city to Casablanca where one may feel the historical grandeur and cultural diversity of Morocco. First visited by the Phoenicians, Rabat later served as the capital to the 12th-century Almohad dynasty, which is responsible for some of the city’s most impressive monuments. The small casbah and Old City (medina) offer a relaxed look at traditional culture.

Travel by motorcoach along the scenic coastal road to Rabat (about 90 minutes). Upon arrival, view the major historical sites including the Mechouar of the Royal Palace, the Ramparts, Hassan Tower and Mosque, the splendid Mohamed V Mausoleum, the Kasbah of the Oudaya, and the Chellah—a 14th century necropolis of the Merinide where one can view the Roman tombs within the complex. Please note: Bring bottled water, a sun hat and sunscreen. Lunch is OOPEX.



CAS23 MARRAKECH & CAMEL RIDING IN THE PALM GROVES – GROUP B (0800 Day 2 – 1230 Day 4) Minimum 30/Maximum 86 (PRICE: \$528) PRE-SALE ONLY

Located three hours from Casablanca on an oasis at the base of the High Atlas Mountains, Marrakech is the gateway city to the Sahara. Legend and fact both contribute to the explanation of Marrakech’s unique character. The town’s origins are attributed to the development of an oasis, which grew out of the refuse of caravans from the south, whose food supplies contained dates. The palm groves that sprang up provided an ideal place for the Saharan nomad Almoravids to settle. Since this time, Marrakech has seen many dynasties and fortunes rise and fall, resulting in a remarkably beautiful city which has not only become the capital of southern Morocco but an integral city to the Islamic world. The cultural, natural and historical attractions of this traditional Berber capital, seat to nearly all of Morocco’s dynasties over the last thousand years, make Marrakech the top tourism destination in North Africa.



Highlights of this trip include exploration of Marrakech, the camel ride in the palm groves and indulging in the country's flavorful cuisine – from typical Moroccan lunches to tempting pastries.

Suggested packing list: light comfortable walking shoes, cotton trousers, knee-length shorts, light shirts/T-shirts for day wear; protection from the sun and layered clothing for cooler temperatures in the evenings.

Includes: hotel accommodations in Marrakech; 2 lunches, 2 dinners, 2 breakfasts and a snack of Moroccan pastries with mint tea (Day 1).

CAS24 MARRAKECH/OURIKA VALLEY – GROUP A (0800 Day 2 – 1730 Day 3) Minimum 20/No Maximum (PRICE: \$289) PRE-SALE ONLY

Located on an oasis at the base of the High Atlas Mountains, Marrakech is the gateway city to the Sahara. Legend and fact both contribute to the explanation of Marrakech's unique character. The town's origins are attributed to the development of an oasis, which grew out of the refuse of caravans from the south, whose food supplies contained dates. The palm groves that sprang up provided an ideal place for the Saharan nomad Almoravids to settle. Since that time, Marrakech has seen many dynasties and fortunes rise and fall, resulting in a remarkably beautiful city that has not only become the capital of southern Morocco but an integral city to the Islamic world. Three hours outside of Casablanca, the cultural, natural and historical attractions of this traditional Berber capital, seat to nearly all of Morocco's dynasties over the last thousand years, make Marrakech the top tourism destination in North Africa.



The Ourika is a narrow valley that cuts deep into the High Atlas Mountains. As you move further south into the valley, the mountains rise ever more precipitously, and the area of cultivation diminishes further. At the head of the valley, constricted terraced gardens are productive throughout most of the year since the Ourika stream, which drains the northeast face of Jbel Toubkal, seldom runs dry. In the past, people of the Ourika Valley were in a powerful position since they controlled the water supply to the city and gardens of Marrakech. At the time, Moroccan law did not acknowledge the rights of any user downstream. In practice, this meant that no ruler of Marrakech could afford to have a hostile power in control of the valley.

Highlights of this trip include exploration of Marrakech, the full-day hike in the beautiful countryside and visiting a Berber family to witness their Middle Ages way of life.

Suggested packing list: light comfortable walking shoes, cotton trousers, knee-length shorts, light shirts/T-shirts for day wear, toiletries and protection from the sun.

Includes: box lunch from the ship; hotel accommodation in Marrakech; 2 night's gîte accommodation; 2 lunches, 1 dinner and 1 breakfast.

Cancelled CAS25 FÈS & MEKNES (0900 Day 2 – 1800 Day 4) Minimum 15/Maximum 50 (PRICE: \$635) PRE-SALE ONLY

Travel approximately four hours to Volubilis the site of the best preserved Roman ruins in Morocco. Dating primarily from the 2nd and 3rd centuries, Volubilis was one of the Roman Empire's most remote outposts.



Then to Fès, the oldest of Morocco's Imperial Cities and the kingdom's spiritual center, Fès is central to the Islamic world. Founded around 790 by Moulay Idriss I, many mosques and mederas (Koranic schools) were constructed in Fès. Considered by scholars to be the last true example of a typical medieval Arab town, Fès is under the strict building code supervision of UNESCO. Its labyrinth of alleyways opens to craft workshops, vast leather tanneries and richly ornamented monuments.

Experience Fès like a local and stay with a family living in the *medina* of this wonderful city. Enjoy this cultural exchange over family dinner and continuing conversations. In 2010, a non-government and non-profit organization promoting sustainable development started a project to help 30 families preserve their homes that are part of the architectural heritage of Fès. The income generated from this visit and others like it help maintain these magnificent structures while also promoting positive cultural exchange.

On the last day, en route to the ship, visit the city of Meknès which was founded in the 11th century by the Almoravids as a military settlement. Meknes became a capital under Sultan Moulay Ismaïl (1672–1727), the founder of the Alawite dynasty. The sultan turned it into a impressive city in Spanish-Moorish style, surrounded by high walls with great doors, where the harmonious blending of the Islamic and European styles of the 17th century Maghreb are still evident today.

Highlights of this trip include the special opportunity to stay in a Moroccan home while also exploring the captivating city of Fès. Equally rewarding are the scheduled visits on the second day to the world's oldest functioning university (the Qaraouine), and leather tanneries and various workshops where craft trades are passed on from father to son.

Suggested packing list: light comfortable walking shoes, cotton trousers, knee-length shorts, light shirts/T-shirts for day wear, toiletries and protection from the sun.

Includes: 2 night's accommodation in Moroccan home; 3 lunches, 2 dinners and 2 breakfasts.

Cancelled CAS26 EL JADIDA'S HISTORICAL EVOLUTION (1400-1800) Minimum 20/ Maximum 43 (PRICE: \$45) PRE-SALE ONLY

In 1513, El Jadida, formerly known as Mazagan, was discovered by the Portuguese in their effort to create a maritime trading empire. In 1769, the Portuguese were overthrown by Sultan Mohammed ben Abdallah, who forced them from the fortress. Upon their departure, the Portuguese mined the ramparts, thus weakening the attackers, and the fortress lay in ruins until 1820. Although rebuilt by the Moroccans, the fortress, enclosed medina, churches, and cistern are still intact and reflect a medieval, European-style.

Drive to El Jadida via Azemmour. Our first stop will be at the maritime citadel of Azemmour, a Portuguese stronghold in the 15th century. Next visit El Jadida's ramparts, port, and impressive underground cistern—an immense square hall supported by 25 columns and lit only by a circular opening in the roof. The Portuguese built it as an arsenal but transformed it in the mid-16th century to a cistern. Upon arrival, take time to explore the city before returning to the ship.

DAY 3 Monday, September 5

CAS30 MARRAKECH – GROUP B (0700-1900) Minimum 20/No Maximum (PRICE: \$138) PRE-SALE ONLY

Travel from Casablanca to Marrakech by motorcoach (a drive of approximately three hours). Upon arrival, visit the Majorelle Gardens. After lunch, the exploration of the city will continue with the Bahia and Dar Si Said Palaces (the latter now a museum of southern crafts). Wind up the afternoon at the tumultuous Jemaa el Fna Square at the height of the day's activity—with snake charmers, acrobats, medicine men and women, storytellers, and scribes. Return to Casablanca.

Suggested attire: light comfortable walking shoes, cotton trousers, knee-length shorts, light shirts/T-shirts.

CAS31 RABAT (HALF DAY) (0800-1300) Minimum 21/Maximum 43 (PRICE: \$42) PRE-SALE ONLY

North Africa was a significant center during the Roman Empire, and Morocco played a vital part in the expansion of Islam. Although Rabat has a thousand-year history, it became a major city only in the 20th century when the French moved the administrative capital from Fès to Rabat. Since then it has become a distinguished, elegant and modern city. It is the closest city to Casablanca where one may feel the historical grandeur and cultural diversity of Morocco. First visited by the Phoenicians, Rabat later served as the capital to the 12th-century Almohad dynasty, which is responsible for some of the city's most impressive monuments. The small casbah and Old City (medina) offer a relaxed look at traditional culture.



Travel by motorcoach along the scenic coastal road to Rabat (about 90 minutes). Upon arrival, view the major historical sites, including the Mechouar of the Royal Palace, the Ramparts, Hassan Tower and Mosque, the splendid Mohamed V Mausoleum, the Kasbah of the Oudaya, and the Chellah—a 14th-century necropolis of the Merinide where one can view the Roman tombs within the complex. Please note: Bring bottled water, a sun hat and sunscreen.

Cancelled CAS32 MARRAKECH WITH TREASURE HUNT & ZIP-LINE (0800 Day 3 – 1730 Day 4) Minimum 21/No Maximum (PRICE: \$499) PRE-SALE ONLY

Three hours outside of Casablanca is the charming city of Marrakech. Once an important political and cultural center with influence throughout the western Muslim world, Marrakech is now regarded as a most popular destination for visitors to Morocco. In addition to the souks, the famous Place Jamaâ El Fna with its snake charmers, and the enchanting "red city" itself, Marrakech retains several impressive monuments from its illustrious history.



Once in Marrakech, proceed on a brief city orientation ending at Jamaâ El Fna Square for lunch. After lunch, participate in a "Treasure Hunt." This specially-designed activity is a great way to discover Marrakech. It will give you the opportunity to explore the most important places of Marrakech: *souks*, *medina*, old streets, and its famous square. Evening activities include a Moroccan dinner and folkloric show. After breakfast the next morning, discover the marvelous landscape of the High Atlas Mountains (by

minibus). Participate in a variety of challenging activities including zip-lines (tyroliennes) and rope bridges. Enjoy lunch under nomad tents. Return to Casablanca in the late afternoon. Please note: You should be in good physical condition to participate in this trip. It is not recommended for individuals who have a fear of heights.

Suggested packing list: light comfortable walking (closed-toe) shoes, cotton trousers, knee-length shorts, light shirts/T-shirts for day wear, toiletries and protection from the sun.

Includes: hotel accommodation in Marrakech; 2 lunches, 1 dinner and 1 breakfast; all tours and transfers.

Cancelled CAS33 MARRAKECH/OURIKA VALLEY – GROUP B (0800 Day 3 – 1730 Day 4) Minimum 30/No Maximum (PRICE: \$289) PRE-SALE ONLY

Located on an oasis at the base of the High Atlas Mountains, Marrakech is the gateway city to the Sahara. Legend and fact both contribute to the explanation of Marrakech's unique character. The town's origins are attributed to the development of an oasis, which grew out of the refuse of caravans from the south, whose food supplies contained dates. The palm groves that sprang up provided an ideal place for the Saharan nomad Almoravids to settle. Since that time, Marrakech has seen many dynasties and fortunes rise and fall, resulting in a remarkably beautiful city that has not only become the capital of southern Morocco but an integral city to the Islamic world. Three hours outside of Casablanca, the cultural, natural and historical attractions of this traditional Berber capital, seat to nearly all of Morocco's dynasties over the last thousand years, make Marrakech the top tourism destination in North Africa.



The Ourika is a narrow valley that cuts deep into the High Atlas Mountains. As you move further south into the valley, the mountains rise ever more precipitously, and the area of cultivation diminishes further. At the head of the valley, constricted terraced gardens are productive throughout most of the year since the Ourika stream, which drains the northeast face of Jbel Toubkal, seldom runs dry. In the past, people of the Ourika Valley were in a powerful position since they controlled the water supply to the city and gardens of Marrakech. At the time, Moroccan law did not acknowledge the rights of any user downstream. In practice, this meant that no ruler of Marrakech could afford to have a hostile power in control of the valley.

Highlights of this trip include exploration of Marrakech, the full-day hike in the beautiful countryside and visiting a Berber family to witness their Middle Ages way of life.

Suggested packing list: light comfortable walking shoes, cotton trousers, knee-length shorts, light shirts/T-shirts for day wear, toiletries and protection from the sun.

Includes: box lunch from the ship; hotel accommodation in Marrakech; 2 night's gîte accommodation; 2 lunches, 1 dinner and 1 breakfast.

DAY 4 Tuesday, September 6

CAS40 FISHERIES RESOURCES OF MOROCCO (0700-1000) Minimum 10/Maximum 16 (PRICE: \$19) PRE-SALE ONLY

[FDP: BOUDRIAS]

Enjoy a morning visit to a local fish market to examine the fish species available on the coast, touring the docks and small fishing vessels along the way, to observe market techniques and methods. Intertidal community will be the subject of our inquiry. Species composition and fishing methods will be discussed, along with the influence of biological, physical and chemical variables.



CAS41 ROMAN RUINS AT VOLUBILIS (0730-1800) Minimum 20/Maximum 43 (PRICE: \$138) PRE-SALE ONLY

[FDP: IPPOLITO]

Volubilis is the site of the largest and best-preserved Roman ruins in Morocco. Volubilis dates largely from the 2nd and 3rd centuries CE, though excavations have revealed that the site was originally settled by Carthaginian traders in the 3rd century BCE. The whole site has been well excavated. One of the most attractive features of Volubilis is the stunning mosaics, made even more attractive by the fact that they have been left in situ.

Travel by motorcoach to Volubilis and spend the morning visiting the Roman ruins. Next travel to Meknes for lunch and an orientation of the city, including the old ramparts and Bab Mansour. Please note: Box lunches from the ship will be provided. Participants are advised to bring adequate sun protection and good walking shoes.



CAS42 RICHBOND FACTORY VISIT (TBA) Minimum 20/Maximum 40 (PRICE: TBA)

[FDP: CASTALDI]

Created in Morocco in 1964, the Richbond Company, manufacturer of furniture, gradually extended its line of products. Within the framework of its expansion in the late 1960's they diversified to manufacture all raw materials that comprise the composition of its finished products. The company has invested heavily in this backward integration, which includes weaving and spinning mills for their finished products. Today, Richbond is at the same time spinner, weaver and manufacturer of foams for mattresses and materials for their furniture manufacturing. Thus, the fabrics that cover the pieces of furniture are woven in the workshops of Richbond starting from wire manufactured in-house.

The company, leader in all the branches of the industries in which it competes, currently has revenues exceeding 240 million francs and counts more than 1,200 employees. To capture growing demand for its products of traditional furnishing, in particular at the French Maghreb community, Richbond decided to create in France a network of shops that specialized in the Eastern living room furniture.

Mr. Karim Tazi, leader of this subsidiary company of international marketing, anticipated the growth for original and authentic Moroccan furniture, not only due to traditional customers in search of such unique furniture of quality, but also young and cosmopolitan customers, eager to create an original interior. Moreover, Richbond knew to develop this product line by a framework entirely dedicated to the art of living Moroccan. Today the company counts five shops in France, one in Belgium, one in Canada, one in Switzerland and one in the Netherlands. New openings are in preparation in Toulouse and Lille. Richbond has revenues of over two million Euros in Europe and has been growing rapidly because of the success of its furniture and accessories. As such, this company and industry touches many aspects of international marketing, as well as ethical and sustainability issues in the manufacturing processes.

During this visit, Professor Castaldi's students will particularly focus on and be prepared to ask questions regarding their International Marketing or Global Business Ethics topic(s) they are working as part of their Field Assignment project.

CAS43 MENTAL HEALTH & TRADITIONAL HEALERS IN MOROCCO (1500-1630, On Ship)
Minimum 11/Maximum 30 (PRICE \$ 10)

[FDP: R. WILLIAMS]

Participants in this FDP will hear about the Ibn Rushd University Psychiatric Center, a 104-bed psychiatric inpatient unit in Casablanca. This treatment facility is a World Health Organization Collaborating Center for training and research in mental health. We will be joined onboard by Professor Driss Moussaoui, a psychiatrist who has written extensively about the mental health situation in Morocco. We will learn about the prevalence of mental disorders in Morocco and the challenges involved in treating patients with severe mental illness. Professor Moussaoui will discuss a recent chapter he has written about the interface of religious practice and mental health in Morocco. This chapter includes such topics as beliefs about the evil eye and possession; the practice of seeking help from marabouts, or tombs of saints, when someone is ill; and the role of traditional healers and religious leaders in the care of the mentally ill. This is an opportunity to learn about the multifaceted treatment of those with severe mental illness. We will learn not only about the use of Western models of treatment but also about the importance of considering religious and spiritual beliefs and traditions.

Through this experience, Professor Williams' students will develop an understanding of how different countries diagnose and treat mental illness; will gain knowledge about the interface between mental illness and traditional healing; and develop an awareness of how gender factors into the treatments of mental illness.

TEMA, GHANA

Arrive: 0800 Tuesday, September 13

Onboard: 1800 Friday, September 16

Depart: 2000 Friday, September 16

DAY 1: Tuesday, September 13

ACR11 WELCOME TO GHANA: OVERNIGHT VISIT TO WINNEBA (On Arrival, Day 1 – 2030 Day 2) Minimum 15/Maximum 40 (PRICE: \$129 + OOPEX) PRE-SALE ONLY

[FDP: BAKER & RUX]

With a population of just over 40,000, the coastal town of Winneba is known for its fishing, its welcoming atmosphere and, most recently, its University of Education. Since partnering with Charlottesville, Virginia as a sister city in 2009, delegates from both locations have joined forces to explore each city's culture and hospitality. Join your Winneba hosts, who may include city officials, residents and students, as they welcome the ship's arrival in Takoradi. Introduce them to the ship and enjoy lunch together onboard before departing for an overnight stay in Winneba. The drive to Winneba is approximately 2.5 hours.

Prepare for the city of Winneba to welcome you. Upon your arrival, you will be greeted by traditional drumming and dance from members of the two warrior groups from this region, known as *asafo*: *Asafo #1 - Tuafo*, and *Asafo #2 - Dentsefo*. Following this ceremonial welcome, proceed to your hotel and check in. Spend the evening exploring the town and beach areas, meeting local citizens and enjoying a local dinner (included).

After breakfast the following morning, visit a local market to witness its cultural and political dynamics. While there, meet the market queen, who presides over the market and settles local disputes. Proceed next to meet the "Chief Fisherman" and discern how disputes within this important local industry are resolved in a different fashion in a culture different from your own. Visit the University of Education and meet with faculty, staff members and students for a Q&A session. Compare similarities and differences between your university experience and that in Ghana. Other potential activities may include various cultural and musical performances. The order of these visits will vary depending on local schedules, and lunch will be arranged for you in the afternoon. You will spend enough time at each location to explore the surrounding area and get a good feel for the town of Winneba and its citizens. Depart for the ship at approximately 1800. Please note: Other cultural activities may be included or substituted. Out of pocket expenses include local currency for any optional purchases you may wish to make in Winneba.



ACR12 TEMA/GA QUEEN MOTHERS (1000-1400) Minimum 15/Maximum 40 (PRICE: \$67) PRE-SALE ONLY

In the traditional setting, the title of “queen mother” can relay the rank of paramount queen, divisional queen or even sub queen. Though queen mothers do not have the same traditional authority as their male counterparts, they play an important role in the traditional society. They are responsible for designating the next chief, providing wise counsel to the chief and his elders, rallying all women together and keeping an eye on the social conditions within the society. Participants will have the opportunity to discuss the role of women in royal courts and other related issues. Please note: Box lunches will be provided from ship.

ACR13 CHRISTIANITY & ISLAM IN WEST AFRICA – GROUP A (1000-1600) Minimum 16/Maximum 40 (PRICE: \$91) PRE-SALE ONLY

[FDP: SPENCER]

Christianity and Islam are growing at phenomenal rates in Africa. We will have the opportunity to meet with faculty and students at a local seminary in Accra, Ghana. They will speak to SAS participants about their understanding of the relationship between Christianity and Islam, as well as why Africans are embracing these religions with such fervor. A discussion around the interpretation of scripture and Christian tradition as it applies to West African and churches in the United States and Canada will also be held. Topics include polygamy, sexuality, salvation, spirituality, social justice and outside forces that challenge the faithful in Ghana. Please note: Box lunches will be provided from the ship.



ACR14 ACCRA CITY ORIENTATION (1000-1800) Minimum 30/Maximum 80 (PRICE: \$86) PRE-SALE ONLY

The capital of Ghana since 1877, Accra is the country’s most populous city. Serving as the capital of the Greater Accra Region, Accra is the administrative, communications, and economic heart of the country. Over 70 percent of Ghana’s manufacturing capacity is located within this region. The architecture of Accra’s public buildings reflects its transition from a 19th-century Victoriasborg suburb to the metropolis it is today. This 130-year old city is where urban meets traditional, where modern architecture nestles comfortably amidst lush greenery, where 21st-century high-tech merges wonderfully with age-old historical cultures.



Accra was founded by the Ga people in the late 1600s. The word *Accra* is derived from the word *Nkran* meaning “ants” in Akan, a reference to the numerous anthills seen in the countryside around Accra. Accra served as a centre for trade with the Portuguese, Swedish, Dutch, French, and British; the Danish had also established trade there by the end of the 17th century. In 1877, at the end of the second Anglo-Asante War, Accra replaced Cape Coast as the capital of the British Gold Coast colony.

The site of present-day Accra evolved into a sizable town and included the original Ga town as well as British, Danish and Dutch forts and their surrounding communities: Jamestown, near the British fort; Osu, near the Danish Christiansborg fort (now Osu Castle); and Usherstown, near the Dutch Usher fort. The four areas form the core of present-day Accra.

After leaving the port area, drive through the administrative and economic districts of Accra and visit the W.E.B. Dubois Center for Pan African Culture. The final resting place of W.E.B. Dubois and Shirley Graham Dubois, the center houses the mausoleum, personal library and museum of the Dubois' rich lives as influential American and Pan-African thinkers and activists. Also visit the Artiste Alliance, Independence/Black Star Square and Kwame Nkrumah Memorial Park. After lunch in a local Ghanaian restaurant, end your tour at the Arts Centre, where you will have the opportunity to use your bargaining skills while shopping in an open-air market for artifacts from Ghana and West Africa.

ACR15 DRUMMING AND DANCE WORKSHOP - GROUP A (1000-1800) Minimum 30/Maximum 60 (PRICE: \$101) PRE-SALE ONLY

[FDP: UNRUH]

Participants will partake in an African drumming and dance workshop under the direction of the renowned Afrique Dance Ensemble. Established in 1993, this group has been actively involved in the promotion of African and Ghanaian cultural heritage through traditional music and dance. Led by young and vibrant directors, this ensemble has performed widely in Ghana as well as in other African countries. Its rich repertoire includes Ghanaian folk/traditional music and dance as well as Senegalese, Malian and Guinean traditional dance pieces fused with more contemporary movements. The workshop will culminate in a performance by the Ensemble.

Through participation in this workshop, students will observe firsthand the acoustic properties of Ghanaian music and learn about how music is used in this culture to communicate cultural beliefs. Above all, students will be better equipped to appreciate, compare, and discuss music from many different parts of the world.



ACR16 ENVIRONMENTAL ACTIVISM & POLICY IN GHANA (1030-1200, On Ship) Minimum 12/No Maximum (PRICE: \$9) PRE-SALE ONLY

[FDP: MOLLOY]

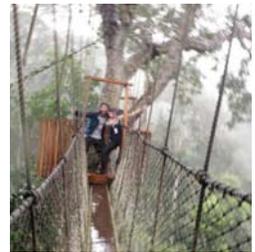
Participants in this FDP will meet with the director and staff of Friends of the Earth (FOE), an international environmental organization with operations in Africa. An onboard presentation by FOE representatives will highlight the work of Friends of the Earth-Ghana, environmental problem and policy in Ghana, and what FOE has done to address these issues, including Ghana and the climate crisis. In addition, FOE representatives will discuss issues related to Ghana's forestry sector and the challenges it faces. Finally, there will be a discussion of the West African gas pipeline. The environmental challenges facing Africa are fierce. FOE Ghana is steeped in the issues, the politics and the problems. This is an opportunity to learn how politics works at the grassroots level in a developing country.



DAY 2: Wednesday, September 14

ACR21 KAKUM NATIONAL PARK AND ELMINA WALKING TOUR (0700–1900) **Minimum 30/Maximum 80 (PRICE: \$130) PRE-SALE ONLY**

Drive through the historic Denkyira Kingdom to Kakum National Park, one of West Africa's surviving tropical rainforests, located four hours from Tema. Extending over 360-square kilometers, the park is home to over 40 large mammals and 400 bird species, as well as numerous species of butterflies, flora and fauna. Kakum's most popular attraction is the Canopy Walkway, which consists of seven bridges extending 350 meters and hanging 40 meters above the forest floor. Other activities include touring the medicinal walking trails and the Sunbird Trail. After lunch, embark on a guided walking tour of Elmina, which was the first point of European contact in Sub-Saharan Africa. It was once the most cosmopolitan city in Tropical Africa. Climb the Jago Hill to Fort St. Jargo, which was used by the Dutch as a post to snatch the Elmina Castle from the Portuguese. You will be thrilled by the colorful Asafo (Fante Traditional Soldiers) Posts with their philosophical symbols as well as the various Colonial Dutch Cemeteries. Please note: Sturdy, comfortable walking shoes recommended for the Canopy Walkway. Lunch is included.



ACR22 SERVICE PROJECT: HABITAT FOR HUMANITY – GROUP A (0700-2000) **Minimum 20/Maximum 45 (PRICE: \$93) PRE-SALE ONLY**

Millard Fuller believed that, “We have the know-how in the world to house everyone. We have the resources in the world to house everyone. All that’s missing is the will to do it.” In 1976, this lawyer and businessman from Alabama started Habitat for Humanity International. Thirty years later, Habitat for Humanity’s impact is colossal, reaching 100 countries across the globe. Habitat’s mission is “to eliminate poverty housing and homelessness all over the world.”



During this service project, work alongside Ghanaians in a nearby location. In partnership with Habitat, the future homeowners will also be there. Homeowner families are chosen according to their need and their ability to repay the no-interest mortgage.

A typical day begins with a welcome from the Habitat team and some instruction on the activities of the day. This is followed by a morning work session, lunch and an afternoon work session. An experienced local builder provides supervision on site. Please note: The price of this practicum is based on round-trip transportation to and from the site, which is approximately 3.5 hours from Tema. The actual cost for this Habitat build (US\$2,000) is courtesy of the SAS Annual Fund.

ACR23 CASTLES AND SLAVE DUNGEONS - GROUP A (0700-2000) Minimum 30/ **Maximum 80 (PRICE: \$116) PRE-SALE ONLY**

[FDP: HUNT & NELSON]

Tour the infamous forts, castles and slave dungeons of Ghana, located on the coast east of Takoradi. First visit Elmina Castle, also known as St. George's Castle, built by the Portuguese in 1482. This castle was the first European structure built in Sub-



Saharan Africa. Then visit the infamous Cape Coast Castle and slave dungeons. The castle was built by the Swedes in 1653 and was later taken over by the British. Today it houses the West African Historical Museum. Participants will learn about the relationship between the Western slave traders and African tribes that participated in the highly organized Atlantic slave trade, and will have a first-hand appreciation of the tragedy of that complex trade of forced immigration. Enjoy lunch in a local Ghanaian restaurant between visits. Please note: Box dinners will be provided upon your return to the ship.

ACR24 CASTLES AND SLAVE DUNGEONS: THE ORIGIN OF PIDGIN LANGUAGES (0700-2000) Minimum 30/Maximum 45 (PRICE: \$116) PRE-SALE ONLY

[FDP: THOMAS]

Tour the infamous forts, castles and slave dungeons of Ghana, located on the coast east of Takoradi. First visit Elmina Castle, also known as St. George's Castle, built by the Portuguese in 1482. This castle was the first European structure built in Sub-Saharan Africa. Then visit the infamous Cape Coast Castle and slave dungeons. The castle was built by the Swedes in 1653 and was later taken over by the British. Today it houses the West African Historical Museum. Participants will learn about the relationship between the Western slave traders and African tribes that participated in the highly organized Atlantic slave trade, and will have a first-hand appreciation of the tragedy of that complex trade of forced immigration. Enjoy lunch in a local Ghanaian restaurant between visits.

Professor Thomas' group will also examine a number of questions about the early encounters between Europeans and Africans from a linguistic point of view. What languages did the European traders bring to West Africa? How did they communicate with the Africans? What languages did the African slaves speak? Did they have a common language? How did pidgin languages develop? How much were they influenced by African languages? How did they spread to the Americas and the Caribbean? What is their legacy in the USA and the Caribbean today? Please note: Box dinners will be provided upon your return to the ship.



ACR25 TORGORME VILLAGE EXPERIENCE (0800-1430) Minimum 15/Maximum 45 (PRICE: \$94) PRE-SALE ONLY

[FDP: KOLBE]

Depart for a scenic drive along the Accra plains to the beautiful village of Torgorme, located on the lower Volta River. Pay a courtesy call to the paramount chief and elders of the village amidst traditional drumming and dancing by the villagers, and also participate in a naming ceremony, in which you will be given traditional African names. After this ceremony, choose between the following activities: a village tour of Torgorme, a hands-on session in pottery-making, or a kente-weaving session. Please note: Lunch included.



ACR26 KUMASI CULTURAL TOUR OVERNIGHT (0700 Day 2 - 2000 Day 3) Minimum 16/Maximum 80 (PRICE: \$372) PRE-SALE ONLY

Depart in the morning for a drive through the forest zone to Kumasi, the seat of the Ashanti Empire, to explore the legends of the famous Ashantis whose legacies are



still evident today. After lunch, visit Manhyia Palace Museum to obtain first-hand information on the legacies of the Ashanti Kingdom. Through relics and artifacts, learn the regal history that dates back to 1700. Enjoy a drive through the city to observe monuments dedicated to the memory of the great Ashanti people. End the day's tour at the National Cultural Center which features the Prempeh II Jubilee Museum and various studios of the brass makers, potters and batik makers. On the second day, visit the three famous Ashanti craft villages: Ahwiaa, the wood carvers' village; Ntonso, the home of Adinkra cloth; and Bonwire, the kente-weaving village. See how African crafts are made and buy directly from the artisans who make them.

Includes: Round-trip transportation; guide; 1 breakfast; 2 lunches; 1 dinner; overnight at hotel

ACR27 FROM DIRT ROADS TO 4G NETWORKS: THE "NEW AFRICA" (0700 Day 2 - 2000 Day 3) Minimum 18/Maximum 30 (PRICE: \$293 + OOPPEX) PRE-SALE ONLY

[FDP: FRÖLANDER-ULF]

Amizade Global Service-Learning has organized service-learning courses and volunteer service opportunities in Jukwa since 2003. Groups have contributed both funds and labor to the building of a library and computer resource center. The community has a lot of experience in hosting groups and provides safe and comfortable lodging facilities in a recently opened, locally-owned, hotel. Jukwa provides students the unique opportunity to witness the intersection of traditional village life with bustling modern development.

On day one, participants will enjoy a welcome orientation and meet with the local Nana (chief) and other community leaders before having lunch in local homes. Following lunch, we will tour Jukwa, visiting the clinic, hospital, market and library. Late afternoon includes visits to a cocoa plantation and palm oil production facility. Dinner will feature conversations with the Jukwa Students Association and evening cultural activities hosted by the Nana (drumming, dancing, and bonfire). Check in to local hotel for the night.

After breakfast on day two, attend a local religious service followed by a Ghanaian lunch in a local home. We will depart Jukwa and visit Kakum National Park for the afternoon en route to the ship.

The significance of this FDP for Professor Frölander-Ulf's anthropology courses (especially Global Political Economy) is the explosive economic development that has occurred in Jukwa in just a few years. Partially this has been occasioned by its location between the coast and the interior, including its proximity to the Kakum rainforest, as well as macroeconomic influences shaping the local economy. It is a place where students learn about the importance of cocoa and palm oil as Ghana's main cash crops since colonial times and about the wonderfully rich integration of new cultural patterns into its traditional practices, creating a fascinating cultural mix. The fact that we will be able to interact and have discussions with the local Nana, MP, and student association members, as well as have our meals in local homes provides students' with numerous opportunities to gain meaningful insights into the local culture and community.



Cancelled ACR28 TOGO AND BENIN HISTORICAL TOUR (0700 Day 2 – 1800 Day 4)
Minimum 20/Maximum 45 (PRICE: \$852) PRE-SALE ONLY

The adventure begins in Ouidah (Benin), the cradle of African traditional religion. After lunch in Ouidah, visit the Port of No Return, a monument built by the Benin government to commemorate the Africans who were taken from the Dahomey Empire during the slave trade. Later tour the temple dedicated to the sacred pythons, which are believed to give vitality and protection. Tour the historical Museum of Ouidah, located in a Portuguese fort built in 1721. This museum portrays Benin's role in the Atlantic slave trade. Later, there will be an hour to explore the city of Ouidah on your own. Continue the journey northward to Cotonou and drive through the vibrant administrative and commercial center, viewing the town's many statues and monuments before arriving at the hotel. In the morning of Day 2, pay a memorable visit to Ganvié, the village on stilts, commonly referred to as the "Venice of West Africa." Witness first-hand the people of Ganvié carrying out their daily routine as vendors in dugout canoes piled high with wares, conducting business with one another and with tourists. Enjoy shopping on floating shops and taking a relaxing canoe ride on the waterways of this exotic 300-year-old village. After lunch at a local restaurant visit Porto Novo, the former capital of Benin. Tour Porto Novo's famous ethnographic museum dedicated to Fon and Yoruba communities of Benin before arriving at the hotel. On Day 3, travel to Lomé, the capital of Togo, for a city tour. Drive through this modern capital, where tradition and modernism overlap. Discover the metropolis with its *Musée National* and *Place de l'Indépendance* before your return to the ship. Please note: This trip requires a multiple-entry visa for Ghana (purchased in advance); visas for Togo and Benin will be acquired on arrival. Please bring five additional passport photos for the Togo and Benin visas.



Includes: Round-trip transportation; guide; 2 breakfasts; 2 lunches; 1 Dinner; Overnight in hotel; Overnight in hotel

ACR29 CAPE COAST HISTORICAL OVERNIGHT (0800 Day 2 – 1800 Day 3) Minimum 20/Maximum 80 (PRICE: \$342) PRE-SALE ONLY

Depart in the early morning and drive through the historic Denkyira Kingdom to Kakum National Park, one of West Africa's surviving tropical rain forests. Extending over 360 square kilometers, the park is home to over 40 large mammals and four hundred bird species, as well as numerous species of butterflies, flora and fauna. Kakum's most popular attraction is the canopy walkway, which consists of seven bridges extending 350 meters and hanging 40 meters above the forest floor. Choose between a two-kilometer walk through the forest to discover the wide variety of exotic floral species and the medicinal value they offer, or take a walk in the treetops via the canopy walkway. Enjoy a lunch of African cuisine at Hans Cottage "Botel" while watching the resident crocodiles and busy weaver birds. Check out of the hotel on the second day and embark on a tour of the infamous forts, castles and slave dungeons of Ghana. The group will tour Elmina Castle, also known as St. George's Castle, built by the Portuguese in 1482. This castle was the first European structure built in Sub-Saharan Africa. Afterwards, enjoy a lunch of African cuisine at a local Ghanaian restaurant. Then visit the infamous Cape Coast Castle and slave dungeons. The castle was built by the Swedes in 1653 and was later taken over by the British. Today it houses the West African Historical Museum.



Includes: Round-Trip transportation; guide; 1 breakfast; 2 lunches; 1 dinner; Overnight at hotel; Tour of Elmina Castle; Tour of Cape Coast Castle two-hour tour of Kakum National Park

DAY 3 Thursday, September 15

ACR31 MONA MONKEYS AND WLI WATERFALLS (0700-1900) Minimum 30/Maximum 60 (PRICE: \$100) PRE-SALE ONLY

Depart Accra for an early morning drive to Tafi Atome, a village that has practiced conservation by keeping their monkeys sacred. Witness these endangered animals in large numbers as they live in the wild. Later, depart Tafi for the scenic drive to Wli, home of the tallest waterfall in Ghana. Tour the village of Wli and familiarize yourself with the typical Ghanaian Ewe village lifestyle. After the short cultural village walk, enjoy a hike through the lush greenery of the Agumatsa Forest Reserve, where you will cross the same river eleven times to reach the breathtaking Wli Waterfall. Experience the cool, invigorating atmosphere and savor the breathtaking view of the cascades. Consider taking a refreshing swim in the plunge pool at the base of the falls. A packed lunch will be provided.



ACR32 KAKUM NATIONAL PARK AND BAMBOO ORCHESTRA (0700-1900) Minimum 30/Maximum 80 (PRICE: \$136) PRE-SALE ONLY

Drive through the historic Denkyira Kingdom to Kakum National Park, one of West Africa's surviving tropical rainforests, approximately four hours from Tema. Choose between a two-kilometer walk through the forest to discover the wide variety of exotic floral species and the medicinal value they offer, or take a walk on the canopy walkway that hangs 40 meters above the forest floor. Enjoy an African cuisine lunch in the park. Then visit Mesomagor, a culturally-rich village located close to the park, and hear the traditional Bamboo Orchestra. The youth in Masomagor have revived this traditional art by performing music and dance with bamboo percussion instruments.



This program will give students the opportunity to visit a continental rain forest within a protected area for comparison with other regions. The Canopy Walkway will allow observation of the unique plants and animals that inhabit the upper stories of the rainforest, which are often not visible from the ground. Please note: Sturdy, comfortable walking shoes are recommended for the Canopy Walkway. Lunch is included.

ACR33 SERVICE PROJECT: HABITAT FOR HUMANITY - GROUP B (0700-2000) Minimum 20/Maximum 45 (PRICE: \$93) PRE-SALE ONLY

Millard Fuller believed that, "We have the know-how in the world to house everyone. We have the resources in the world to house everyone. All that's missing is the will to do it." In 1976, this lawyer and businessman from Alabama started Habitat for Humanity International. Thirty years later, Habitat for Humanity's impact is colossal, reaching 100 countries across the globe. Habitat's mission is "to eliminate poverty housing and homelessness all over the world."



During this service project, work alongside Ghanaians in a nearby location. In partnership with Habitat, the future homeowners will also be there. Homeowner families are chosen according to their need and their ability to repay the no-interest mortgage.

A typical day begins with a welcome from the Habitat team and some instruction on the activities of the day. This is followed by a morning work session, lunch and an afternoon work session. An experienced local builder provides supervision on site. Please note: The price of this practicum is based on round-trip transportation to and from the site, which is approximately three and half hours from Tema. The actual cost for this Habitat build (US\$2,000) is courtesy of the SAS Annual Fund.

ACR34 GLOBAL MAMAS: MICRO-LENDING IN ACTION (0800-1600) Minimum 20/Maximum 30 (PRICE: \$77) PRE-SALE ONLY

This program will focus on the role of small business and micro-lending in Africa. To gather information on small businesses, we will participate in a workshop conducted in Accra by Global Mamas. Global Mamas is a nonprofit organization that develops business programs for small, women-owned businesses in Africa. They aim to increase revenues of woman-owned businesses in Africa so that women and their families can have sustainable livelihoods. The workshop is designed to provide education on the role of financing, leadership, teamwork and decision making in small businesses. During the workshop we will meet some of the women operating these businesses. Since we are visiting a place of business, participants on this program are asked to dress appropriately. Please feel free to visit the Global Mamas website, www.globalmamas.org, prior to the workshop to learn more about this nonprofit organization. Part of the price of this practicum will go to the Ghanaian women presenting the workshop and tour. Please note: Box lunches from the ship will be provided.



ACR35 CASTLES AND SLAVE DUNGEONS - GROUP B (0700-2000) Minimum 30/Maximum 80 (PRICE: \$116) PRE-SALE ONLY

[FDP: AULETTE & SINGH]

Tour the infamous forts, castles and slave dungeons of Ghana, located on the coast east of Takoradi. First visit Elmina Castle, also known as St. George's Castle, built by the Portuguese in 1482. This castle was the first European structure built in Sub-Saharan Africa. Then visit the infamous Cape Coast Castle and slave dungeons. The castle was built by the Swedes in 1653 and was later taken over by the British. Today it houses the West African Historical Museum. Participants will learn about the relationship between the Western slave traders and African tribes that participated in the highly organized Atlantic slave trade, and will have a first-hand appreciation of the tragedy of that complex trade of forced immigration. Enjoy lunch in a local Ghanaian restaurant between visits. Please note: Boxed dinners will be provided upon your return to the ship.



ACR36 VOLTA ECO-ADVENTURE OVERNIGHT (0700 Day 3 - 1800 Day 4) Minimum 20/ Maximum 48 (PRICE: \$320) PRE-SALE ONLY

In the early morning depart for a scenic drive through the coastal savannah of the Accra plains. En route to Afadjato Mountain, cross the most attractive bridge in Ghana, the Adome Bridge. The bridge was strategically built by Ghana's first president in order to link Ghana and the former Trans Volta Togland (now the Volta Region) and eventually unify as one country. Once at Afadjato Mountain, climb to the highest point of Ghana, without the need for climbing gear. After reaching the summit, depart for an eventful drive to Wli Waterfalls. Hike through the lush greenery



of the Agumatsa Forest Reserve where you will cross the same river eleven times to reach the falls. Enjoy a picnic lunch at the base of the falls. The water falls from a height of about 1,600 feet into a plunge pool where swimming is permitted. You may swim in the plunge pool at the base of the tallest waterfall in Ghana. Then drive to Ho where you will spend the rest of the day at leisure.

After breakfast, drive to Tafi Atome, a village that has practiced conservation as a culture by keeping their monkeys sacred. Witness these endangered animals in large numbers as they live in the wild. The monkeys are the Mona species and are considered sacred by the people who live with them. Following your visit, return to the ship.

Includes: Round-trip transportation; guide; 2 breakfasts, 2 lunches; 1 dinner; Overnight in hotel

ACR37 TORGORME CULTURAL IMMERSION OVERNIGHT (0800 Day 3 – 1200 Day 4)
Minimum 20/Maximum 40 (PRICE: \$335) PRE-SALE ONLY

Depart for a scenic drive along the Accra plains to the beautiful village of Torgorme, located on the lower Volta River. Pay a courtesy call to the paramount chief and elders of the village amidst traditional drumming and dancing by the villagers, and also participate in a naming ceremony in which you will be given traditional African names. Other activities include a demonstration of pottery-making, which is the main occupation of the women in Torgorme, and traditional drumming and dancing by the villagers. In the afternoon, depart to Tafi Atome, in the Volta Region, a village that has practiced conservation as a culture by keeping their monkeys sacred. Here you will unite with host families. Join the villagers by the fireside after dinner, amidst drumming and dancing. Listen to interesting folktales and stories of Ewe history and heroism, and learn the origin and meaning of your clan name as told with pride by the knowledgeable local people of this land.



After breakfast with host families, depart for the Shai Hills Reserve, which combines nature conservation, rich cultural interest and archaeological sites with splendid scenic beauty. Embark on a trek through the savannah plains to view West Africa's big game: antelopes, bushbucks, kobs, baboons, monkeys and many bird species including the crested eagle ground hornbill blank bellied bustard and more. Visit the Obonu Tem and Se Yo caves that serve as home to the many animals notably insectivorous bats that you will be sure to see. You will have the opportunity to learn about the various artifacts that have been found on this very site, the homeland of the Krobo people. Please note: Participants are recommended to bring toiletries and flashlights.

Includes: Round-trip transportation; guide; 1 breakfast; 1 lunch; 1 dinner; overnight homestay

ACR38 SCHOOL VISIT: MORNING STAR SCHOOL (0900-1600) Minimum 25/Maximum 45 (PRICE: \$71) PRE-SALE ONLY

[FDP: R. WILLIAMS]

We will depart the ship and head towards the Cantonments - Labone suburb of Accra to the Morning Star School. This school teaches pupils from kindergarten through the 9th grade. We will visit with both students and teachers of this school to learn more about their approaches to education. Students are offered a variety of courses ranging from science and language to health and music. Morning Star language faculty offer English, French and two local languages - namely Ga and Twi.

Participants will learn about Ghanaian education and see how the Morning Star School implements its mission to offer a top quality education in a caring environment. Participants will see how the academic and extra-curricular programs support student learning, examine teaching strategies and celebrate student achievement. Participants will develop an appreciation for how educators around the world work towards meeting needs of individual students to produce lifelong learners and responsible citizens in a global world. Please note: Box lunches will be provided from the ship.



DAY 4 Friday, September 16

ACR41 TORGORME VILLAGE EXPERIENCE (0800-1430) Minimum 15/Maximum 45 (PRICE: \$94) PRE-SALE ONLY

[FDP: UNRUH]

Depart for a scenic drive along the Accra plains to the beautiful village of Torgorme, located on the lower Volta River. Pay a courtesy call to the paramount chief and elders of the village amidst traditional drumming and dancing by the villagers, and also participate in a naming ceremony, in which you will be given traditional African names. After this ceremony, choose between the following activities: a village tour of Torgorme, a hands-on session in pottery-making, or a kente-weaving session. Please note: Lunch is included.



ACR42 SERVICE PROJECT: THE CITY OF HOPE REFUGE (0800-1600) Minimum 20/Maximum 30 (PRICE: \$59) PRE-SALE ONLY

Spend the day at the City of Refuge home in Tema. This orphanage cares for trafficked, orphaned or abandoned children. The orphanage's mission is to care for children, who are marginalized, promote understanding of the value of every child, create opportunities for community change, and increase awareness of the issue of trafficking. This children's home called FREEDOM CENTER was built in 2007 and provides child care, education, recreation, spiritual fulfillment and a nurturing environment for children in need. Please note: Box lunches will be provided from ship.



ACR43 DRUMMING AND DANCE WORKSHOP – GROUP B (0800-1400) Minimum 30/Maximum 60 (PRICE: \$101) PRE-SALE ONLY

[FDP: RUX]

Participants will partake in an African drumming and dance workshop under the direction of the renowned Afrique Dance Ensemble. Established in 1993, this group has been actively involved in the promotion of African and Ghanaian cultural heritage through traditional music and dance. Led by young and vibrant directors, this ensemble has performed widely in Ghana as well as in other African countries. Its rich repertoire includes Ghanaian folk/traditional music and dance as well as Senegalese, Malian and Guinean traditional dance pieces fused with more contemporary movements. The workshop will culminate in a performance by the Ensemble.

Through participation in this workshop, students will observe firsthand the acoustic properties of Ghanaian music and learn about how music is used in this culture to communicate cultural beliefs. Above all, students will be better equipped to appreciate, compare, and discuss music from many different parts of the world.



ACR44 WOMEN'S HEALTH & CHILDBIRTH PRACTICES IN GHANA (0800-1400) Minimum 16/Maximum 40 (PRICE: \$86) PRE-SALE ONLY

[FDP: FINOCCHARIO KESSLER]

Like most developing countries, Ghana is faced with a host of issues related to women's health and childbirth. Some of these issues include access to pre- and post-natal healthcare, cultural, religious and traditional beliefs and values.

Visit a local hospital, and meet with one of its resident gynecologists. This interactive meeting will focus on common birth practices, issues surrounding childbirth and women's health, and other related topics. There are vast differences in beliefs about childbirth and childcare practices cross culturally, and it is interesting to think about how different practices contribute to psychological development. Professor Finocchario Kessler hopes that participants will approach this FDP with curiosity and an open mind, and come to understand that there are many paths with different risks and benefits that lead to the same desired outcome: healthy, happy children. Please note: Box lunches will be provided from the ship.



ACR45 SHAI HILLS GAME RESERVE AND AKOSOMBO DAM (0800-1700) Minimum 30/Maximum 45 (PRICE: \$84) PRE-SALE ONLY

[FDP: GOLDIN & SPENCER]

Depart Accra for the Shai Hills Game Reserve, which combines nature conservation, rich cultural interest and archaeological sites with splendid scenic beauty. Trek through the reserve and view some of West Africa's notable game: antelope, bushbucks, kobs, baboons, monkeys and many bird species, including the crested eagle. Visit the Obonu Tem and Se Yo caves which serve as home to many animals – notably insectivorous bats. Learn about the various artifacts that have been found on this site, the homeland of the Krobo people.

After lunch, continue to Akosombo to tour the famous Akosombo Dam, a hydroelectric dam in southeastern Ghana. The dam is located at the Akosombo gorge on the Volta River. The dam's construction resulted in the flooding of the Volta River Basin, which subsequently created Lake Volta. Lake Volta is the world's largest manmade lake and covers approximately 3.6 percent of Ghana's total land area.



ACR46 CHRISTIANITY & ISLAM IN WEST AFRICA - GROUP B (0900-1600) Minimum 16/Maximum 32 (PRICE: \$91) PRE-SALE ONLY

[FDP: GREEN]

Christianity and Islam are growing at phenomenal rates in Africa. We will have the opportunity to meet with faculty and students at a local seminary in Accra, Ghana. They will speak to SAS participants about their understanding of the relationship between Christianity and Islam, as well as why Africans are embracing these religions with such fervor. A discussion around the interpretation of scripture and Christian tradition as it applies to West African and churches in the United States and Canada will also be held. Topics include polygamy, sexuality, salvation, spirituality, social justice and outside forces that challenge the faithful in Ghana.



CAPE TOWN, SOUTH AFRICA

Arrive: 0800 Friday, September 23
Onboard: 1800 Wednesday, September 28
Depart: 2000 Wednesday, September 28

Cape Town is a city of beauty, a city of history and a city of contrasts. As the ship pulls into the harbor, with the waterfront nestled before the majestic Table Mountain, the beauty is evident in Cape Town's unique landscape. However, if one looks beyond Table Mountain and the immediate Victoria and Alfred Waterfront, the real beauty is its people and the story they tell through their experiences during, as well as post, Apartheid. The nearby townships may look grim in comparison to the pristine waterfront area but looking past the over-crowding and poor construction, the beauty and resilience of the townships and its peoples are clear. Even with political struggles and financial adversity, the threads of family, culture and community are apparent. Each township tells its own powerful story. A visit to a township is critical to understanding and embracing this resilient country; it is a rewarding experience that should not be missed.



Semester at Sea is offering several opportunities to visit a township in a safe, informative and insightful way during your call to Cape Town. The following trips include a visit to a township: Amy Biehl Foundation Trust, Baphumelele Orphanage & Township by Bike, Habitat for Humanity, Khayelitsha Township Visit, Operation Hunger, Township by Bike & Interactive Soccer (full and half-day options), Township Homestay and Xhosa Cultural Tour, Cape Town, and Apartheid and Robben Island.



In addition to these standard trips, the following FDP will visit a township as part of a class field experience: Cape Town, Apartheid & Robben Island.

GENERAL DESCRIPTION FOR ALL SAFARIS/GAME RESERVES (SAS offers a wide variety of safaris. Please see following pages for dates, approximate departure/return times and specific itineraries.)

Africa's wildlife heritage is fittingly celebrated in superlatives. Such familiar wonders as the elephant, rhinoceros, hippopotamus and giraffe are the largest of the continent's astonishing assemblage of mammals. An immense collection of antelopes, a veritable ark-full of monkeys and mongooses, aardvarks and insectivores, and a host of other animal oddities march alongside a parade of predators, A profusion of colorful birds, weird reptiles and fascinating insects rounds out the experience. As amazing as the variety is the spectacle of numbers, for the African plains are the last place on Earth where vast herds still roam in primeval abundance.



Africa's wild creatures do not live in isolation; each species represents a strand in the web forming the community of plants and animals in which it has carved its niche. Even the briefest safari will traverse many such ecological communities and habitats. The eye soon discerns that the African wild is not a singular entity in which animals occur at random, but an ordered realm, where every creature has its appropriate place. Some species are extremely adaptive and survive in a wide spectrum of environments. Others are confined to specific niches or microhabitats. It would take volumes to describe all of Africa's animals, not to mention their relationships and the habitats in which they live.



A small understanding of African ecology will go a long way toward enriching your safari experience, for the wonder of the animals is heightened by an appreciation and

awareness of their total environment. Although the famous big game animals naturally command the most attention, people who look only for lions, elephants and other large mammals tend to get bored after a few days. Those curious about African wildlife in all of its varied forms never have that problem, for it is impossible to run out of new and fascinating discoveries.

Game Drives: The game drive is the standard mode of wildlife viewing in the African national parks, where both regulations and safety considerations restrict exploration on foot. Conditions are ideal for vehicular safaris; cruising savanna game country from the security and comfort of a car, you will encounter a large number and variety of animals simply by chance. In many parks, the animals have lost all fear of vehicles and permit you to drive right up to them. Game drives in such places are always invigorating. You may go from one species to the next—observing a zebra here, a giraffe there, a knot of impala on the right, a trio of elephant bulls ahead. However, there is really no guarantee on what you will see; the animals are free to move around as they please, and may even pass beyond park boundaries.



While on a game drive, each group will be accompanied by a seasoned professional who is highly experienced as a field naturalist. The guides/drivers of each safari vehicle are also well trained and attend training classes on subjects as varied as the maintenance of safari vehicles, tracking animals and preservation and conservation. Be sure to ask questions of these informed resources!

Accommodations: Lodges come in many shapes and sizes. Many lodges are famous for their beauty as well as comfort. The general quality of comfort, cleanliness and service is very high. Each facility has its own ambience. The newer safari lodges are modern hotels designed for harmony with the natural setting. Spacious verandas look out over game viewing areas with stunning landscapes well visited by game. Some lodges are so well placed, usually by strategic water points, that game can be seen at any time.

Packing Suggestions: As a general rule, the following items are recommended: toiletries, sun block, sun hat, sunglasses, comfortable (closed-toe) walking shoes, windbreaker, swimsuit, comfortable light-weight clothing, and possibly a sweater and light-weight long pants for the evenings. Brightly colored clothing is not recommended safari attire. Temperatures reach approximately 86°F during the day, with cooler temperatures in the evening, so plan accordingly.

Safari Departure and Return Times: Actual flight details for safaris that include air travel are not confirmed at this time; details will be made available closer to port arrival. Many flight times (and thus departure and return times) are based on current timetables which may change prior to arrival. Despite the potential for time fluctuations, all safari activities described will occur as outlined.

While on safari you will be amazed by the superabundance of animals. Yet the question nags as to how long the game will last. Commercial poaching is the most dramatic and immediate danger, but loss of habitat is the ultimate threat. Both perils are exemplified by the plight of the two major species that are already in serious trouble, the elephant and the black rhino. Rather than abandon all hope, consider what you can do to aid the cause of African wildlife. A number of organizations fund and manage conservation projects in Africa. It also helps to stay informed and to spread the word that African wildlife needs help.

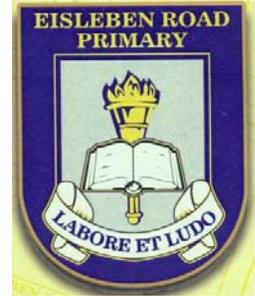


DAY 1: Friday, September 23

CAPO1 TOWNSHIP PERFORMANCE (0900-1400) Minimum 20/Maximum 50 (PRICE: \$46) PRE-SALE ONLY

[FDP: M. WILLIAMS]

Enjoy a performance of *Nongeni, The Rhino and the Cannibal* performed by students from the Acting 1 class at the Qingqa - Mntwana Primary School in the New Crossroads Township in Cape Town. Participants will travel to New Crossroads Township to meet the scholars of Qingqa - Mntwana Primary School. The performance of the Physical Theatre play will be followed by a brief performance by the school choir and a tour of the township school. Participants will have an opportunity to witness first-hand township life and in particular the conditions townships schools are faced with in South Africa. Please note: Attendance of this FDP by all Acting 1 students is mandatory.



CAPO2 ZANDVLEI, CAPE PENINSULA AND CAPE POINT (0915-1830) Minimum 20/Maximum 44 (PRICE: \$147) PRE-SALE ONLY

[FDP: BOUDRIAS]

Begin this tour with a visit to the Zandvlei Estuary Nature Reserve. The Zandvlei Reserve, located on the northern shore of Zandvlei, was proclaimed a bird sanctuary in the 1980s. The area conserves endangered Cape Flats thicket vegetation and valuable seasonal salt marsh. As a functioning estuary, Zandvlei receives inputs from both the sea and the catchment area. Twenty-four indigenous fish species have been recorded there. Enjoy a guided walk and discussion with the manager of the Educational Centre.

Next, continue along the shoreline of the Indian Ocean, through the historic naval base of Simonstown. Visit Boulder's Beach, one of only two mainland Jackass Penguin breeding colonies in the world. Enjoy some free time for swimming.

Thereafter, drive to The Cape of Good Hope Nature Reserve, which occupies 19,151 acres of indigenous flora and fauna. Walk to the platform on top of the hill for a great view of the peninsula and the spot where the Atlantic and Indian Oceans are said to meet. If you prefer, take the optional funicular railway, which will transport you to the platform. From that location, there are approximately 120 steps to the old lighthouse on top of Cape Point. Contrary to popular belief, Cape Point is not the southernmost tip of Africa. That honor belongs to Cape Agulhas. It is, however, the meeting place of the Atlantic Ocean and False Bay. In the late afternoon return to the ship.

We will visit one of the most unique plant communities in the world, and see penguins in the wild! Although South Africa is a long way from the Mediterranean, it contains a globally important example of a Mediterranean biome with the highest number of plants that are found nowhere else. We will discuss the unique aspects of this biome, visit a marsh to observe some South African birds, visit the only penguin colony on the African continent and watch for marine mammals from Cape Point. Please note: Wear comfortable lightweight clothing and comfortable walking shoes. Bring sun block, sun hat, sunglasses and windbreaker; bring a swimsuit and a towel to swim during free time at Boulder's Beach. Lunch at a local restaurant is included, as are entrance fees to Cape Point Nature Reserve and Boulder Beach. Optional funicular railway is an out-of-pocket expense. Trip price includes a donation to the Zandvlei Conservation Trust.



CAPO3 AUTHORS IN CAPE TOWN (1000-1230, On Ship) Minimum 11/No Maximum (PRICE: \$10) PRE-SALE ONLY

[FDP: SINGH]

Meet some of Cape Town's successful writers – poets and authors from Cape Town's major publishing house, NB Publishers. Your local host, Ettie Williams, will introduce the work of some of South Africa's prominent writers during this discussion. Featured authors include Joan Hambidge, poet, novelist, travel writer and eminent literary critic; novelist E.K.M. Dido, the first black woman to publish a novel in Afrikaans in South Africa; and Finuala Dowling, poet and short story writer. We will meet aboard the ship with these local writers, who will discuss their works in contemporary South Africa. This exchange will be particularly worthwhile for those interested in and studying the poetry and literature of southern Africa, especially that of South Africa.



CAPO4 SOUTHERN AFRICAN ART (1000-1600) Minimum 20/Maximum 30 (PRICE: \$62) PRE-SALE ONLY

[FDP: IPPOLITO]

We will travel to the University of Cape Town's Michaelis School of Fine Art to meet with faculty and students. Gavin Younge, the author of *The Art of the South African Townships*, will speak with us about Southern African art, and will give us a brief tour of the campus. Afterward, we will visit the National Gallery of Art.

Our objective is to learn about South African Township art from a scholar specializing in the field, and to have the opportunity to see the art at the National Gallery. Box lunches from the ship included.

CAPO5 TOWNSHIP XHOSA CULTURAL COOKING DAY (1000-1600) Minimum 10/Maximum 50 (PRICE: \$95) PRE-SALE ONLY

[FDP: RUX]

This practicum provides insights into the Xhosa people, their culture and especially their cuisine.

Xhosa refers to both a cultural group of people as well as the language (isiXhosa) spoken by this people group. There are currently approximately eight million people in South Africa who are culturally identified as Xhosa. The Xhosa people have a rich cultural history that predates the arrival of the Dutch in the 1600s. The staple food of the Xhosa people is *umngqusho* made from cracked maize and beans. Maize meal '*pap*' is also very popular. There are many different kinds of vegetable dishes that feature alongside the staples and various meat dishes are also often prepared. Food is traditionally prepared by women in the Xhosa culture

Travel to Gugulethu Township and meet the local '*mamas*' - women who will teach you about traditional Xhosa cuisine. The *mamas* will show you the various ingredients important in Xhosa cuisine and where necessary they'll explain the cultural significance of certain foods. You'll then get to partake in some traditional cooking of your own under the supervision of the *mamas*. Of course, you will be eating your own traditionally prepared Xhosa dishes for lunch.



CAPO6 RELIGIOUS RESPONSES TO CLIMATE CHANGE IN SOUTH AFRICA (1000-1700) Minimum 15/Maximum 30 (PRICE: \$99) PRE-SALE ONLY

[FDP: SPENCER]

South Africa will be hosting COP 17, the United Nations Framework Convention on Climate Change, during November-December, 2011, in Durban. The South African Faith Communities' Environmental Institute (SAFCEI) has been actively involved in preparations for COP 17, including presenting a Green Paper on Climate Change to the South African Parliamentary



Portfolio Committee on Climate Change. In this FDP we will meet with members of SAFCEI at the SAFCEI office outside Cape Town and talk with Executive Director Bishop Geoff Davies about how South African Faith Communities are responding to the challenges of climate change. In the afternoon we will visit one of the “Eco-Congregations” to see how faith communities are responding to climate change and other environmental issues. The FDP will be particularly relevant to students in Prof. Spencer’s Greening Religion and Globalization classes, but may be of interest to others as well. Please note: Box lunches will be provided from the ship.

CAPO7 VISIT TO GENDER EQUITY UNIT OF PARLIAMENT (1230-1700) Minimum 21/Maximum 30 (PRICE: \$49) PRE-SALE ONLY

[FDP: AULETTE]

When the South African government established itself in the 1990s, it put into place a strong gender equity program based on the concept of gender mainstreaming. Every bill that comes before the government is reviewed by the gender equity unit to assess its impact on gender. Participants will visit the Commission for Gender Equality situated at the House of Parliament in Cape Town. The FDP will provide an overview of the parliament with a focus on the importance given to gender equity. Participants will meet with officials who are engaged in this work to learn about what issues are seen as most important and what the government is doing to address them.

Upon arrival we will be introduced to the staff and other members serving on the Commission for Gender Equality. During the day presentations will be conducted by the Head of the Parliamentary Unit – explaining gender equality from a parliamentary perspective. A qualified admitted attorney will also explain the challenges of gender equality in South Africa. Each of the presentations will be followed by a discussion between the students and presenter regarding the topic. Also enjoy tour of parliament before returning to the ship. Please note: This day trip requires a manifest; therefore, participants cannot sell or exchange tickets. Participants should dress in comfortable business casual wear – no shorts, flip flops, tank tops, exposed midriffs, etc. will be permitted. Light refreshments will be served late afternoon.



CAPO8 WINE PRODUCTION AND MANAGEMENT – GROUP A (1230-1830) Minimum 29/Maximum 40 (PRICE: \$115) PRE-SALE ONLY

[FDP: MOLLOY]

South African wines are gaining an increasing share of the wine market in many countries, including the United States. Visit Backsberg Wines Estate and Nelsons Creek to learn about production techniques and management strategies.

The FDP departs the Cape Town quayside and travels into the heart of the Cape wine lands. Our first stop is Backsberg Wine Estate, situated along the slopes of the Simonsberg Mountains, midway between Paarl and Stellenbosch. The estate has been producing quality wines for over 70 years. The philosophy of Backsberg remains that of providing pleasure and enjoyment to a broad range of wine lovers by producing wines not only with structure and finesse, but with a high level of “drinkability”. Backsberg emphasizes quality in all of their products and has been chosen as one of the Top 100 Wineries of the Year by *Wine & Spirits Magazine* in New York.

Backsberg also has a strong environmental focus. They have a holistic approach to preservation – from the seemingly smaller features such as the weight of bottles, to reserving a section of land on the farm for the Fynbos biome. Backsberg made history recently when it became the first wine producer in South Africa - and one of only three in the world - to gain Carbon Neutral status by sequestering its carbon emissions.

Harry Haddon, marketing coordinator of the estate, will welcome and escort you on a tour through the wine cellar. After the tour, Harry will host a talk on Backsberg’s sales and



marketing strategies and the estates environmental practices. After a Q&A session, students can enjoy an optional wine tasting in the Vat Cellar.

Continue next to Nelson's Creek Wine Estate near country town of Wellington. Nelson's Creek Wine Estate stands upon one of the first pieces of land to be selected by the French Huguenots for making wine. A deeds office entry dated 1692 records the fact that the new arrivals from the Loire Valley immediately recognized the potential of the area and set about making their contribution to the fledgling wine industry. These early pioneers probably had the same dream as the present owner Alan Nelson - to make wines that would proudly carry the family name, wines that would be among the finest coming out of South Africa.

After touring the vineyard, cellar and facilities, meet with Alan Nelson and his marketing team to discuss topics such as international marketing, sustainable procedures and social and environmental practices. Return to the ship in time for dinner. Please note: Participants are advised to wear lightweight clothing and comfortable walking shoes and to bring sunblock, sun hat, sunglasses and windbreaker.

CAP09 IKHWA TTU ROUTE (1230-1900) Minimum 23/Maximum 40 (PRICE: \$94) PRE-SALE ONLY

[FDP: FRÖLANDER-ULF]

Travel an hour out of Cape Town along the west coast, to the San Culture and Education Centre. This is a beautifully assembled and progressive project celebrating ancient indigenous San traditions in a contemporary and relevant fashion. On this day's journey, gain insight into how ancient culture is relevant today; receive a short lesson in the clicks of the San languages; and experience a guided tour of the estate, which is slowly being set up as a game estate.

After a friendly welcome, the San themselves will take you on a journey into their history, traditional knowledge, skills, languages, customs and current affairs. The !Khwa ttu San guides introduce the history of !Khwa ttu while on a relaxing drive through the hilly landscape in an open-air trailer. The 850-hectare nature reserve is home to hundreds of plant species of the indigenous fynbos flora and a wide array of indigenous fauna. As you drive up and down the hills, the San guides will point out some of the many game species such as eland, zebra, oryx, bontebok and springbok. Hear stories of the animals, which are forever linked to San oral history. Leave the vehicle and follow an easy nature walk with your guide, who will talk about hunting, gathering and tracking techniques used by the San people. Watch the guide demonstrate a traditional bird snare and storing water in ostrich eggs. Learn significant insights in traditional practices that are often still part of the Sans' lives.

At the replica traditional San Village, observe demonstrations on the use of tools such as bows and arrows. If you wish, try shooting an arrow or igniting a fire with sticks under the guidance of experienced San. Watch the unique skills of San women as they make ostrich eggshell jewelry. Learn about some extraordinary aspects of the San's social life such as the healing power of the trance dance and the traditional egalitarian society. Next, visit the *boma*, sustainably constructed of natural materials. Here, at the highest point in the landscape of !Khwa ttu, experience breathtaking views of Table Mountain to the south and the Langebaan Lagoon to the north. Continue to the gallery to view the exhibition entitled "The San and the Camera." The artistic and informative display includes eye-opening quotes, realistic life stories and explanatory texts, as well as historic and contemporary photographs. Issues close to the hearts of the South Africa San people are highlighted in this presentation.

This trip is an important complement to the assigned readings in the Introduction to Cultural Anthropology and Global Political Economy courses and brings to life the analysis of how and why societies have changed, and are changing, over time and of the ways in which specific economic systems impact a variety of other societal institutions and individual people's lives. Please note: Box lunches from the ship provided; or enjoy a meal at the estate's restaurant (at your own expense), which serves up exquisite interpretations on classic indigenous dishes and freshly baked farm bread. Please wear lightweight clothing, walking shoes, and sun protection.



CAP10 CITY ORIENTATION (1300–1700) Minimum 22/Maximum 160 (PRICE: \$64) PRE-SALE ONLY

Cape Town is a remarkable city where the present and the past harmoniously converge—in history, architecture, cultural pursuits and the essence of its people. Take a step back in time when you pay a visit to the Castle of Good Hope, the oldest building in South Africa. Built from 1666-1679, it is a pentagonal fortification with a moat and bastions at each corner. Adderley Street is the principal thoroughfare of Cape Town and is renowned for its fine examples of old Cape architecture, including the Standard Bank Building, St. George's Anglican Cathedral and the Cultural History Museum. Afterward, stroll through the Company's Garden, the oldest garden in South Africa. Established in 1652 by Jan van Riebeeck, it was originally used as a vegetable garden to supply fresh produce to passing ships. Located within the gardens are the red-bricked House of Parliament, the South African National Gallery, the Jewish Museum and the Great Synagogue. Enjoy a refreshment stop in the tranquil surroundings of the gardens before you proceed to the South African Museum. Established in 1825, it is the oldest museum in sub-Saharan Africa and houses an extensive natural history collection. Before returning to the ship, end your city orientation with a visit to the Foreshore, an area of land that was reclaimed during the construction of the harbor, known as Duncan Dock. Vast quantities of sand dredged up during the building of the dock created 145 hectares (352 acres) of level ground.



CAP11 INSTITUTE FOR JUSTICE AND RECONCILIATION IN SOUTH AFRICA (1430-1630, On Ship) Minimum 10/Maximum 30 (PRICE: \$11) PRE-SALE ONLY

[FDP: FOWLER & BUNCK]

In recognition of its outstanding efforts to educate and promote reconciliation in Africa, the United Nations Educational, Scientific, and Cultural Organization (UNESCO) in 2008 awarded the Institute for Justice and Reconciliation (IJR) in Cape Town, South Africa, the International Prize for Peace Education. Mr. Fanie du Toit, a specialist in post-conflict reconciliation and transitional justice as well as the Executive Director of the South African Institute for Justice and Reconciliation, will discuss reconciliation efforts in South Africa. Mr. du Toit joined the Institute in 2000 and led its "Education for Reconciliation" project, which produces textbooks and other means for teaching the history of South Africa. In 1991 he was selected for a Rhodes Scholarship, and he completed his doctorate in Philosophy of Religion at Oxford University in 1995. He is now engaged in facilitating reconciliation and transitional justice not only in South Africa, but also in Rwanda, Sudan, Burundi, Mozambique, the Congo, Zimbabwe, and Uganda.

The goal of this onboard FDP is to learn about the workings of South Africa's Institute for Justice and Reconciliation as well as the Truth and Reconciliation Commission and the post-apartheid Constitution. Students will consider such questions as what work in reconciliation has been done? What have been the principal accomplishments and shortcomings to date? In what senses might South Africa serve as a model for other societies trying to heal themselves after considerable social upheaval? While this practicum should be of broad interest to the shipboard community, it will be particularly relevant for the courses: "International Law and Human Rights," "Women and Development," and "Introduction to Comparative Politics."



CAP12 LION'S HEAD SUNSET PICNIC HIKE (1600-2100) Minimum 16/Maximum 100 (PRICE: \$49) PRE-SALE ONLY

Lion's Head is a beautiful rocky peak which lies between Table Mountain and Signal Hill and forms part of the dramatic backdrop to the city of Cape Town. Its name was derived in the 17th century by the Dutch who saw the rock formations and thought they resembled a crouching lion—Signal hill as the lion's tail or rump and Lion's Head its mane. The area is part of the Table Mountain National Park and is covered in indigenous fynbos vegetation and is home to a variety of small animals. On a clear day, the peak provides spectacular 360-degree views of Table Mountain, the city centre, harbor and the Atlantic Ocean.



Depart the ship and travel to the base of the peak where you'll have an opportunity for some moderate exercise with beautiful views all around. Upon reaching the summit (about a 70 minute walk), refreshments and a picnic dinner will be served while watching the sunset.

Once the sun sets, the beauty of the city starts to shimmer as the city lights are turned on and the moon and stars start to light the sky. The guides will carry flashlights to light the path on the journey down. Please note: Flashlights are highly recommended for this trip. This hike can be considered strenuous at times. A moderate level of fitness is required; therefore this trip is not suitable for children under 12.

CAP13 A NIGHT OF THEATRE IN CAPE TOWN (1845-2345) Minimum 25/Maximum 150 (PRICE: \$59) PRE-SALE ONLY

[FDP: M. Williams]

Enjoy an evening of theatre, dance and poetry at Cape Town's main performing arts center, Artscape. Professor Michael Williams, Managing Director of Cape Town Opera, will be your host and guide, taking you backstage and introducing you to cast members and creative teams of the productions. Participants will choose which of the following three performances you prefer to attend:

1. Gilbert & Sullivan Society presents Jerry Bock's *Fiddler on the Roof* (directed by Teddy Davies, with sets and costumes by Kieth Anderson) with the Cape Philharmonic Orchestra in the main opera house;
2. JazzArt Dance company presents their autumn season of contemporary dance-theatre in the drama theatre;
3. Artscape's Indigenous Arts department presents *Speak Your Mind*, an evening of poetry and praisepoems (in English) in the studio theatre.

A selection of South African wine and cheese will be served in the Opera Bar before the performances.



CAP14 CAPE TOWN JAZZ SAFARI (1900-2330) Minimum 16/Maximum 40 (PRICE: \$145) PRE-SALE ONLY

[FDP: Unruh]

A wonderful way to connect with people and their culture is by listening to their music; this practicum provides just that opportunity. Cape Town Jazz is a unique mix of Western and African music with global influences interspersed. It expresses South Africa's struggle and freedom; it is the music of the people. Access to the jazz scene takes time and is difficult if you are only in the city for a short time. Experience Cape Town's musical fabric and visit several jazz venues—an intimate evening in the living rooms of a variety of Cape Town musicians, enjoying exclusive musical performances by the artists, dinner, drinks and conversation. Please note: If you wish to play with the musicians, you must bring your own instrument.



DAY 2: Saturday, September 24

CAP20 SAFARI TO KRUGER NATIONAL PARK - 3 DAYS/2 NIGHTS 0415 Day 2 - 1600 Day 4) Minimum 21/Maximum 40 (PRICE: \$2,459) PRE-SALE ONLY

Kruger National Park is one of the world's most popular sanctuaries for nature and wildlife and home to innumerable species. There is an ideal opportunity in the park to observe Africa's "Big Five" up close—the lion, leopard, elephant, buffalo and rhinoceros—in addition to no less than 336 types of trees, 49 species of fish, 114 types of reptiles and 507 bird species, as well as an endless number of giraffe, baboons, zebra and buck.

Accommodations will be in the Sabi River Sun Resort, which is on the banks of the tranquil Sabi River. Surrounded by the scenic Lowveld, the resort is known for its sporting facilities, tranquil nature walks, bird watching, and sightings of their resident crocodiles and hippopotamus. On the Sabi River Sun property, there are five outdoor pools, three tennis courts, an 18-hole golf course, a bowling green, volleyball, table tennis and walking trails. There are a variety of other activities and facilities available, at your own expense, such as



horseback riding, white-water rafting and hot-air ballooning. For additional information, please reference www.southernsun.com/lifestyle-resorts/sabi-river-sun/pages/overview.aspx

Includes: flights; return airport transfers in Cape Town & Nelspruit in private touring vehicles with A/C & PA-system; guide; 2 nights' accommodation at the Sabi River Sun; 2 breakfasts; 2 lunches; 2 dinners; afternoon safari including conservation fee on day of arrival; full-day safari including conservation fee on Day 2

Cancelled CAP21 SAFARI TO HLUHLUWE-UMFOLOZI GAME RESERVE - 3 DAYS/2 NIGHTS (0630 Day 2 – 1530 Day 4) Minimum 10/Maximum 22 (PRICE: \$1,459) PRE-SALE ONLY

The province of KwaZulu Natal is referred to as the “Kingdom of the Zulus” and claims the oldest game reserve in Africa, the Hluhluwe-Umfolozi Game Reserve. Established in 1895, this combined reserve spans over 237,000 acres of hilly terrain and wooded savannah. The rich habitat is prime Big Five country and is the only park in its province under formal conservation. The park reclaimed its international standing during the 1950s and 60s with Operation Rhino which increased the then diminishing white rhino population through anti-poaching control. The park has the largest concentration of black and white rhino in the world. The wild dog, believed to be Africa’s most-endangered carnivore, is now one of the park’s conservation priorities. The park is also renowned for its wilderness trails which date back to the 1950s and its Game Capture Unit, a bench mark for animal capture and sustainable utilization throughout Africa.



Accommodation will be at Umkhumbi Lodge in comfortable twin-bedded rooms. Each room has en-suite bath and shower, private veranda, fridge, tea and coffee making facilities and air-condition. Nestled in the bush, Umkhumbi is the Zulu name for the Red Duiker, a shy small red antelope, which can commonly be seen picking its way across the forest floor. You even enjoy sipping sundowners with a view over the bushveld and enjoy swapping stories in the cozy Lapa area where you can enjoy your meals and drinks.

Includes: flights; return airport transfers in Cape Town & Durban in private touring vehicles with A/C & PA-system; guide; 2 nights' accommodation at the Umkhumbi Lodge; 2 breakfasts; 2 lunches; 2 dinners; afternoon walk in iSimangaliso Wetland Park with sundowners on Day 1; full-day game drive in Hluhluwe-Umfolozi National Park on Day 2

CAP22 WEST COAST NATIONAL PARK HIKE (0730-1630) Minimum 16/Maximum 20 (PRICE: \$129) PRE-SALE ONLY

Upon leaving the ship and quayside you will start your journey to the West Coast National Park and on route have the opportunity for some scenic views of Table Mountain. Five million years ago the Cape west coast was very different from what it is today with a wide range of now extinct animals living in riverine forests, wooded savanna, the adjacent sea and on offshore islands. Phosphate mining operations at Langebaan uncovered one of the richest fossil sites in the world. Over the past 40 years bones of 200 different kinds of animals, many of them new to science have been recovered.



After arriving at the West Coast National Park you will drive through the park. The turquoise waters of the Langebaan Lagoon are the focal point of this National Park. Thousands of seabirds roost on sheltered islands, pristine golden beaches stretch endlessly and brooding salt marshes are home to vast concentrations of migrant waders from the northern hemisphere. During the spring there is a tapestry of multi-hued flowers. In the Postberg section, many antelope can be spotted in a setting that is as unique as it is idyllic. Please note that the Post berg section is only open in peak flower season, August and September. Embark on a hiking trail known as the Steenbok One Day Trail. Though the thousands of migrating birds is one the main reasons for the conservation of the West Coast National Park, the showy plants of the area, usually growing on granite or limestone rocks, especially during spring time, are what attracts most of its visitors to this fascinating park. The largest concentration of mammals is in the Postberg Reserve, but this is only open to public during flower season. However mammals are found throughout the rest of the reserve. Eland, red hartebeest, Cape grysbok, caracal and rock hyrax are some of the terrestrial species to search for. After the hike board the coach and return back to Cape Town and the quayside.

CAP23 SAFARI TO KARIEGA GAME RESERVE - 3 DAYS/2 NIGHTS (0800 Day 2 –1730 Day 4)
Minimum 21/Maximum 40 (PRICE: \$1,539) PRE-SALE ONLY

In the heart of the 1820 Settler Country, the Kariega Game Reserve is a private game reserve set in 14,800 acres of pristine wilderness high above the spectacular Kariega River Valley. Nestled between the Kariega and Bushmans Rivers, the reserve incorporates contrasting riverine, bushveld and grassland ecosystems and hosts more than 25 species of game, including elephant, buffalo, leopard, rhino, hippo, hyena, giraffe, zebra, eland, wildebeest, waterbuck, a wide variety of antelope and more than 250 bird species.



Accommodations will be in the Kariega Main Lodge, located on the banks of the Bushmans River. The lodge, which overhangs the river, consists of air-conditioned thatched-roof suites and has a swimming pool and sun deck on the premises. The suites feature modern African décor; each enjoying a view of the river and floodplain beyond and an en-suite bathroom. There are a variety of other activities and facilities available, at your own expense, such as canoeing, mountain biking and horseback riding at the nearby beaches of Kenton-on-Sea. For additional information, please reference www.katiega.co.za.

Includes: flights; return airport transfers; guide; 2 nights' accommodation at the Kariega Main Lodge; 2 breakfasts; 3 lunches; 2 dinners; 2 game viewing activities on Days 1 and 2

CAP24 HIKE UP TABLE MOUNTAIN OVERNIGHT (0815 Day 2 – 1900 Day 3) Minimum 9/Maximum 12 (PRICE: \$469) PRE-SALE ONLY

This two-day adventure begins at Kirstenbosch Botanical Gardens on the eastern side of the mountain. In Kirstenbosch we join a specialist Kirstenbosch guide for a tour through the gardens. You will get an introduction to *fynbos* which is a significant component of the Cape Floristic Kingdom. This has been described as amongst the richest of the world's depositories of life forms, particularly plants and insects. At the contour path at the base of the mountain we bid farewell to your Kirstenbosch guide and your mountain guide now takes over. A suitable route to the top of the mountain will be selected according to the group's ability and the weather conditions. Take in the sweeping views over the Cape Flats towards the Hottentots Holland (Great Fold) Mountains. Lunch will be at the Overseer's Cottages, where you are re-united with your overnight luggage.



In the afternoon embark on a stroll to the Waterworks Museum, and then on to the top of Kasteels Poort on the western side of the mountain. The walk back to the cottages takes us past the historic Hely-Hutchinson, Woodhead, Victoria and Alexandra dams, and back towards the view of False Bay and the Cape Flats. Route and timing may vary according to weather and needs of the group. After a hot shower, enjoy pre-dinner drinks while overlooking False Bay and the distant mountain ranges, or Orange Kloof (weather dependent). Then it is time for a South African *braai* (barbecue) or *potjiekos* (cast-iron pot-on-the-fire) stew, which is served around the fire - either under the stars, or indoors on cooler evenings.

Wake up to the sun peeking over the eastern mountains of the wine country and enjoy a wholesome continental breakfast. After that carry on to the top of Kasteel's Poort on the western side of the mountain for the vital photograph of 'the diving board' that overlooks Camps Bay and the Atlantic Coastline, far below. En route we pass the magnificent storage dams (Hely-Hutchinson, Woodhead, Victoria, Alexandra and De Villiers) built during the late 1800's to supply Cape Town with water. Thereafter we then make our way towards Echo Valley and up to the Central Table with classical views over the city and Table Bay with Robben Island serving as a constant reminder of our troubled past. Along the route, enjoy your packed picnic lunch and savour your last moments of a lifelong memory. The day ends at the upper cable station where we take the cable car to meet your luggage and transport at the lower cable station.

Includes: round-trip transport in private touring vehicle with air-conditioning and PA-system; guide on the transfers; visit to Kirstenbosch National Botanical Gardens with a specialized guide; qualified mountain guide on hike; accommodation up on Table Mountain for 1 night, as well as dinner and breakfast at the cottage with drinks; 2 lunch packs; overnight bags portered; Cable Way descent ticket; 2 bottles of water per day

CAP25 JOHANNESBURG & SAFARI TO PILANESBERG NATIONAL PARK - 4 DAYS/3 NIGHTS (0815 Day 2 – 1500 Day 5) Minimum 21/Maximum 40 (PRICE: \$1,675) PRE-SALE ONLY



This four-day trip combines a safari experience with an opportunity to explore Johannesburg, South Africa's largest city and the most metropolitan city in Sub-Saharan Africa. As the provincial capital of Gauteng, Johannesburg is renowned for its museums including the Apartheid Museum, a touching and dynamic museum that exhibits South Africa's turbulent history.

Just two hours outside of Johannesburg is the Pilanesberg National Park, which is well regarded for its diversity of game and fascinating geological formations. This reserve is centered on the ancient crater of a dormant volcano divided by riverine woodlands and elephant trails. The park is also home to a wide variety of general game including a healthy population of Africa's "Big Five" (lion, leopard, rhinoceros, elephant and buffalo). In addition, both species of rhinoceros (black and white), cheetah, wild dog and over 360 bird species can be seen within the park. One of the largest national parks in Southern Africa, it is said to have the highest concentration of rhinoceros per square kilometer of any park on the continent.

While in Pilanesberg, stay at the Bakubung Bush Lodge and enjoy the comfortable accommodations of this full-service lodge. Tucked in the expanses of the Park, the Bakubung Bush Lodge offers a natural rock-hewn swimming pool, floodlit tennis courts, beach volleyball, outdoor chess and a children's adventure playground. Game drives in open-air vehicles and bush walks are part of the wildlife experience at the lodge. For further information on this property, please reference www.bakubung.co.za.

Includes: flights; return airport transfers in private touring vehicles with A/C & PA-system; guide; 2 nights' accommodation at Bakubung Bush Lodge; 1 night accommodation at the Sandton Sun Hotel; 3 breakfasts; 3 lunches; 3 dinners; Afternoon Game Drive on Day 1; 2 Game Drives on Day 2; visit to the Apartheid Museum and Nelson Mandela House

CAP26 FOOTSTEPS TO FREEDOM AND STREETWIRES (0900-1300) Minimum 12/Maximum 40 (PRICE: \$109) PRE-SALE ONLY



The city of Cape Town is beautiful and its history dramatic. This eye opening, tactile and fascinating three-hour walking tour of South Africa's most historic square mile will provide an excellent geopolitical and historic overview of Cape Town. There is no better way to experience Cape Town than on foot. With an expert guide, walk through the chronological events that have shaped the national and the geopolitical map. The tour begins with tales and facts about the San and Khoikhoi peoples, whose lives were forever and indelibly changed by the arrival of the Dutch East India Company, slavery, British Colonial rule, The Union of South Africa, the rise and fall of apartheid and the birth of the "Rainbow Nation." During this walking tour, explore Old Town, catch the buzz of the city in Greenmarket Square, hear tales of Dutch rule at the Castle of Good Hope and Grand Parade and see where slaves were traded and where they toiled in the Company's Garden. Take a look at the Parliament Building, where the apartheid laws were passed and repealed, and see the devastating consequences of unfettered racism at the District Six Museum.

Following the walking tour, visit one of the central tenets of the modern South Africa—the need for thriving "upliftment" of previously disadvantaged peoples. There is no more tangible example of this in the city than Streetwires, which employs more than 75 formerly unemployed people. This company marks a clever conjoining of street art and social development in the dynamic genre of wire art. The project provides the skills training, support and raw materials necessary to enable many formerly unemployed South Africans to channel their natural creative energies into this vibrant art form. While wire art is not a new genre, the Streetwires team brings together a group of people with skills in wire art, marketing, production development and industrial design. In doing so, it successfully empowers needy South Africans by creating opportunities where none had existed. There will be an opportunity to talk to the artists and learn their craft, and try first-hand the art of creating wire art. Please note: As this trip involves a lot of walking, comfortable, sturdy shoes are recommended.

Cancelled CAP27 GAME RANGER INTERSHIP AT PUMBA GAME RESERVE - 3 DAYS/2 NIGHTS (0900 Day 2 – 1900 Day 5) Minimum 11/Maximum 14 (PRICE: \$1,899) PRE-SALE ONLY

In addition to providing a safari experience, this trip includes rare insight into the training and fieldwork of reserve guides. The trip includes interactive, hands-on guiding experiences.

The Pumba Private Game Reserve covers 6,500 hectares of privately-owned property and is located in the heart of the Eastern Cape's malaria-free game-viewing region. Overlooking Lake Kariega, the reserve offers views of the wilderness and water from every vantage point. Pumba is home to Africa's Big Five, where visitors have a chance to experience many of Africa's wildlife—from giraffe to the elusive leopard, antelope, other small game and more than 300 species of birds. Elephants in the dense bushveld environment also favor the unique vegetation of the Eastern Cape. For additional information, please reference www.pumbagamereserve.co.za.

Includes: flights; return airport transfers in Cape Town & Port Elizabeth in private touring vehicles with A/C & PA-system; guide; 2 nights' accommodation at the Game Stone Lodge; 2 breakfasts; 2 lunches; 2 dinners; guide program; guided game and nature walks and game drives in an open 4x4 vehicle

CAP28 GARDEN ROUTE: ELEPHANT SAFARI & CANOPY ADVENTURE - 4 DAYS/3 NIGHTS- (0900 Day 2 – 1330 Day 5) Minimum 7/Maximum 15 (PRICE: \$2,559) PRE-SALE ONLY

Situated in the pristine valleys of the Zuurberg mountains, bordering the Greater Addo Elephant National Park, this area is regarded as Africa's most biologically diverse, supporting four of the seven biomes or eco-regions in Southern Africa. This safari experience is about learning and becoming familiar with one of Africa's most stately, intelligent mammals - the African Elephant. You will also have the opportunity to explore a well-known region of South Africa known as the Garden Route.

Includes: flights; return airport transfers in Cape Town & Port Elizabeth in private touring vehicles with A/C & PA-system; guide; 1 night accommodation including all meals & a game viewing activity at the Elephant Back Safari Lodge; elephant-back safaris which include a ride, a bush walk and feeding the gentle giants; 1 night accommodation including all meals & leisure time at Stormsriver Mouth at Tsitsikamma Lodge; Tsitsikamma Canopy Treetop Adventure; 1 night accommodation including all meals & a game viewing activity at Garden Route Game Lodge; guided game and nature walks; game drives in an open 4x4 vehicle; high tea and bush dinners under the stars at Garden Route Game Lodge

Cancelled CAP29 ROBBEN ISLAND OVERNIGHT (1000 Day 2 – 1045 Day 3) Minimum 19/Maximum 40 (PRICE: \$410) PRE-SALE ONLY

For more than four centuries, Robben Island has been a place of punishment for exiles, prisoners and political prisoners. In its early days it served as a place of confinement for lepers, the sick and an animal quarantine station. Since 1960, it has become synonymous with the political struggle against apartheid in South Africa. Political prisoners of the past have included Nelson Mandela and poet Dennis Brutus. The last political prisoners were released in 1991 and, on Jan. 1, 1997, the Robben Island Museum opened its doors to the public. Today, many of the Robben Island guides are former political prisoners.

Declared as a world heritage site by UNESCO in 1999, Robben Island itself is an outcrop of rock formed by geological processes extending millions of years ago. Rising and falling sea levels have changed the appearance of the island periodically. Over the past 700,000 years there have been 12 periods of lower sea levels during which the island has been linked to the mainland. Except for the administrative buildings and prison infrastructure, the island is primarily sand covered with somewhat limited vegetation. It is home to penguins, seals, chameleons, lizards, snakes, seabirds and a variety of buck. Robben Island hosts about 23 mammals and 132 bird species including the African penguin. Robben Island hosts the third largest colony of African Penguins. For additional information, please reference www.robben-island.org.za.

Includes: return-ferry transportation; guide; guided walking tour of prison; bus orientation of island; visit to WWII Exhibition; lunch; Sobukwe House; BBQ dinner; overnight at Robben Island Dormitory; Breakfast; Round-trip Ferry



CAP30 SOUTH AFRICA & WORLD CUP SOCCER 2010 (1300-1700) Minimum 12/Maximum 25 (PRICE: \$11 + OOPEX) PRE-SALE ONLY

[FDP: HOLCOMB]

In summer of 2010, South Africa hosted the FIFA Soccer World Cup. Preparations included \$52 billion infrastructure investment and \$2.2 billion in stadia. We will discuss the pros and cons of hosting the event with a Cape Town resident who is also a planner, and will go to see the Greenpoint Stadium, with a capacity of 68,000 seats, built for the event. This will be of interest to urban geographers and economic development students. Please note: OOPEX include admission to the visitor's center in local currency: R30 for adults and R15 for seniors and children.



Cancelled CAP31 BREEDE RIVER RAFTING & OVERNIGHT ADVENTURE (1230 Day 2 - 1830 Day 3) Minimum 21/Maximum 40 (PRICE: \$459) PRE-SALE ONLY

The Breede River winds its way through the Boland near Worcester and is home to some of the Cape's finest winelands. The bird life is abundant, and the vegetation is lush. You can enjoy it all as you paddle along in two-person inflatable rafts. The water is relatively calm; at no time will the waters require advanced rafting experience. Rafting equipment and lifejackets, as well as safety and paddling instructions will be provided. The evening is spent relaxing around the campfire. Please note: Bring at least one change of clothing and an extra pair of shoes, as you are likely to become wet. Toiletries, a towel, pillow, sun protection, insect repellent and a flashlight are also recommended. For conservation reasons, no bottles are allowed on the river.

Includes: transportation in private touring vehicle with air-conditioning and PA-system; guide; 1 overnight with dinner, breakfast, lunch and drinks on tour; sleeping bags; use of equipment and guides; 1 bottled water on coach each way

CAP32 TOWNSHIP HOMESTAY - GROUP A (1600 Day 2 - 1000 Day 3) Minimum 16/Maximum 32 (PRICE: \$124) PRE-SALE ONLY

Townships in South Africa came about as a result of apartheid city-planning policies, which excluded 'non-white' people from living in the suburbs of the city. They were forcibly moved to peripheral areas on the edge of the city, where they had to live in harsh conditions and cope with extreme poverty. Although apartheid may have ended with the birth of democracy on April 26, 1994, when all races were allowed to vote, many people still face harsh conditions from the consequences of poverty. Despite these conditions, the townships are filled with a strong sense of community, vibrancy and faith. There is a growing sense of hope as many redefine their futures within and beyond the boundaries of the township.



Tambo Village is a community located within the Gugulethu Township. As a small, contained community where everyone knows each other and lives within walking distance, Tambo is an ideal location to experience a homestay. This homestay project is fully-embraced by the community; it is owned and operated by community members. They have a vested interest in the comfort and safety of their guests.

The accommodations in Tambo are simple. The houses are built out of brick and mortar and have running water, flush toilets and electricity. Geysers (water heaters) are not standard; bathing in some houses is either with cold water or with water heated up on the stove. Participants registered in this program will share a room with another SAS participant within the family home and must be prepared to share a double bed. This is a separate room from where the family sleeps. All linen and bedding is provided. Meals are prepared and provided by the host family. The food quality is excellent and special dietary needs may be catered for on request. Please note: At the village's request, this trip is not suitable for children under 12 years of age.

Includes: round-trip transportation; dinner; overnight homestay; breakfast

CAP33 WOZA CAPE TOWN!—A NIGHT OF THEATRE IN DISTRICT SIX (1730-2130)
Minimum 35/Maximum 150 (PRICE: \$57) PRE-SALE ONLY

Woza Cape Town! looks at Cape Town through the thoughts, views and experiences of three young South Africans from different cultural backgrounds. Their anxieties, pleasures, hopes and pains are conveyed through verse penned by some of this country's most respected poets. Full of South African songs, dances and poems, *Woza!* provides insights into the joys and challenges facing young Capetonians.

Located in the heart of the historic District Six, the production is creatively staged in Chapel Street's refurbished church hall, one of Cape Town's oldest and most historic buildings. Now called the Theatre in the District, this building has had a long-standing tradition of serving its community and promoting the arts. Once at the theatre, enjoy an evening meal of Cape cuisine drawing on the multiplicity of its cultural tastes and influences. After dinner, meet the cast of *Woza!* and learn the Gumboot Dance. Next, Brian Notcutt, who created the show, will give a brief introduction, explaining the history of District Six and putting the show in context. Then, sit back and enjoy *Woza Cape Town!*, an exhilarating celebration of life in Cape Town today. After a memorable evening of entertainment and reflection, return to the ship.

DAY 3: Sunday, September 25

CAP34 CAPE POINT AND PENINSULA (0800-1630) Minimum 24/Maximum 160 (PRICE: \$144)
PRE-SALE ONLY

Contrary to popular belief, Cape Point is not the southernmost tip of Africa. That honor belongs to Cape Agulhas. It is, however, the meeting place of the Atlantic Ocean and False Bay. The scenic route to Cape Point takes you through the seaside suburbs of Sea Point, Bantry Bay and Clifton to Camps Bay, behind which the impressive peaks of the Twelve Apostles rise. Continue along the Atlantic seaboard toward Hout Bay, a small fishing village. The Hout Bay harbor is the homeport for a fleet of fishing vessels and nearby factories process crayfish (Cape rock lobster) for export overseas. After a short orientation of Hout Bay, continue your journey through the award-winning wine-producing valley of Constantia to the Cape of Good Hope Nature Reserve.



The Cape of Good Hope Nature Reserve occupies 19,151 acres of indigenous flora and fauna. Walk to the platform on top of the hill for a great view of the peninsula and the place where the Atlantic and Indian Oceans are said to meet. If you prefer, take the optional funicular railway, which will transport you to the platform. From that location, there are approximately 120 steps to the old lighthouse on top of Cape Point. Enjoy free time to explore the area on your own. In the late afternoon, depart the reserve and continue along the shoreline of the Indian Ocean through the historic naval base of Simonstown. Stop at Boulder's Beach, one of only two mainland Jackass Penguin breeding colonies in the world, before returning to the ship. Please note: Participants are advised to wear lightweight clothing and comfortable walking shoes. Please bring sun block, sun hat, sunglasses and windbreaker. Optional funicular railway is an out-of-pocket expense.

Cancelled CAP35 CAPE EXPLORATION AND OSTRICH EXPERIENCE - 3 DAYS/2 NIGHTS (0800
Day 3 - 1730 Day 5) Minimum 12/Maximum 25 (PRICE: \$879) PRE-SALE ONLY

Depart the ship and start your journey on the Garden Route by following the N2 highway. You will pass towns such as Somerset West, Caledon and Riviersonderend, Heidelberg, Riversdale and Mossel Bay. The famous Milkwood Tree in Mossel Bay is over 500 years old, and is known as the Post Office Tree. In 1500 a sailor left a letter in a shoe, tucked in the tree. In 1501 this letter was found by Joao da Nova, who was en route to India. In this way the first post office in South Africa was founded. Pay a visit to this famous Post Office Tree and the museum. From Mossel Bay make your way to the town of George and cross the majestic Outeniqua Pass, the gateway to Oudtshoorn, the principal town of the Klein Karoo. The area in which Oudtshoorn is situated was originally inhabited by the Bushmen, as evidenced by the many rock paintings that are found in caves throughout the surrounding mountains.

Oudtshoorn is known as the "Feather Capital of the world" because of its large ostrich industry in the area. Warm, dry summers and sunny winter days make it the ideal breeding ground for the most majestic of flightless birds. Visit the famous Cango Caves, sculptured by nature through the ages. Mysterious and breathtaking limestone formations in a wide variety of natural colours, a subterranean wonderland can be seen. Continue to the Cango Wildlife Ranch, where crocodiles and cheetahs are bred in captivity. Proceed to the Safari Ostrich Farm and experience a guided tour of the farm, which traces this unique bird's development. You will also have the opportunity to sit on an ostrich and to watch a short ostrich race.

Making our way back to the ship, we will drive along Route 62 is modeled after the iconic US Route 66, passing through towns such as Montagu, Ashton, Robertson and then through Worcester via the Breede River Valley.

Includes: transportation in private touring vehicle with air-conditioning and PA-system; guide for the duration of the overland; lunch with 2 drinks per person in the towns of Mossel Bay and Barrydale on the first and last days respectively; 2 overnights with dinner, breakfast and drinks at the Protea Hotel Riempe Estate; entrance to the Dias Museum Complex and Old Post Office Tree in Mossel Bay; adventure guided tour of the Cango Caves; guided tour of the Cango Wildlife Ranch; guided tour of an ostrich farm followed by lunch on the farm; 2 bottled water on coach per day

CAP36 TOWNSHIP CULTURE & CHURCH SERVICE (0915-1600) Minimum 16/Maximum 100 (PRICE: \$69) PRE-SALE ONLY

Townships in South Africa came about as a result of apartheid city-planning policies, which excluded 'non-white' people from living in the suburbs of the city. They were forcibly moved to peripheral areas on the edge of the city, where they had to live in harsh conditions and cope with extreme poverty. During this time the church became an integral part of South African township culture as churches stepped in to provide education, health care and an important support structure in poverty stricken and heavily burdened township communities where there would have otherwise been incredibly little or no access to these things. As a result, most township residents consider themselves Christian. The church service at Khanyisa Community Church lasts about 1.5 hours and is a fun vibey experience where different races come together to share their cultures under the roof of Christianity. Khanyisa is a true South African success story in where people from different cultures, backgrounds and racial groups have joined together in love and support under the umbrella of faith in a community once torn apart by Apartheid and racism. After the church service, students will be taken to Mzoli's – Gugulethu's most popular eatery, where they will be treated to a traditional "braai" lunch, consisting mostly of meat cooked over the fire. Vegetarian options are available too.

CAP37 CYCLING IN THE WINELANDS – GROUP A (0900-1700) Minimum 11/ Maximum 40 (PRICE: \$109) PRE-SALE ONLY

Depart the ship by motorcoach for the university town of Stellenbosch and explore the town and surrounding area for approximately one hour, using 21-gear mountain bikes. Then pack up the bikes and transfer by vehicle over the Helshoogte Pass to the other side of the mountain. Once there, cycle approximately 19 kilometers along the Simonsberg on an evenly paved road to the picturesque wine land region of Franschhoek. After a brief visit at the Huguenot Monument, continue to a local winery for a wine tasting and a picnic lunch in pristine surroundings before returning to Cape Town. Please note: Participants are advised to bring sunscreen and a hat and wear light-weight clothing and comfortable walking shoes. The biking can be considered strenuous at times; a moderate level of fitness is required.

CAP38 WHALE WATCHING (0930-1715) Minimum 12/Maximum 20 (PRICE: \$366) PRE-SALE ONLY

After a two-hour journey by motorcoach, arrive at the boat launch and begin your whale watching expedition. You will be outfitted with a comfortable life jacket and receive an informative briefing about what to look for and expect during this memorable experience. We start our trip from the Kleinbaai Harbour (east of Danger Point). From there we move towards the Pearly Beach area where we find our highest concentration of Southern right whales (Jul



to mid-Dec). The Southern right whales come to our calm bays every year from July to December to either, calve and nurse their young or to mate. After spending the allowed time with these magnificent creatures we move towards Dyer Island where we view the African penguins as well as various other seabirds. Behind Dyer Island we visit Geyser Rock, which is resident to about 60,000 Cape fur seals. Between these two Islands we find ourselves in Shark Alley. Shark Alley is world famous for its Great White sharks, which makes this probably the only trip in the world where you have a chance of seeing a Southern right whale as well as an 80 percent chance of seeing a Great White shark. After this exhilarating 2.5 hour trip, we return to the Kleinbaai harbour to enjoy some refreshments at The Great White House. Please note: Box lunches will be provided from ship. There is a restaurant on-site where food and drinks can be purchased.

CAP39 TOWNSHIP HOMESTAY – GROUP B (1600 Day 3 – 1000 Day 4) Minimum 16/Maximum 32 (PRICE: \$124) PRE-SALE ONLY

Townships in South Africa came about as a result of apartheid city-planning policies, which excluded 'non-white' people from living in the suburbs of the city. They were forcibly moved to peripheral areas on the edge of the city, where they had to live in harsh conditions and cope with extreme poverty. Although apartheid may have ended with the birth of democracy on April 26, 1994, when all races were allowed to vote, many people still face harsh conditions from the consequences of poverty. Despite these conditions, the townships are filled with a strong sense of community, vibrancy and faith. There is a growing sense of hope as many redefine their futures within and beyond the boundaries of the township.



Tambo Village is a community located within the Gugulethu Township. As a small, contained community where everyone knows each other and lives within walking distance, Tambo is an ideal location to experience a homestay. This homestay project is fully embraced by the community; it is owned and operated by community members. They have a vested interest in the comfort and safety of their guests.

The accommodations in Tambo are simple. The houses are built out of brick and mortar and have running water, flush toilets and electricity. Geysers (water heaters) are not standard; bathing in some houses is either with cold water or with water heated up on the stove. Participants registered in this program will share a room with another SAS participant within the family home and must be prepared to share a double bed. This is a separate room from where the family sleeps. All linen and bedding is provided. Meals are prepared and provided by the host family. The food quality is excellent and special dietary needs may be catered to on request. Please note: At the village's request, this trip is not suitable for children under 12 years of age.

Includes: round-trip transportation; dinner; overnight homestay; breakfast

DAY 4: Monday, September 26

CAP40 SAFARI TO KAPAMA - 3 DAYS/2 NIGHTS (0415 Day 4 – 1900 Day 6) Minimum 16/Maximum 28 (PRICE: \$2,599) PRE-SALE ONLY

Named after Kapama, a Swazi king whose tribe inhabited the area in the 1880s, the Kapama Game Reserve supports a wide variety of the big game of Africa with 42 mammal species and approximately 350 bird species. This huge natural diversity includes the Big Five—lion, leopard, elephant, buffalo and rhinoceros—as well as a large population of giraffe, impala, blue wildebeest and kudu. Other predators include the cheetah and spotted hyena. The Northern Drakensberg mountain range provides a majestic backdrop to the largest private game lodge in the Greater Kruger National Park region. Accompanied by highly skilled game rangers, discover the wonder of the African bush with its majestic inhabitants.

The Kapama River Lodge (five-star graded, pending confirmation) and the Kapama Main Lounge are situated within the park. Each of the rooms features a full en-suite bathroom and enjoys uninterrupted views of this game-rich reserve. The central guest entertainment areas

include a tiered swimming pool, which overlooks the Kapama River—an area that various animals use as a watering hole—a lounge, a curio shop and an outdoor *boma*. Meals are buffet style and offer a variety of Pan African dishes. The lodge also offers a variety of other activities, at your own expense, including bush walks, elephant-back safaris, bird watching, hot-air balloon rides and visits to the Hoedspruit Endangered Species Centre. These options may be booked upon arrival at the lodge. Please note: On Day 1, box breakfasts will be provided from the ship.

Includes: return airport transfers in Cape Town & Nelspruit; guide; 2 nights' accommodation at Kapama Lodge; 2 breakfasts; 1 lunch; 2 high tea; 2 dinners; 4 game viewing activities

CAP41 AQUILA GAME RESERVE (0715-1645) Minimum 16/Maximum 100 (PRICE: \$339) PRE-SALE ONLY

This full-day tour to Aquila Game Reserve will take you to the semi-scrub desert of the Karoo for a wild encounter with Africa's game. Travel in an air-conditioned coach to your game drive destination. This comfortable 90-minute drive will meander through the scenic Hex River Valley to Cape Town's closest private game reserve, Aquila. The Aquila Game Reserve in South Africa is situated on 4,500 hectares of Southern Karoo Highlands and combines the fauna and flora of three beautiful valleys. The reserve encompasses a natural wetland and a magnificent mountain range. Here, you will have the opportunity to experience an outstanding variety of game.



Once at the reserve, a welcome drink awaits your arrival. Then, head out on a 2-3 hour game drive. While traveling in 4x4 safari vehicles with an experienced ranger guide, view the animals roaming the reserve. There is an ideal opportunity to observe rhinoceros, buffalo, giraffe and lions. (The lions are in an enclosure.) Large herds of zebra, black and blue wildebeest, red hartebeest, warthog, eland, springbok, blesbok and gemsbok may also be seen in the semi-arid desert conditions. Hippopotami and crocodiles lurk in the wetlands and in the rainy season; flamingoes also reside there. Aquila's wide array of bird species includes several pairs of the rare and endangered black eagle, after which the reserve has been named. After your drive, enjoy a delicious buffet lunch, which is served in the African *boma* restaurant before returning to Cape Town. Please note: It is recommended to wear lightweight clothing and comfortable walking shoes and to bring sun block, sun hat, sunglasses, and windbreaker.

CAP42 SERVICE PROJECT: HABITAT FOR HUMANITY - GROUP A (0800-1600) Minimum 15/Maximum 20 (PRICE: \$59) PRE-SALE ONLY

Millard Fuller believed that, "We have the know-how in the world to house everyone. We have the resources in the world to house everyone. All that's missing is the will to do it." In 1976, this lawyer and businessman from Alabama started Habitat for Humanity International. Thirty years later, Habitat for Humanity's impact is colossal, reaching 100 countries across the globe. In 1998, Habitat began building houses for people in need in Cape Town. Habitat's mission "is to eliminate poverty housing and homelessness over the world."

It takes more than desire, sweat and hard work to embrace this mission and build a Habitat house. The cost to build a brick house with electricity and indoor plumbing in South Africa is approximately US\$13,000. During this service project, you will be working alongside South Africans in a nearby township. In partnership with Habitat, the future homeowners will also be there. Homeowner families are chosen according to their need and their ability to repay the no-interest mortgage.

A typical day begins with a welcome from the Habitat team and some instruction on the activities of the day. This is followed by a morning work session, lunch and then an afternoon work session. Supervision on site is provided by an experienced local builder. Lunch and tea are provided by the homeowners. Please note: The price of this practicum is based on round-trip transportation to and from the site. The actual cost for this Habitat build (US\$2,000) is courtesy of the SAS Annual Fund.

CAP43 TABLE MOUNTAIN HIKE (0900-1700) Minimum 16/Maximum 100 (PRICE: \$69) PRE-SALE ONLY

The world-famous Table Mountain is the centerpiece for the city of Cape Town and the main attraction in the Table Mountain National Park. With a height of 1,086 meters, this unique level plateau is surrounded by steep cliffs and is flanked by Devil's Peak to the east and Lion's Head to the west. Together with Signal Hill it forms the natural amphitheater of the city bowl and is a spectacular backdrop to Cape Town and its Table Bay Harbour. Table Mountain is also home to 2,200 plant species, making it a natural world heritage site.



Join experienced guides on a trip up Platteklip Gorge and follow the trek made by Antonio de Saldanha, who gave Table Mountain its name during the mountain's first recorded ascent in 1503. It takes approximately two hours to reach the summit. Once at the summit, participants are rewarded with lunch and spectacular views of the mountainous Cape Peninsula, the Twelve Apostles, the city bowl and Robben Island. On a clear day, you can see as far as 200 kilometers (125 miles). Descend the mountain using a different circular route and return to the ship.

Please note: Sturdy hiking shoes, a small backpack with an extra shirt or jersey as it can be cold at the top, a snack to boost your energy, plenty of water and your spirit of adventure are recommended. Participants are advised to wear a hat and sun block. This hike can be considered strenuous at times. A moderate level of fitness is required; therefore this trip is not suitable for children under 12.

CAP44 OPERATION HUNGER - GROUP A (0900-1800) Minimum 35/Maximum 40 (PRICE: \$48) PRE-SALE ONLY

Operation Hunger is an NGO whose mission is "to create partnerships between vulnerable households and caring people to combat malnutrition which, when suffered by children, undermines the nation's health, education and economic potential." The objectives are to improve the nutritional well-being of the poor; promote the dissemination of knowledge about poverty and malnutrition in South Africa; improve existing facilities to reduce malnutrition in South Africa and to render financial assistance to develop such programs; cooperate with communities, organizations and authorities to combat malnutrition; and publicize and promote the objectives via lectures, exhibitions, meetings, conferences, pamphlets, newspapers, books, leaflets, radio, television and films. Operation Hunger's integrated development program includes locally managed growth-monitoring programs, targeted food support, water supply, sanitation facilities, health/hygiene education, income generation and livelihood programs, agriculture and food production.



The staff of Operation Hunger provided the following vivid description for this visit: You will visit the squatter camps on the outskirts of Cape Town, filled with people mainly from the Transkei and Ciskei, who come to the big city at a rate of 10,000 per month, in search of non-existent work. On arrival, these people are already malnourished. They find no land, no shelter, no work and no means by which to return "home." So they set up shacks made out of plastic, tin, cardboard or anything else they can find. Through Operation Hunger, women in the community have established feeding programs—setting up their pots of soup in the dusty little lanes and in all the crèches. About 50 kilometers outside Cape Town, in the beautiful wine lands; you will also visit the children of farm workers who are part of Operation Hunger's feeding program for malnourished children. Most farmers in the wealthy wine lands area are paid an absolute pittance in exchange for 12 hours of hard labor. While the parents are out picking, child-minding and feeding are nonexistent. Women in the community have set up street kitchens to feed the children. The day's activities will include visits to several townships such as Spandau, Green Park and Chris Hani, and an opportunity to witness the efforts of Operation Hunger. Please note: The price of this practicum includes a small donation to Operation Hunger. Box lunches from the ship will be provided.

CAP45 SERVICE VISIT: AMY BIEHL FOUNDATION TRUST – GROUP A (0930-1730) Minimum 25/Maximum 50 (PRICE: \$59) PRE-SALE ONLY

Amy Biehl was a young American Fulbright Scholar who was stoned to death in 1993 in South Africa, where she had gone to help in the struggle against apartheid. She was very interested in working with disenfranchised voters in the country and had worked there previously, studying multi-party elections in various African states. Her parents, Peter (now deceased) and Linda, and their family established the Amy Biehl Foundation Trust to continue Amy's work and have been highly supportive of groups concerned with the lasting effects of apartheid.



In the townships, you will see the lasting impact of apartheid and the continuing racial discrimination of poverty today. As you meet the townspeople, remember that there are social forces at work that have caused these terrible conditions to occur. Reflect back on what you have learned in class pertaining to racism and inter-group patterns.

This highly interactive trip is a favorite with SAS participants; many revisit the Foundation during their remaining time in Cape Town because it is such a rewarding experience. On this trip, spend the day touring the various facilities and programs in the townships run by the Amy Biehl Foundation including the Amy Biehl Music Program, which teaches sixth and seventh graders music theory and practice; the Youth Reading Role Models program, where seventh graders read to first graders; the Buthisizwe Training Centre, a facility which provides instruction on block making, sewing and aluminum window-frame making; and the Khayelitsha Golf Club—A *Driving Range for the People*. The Foundation provides children and youth with the opportunity for constructive and safe activities after school and makes the game of golf accessible to all South Africans regardless of race or economic circumstance. Lunch is included at a township restaurant featuring traditional Xhosa foods.

CAP46 KHAYELITSHA TOWNSHIP VISIT (1330-1800) Minimum 16 /Maximum 25 (PRICE: \$62) PRE-SALE ONLY

Visit Khayelitsha, South Africa's fastest growing township. The impression from the outside is fairly grim—many shacks line the outskirts and give no indication of the vibrant culture found within. However, life in Khayelitsha is filled with entrepreneurial energy and community spirit; this trip is your opportunity to gain first-hand experience. Upon entering the township, visit the Khayelitsha Craft Market. Continue to the Philani Nutrition Centre, where you will view weavings and silkscreen paintings, a project undertaken by the women in the community. A visit to Vicky's Bed and Breakfast is followed by a visit to the Waterfront *shebeen* (tavern). Finally, visit *Kopanong* (meeting place), a guesthouse operated by Mpho and Thope Leakau, where Thope will show you around her community. Then enjoy a cup of tea in the guesthouse before returning to the ship. Please note: There are limited restrooms in the Township. Only local currency is accepted in the craft market.



CAP47 TOWNSHIP HOMESTAY – GROUP C (1600 Day 4 – 1000 Day 5) Minimum 16/Maximum 32 (PRICE: \$124) PRE-SALE ONLY

Townships in South Africa came about as a result of apartheid city-planning policies, which excluded 'non-white' people from living in the suburbs of the city. They were forcibly moved to peripheral areas on the edge of the city, where they had to live in harsh conditions and cope with extreme poverty. Although apartheid may have ended with the birth of democracy on April 26, 1994, when all races were allowed to vote, many people still face harsh conditions from the consequences of poverty. Despite these conditions, the townships are filled with a strong sense of community, vibrancy and faith. There is a growing sense of hope as many redefine their futures within and beyond the boundaries of the township.



Tambo Village is a community located within the Gugulethu Township. As a small, contained community where everyone knows each other and lives within walking distance, Tambo is an ideal location to experience a homestay. This homestay project is fully embraced by the community; it is owned and operated by community members. They have a vested interest in the comfort and safety of their guests.

The accommodations in Tambo are simple. The houses are built out of brick and mortar and have running water, flush toilets and electricity. Geysers (water heaters) are not standard; bathing in some houses is either with cold water or with water heated up on the stove. Participants registered in this program will share a room with another SAS participant within the family home and must be prepared to share a double bed. This is a separate room from where the family sleeps. All linen and bedding is provided. Meals are prepared and provided by the host family. The food quality is excellent and special dietary needs may be catered to on request. Please note: At the village's request, this trip is not suitable for children under 12 years of age.

Includes: round-trip transportation; dinner; overnight homestay; breakfast

DAY 5: Tuesday, September 27

CAP50 INVERDOORN GAME RESERVE (0730-1630) Minimum 21/Maximum 60 (PRICE: \$269) PRE-SALE ONLY

Depart the pier for a game drive in the green oasis amidst the harsh and dry Karoo environment. Pass the wine region of Paarl while traveling through the fertile Tulbagh Valley to the deciduous fruit-growing region of Ceres, just over two hours from Cape Town. Enjoy a refreshing welcome drink upon arrival at the Inverdoorn Game Farm. With more than 10,000 hectares dedicated to conservation, the Inverdoorn Game Lodge & Safari contains more than 1,200 wild animals representing 28 different species and hundreds of species of birdlife. Africa's magnificent wild animals have returned to this area for the first time in over a century. During your two-hour game drive, you will have the chance to see giraffe, zebra, waterbuck, Oryx, sable antelope, kudu, impala and springbok. A large number of birds can also be seen. The reserve also runs an on-site Cheetah Rehabilitation Program. (Lions and cheetahs are in an enclosure.) After your game drive, enjoy a lunch made with fresh farm produce. After an enjoyable day viewing African wildlife, return to the ship. Please note: Participants with walking difficulties or with limited mobility might find it difficult to get in and out of game vehicles. The actual game drive can be bumpy so this trip is not advisable for those with back problems. Participants are advised to wear lightweight clothing and comfortable walking shoes and bring sun block, sun hat, sunglasses and windbreaker.

CAP51 SERVICE PROJECT: HABITAT FOR HUMANITY – GROUP B (0800-1600) Minimum 15/Maximum 20 (PRICE: \$59) PRE-SALE ONLY

Millard Fuller believed that, "We have the know-how in the world to house everyone. We have the resources in the world to house everyone. All that's missing is the will to do it." In 1976, this lawyer and businessman from Alabama started Habitat for Humanity International. Thirty years later, Habitat for Humanity's impact is colossal, reaching 100 countries across the globe. In 1998, Habitat began building houses for people in need in Cape Town. Habitat's mission "is to eliminate poverty housing and homelessness over the world."

It takes more than desire, sweat and hard work to embrace this mission and build a Habitat house. The cost to build a brick house with electricity and indoor plumbing in South Africa is approximately US\$13,000. During this service project, you will be working alongside South Africans in a nearby township. In partnership with Habitat, the future homeowners will also be there. Homeowner families are chosen according to their need and their ability to repay the no-interest mortgage.

A typical day begins with a welcome from the Habitat team and some instruction on the activities of the day. This is followed by a morning work session, lunch and then an afternoon work session. Supervision on site is provided by an experienced local builder. Lunch and tea are provided by the homeowners. Please note: The price of this practicum is based on round-trip transportation to and from the site. The actual cost for this Habitat build (US\$2,000) is courtesy of the SAS Annual Fund.

CAP52 CYCLING IN THE WINELANDS – GROUP B (0900–1700) Minimum 11/ Maximum 40 (PRICE: \$109) PRE-SALE ONLY

Depart the ship by motorcoach for the university town of Stellenbosch and explore the town and surrounding area for approximately one hour, using 21-gear mountain bikes. Then pack up the bikes and transfer by vehicle over the Helshoogte Pass to the other side of the mountain. Once there, cycle approximately 19 kilometers along the Simonsberg on an evenly paved road to the picturesque wine land region of Franschhoek. After a brief visit at the Huguenot Monument, continue to a local winery for a wine tasting and a picnic lunch in pristine surroundings before returning to Cape Town. Please note: Please bring sunscreen and a hat. The biking can be considered strenuous at times; a moderate level of fitness is required.

CAP53 OPERATION HUNGER - GROUP B (0900-1800) Minimum 35/Maximum 40 (PRICE: \$48) PRE-SALE ONLY

Operation Hunger is an NGO whose mission is “to create partnerships between vulnerable households and caring people to combat malnutrition which, when suffered by children, undermines the nation’s health, education and economic potential.” The objectives are to improve the nutritional well-being of the poor; promote the dissemination of knowledge about poverty and malnutrition in South Africa; improve existing facilities to reduce malnutrition in South Africa and to render financial assistance to develop such programs; cooperate with communities, organizations and authorities to combat malnutrition; and publicize and promote the objectives via lectures, exhibitions, meetings, conferences, pamphlets, newspapers, books, leaflets, radio, television and films. Operation Hunger’s integrated development program includes locally managed growth-monitoring programs, targeted food support, water supply, sanitation facilities, health/hygiene education, income generation and livelihood programs, agriculture and food production.



The staff of Operation Hunger provided the following vivid description for this visit: You will visit the squatter camps on the outskirts of Cape Town, filled with people mainly from the Transkei and Ciskei, who come to the big city at a rate of 10,000 per month, in search of non-existent work. On arrival, these people are already malnourished. They find no land, no shelter, no work and no means by which to return “home.” So they set up shacks made out of plastic, tin, cardboard or anything else they can find. Through Operation Hunger, women in the community have established feeding programs—setting up their pots of soup in the dusty little lanes and in all the crèches. About 50 kilometers outside Cape Town, in the beautiful wine lands; you will also visit the children of farm workers who are part of Operation Hunger’s feeding program for malnourished children. Most farmers in the wealthy wine lands area are paid an absolute pittance in exchange for 12 hours of hard labor. While the parents are out picking, child-minding and feeding are nonexistent. Women in the community have set up street kitchens to feed the children. The day’s activities will include visits to several townships such as Spandau, Green Park and Chris Hani, and an opportunity to witness the efforts of Operation Hunger. Please note: The price for this practicum includes a small donation to Operation Hunger. Box lunches from the ship will be provided.

CAP54 HOPE CAPE TOWN & TYGERBERG CHILDREN’S HOSPITAL (1000-1300) Minimum 25/Maximum 35(PRICE: \$42) PRE-SALE ONLY

[FDP: FINOCCHARIO KESSLER]

Participants will visit the Tygerberg Children’s Hospital, home of the Hope Cape Town Association. Hope Cape Town is a nonprofit organization which offers community outreach, education and counseling focusing on HIV/AIDS and TB in the Western Cape Province of South Africa. Tygerberg Children’s Hospital provides specialty pediatric care for infants with HIV/AIDS, TB or various cancers. The FDP will feature a presentation by Stefan Hippler, co-founder of the Association. Through this experience participants will gain insight into HIV/AIDS and poverty in South Africa and the implications on families and societies. If interested in this FDP, please plan ahead to bring one or two items to donate to Tygerberg Children’s Hospital. Suggested items include: new or gently used stuffed animals, clothing (0-5years), toothbrushes and toothpaste, soft baby blankets.

CAP55 CAPE MALAY COOKING SAFARI (1000-1400) Minimum 12/Maximum 40 (PRICE: \$165) PRE-SALE ONLY

Perched on the slopes of Signal Hill and overlooking Table Bay and Mountain is the colorful Bo-Kaap community with its cobblestone streets, legends and secrets. Walk to Cape Town's historical quarter and turn your focus to the extraordinary cuisine of the Cape Malay community. While shopping for ingredients to prepare a typical Cape Malay dish, discover links between history, food and religion. Enjoy an informal cooking workshop in a Bo-Kaap family restaurant, which is just below their home. Learn how to mix masala, fold samosas, and balance the flavors of Cape Malay curry, catering to both vegetarians and non-vegetarians. Share the table with the hostess and cooking instructor and enjoy the rich opportunity of interesting conversation and interaction. Please note: In respect of the Muslim community, women are asked to dress conservatively and bring scarves to cover their heads and shoulders in case the group is invited into a mosque.

CAP56 ANIMAL WHISPERS TOUR (1315-1715) Minimum 16/Maximum 40 (PRICE: \$132) PRE-SALE ONLY

Located in the heart of the Cape wineland region is the Spier Wine Estate. The estate is renowned for its fine modern wines as well as its conservation efforts. The estate, which covers 1,000 hectares, is dedicated to protecting and preserving South Africa's fauna. Recognized by *Condé Nast Traveler* in 2007 as one of the world's top responsible tourist destinations, Spier is committed to eco-tourism and sustainable development. In 2007, they launched two major initiatives to reduce their carbon footprint. In addition to planting more than 1,000 trees on the estate, they introduced an innovative waste water treatment plant. Spier's macro goals include carbon neutrality, zero waste solids, zero wastewater, water sustainability, biodiversity enhancement, organic farming and poverty eradication. For additional information about the company's sustainability efforts, please reference www.spier.co.za/sustainability. In addition to their pioneering sustainable efforts, the estate is committed to educating its workers through development programs and visitors through the Bird of Prey Centre and the Cheetah Outreach Project. This half-day tour focuses on Africa's valuable resource—its wildlife.



Depart the pier and travel 45 minutes outside of Cape Town to reach the Spier Wine Estate. Visit the Cheetah Outreach Project for a personal encounter with these majestic cats. The project supports the Cheetah Conservation Fund (CCF) in their efforts to ensure the survival of free-ranging cheetah. Come face-to-face with resident cheetahs, stroke an adult cheetah or maybe even cuddle up with a little cub (cat willing).

Visit the Bird of Prey Centre, which was founded in 2001 as a rehabilitation and educational facility. The mission of the center is the preservation of the eco-environment by protecting birds of prey through the release of prime rehabilitation candidates and community awareness through programming and eco-tourism efforts. Enjoy a private viewing and meet birds of prey like eagles, owls, kestrels, kites and ghost hawks. These birds, which have been previously injured, poisoned or illegally removed, are now being nurtured until they can be released back into the wild. Continue to the Spier Wine Tasting Centre for a private wine tasting before returning to the ship. Please note: Participants are advised to wear light-weight clothing and comfortable walking shoes and to bring sunblock, sun hat, sunglasses, and windbreaker.

CAP57 BAPHUMELELE ORPHANAGE & TOWNSHIP BY BIKE (1330-1745) MINIMUM 15/MAXIMUM 25 (PRICE: \$80) PRE-SALE ONLY

Travel 45 minutes on the N2 National Highway to the Baphumelele Children's Home, located in the Khayelitsha township. Founded in 2001, the orphanage was a humble woman's response to an alarming situation. Rosie Mashale had no money when she decided to provide a home and place of safety for children who were orphaned, abandoned, abused or neglected, but she had a vision, a big heart, a lot of resolve and the constant support of her community. At present, the children—ranging in age from newborn to 19 years old—live in nine separate buildings. Members of the community volunteer and care for the children, providing them much needed love and support.



The sustainability and unique nature of Baphumelele as a community-based project is assured through its deep roots in the community. The home in particular is viewed by many as a sentinel of hope in the townships of the Western Cape and a demonstration of what a community can achieve when all work together. At the orphanage, meet the founding member of the establishment, Rosie Mashale, who will offer a brief tour of the orphanage coupled with an explanation of its mission. Once you are familiar with the establishment, the group will be split up to assist with various activities taking place throughout the orphanage, including minding infants, playing with toddlers, reading to the children, completing general handiwork and preparing meals.

After completing the various tasks assigned, bid farewell to the children at the orphanage and travel to Mandela Park where you will meet the YEP (Youth Empowerment Project) leadership group. During a bicycle tour of Kayelitsha with the YEP group, you will learn about the organization and their efforts to keep youngsters off the streets. This will be followed by a game of informal soccer before you board the coach to return to the ship. Please note: Comfortable shoes and sun screen are recommended. This tour is not suitable for guests with walking difficulties or in wheelchairs. There are limited restrooms in the Township.

DAY 6: Wednesday, September 28

CAP60 SERVICE PROJECT: HABITAT FOR HUMANITY – GROUP C (0800-1600) Minimum 15/Maximum 20 (PRICE: \$59) PRE-SALE ONLY

Millard Fuller believed that, “We have the know-how in the world to house everyone. We have the resources in the world to house everyone. All that's missing is the will to do it.” In 1976, this lawyer and businessman from Alabama started Habitat for Humanity International. Thirty years later, Habitat for Humanity’s impact is colossal, reaching 100 countries across the globe. In 1998, Habitat began building houses for people in need in Cape Town. Habitat’s mission “is to eliminate poverty housing and homelessness over the world.”

It takes more than desire, sweat and hard work to embrace this mission and build a Habitat house. The cost to build a brick house with electricity and indoor plumbing in South Africa is approximately US\$13,000. During this service project, you will be working alongside South Africans in a nearby township. In partnership with Habitat, the future homeowners will also be there. Homeowner families are chosen according to their need and their ability to repay the no-interest mortgage.

A typical day begins with a welcome from the Habitat team and some instruction on the activities of the day. This is followed by a morning work session, lunch and then an afternoon work session. Supervision on site is provided by an experienced local builder. Lunch and tea are provided by the homeowners. Please note: The price of this practicum is based on round-trip transportation to and from the site. The actual cost for this Habitat build (US\$2,000) is courtesy of the SAS Annual Fund.

CAP61 FULL-DAY HIKE UP THE QUARTZITE MOUNTAIN BEHIND CAPE TOWN (0800-1700) Minimum 11/Maximum 20 (PRICE: \$239) PRE-SALE ONLY

[FDP: GOLDIN]

Depart the quayside on one of South Africa’s most scenic routes to Cape Point, the most southwesterly tip of Africa. Drive through the suburbs of Green Point and Sea Point to Camps Bay, behind which are the impressive peaks of the Twelve Apostles. The first stop will be at Three Anchor Bay to study the old (as in 560 million years), highly deformed, deep-marine siltstones of the Tygerberg Formation, originally deposited in the pre-Atlantic Adamastor Ocean.

Arrive a bit further up at our next stop - The Sea Point Contact between the older Tygerberg

Formation and the younger Cape Granite which forms the bedrock south of Sea Point to Cape Point. Charles Darwin visited the area in 1836 on the final leg of the 5-year voyage of H.M.S. BEAGLE. From here we will drive to Clifton First Beach to view black dolerite dykes that intruded the Cape Granite, 130 Ma ago, as the supercontinent Gondwana split up.

Continue along the Atlantic seaboard towards Hout Bay, a small fishing village, and the scenic Chapman's Peak drive. Visit the Die Josie view site at the north end of Chapman's Peak Drive to observe the Table Mountain Group close up. Continue along Chapman's Peak Drive, passing through the seaside residential suburb of Scarborough en-route to the Cape of Good Hope Nature Reserve where, by tradition, the Atlantic and Indian oceans and their differing ecosystems are said to meet. The reserve occupies 7,750 hectares of indigenous flora and fauna and Cape Point, with its dramatic sea cliffs – among the highest in South Africa – is the main attraction in the reserve. A funicular railway takes us to the top of the point, from where we can enjoy breathtaking views.

Next, we'll make our way down to Cape Point and the Cape of Good Hope via Diaz Beach, where we will embark on a geological hike to observe the strata of the Cape Peninsula at close quarters, undisturbed by traffic. During this hike a discussion regarding oceanography will also be undertaken, and we'll enjoy a picnic lunch.

After leaving the reserve, we'll make a brief stop above Smitswinkel Bay to observe a major fault that caused a major earthquake as Gondwana split up, 130 Ma ago. Next we'll visit Froggy Pond to study the dolerite dykes that have intruded the Cape Granite. We will also pay a visit to the African penguin colony at Boulders Beach before traveling through the naval base of Simonstown to Fish Hoek. Our route continues to the colorful fishing harbor of Kalk Bay before joining Boyes Drive, which affords magnificent views of Muizenberg & False Bay as we return to the ship. Please note: This hike is rigorous and meant for those in good shape. Participants must wear sturdy closed-toe hiking shoes and comfortable lightweight clothing, and to bring adequate sun protection and water.

CAP62 EARLY ARCHITECTURE OF THE CAPE DISTRICT (0800-1730) Minimum 14/Maximum 20 (PRICE: \$159) PRE-SALE ONLY

[FDP: NELSON]

Depart the ship and travel to Paarl, the “Pearl” of the Berg River Valley. Paarl is a romantic town built on both sides of a long main street, shaded by oak trees and jacarandas.

Our first stop for the day will be the “Strooidak” Church in Paarl. The Paarl Dutch Reformed Congregation is the third oldest congregation in South Africa, with the oldest church building in the country that is used exclusively as a church. Designed in the form of a Greek cross, the interior is in simple style and the gables are regarded as being amongst the finest in our country. The following striking motto is found on the western gable: “Sol justitiae illustra nos,” meaning, “The sun of righteousness illuminates us”.

Continue on to the Paarl Museum. The original building was used to accommodate eleven ministers from the Strooidak Kerk between 1715 and 1872. In 1872 the property was sold to the Thom family and remained in their possession until 1924. It was then used as a boys' hostel by Paarl Gymnasium High School, until it was purchased by the Paarl Town Council. The building was renovated in 1939 and opened as the Huguenot Museum. The name changed in 1969 to the Old Parsonage Museum, and again in 1995 to its present name, the Paarl Museum.

The tour proceeds from here to a wine estate known as Boschendal. Pay a visit to the Manor House at Boschendal, one of the most imposing farmhouses at the Cape. The front gable, with its wavy outline ending in urns reflects both the baroque and neoclassical tradition at the Cape. Boschendal is a typical H-shaped house with an old pomegranate tree in the east courtyard. All the windows have external wooden shutters.

After Boschendal we will make our way to the charming town of Stellenbosch, a university town and the second oldest town in South Africa. Stellenbosch has become known as the “Town of Oaks” – some of the oaks have been proclaimed national monuments. Stellenbosch is also



famous for the typical Cape Dutch-style architecture, which can be seen in the main thoroughfare, Dorp Street, which is lined with houses, cottages and shops. After an orientation tour, pay a visit to the Stellenbosch Museum, which comprises four different houses depicting different eras – Schreuder House, 1709; Bletterman House, 1788; Grosvenor House, 1800 to 1830; and the OM Bergh House, 1850 (optional and for your own account).

After lunch at a local restaurant, travel to another wine estate known as Meerlust. Meerlust Estate has been in the Myburgh family since 1756, and today the art of winemaking continues under the guidance of Hannes Myburgh, eighth generation custodian of this 17th century national monument. As the manor house at Meerlust is the home of Hannes Myburgh and his family, it is not open for visits by the public. Enjoy a rare opportunity to visit this manor house – hosted by Hannes Myburgh himself.

End the day at Vergelegen Wine Estate and enjoy a walk through the Octagonal Garden – and the historic manor house. This property is recognized as a leading wine estate in South Africa and has a history going back over 300 years.



CAP63 CAPE TOWN, APARTHEID & ROBBEN ISLAND (0815-1715) Minimum 36/Maximum 80 (PRICE: \$159) PRE-SALE ONLY

[FDP: CASTEEN & BUNCK]

This trip provides historical insight into the social injustices of Cape Town's past. Begin the day's journey with a stop at the Bo-Kaap Museum, a typical example of a Malay Quarter residence. Experience the unique culture, lifestyle and personality of this Cape Muslim community and their role in Cape Town's development. Then visit the District Six Museum and learn how 60,000 families were forcibly removed from that once vibrant suburb. Next, a visit to the townships and Cape Flats shows how sprawling satellite camps of seemingly endless shanties provide little more than a roof and some shelter. This journey through history continues with a visit to *Langa*, the oldest existing township on the Western Cape. Local community workers host you in this vibrant community as numerous squatters set about building their own brick homes, with the help of state grants. Then sample traditional African sorghum beer at a local tavern, or *shebeen*, before enjoying a lunch of traditional South African dishes. Afterward, continue to Robben Island by ferry. This former leper colony was a political prison during apartheid. View Nelson Mandela's prison cell while ex-political prisoners give a detailed commentary. Also visit the quarry, where the former president's eyes were damaged permanently, and where personalities in the struggle were put to back-breaking labor. Now operating as a living museum, Robben Island also hosts about 23 mammals and 132 bird species including the African penguin. Return to the ship after this fulfilling, thought-provoking day. Please note: Wear comfortable light-weight clothing and comfortable walking shoes. Bring sunblock, sun hat, sunglasses and windbreaker.



CAP64 SERVICE PROJECT: PARKWOOD PRIMARY SCHOOL FEEDING PROJECT (0900-1245) Minimum 5/Maximum 16 (PRICE: \$89) PRE-SALE ONLY

Today you will have the opportunity to get some "hands-on" experience in making the world a better place for some children in the Western Cape. Together with your guide you will visit the Parkwood Primary School based in Grassy Park. Here you will have the opportunity to interact with the teachers and learners, as well as serve food to the children. Grassy Park and surrounding areas were created some 35 years ago, when the old and much publicized Apartheid system forced many residents to settle in un-serviced and underdeveloped farm areas.

Parkwood Primary first opened its doors in 1961 with just over 300 learners in 7 classrooms. Due to overpopulated classrooms, double shift classes were introduced, whereby teachers had to teach 2 separate class groups per day. Today with the help of Non-Governmental Organizations and community workers, Parkwood Primary has over 528 eager learners with 15 dedicated educators. Together they are laying down a solid education foundation for the future of South Africa.

On arrival at the school you will have a chance to help prepare the actual meals for the

children. At around 1030 the children will be fed and here you have a chance to meet some of the youngsters. After the meal you once again have the opportunity to help in clearing the dishes (if you wish). In addition, there is also time to interact with staff at the school to learn more about the children.

CAP65 THREE FAITHS PILGRIMAGE (0900-1430) Minimum 21/Maximum 29 (PRICE: \$22) PRE-SALE ONLY

[FDP: GREEN]

Cape Town is a multiracial city that includes vibrant Muslim, Jewish and Christian communities. Islam was introduced by slaves brought over 300 years ago from Indonesia. The Jewish community traces its history to religious persecution in Europe. An estimated 80 percent of South Africans are Christians, and St. George's Anglican Cathedral was the site of much interfaith protest during the struggle against apartheid. Guided by South African peace activist Terry Crawford-Browne (a former SAS professor), the walking tour of downtown Cape Town will include a mosque in Bo-Kaap, the Jewish Center, the Slave Lodge and St. George's Cathedral. The visit to the Cathedral also includes an opportunity to walk the labyrinth (praying with your feet) to meditate upon the experiences. (The price of this practicum includes entrance fees and a donation to the Bo Kaap Mosque. The out-of-pocket expense is approximately R 3.90 for public transportation costs.) Please note: Modest dress is required for the mosque. No shorts, short skirts, or exposed midriffs permitted. Box lunch from the ship will be provided.

CAP66 AFRIKAANS LANGUAGE MUSEUM, BOSCHENDAL & STELLENBOSCH (0930-1600) Minimum 16/Maximum 35 (PRICE: \$99+ OOPEX) PRE-SALE ONLY

[FDP: THOMAS]

Paarl is the third oldest European settlement in the Republic of South Africa, after Cape Town and Stellenbosch. Located about 60 km northeast of Cape Town, Paarl is home to the Afrikaans Language Museum and the Afrikaans Language Monument. The unique language of Afrikaans grew out of the Dutch spoken by the first settlers combined with the languages of other+ groups, such as the Khoikhoi, slaves from Malaya, Indonesia, Madagascar and West Africa, and the later Huguenot settlers. The struggle to gain recognition for Afrikaans as a written language was based in Paarl.

After visiting the museum and monument, we will travel to Boschendal Wine Estate for a wine tasting. After lunch, we will return to Cape Town, stopping en route at Stellenbosch for a short walking tour. OOPEX Includes: Lunch at Le Café. Prices range from \$5-15.



CAP67 SERVICE VISIT: AMY BIEHL FOUNDATION TRUST - GROUP B (0930-1730) Minimum 25/Maximum 50 (PRICE: \$59) PRE-SALE ONLY

[FDP: SINGH]

Amy Biehl was a young American Fulbright Scholar who was stoned to death in 1993 in South Africa, where she had gone to help in the struggle against apartheid. She was very interested in working with disenfranchised voters in the country and had worked there previously, studying multi-party elections in various African states. Her parents, Peter (now deceased) and Linda, and their family established the Amy Biehl Foundation Trust to continue Amy's work and have been highly supportive of groups concerned with the lasting effects of apartheid.

In the townships, you will see the impact of apartheid and continuing racial discrimination on poverty today. As you meet the townspeople, remember that there are social forces at work that have caused these terrible conditions to occur. Reflect back on what you have learned in class pertaining to racism and inter-group patterns.

This highly interactive trip is a favorite with SAS participants; many revisit the Foundation during their remaining time in Cape Town because it is such a rewarding experience. On this trip, spend the day touring the various facilities and programs in the townships run by the Amy Biehl



Foundation including the Amy Biehl Music Program, which teaches 6th and 7th graders music theory and practice; the Youth Reading Role Models program, where 7th graders read to 1st graders; the Buthisizwe Training Centre, a facility which provides instruction on block making, sewing, and aluminum window-frame making; and the Khayelitsha Golf Club—*A Driving Range for the People*. The Foundation provides children and youth with the opportunity for constructive and safe activities after school and makes the game of golf accessible to all South Africans regardless of race or economic circumstance. Lunch is included at a township restaurant featuring traditional Xhosa foods.

CAP68 BISHOP PETER STOREY: INTERFAITH RESISTANCE TO APARTHEID & WALKING TOUR OF CAPE TOWN (1145-1700) Minimum 21/Maximum 24 (PRICE: \$51) PRE-SALE ONLY

[FDP: HUNT]

The purpose of this FDP is to enrich our understanding of the courageous resistance to apartheid and the united work of people of faith in opposing it. Bishop Peter Storey was a leader and participant in those struggles, and his personal testimony is both inspiring and challenging. His story highlights the role of nonviolence in resisting oppression.

Bishop Peter Storey served as President of the South African Council of Churches with then-Bishop Desmond Tutu during the height of resistance to apartheid. He also served as chaplain to Nelson Mandela during Mandela's imprisonment on Robben Island. Meet Bishop Storey for lunch onboard the ship, after which we will proceed to the tour of the most important historical sites related to the racial history of Cape Town: the District Six Museum, the Old Slave Market, the old Race Classification Office and St. George's Cathedral. We will conclude with a discussion over refreshments at the Methodist Mission Hall before returning by bus to the ship. Please note: The order of the visits may change at the Bishop's discretion.

CAP69 WINE PRODUCTION AND MANAGEMENT - GROUP B (1200-1800) Minimum 29/Maximum 40 (PRICE: \$115) PRE-SALE ONLY

[FDP: KOLBE]

South African wines are gaining an increasing share of the wine market in many countries, including the United States. Visit Backsberg Wines Estate and Nelsons Creek to learn about production techniques and management strategies.

The FDP departs the Cape Town quayside and travels into the heart of the Cape wine lands. Our first stop is Backsberg Wine Estate, situated along the slopes of the Simonsberg Mountains, midway between Paarl and Stellenbosch. The estate has been producing quality wines for over 70 years. The philosophy of Backsberg remains that of providing pleasure and enjoyment to a broad range of wine lovers by producing wines not only with structure and finesse, but with a high level of "drinkability". Backsberg emphasizes quality in all of their products and has been chosen as one of the Top 100 Wineries of the Year by *Wine & Spirits Magazine* in New York.

Backsberg also has a strong environmental focus. They have a holistic approach to preservation – from the seemingly smaller features such as the weight of bottles, to reserving a section of land on the farm for the Fynbos biome. Backsberg made history recently when it became the first wine producer in South Africa - and one of only three in the world - to gain Carbon Neutral status by sequestering its carbon emissions.

Harry Haddon, marketing coordinator of the estate, will welcome and escort you on a tour through the wine cellar. After the tour, Harry will host a talk on Backsberg's sales and marketing strategies and the estates environmental practices. After a Q&A session, students can enjoy an optional wine tasting in the Vat Cellar.

Continue next to Nelson's Creek Wine Estate near country town of Wellington. Nelson's Creek Wine Estate stands upon one of the first pieces of land to be selected by the French Huguenots for making wine. A deeds office entry dated 1692 records the fact that the new arrivals from the Loire Valley immediately recognized the potential of the area and set about making their contribution to the fledgling wine industry. These early pioneers probably had the



same dream as the present owner Alan Nelson - to make wines that would proudly carry the family name, wines that would be among the finest coming out of South Africa.

After touring the vineyard, cellar and facilities, meet with Alan Nelson and his marketing team to discuss topics such as international marketing, sustainable procedures and social and environmental practices. Return to the ship in time for dinner. Please note: Participants are advised to wear lightweight clothing and comfortable walking shoes and to bring sunblock, sun hat, sunglasses and windbreaker.

CAP70 WINE PRODUCTION AND MANAGEMENT – GROUP C (1200-1800) Minimum 29/Maximum 40 (PRICE: \$115) PRE-SALE ONLY

[FDP: CASTALDI]

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PORT LOUIS, MAURITIUS

Arrive: 0600 Tuesday, October 4
Onboard: 1800 Tuesday, October 4
Depart: 2000 Tuesday, October 4

DAY 1: Tuesday, October 4

MAU01 VISIT TO THE UNIVERSITY OF MAURITIUS (On Arrival - 1400) Minimum 16/Maximum 40 (PRICE: \$58) PRE-SALE ONLY

[FDP: HOLCOMB]

This visit will enable participants to see the main University of Mauritius and to meet and interact with students and faculty of that institution. Additional details will be provided by Professor Holcomb. Please note: Box lunches from the ship will be provided.

MAU02 JUMMAH MOSQUE (On Arrival - 1430) Minimum 15/Maximum 30 (PRICE: \$45) PRE-SALE ONLY

[FDP: MORROW]

A mosque or a masjid holds a crucial place in the life of a Muslim individual. It is the “cornerstone” of their cultural, social and religious life. The mosque is not just used for praying purposes where Muslims congregate for prayer on Fridays. It is also a center where they meet with their fellow Muslims and share their ideas about life and the Islamic community. This is a unique and exciting opportunity to visit an Islamic mosque in Port Louis, Mauritius. Prior to entering the mosque, the Imam, a historian, and host will give the group an overview of the Islamic beliefs and faith. This will be followed by a visit to the largest mosque in Mauritius—the Jummah Mosque. Inside the mosque, the Imam will explain the protocol that Muslims use when they pray and worship. To enter the mosque, men and women should be modestly dressed. Men should wear long pants and women should refrain from wearing sleeveless blouses or tee shirts. It is recommended for women to bring a head covering or scarf. After the visit to the mosque some pamphlets and brochures will be distributed to those who are interested in learning more about the faith. Participants will have an opportunity to visit and discuss issues relating to dating, marriage and family issues with Muslim college students. The group will then be treated to a biryani lunch which is a Muslim specialty. The biryani is cooked in an earthen pot and consists of rice, potatoes, spices, and includes either chicken or lamb. A yogurt sauce with cumin, tomatoes, cucumber and coriander is poured over the rice.

Given the importance that religion plays in the life of Muslims, a visit to one of Mauritius' most important mosques will provide participants with an insight to this part of their lives.



MAU03 VOLCANIC ISLAND (0900-1700) Minimum 16/Maximum 40 (PRICE: \$84) PRE-SALE ONLY

[FDP: GOLDIN]

Barely 720-square miles, the island of Mauritius is small by many standards, yet it has a diversity of geographical features that makes the landscape interesting and ever-changing. The island basically consists of undulating uplands varying in height from 984 feet to a maximum of 1,969 feet. Surrounding the uplands are mountain ranges and plains. Numerous rivers, fed entirely by rain fall, flow to the sea. Last, but not least, stretches of coral-sand beaches are found along parts of the coast line.

Participants will be accompanied by a Mauritian specialist who will introduce you to this volcanic island. Begin the visit with a stop at *Trou Aux Cerfs*, a dormant volcano. The crater floor is now heavily wooded and a tarred road leads up to and around the rim. There are several rest stops with beautiful views. Continue with a drive through the protected forests, viewing specimens of indigenous timber that are unique to Mauritius. Proceed to Grand Bassin, a lake created by an accumulation of water in the crater of an extinct volcano and a holy place for the Hindu community. At *Plaines Champagne*, the rainiest spot and largest natural area on Mauritius, admire the Black River Gorges, an ideal sanctuary for the fauna and flora of the island. Toward the western end of the plain, observe *Piton de la Petite*, the highest point on Mauritius. Continue southwest, to reach the Chamarel Cascade and the seven-colored earth, a volcanic phenomenon that left this plot of land with rich mineral oxides that give different colors to the soil. Lunch will be at a Creole restaurant overlooking the mountains and the southwest lagoon. To end the day, visit Morne Peninsula where the imposing Morne Brabant Mountain rests on the beach. The Morne Brabant Mountain is an interesting geological point as it has been separated from the Black River range by a schism and cracked in a star shape. Enjoy some free time at the beach before returning to the ship. Please note: Wear comfortable walking shoes; bring a swimsuit, sun block and towel.



MAU04 SERVICE VISIT: TERRE DE PAIX CHILDREN'S SHELTER (0900-1300) Minimum 16/Maximum 40 (PRICE: \$45) PRE-SALE ONLY

Visit *Terre De Paix*, an organization providing services to children, adolescents, young adults and those in need. The children here have been removed from their families through a court process by the Child Development Unit to protect them from a hostile environment, where children have all suffered various types of abuse and gross neglect. Several programs support this organization. Discover the aim of the organization, see the village and workshops, and meet the children through interactive games. Please note: The price includes a donation to the Terre de Paix.



MAU05 CITY ORIENTATION (0900-1400) Minimum 16/Maximum 80 (PRICE: \$48) PRE-SALE ONLY

Enjoy an orientation to Port Louis, the capital city with fascinating cultural diversity. See cathedrals, pagodas, mosques, Hindu temples, colonial buildings, the Champ de Mars – the oldest racetrack in the Indian Ocean region – and the famous Fort Adelaide.



Visit the Pamplemousses Garden for a guided tour. The garden is located in the Pamplemousses District, in the northern part of Mauritius. It hosts the SSR botanical garden, or Jardin Botanique Sir Seewoosagur Ramgoolam, renamed in 1988 in honor of the first prime minister of Mauritius. The garden was first constructed in 1770 by Pierre Poivre who had great interest in botany. This 25-acre garden consists of 500 different species of plants and flowers and features giant water lilies, a spice garden and the Talipot palm tree, which blooms when it reaches sixty years of age. You will also see the Aldabras Giant Tortoise (*Geochelone gigantea*) – one of the largest tortoises in the world. Please note: Box lunches from the ship will be provided.

MAU06 ILE DES DEUX COCOS & MARINE PARK (0900-1700) Minimum 16/Maximum 100 (PRICE: \$127) PRE-SALE ONLY

In the midst of Blue Bay Maritime National Park, on the southeast coast of Mauritius, is the majestic *Ile des Deux Cocos*, an islet that rises out of the sapphire ocean. Along the north shore of *Ile des Deux Cocos* one finds the pearl-white sand beaches and turquoise waters of the lagoon. Calm and inviting, the cool waters protect an outstanding nature reserve where one can view the vivid and varied underwater marine life; their evocative names (Surgeonfish, Clownfish, Butterflyfish) are as enchanting as their colors. On the other side of this stunning island, the ocean and the prevailing winds present an ever-changing, unspoiled spectacle of nature. Snorkeling equipment, glass-bottom boat ride in the Marine Park, BBQ lunch buffet and local drinks are included. Please note: Bring a swimsuit, towel and sun protection.



MAU07 ADVENTURE PARK & BEACH (0900-1700) Minimum 16/Maximum 35 (PRICE: \$104) PRE-SALE ONLY

Go for a full day of adventure and nature in the heart of a unique 30-acre forest, with *Adventure Park Chamarel*. The park includes a ropes course where one can roam from tree to tree, and path to path, attached to a lifeline (safety equipment). Enjoy a botanical stroll along footbridges through the treetops, from 75 to 141 feet high. For the more adventuresome, participate in an obstacle course that involves rings, a zip line, nets and beams. After the activities, have a rest and a picnic lunch in the park before reaching the beach of *Flic en Flac*, one of the best beaches situated on the west coast of the island for free time. Please note: This trip is recommended for those participants who are physically fit. Wear sturdy walking shoes and long pants for the ropes course. You will most likely get dirty during the rope course portion of the trip. Bring a swimsuit, towel and sun protection. Children under six years of age are not permitted.



Cancelled MAU08 HIKE IN THE MOUNTAINS & BEACH (0900-1700) Minimum 16/Maximum 80 (PRICE: \$109) PRE-SALE ONLY

Mauritius has a central plateau and extinct volcanic craters where rivers and waterfalls meet to create fascinating gorges & peaks. At the apex of this plateau rise three mountain ranges characterized by basaltic rocks, beautifully shaped and surrounded by magnificent and unique vegetation. Discover this national heritage site during a two-hour hike to *Le Pouce* peak. Shaped like a thumb, *Le Pouce* is 2,661-feet high and a part of the Port Louis Mountain Range.



Return to St. Pierre where the coaches await you and have lunch at *Eureka Colonial House* situated at the foot of Moka mountain range and near a waterfall. Visit the colonial house, located in a tropical garden, with its ancient furniture and hear a brief story about its history. After lunch, a stop is scheduled at *Flic en Flac*, one of the best beaches situated on the west coast of the island for free time. Please note: Wear sturdy walking shoes for the hike; bring your swimsuit, towel and sun protection.

MAU09 BLUE ESCAPE: CATAMARAN AND SNORKELING (0900-1730) Minimum 15/Maximum 100 (PRICE: \$112; CHILD PRICE (ages 3-12): \$112) PRE-SALE ONLY

Spend the whole day on a catamaran as you view the forest and mountains of the southwest region of Mauritius and its magnificent lagoon by sea. Sail to Tamarin Bay where, if you are lucky, you might see dolphins! A stop will be scheduled at a chosen spot for swimming and snorkeling. (Snorkeling equipment is provided.) Please note: Wear your swimsuit underneath your clothes; bring a towel and sun protection. Barbeque lunch with unlimited soft drinks provided onboard.



Cancelled MAU10 SERVICE VISIT: GAYASING ASHRAM HOME & CITE LA CURE NEIGHBORHOOD (0930-1430) Minimum 16/Maximum 80 (PRICE: \$48) PRE-SALE ONLY

Begin with a stop at Gayasing Ashram Home, a home for male and female senior citizens, to meet some of the residents. Next visit the sacred tomb of Father Laval, who not only came to Mauritius in 1840 to preach the gospel, but also to establish routines of caring for the sick and looking out for the education of young Creole (Mauritians of African descent) children. Continue to *Cité La Cure* neighborhood where you can meet and interact with the children of the DLD Teen Hope Project. Please note: The price of this practicum includes a donation to Gayasing Ashram Home and to the school of *Cité La Cure* neighborhood.

Cancelled MAU11 SOS CHILDREN'S VILLAGE OF BAMBOU (1000-1330) Minimum 16/Maximum 40 (PRICE: \$45) PRE-SALE ONLY

Visit the SOS Children's Village in Bambou, the capital of the Black River province. A medical student, Hermann Gmeiner, opened the first SOS Children's Village in Austria in 1949. Today SOS Children's Villages are located in more than 106 countries and are home to over 26,000 needy children. The village in Bambou consists of 12 family houses, residences for the village director and the aunts, a staff house, a community hall and an administrative building. In addition, there are two special education classrooms for the benefit of SOS children who have no opportunity to attend school before their admission to the SOS village. Up to 120 children will find a new home in the village at Bambou. The SOS kindergarten consists of three classrooms, a staff room and a kitchen for a capacity of 75 children. Please note: The price of this practicum includes a donation to the SOS Children's Village of Bambou.

Cancelled MAU12 SOS CHILDREN'S VILLAGE OF BEAU BASIN (1000-1330) Minimum 16/Maximum 40 (PRICE: \$45) PRE-SALE ONLY

Visit the SOS Children's Village in Beau Bassin. An SOS Children's Village consists of 10-20 houses, with 9-13 children of various ages living with their SOS mother in each house. While providing a family environment for children who have been abandoned by events beyond their control, SOS also acts as a bridge integrating the children into a larger society. The children attend local schools and are thus able to keep in close contact with the surrounding community. Participants will learn about the village organization and management and spend time meeting and interacting with the children. Please note: The price of this practicum includes a donation to the SOS Children's Village of Beau Basin.



CHENNAI, INDIA

Arrive: 0800 Monday, October 10
Onboard: 1800 Saturday, October 15
Depart: 2000 Saturday, October 15

DAY 1: Monday, October 10

CHE01 YOGA DEMONSTRATION (After Diplomatic Briefing, On Ship) Minimum 10/ No Maximum (PRICE: FREE)

Yogi Patanjali lived in 200 BCE and is called the Father of Yoga. He was the first to put into writing what had until that time been handed down only verbally from master to pupil. Yoga is a union of spirit and matter. Since the human body is the temple of the living spirit, it should be brought to the highest state of perfection. Yogic exercises are designed to benefit one's health, to remove certain diseases or to drive impurities out of the body. Yoga bends the spine in slow motion and stretches out the muscles in order to restore youthful flexibility and relieve tension. You can learn the rudiments of yogic exercise and the yoga philosophy by attending this demonstration. Comments and explanations will be provided in English. The basic demonstration will take about one hour. For those who are interested in learning specific positions and programs, the instructor will continue teaching a small group for 30 minutes to one hour.



CHE02 MAMALLAPURAM & CHOLAMONDAL ARTISTS' VILLAGE (Upon Arrival - 1900) Minimum 30/Maximum 70 (PRICE: \$39 + OOPEX)

[FDP: IPPOLITO & PITSCH]

Mamallapuram is an ancient port city of the Pallava kings. Apart from being a popular beach resort, it is famous for its three major sights of great architectural and artistic merit. See the 1200-year-old Shore Temple standing in solitary splendor on the sand of the shoreline. Visit the Five "Rathas" or temple chariots – large stone edifices sculptured and shaped into temple prototypes. Then view the biggest bas-relief in the world. Arjuna's Penance, where carved in relief on the face of a huge rock is a detailed sculpture depicting an episode of Hindu mythology.

On the return from Mamallapuram, we will stop at Cholamondal Artists' Village where we will talk with some of the artists and observe their work. Cholamondal is a nationally renowned artists' cooperative where a unique experiment of artists living, working, and selling together has been underway for about 30 years. Working here are some of the finest painters and sculptors in south India. In Cholamondal's permanent gallery are paintings, drawings, sculptures, terra cotta works, metal works, and batiks ranging in price from inexpensive to five figures. Here the best in modern art mingles with ancient crafts. Please note: OOPEX includes \$6 for entrance to Mahabalipuram and Artists' Village.



CHE03 MULTILINGUALISM IN INDIAN SCHOOLS: VISIT TO SRI SAI VIVEKANANDHA VIDYALAYA SCHOOL (1200-1530) Minimum 10/Maximum 30 (PRICE: \$29)

[FDP: THOMAS]

Located in the poorest section of downtown Chennai, Sri Sai Vivekanandha Vidyalaya School educates children 3 to 16 years old (grades K-12). We will have the opportunity to engage in conversation with school administrators, teachers, and students on how they handle multilingualism in their school. Many of the students' native language is Tamil while the language of instruction is in English. We will also learn about the attitudes of children, parents and educators toward each of the languages they speak and the rationale for choosing the specific languages of instruction and communication.

CHE04 SERVICE PROJECT: DALIT WORK PROJECT (1200-1800) Minimum 15/Maximum 25 (PRICE: \$23)

Introduce yourself to India by lending a helping hand. Meet some members of the Bridge Education Services Trust, who have organized a work project in one of the poorer areas in Chennai. The Bridge Education Services Trust, which sponsors Human Rights Education Movement of India, is an agency that is dedicated to improving the conditions of the Dalits ("Untouchables") in the Chennai region. This work project may involve cleaning, painting, repairing, cutting the grass or gardening—whatever needs to be done. Be sure to bring plenty of bottled water as you will most likely be working outside.



CHE05 TATA CONSULTING SERVICES (1230-1830) Minimum 15/Maximum 30 (PRICE: \$33)

[FDP: KOLBE]

We will visit Tata Consulting Services (TCS), the largest software outsourcing company in the Pacific Asian region. They have presence in over 50 countries with more than 1,100,000 software professionals. TCS has a major development center in Chennai with many interesting projects. TCS works with major U.S. corporations as well as with companies in Europe and Japan. We will meet with TCS personnel who will explain how their firm operates in a multinational environment, including how they deal with international financial and management problems.

CHE06 TREATMENT OF INFECTIOUS DISEASES (1300-1630) Minimum 15/Maximum 30 (PRICE: \$25)

[FDP: FINOCCHARIO-KESSLER]

We will travel to a local hospital to meet with medical personnel for a discussion of infectious disease in India. What diseases are common? How has the incidence of infectious diseases changed during the past several decades? What type of treatment is available? What kind of quarantine policies and procedures are followed?

CHE07 CRAFTLINK'S FAIR TRADE SHOP (1300-1800) Minimum 15/Maximum 30 (PRICE: \$25)

[FDP: BAKER]

We will visit a gift shop that sells arts and crafts of Chennai's artisan community on a fair trade basis. We expect to talk to several of the store's suppliers and hear firsthand about how they practice their respective crafts, and how they see a fair-trade program impacting their lives. In terms of small business, the visit will help students better understand the nature of a fragmented industry and how Craftlink seeks to offer small competitors selected benefits of consolidation. In terms of international business, this visit will help us envision the role of compassionate capitalistic endeavor in helping the developing world face the challenges of the 21st century.

CHE08 CHENNAI CITY ORIENTATION (1300-1800) Minimum 15/No Maximum (PRICE: \$15)

During your brief orientation to the fourth largest city in India, you will drive through the city center on Mount Road, the commercial hub of Chennai. You will also drive through residential areas that present a striking contrast between rich and poor. Then drive past an important landmark, Fort St. George, which contains St. Mary's Church and the Fort Museum—monuments reflecting the days of British India. You will continue your drive along the elegant promenade of the Marina, one of the longest beaches in the world. You will see the stately buildings of the University of Chennai, the Senate House and the former palace of the Nawab of Arcot. Upon reaching the oldest section of the city, you will visit San Thome Cathedral (where the apostle Thomas was buried) and the ancient Kapaleeshwar Temple. Along the way, you will also have an opportunity to visit a local home. (Please remember that it is appropriate to remove your shoes before entering the temple and the home.)



CHE09 WOMEN WRITERS OF INDIA (1300-1830) Minimum 20/Maximum 25 (PRICE: \$33)

[FDP: CASTEEN]

We will travel to the home of an Indian professor to meet with a group of Indian women, including several writers, to discuss major concerns for women in India as well as changes in the role of women in India and the United States. We also will learn about some of the recent literature that has been written by and for women. South Indian coffee and snacks will be served.

CHE10 INDIAN PERCEPTIONS OF THE UNITED NATIONS (TBA, On Ship) Minimum 10/Maximum 30 (PRICE: TBA)

[FDP: FOWLER & BUNCK]

Ms. Swarna Rajagopalan, a noted Indian political scientist and women's rights advocate, will speak and lead a discussion on perceptions of the United Nations among the public and among government officials in India, outlining important turning points in the progression of Indian views of the U.N. Ms. Rajagopalan holds a B.A. from University of Bombay, an MA in International Relations from Syracuse University, and a Ph.D. in political science from the University of Illinois at Urbana-Champaign. She is

currently the founding trustee of The Prajnya Turst, a policy research, advocacy and networking center in Chennai that works in the areas of peace, justice, and security.

Polls in many, though not all, United Nations member-states have shown a diminishing faith in the Organization, at just the same time that the U.N. is being asked to take on more and larger projects. This FDP will help Semester at Sea participants to compare and contrast what people – citizens and political and academic elites – are saying and thinking about the U.N., its current problems and future prospects.

This FDP will provide participants an opportunity to listen to and interact with a leading Indian thinker on international relations, who will focus her remarks on the United Nations and its involvement in topics of particular interest to India. While this practicum should be of broad interest to the shipboard community, it will be particularly relevant for the courses: “The United Nations, International Organization, and Global Governance” and “Theories of International Relations: World Order.” Please note: Venue is TBA. The discussion will either be held onboard or hosted by a local Rotarian chapter. Please consult the Field Program Addendum online for further details.

CHE11 VISIT TO A CALL CENTER: PEROT SYSTEMS (TBA) Minimum 15/ Maximum 30 (PRICE: TBA)

[FDP: AULETTE]

All of us have probably spoken to someone who works in a call center in India. This trip will allow students to see one in action. During this practicum we will visit a contact center owned by U.S.-based Perot System. We will observe how the Indian associates interact with the employees of client companies from around the globe. Professor Aulette’s students will talk with employees about what the work is like, why it is important to the Indian economy and how it has grown alongside of globalization. Our goal is to gain a firsthand intercultural communication perspective from employees working for a global enterprise, Perot Systems, which serves clients in North America, Europe, the Middle East, and Asia.

CHE12 SERVICE VISIT: YMCA COMMUNITY CENTERS & DESTITUTE HOMES (1400-2100) Minimum 10/Maximum 12 (PRICE: \$36)

You will travel by air-conditioned motor coach to visit community centers and destitute homes run by the YMCA at Fort Boys Town and Boys Town Kottakkam. A YMCA staff member will accompany you throughout the day. You will have the opportunity to tour each facility and to meet and interact with the children to learn more about their backgrounds. The YMCA will host a special dinner prior to your return to the ship. (The price of this practicum also includes a donation to the YMCA facilities.)



GENERAL DESCRIPTION FOR ALL TRIPS INCLUDING AGRA & THE TAJ MAHAL (Eight separate trips are offered. See below for dates, times, and specific itineraries.)

Located in the northern state of Uttar Pradesh, Agra is the 19th most-populated city in India. Although many Indian cities easily surpass Agra’s census figures—1.6 million inhabitants compared to 7.2 million in Chennai and 15.9 million in Delhi—Agra continues to be a cultural mecca for this country (Source: United Nations Population Division Department of Economic and Social Affairs: Urban Agglomerations 2007).



Home to three UNESCO World Heritages sites: Taj Mahal, Agra Fort and Fatehpur Sikri, Agra is understandably one of the most visited cities in India.

It was during the Mughal period (16th and 17th centuries) that Agra first gained prominence as a capital city. For many years, travelers from around the world have visited this historical city to gaze upon what many believe is one of the world's most breathtaking sights—the Taj Mahal. The Mughal Emperor Shahjahan married Mumtaz Mahal (as she is known in history) in 1612, when she was 21 years old. It is said that tales are still told of her generosity and wisdom. She bore him 14 children, and it was in childbirth that she died when Shahjahan was waging a battle campaign. Grief-stricken, he vowed to build her a memorial surpassing in beauty anything the world had ever seen. It was this love that built the splendid Taj Mahal.

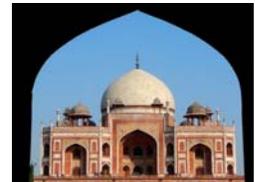
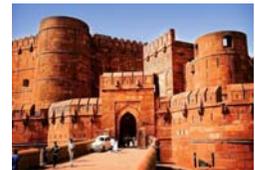
You will also visit Agra Fort and Fatehpur Sikri. Agra Fort is the flourishing center of the Mughal dynasty, created by four successive emperors. Agra Fort is a perfectly preserved Mughal city at the height of the empire's splendor. There are many fascinating buildings inside the massive 20-meter-thick walls of the fort that stretch for 2 ½ kilometers. Fatehpur Sikri is a silent and petrified sandstone city where time has stood still for the last 400 years. According to legend, Emperor Akbar was without a male heir and made a pilgrimage to this spot to see the saint Shaikh Salim Chisti. The saint foretold the birth of Akbar's son. In gratitude, Akbar named his son Salim and transferred his capital to Sikri. He built a new and splendid city that was later abandoned, probably due to difficulties with the water supply. Its red sandstone palaces are still in a remarkable state of preservation. Here you will almost feel the haunting presence of the Mughals.

In addition to visiting the Taj Mahal and the sites of Agra, you will have an orientation to Old and New Delhi. Some of the following sites will be included: (1) Humayun's Tomb, a forerunner of the ornate Mughal style of architecture later perfected in the Taj Mahal; (2) *Qutub Minar*, a 71-meter-high fluted minaret of the 13th century; (3) a drive along the ceremonial avenue, *Rajpath*, past India Gate (the War Memorial), Parliament House, the Secretariat Buildings and the official residence of the President of India; (4) the Red Fort in Old Delhi, once the most opulent fort and palace of the Mughal Empire; (5) *Jama Masjid*, India's largest mosque, built by Emperor Shahjahan in the 17th century; (6) Birla Temple; (7) a Sikh Gurdwara; (8) a Baha'i House of Worship; and (9) the Gandhi Museum and *Raj Ghat* (memorial).

For all Taj trips involving trains, please note: Every attempt will be made to secure first class air-conditioned chair seats. However, on occasion, it may be necessary to provide second-class non-air-conditioned accommodations.

CHE13 AGRA & VARANASI – GROUP A – 4 DAYS/3 NIGHTS (1600 Day 1 – 0100 Day 5) Minimum 31/Maximum 70 (PRICE: \$1,589) PRE-SALE ONLY

This trip combines the bustling city of Delhi, the majesty of the Taj Mahal and the "eternal city" of Varanasi, one of the most important pilgrimage sites in India. Located on the banks of the sacred River Ganges, Varanasi is the holy city of the Hindus. Often called "the heartbeat of India," it is the oldest inhabited city in the world. Varanasi has been a center of civilization and learning for more than 2,000 years. Here you can observe the ritual bathing in the Ganges at dawn, a practice that has continued virtually unchanged over the centuries.



Transfer by motor coach to the Chennai airport for your 2.5-hour flight to Delhi. Upon arrival, transfer to hotel for dinner and overnight stay. The early morning finds you aboard the Shatabdi Express, heading toward Agra. Upon arrival, transfer to the hotel. After checking in, enjoy breakfast before departing for the remarkably preserved Fatehpur Sikri, with its red sandstone palaces. Return to the hotel for lunch. In the afternoon, visit the Agra Fort to view the halls and palaces of the Mughals. Then visit the fabled Taj Mahal where you will have the opportunity to view the Taj Mahal at dusk. An optional shopping tour, with your guide, is available after the sunset viewing. Depart for the railway station on the Shatabdi Express for your journey to Delhi. A packed dinner will be provided for the train ride. Overnight in Delhi.

After an early breakfast, transfer to the airport for your flight to Varanasi. Once there, transfer to the hotel for check-in and lunch. Then enjoy a tour of Sarnath, located six miles outside of Varanasi. Although the ancient city of Sarnath lies in ruins, it is as holy to Buddhists as Varanasi is to Hindus; Buddha preached his first sermon here. See the *stupa* and ruins of an ancient monastery as well as the new Buddhist temple. Afterward, witness the Ganga Aarti at Dasaswamedh Ghat on the banks of the River Ganges, and a rickshaw ride. Return to the hotel for dinner and overnight.



Awaken early and drive to the banks of the River Ganges before sunrise. Board a boat and sail along the river to witness a spectacle of religious practice that has continued unchanged over centuries. At dawn, pilgrims converge at the holy waters for the ritual immersion and prayer to release their souls from the cycle of rebirth. This is one of the most memorable experiences of a visit to India. Return to the hotel for breakfast followed by a brief city tour of Varanasi. Depart for the midday flight to Delhi (lunch on board) followed by a tour of the area. See Humayun's Tomb and *Raj Ghat*. Drive past numerous government buildings, *Raj Path* and *Rashtrapati Bhawan*. Before the return flight to Chennai, enjoy an early dinner at the airport. Upon arrival, transfer to the ship and arrive shortly after midnight. Please note: This is a rigorous itinerary involving a lot of traveling and early morning departures



Includes: all transfers, flights and rail; three nights' accommodation; 2 breakfasts; 1 lunch and 1 lunch on flight; 2 dinners and 1 dinner on flight; visit to Taj Mahal; sunrise boat ride on the Ganges; other sites listed above.

CHE14 NAGARKOIL: VILLAGE, FARM AND PLANTATION VISIT 4 DAYS/3 NIGHTS (1730 Day 1 – 0815 Day 4) Minimum 5/Maximum 10 (PRICE: \$299) PRE-SALE ONLY

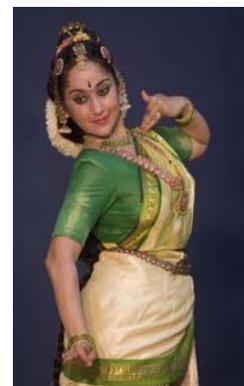
This is a great opportunity to experience rural India and Indian joint-family system while staying in the home of plantation owners. You will visit a village, farm and rubber plantation to learn about farming practices and growing spices and exotic plants like vanilla. You will have the opportunity to interact with students of the school managed by your hosts. You will visit a *coir* factory, pottery-making unit and spinning mill. You will also visit one of the very few temples dedicated to snake worship. The practice of snake worship symbolically invokes the power of Kundalini shakti, the coiled energy contained in the chakras of the spinal column and believed to be released through the practice of Kundalini yoga. You will also visit Kanyakumari—a popular tourist spot. To help answer your questions, one Indian student from Chennai will accompany you on this trip. Please note: Bring towels and washcloth, mosquito repellent, toiletries and bottled water. Please also bring a small gift for your host family.

Depart by overnight sleeper train for Nagarkoil. (Bedding is provided.) Upon arrival, enjoy breakfast before visiting a Hindu temple and Kanyakumari, a popular tourist spot at the southernmost tip of India. A boat ride will take you to Vivekananda Rock, a beautiful memorial in the sea for Swami Vivekananda, a disciple of Swami Ramakrishna Paramahansa, a famous 19th-century Hindu saint. Return to Nagarkoil to visit a school and interact with the students, giving you a glimpse of rural educational facilities. In the evening, interact with the host family and discuss various aspects of Indian life. In the morning, visit the farm, plantation and handicrafts center. A delicious traditional Indian lunch will be arranged before your visit to the spinning mill. Then interact with the students of a college managed by your hosts. In the evening, depart for the train station for the overnight return to Chennai.

Includes: round-trip overnight train Nagarkoil to Chennai; Homestay in Nagarkoil; 3 dinners; two lunches; two breakfasts;

CHE15 WELCOME RECEPTION (1830-2200) Minimum 80/Maximum 400 (PRICE: \$33) PRE-SALE ONLY

This reception is a SAS favorite and provides an excellent opportunity to meet Indian students, experience a traditional dance performance and enjoy Indian snacks. You will travel by motorcoach to the reception area where you will be given a traditional welcome with sari-clad ladies offering flower-buds, applying *kum-kum* (red dot or sandalwood paste on the forehead) and sprinkling rose water. Enjoy mingling with the invited guests from local colleges in the outdoor atmosphere of a local fair. Along with sampling the tempting snacks, you may learn how to tie a sari, have a design painted on your hand with henna paste and observe a *Bharata Natyam* dance demonstration. *Bharata Natyam* is the subtle and sophisticated dance-art of Tamil Nadu. It is a dynamic and very precise style of dance. The dancer presents a story at several levels of meaning using a variety of complex body postures and movements, hand and arm gestures and facial expressions. A dancer needs substantial knowledge and appreciation of the thematic and philosophical content of Indian myth and legend as well as a thorough grounding in technical skill. The meaning of a portion of the dance will be interpreted for you and some of the movements, gestures, and facial expressions will be explained. You will also have the opportunity to buy Indian clothing and costume jewelry.



DAY 2: Tuesday, October 11

CHE20 AGRA & JAIPUR – 4 DAYS/3 NIGHTS (0400 Day 2 – 0130 Day 6) Minimum 25/ Maximum 70 (PRICE: \$1, 214) PRE-SALE ONLY

This trip combines the bustling city of Delhi, the majesty of the Taj Mahal and the wonders of the “Pink City” of Jaipur. Jaipur, the capital city of the state of Rajasthan, is popularly known as the “Pink City” because of the pink-colored sandstone from which the buildings in its old, walled city are constructed. Visit the observatory designed by the astronomer Prince Maharajah Jai Singh, who founded the city in the 1700s. View the landmark of Jaipur, Hawa Mahal (Palace of Winds). Also, visit the City Palace, home of Jaipur royalty, which houses a museum with an extensive collection. In nearby Amber, explore the fort which is perched on a hill overlooking the desert plains of



Rajasthan. The fort is a superb example of Rajput architecture. Enjoy the beauty of the hillside fort and the lake reflections of its terraces and ramparts.

Transfer to the airport for your 2.5-hour flight to New Delhi. En route to your hotel visit *Qutab Minar* then see India Gate and many imperial buildings. After lunch check in to your hotel and freshen up before continuing your city tour of Delhi. Visit Humayun's Tomb and see Mahatma Gandhi's Samadhi. Return to your hotel for dinner and overnight. After an early morning transfer to the railway station, board the train to Agra. Upon arrival, travel to the hotel for breakfast. Visit the Agra Fort then continue to the Taj Mahal. After lunch, depart for the six-hour journey to Jaipur. Midway, stop and visit Fatehpursikri which is renowned for its red-sandstone palaces. Arrive in Jaipur for a late dinner and overnight. After breakfast, depart for Amber, the former capital. Travel to the Amber Fort by jeep. Or, if elephants are available, you may make your ascent to the citadel on the back of a gaily-caparisoned elephant. Government regulations limit the number of times elephants may proceed to the fort (four trips each day) for the individual animal's welfare. After lunch, proceed on a city orientation of Jaipur. Highlights include the City Palace and the observatory. After returning to the hotel, there is an optional shopping tour available with your guide. Dinner and overnight at the hotel. A hearty breakfast will prepare you for the five-hour ride to Delhi. Stop en route for lunch. View the Red Fort and Jama Masjid and enjoy evening snacks at a local restaurant. Board your flight to return to Chennai. Please note: This is a rigorous itinerary involving a lot of traveling and early morning departures.



Includes: transfers; flights; three nights' accommodation; 3 breakfasts, 1 breakfast on flight; 4 lunches; 3 dinners and 1 evening snack; visit to Taj Mahal; all entrance fees

CHE21 AGRA & RANTHAMBORE – 4 DAYS/3 NIGHTS (0445 Day 2 – 2350 Day 5)
Minimum 16/Maximum 25 (PRICE: \$1,299) PRE-SALE ONLY

In addition to seeing the majestic Taj Mahal in Agra and parts of Old and New Delhi, this trip includes a visit to Ranthambore National Park. Established as a game sanctuary in 1955, the park was declared one of the Project Tiger Reserves in 1973. The tigers in this park opening hunt during the day. During the 2005 census, 26 tigers were recorded in this 158 square-kilometer park. Formerly the private hunting grounds of the *Maharajas* of Jaipur, this Indian sanctuary is home to a large variety of animals. Besides tiger and other predators like leopard and crocodiles, Ranthambore has a large population of jackal, sambar, chital and Nilgiri. The park also has abundant bird life including Bonelli's eagle, the crested eagle, Great Indian horned owl, gray partridge, painted partridge and tree pie paradise. The flycatcher, pheasant-tailed jacana, painted stork, spoonbill, white-necked stork and spur-fowl are also all found here. Ranthambore is considered a bird watcher's delight.



Transfer to the airport for your 2.5-hour flight to New Delhi. Upon arrival, transfer to a local restaurant, passing India Gate and Imperial buildings along the way. Transfer to the train station to board the six-hour train to Sawai Madhopur. Upon arrival, transfer to your hotel in a non-air-conditioned vehicle. Enjoy dinner at the hotel. The rest of the evening is at your leisure.

After an early morning wake-up call, enjoy a morning game drive accompanied by a naturalist guide. Return to the hotel for breakfast. The rest of the morning is free to enjoy the amenities at the hotel. After lunch at the hotel, enjoy an afternoon game drive. Return to the hotel for dinner and overnight.



After an early breakfast at the hotel, transfer to the train station to board the 3.5-hour train to Bharatpur, approximately 2.5 hours outside of Agra. Upon arrival, proceed to a local hotel for lunch. Afterward, leave the hotel to view the Taj Mahal. Though the Taj appears to be amazingly perfect from almost any angle, it is the close-up marble inlay work, which is really astounding. You will have ample time to view and be mesmerized by this outstanding piece of architecture. Next, if time permits, visit a marble inlay factory to get an understanding of the work involved in the building of the Taj Mahal. Transfer to the railway station. During the two hour transit, enjoy your packed dinner. Upon arrival, transfer to your hotel.

The next morning, enjoy a city orientation of Old and New Delhi. Visit Raj Ghat and Humayun's tomb. After a buffet lunch, visit Qutab Minar before enjoying some free time. After a short stop for an evening snack, transfer to the airport for your return flight to Chennai.

Includes: all transfers and transportation by air and rail; 3 breakfasts, 1 breakfast on flight; 4 lunches; 2 dinners, 1 packed dinner and 1 evening snack; three nights' accommodation; dawn visit to Taj Mahal

CHE22 AGRA – GROUP A – 4 DAYS/3 NIGHTS (0500 Day 2 – 0100 Day 6) Minimum 26/Maximum 70 (PRICE: \$1,099) PRE-SALE ONLY

Transfer to the airport for your 2.5-hour flight to New Delhi. Upon arrival, enjoy a city orientation of Old Delhi. Drive along *Rajpath*, the ceremonial avenue, past the *Rashtrapati Bhavan* (Presidential Palace) the *Raj Ghat* (Gandhi Memorial), Red Fort and *Jama Masjid*. Enjoy lunch at a local restaurant. In the afternoon, depart on a three-hour train ride for Agra. Once in Agra, proceed to the hotel for dinner and overnight. After an early morning wake-up call, leave the hotel to view the Taj Mahal at dawn then return to the hotel for breakfast. Visit the deserted city of Fatehpur Sikri with its well-preserved sandstone palaces. Return to the hotel for check-out and lunch. The afternoon will include visits to Agra Fort and the Taj Mahal. After viewing the Taj Mahal at sunset, transfer to the railway station and board the express train (two hours) for New Delhi. A packed dinner will be provided on the train. Upon arrival, transfer to your hotel. After breakfast at the hotel, enjoy a city tour and visit various temples like the Lotus Temple (Bahá'i), Gurudwara (Sikh), Laxmi Narayan Temple, and Mandir Marg (Hindu). Enjoy lunch at the hotel followed by an optional shopping tour with your guide before transferring to the airport for your return flight to Chennai.



Includes: all transfers, flights and rail; 2 breakfasts; 3 lunches; 1 packed dinners and 1 evening snack; two nights' accommodation; 2 visits to Taj Mahal; visit to Fatehpur Sikri

CHE23 KANCHEEPURAM/MAMALLAPURAM – GROUP A (0630-1800, DAY 6 – SATURDAY, 15 OCTOBER) Minimum 20/Maximum 30 (PRICE: \$44)

[FDP: GREEN]

Kancheepuram (Kanchipuram), or “Golden City,” is one of the seven most sacred places of pilgrimage for Hindus. Once known as the “City of a Thousand Temples,” there are still more than 100 shrines in the environs of Kancheepuram. The most important are the “living” temples where the practice of worship continues today. See the seventh and eighth-century paintings on the walls of the 1,200-year-old Kailasanatha Temple. View the 10-storied, intricately sculptured tower of the 16th-

century Ekambareswara Temple. Visit the Hall of 96 Pillars and see the handsome pavilions at Vaikuntanatha Temple. Kancheepuram also is famous for its traditional art of silk weaving.

Mamallapuram (Mahabalipuram) is an ancient port city of the *Pallava* kings. Apart from being a popular beach resort, it is famous for three major sights of great architectural and artistic merit. See the 1,200-year-old Shore Temple standing in solitary splendor on the sand of the shoreline. Visit the *Five Rathas*, named after the Pandava brothers, heroes of the *Mahabharata*. These large stone edifices are sculpted and shaped into temple prototypes. Then view the biggest bas-relief in the world, *Arjuna's Penance*, which portrays the descent of the Ganges River from Siva's locks, and other fables from the *Panchatantra*. (Lunch at a local restaurant is included.)

**CHE24 ART OF LIVING AND DAKSHINACHITRA HERITAGE VILLAGE STAY – 3 DAYS/
2 NIGHTS (0730 Day 2 – 1430 Day 4) Minimum 20/Maximum 30 (PRICE: \$299)
PRE-SALE ONLY**

This program is highly recommended by past SAS participants. It is a holistic program structured to learn a particular type of yoga, while also providing glimpses of various aspects of India. Thus, it includes visits to an ancient historic monument, a Hindu temple and several heritage buildings. It is an opportunity to see the old-world lifestyle of India. The program starts with a visit to Mamallapuram, one of the most popular tourist attractions near Chennai. Mamallapuram has great architectural and artistic merits including a 1,200-year-old shore temple, many beautiful and ancient sculptures, and an ancient Hindu temple.

The main part of this program is the Art of Living, a self-development program. The emphasis is not on the physical aspect of yoga, so everyone can attend. Past participants have praised this trip for its self-transformation value. Come prepared to explore your inner self.

The three-day intensive course includes: yoga, breathing exercises of Pranayama and Sudarshan Kriya, meditation, informative talks and other personal and group processes. These have helped to cure or prevent problems related to stress, depression and breathing difficulties. Intensive training classes will be held each day for four hours in the morning and four hours in the evening. The course is offered by an organization called Vyakthi Vikas Kendra, which has branches in 140 countries. For additional information, please reference www.artofliving.org.

Comfortable accommodations with the right ambiance are provided at the popular tourist center, DakshinaChitra, which is a unique center with heritage atmosphere. Here they have recreated 19th-century houses from four southern states of India. Demonstrations of traditional Indian dances, as well as hands-on experience of making arts and crafts, are included in the program. There is an opportunity to shop for Indian clothes and handicrafts in this center. Traditional Indian vegetarian food is served for all meals. Please note: Accommodations vary from two to six students per room. Bring towels, toiletries, loose fitting clothing and mosquito repellent.

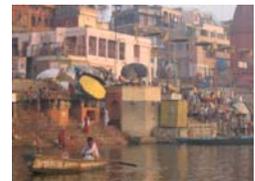
Depart by air-conditioned bus for Mamallapuram. Visit a temple en route and arrive at DakshinaChitra midday. On arrival, snacks will be served followed by a two-hour introductory session to the Art of Living, Pranayama, yoga and relaxation techniques.

Then enjoy a traditional Indian style sit-down dinner. You will have an opportunity to discuss Indian society and culture with your hosts. There will be two morning and two evening sessions to learn yoga, meditation, breathing techniques and Sudarshan Kriya. After a typical Indian-style Thali lunch, you will have a guided tour of DakshinaChitra. There will be demonstrations in the making of traditional arts and crafts. You will get a first-hand experience in these centuries-old legacies. Dinner will be buffet style, offering typical South and North Indian dishes. After dinner, there will be a grandmother's story telling session. Commencement of the day is with yoga, followed by other aspects of Sudarshan Kriya. This session will help to develop the techniques for improving interpersonal relationships. There will be two evening sessions of the practice of yoga and Sudarshan Kriya. This will be followed by group singing and dancing known as Satsangh. The day ends with dinner and discussion before departing for the ship.

Includes: round-trip transportation; two nights' accommodation at DakshinaChitra; 3 breakfasts; 3 lunches; 3 dinners; yoga sessions

CHE25 AGRA & VARANASI – GROUP B - 4 DAYS/3 NIGHTS (1015 Day 2 – 2300 Day 5) Minimum 25/Maximum 70 (PRICE: \$1,589) PRE-SALE ONLY

This trip combines the bustling city of Delhi, the majesty of the Taj Mahal and the “eternal city” of Varanasi, one of the most important pilgrimage sites in India. Located on the banks of the sacred River Ganges, Varanasi is the holy city of the Hindus. Often called “the heartbeat of India,” it is the oldest inhabited city in the world. Varanasi has been a center of civilization and learning for more than 2,000 years. Here you can observe the ritual bathing in the Ganges at dawn, a practice that has continued virtually unchanged over the centuries.



Transfer by motor coach to the Chennai airport for your 2.5-hour flight to Delhi. Upon arrival, enjoy a short city orientation of Delhi before transferring transfer to hotel for dinner and overnight stay. The early morning finds you aboard the Shatabdi Express, heading toward Agra. Upon arrival, visit the fabled Taj Mahal. Next, visit the Agra Fort to view the halls and palaces of the Mughals. After exploring the fort, enjoy lunch before visiting the remarkably preserved Fatehpur Sikri, with its red sandstone palaces. Depart for the railway station on the Shatabdi Express for your journey to Delhi. A packed dinner will be provided for the train ride. After an early breakfast, transfer to the airport for your flight to Varanasi. Once there, transfer to the hotel for check-in and lunch. Then enjoy a tour of Sarnath, located six miles outside of Varanasi. Although the ancient city of Sarnath lies in ruins, it is as holy to Buddhists as Varanasi is to Hindus; Buddha preached his first sermon here. See the *stupa* and ruins of an ancient monastery as well as the new Buddhist temple. Afterward, witness the Ganga Aarti at Dasaswamedh Ghat on the banks of the River Ganges, and a rickshaw ride. Return to the hotel for dinner and overnight. Awaken early and drive to the banks of the River Ganges before sunrise. Board a boat and sail along the river to witness a spectacle of religious practice that has continued unchanged over centuries. At dawn, pilgrims converge at the holy waters for the ritual immersion and prayer to release their souls from the cycle of rebirth. This is one of the most memorable experiences of a visit to India. Return to the hotel for breakfast, followed by a brief city tour of Varanasi. Depart for the midday flight to Delhi (lunch on board). Upon arrival, transfer to the ship and arrive shortly after midnight. Please note: This is a rigorous itinerary involving a lot of traveling and early morning departures.

Includes: all transfers, flights and rail; three nights' accommodation; 1 packed breakfast, 2 breakfasts; 2 lunches; 1 dinner and 1 packed dinner; visit to Taj Mahal at dusk; sunrise boat ride on the Ganges; tour of Sarnath; tour of Varnasai; tour of Delhi

CHE26 FARM VISIT (1100-1700) Minimum 20/Maximum 40 (PRICE: \$36)

Depart by motorcoach and visit a small working farm to observe the difference between the village and farm life, and also enjoy a traditional Indian lunch prepared and served by the owner of the farm. Students will have the opportunity to learn how traditional Indian cultures have domesticated and used plants and animals in the tropics, and how this has shaped their diets.



CHE27 ROTARIAN HOMESTAY – 3 DAYS/2 NIGHTS (1100 Day 2 – 1100 Day 4) Minimum 10/ Maximum 30 (PRICE: \$82) PRE-SALE ONLY

This homestay, hosted by a Rotarian chapter in Chennai, has been rated very highly by past SAS participants. It is your chance to spend two nights in an Indian home and to exchange views on various topics or aspects of Indian/U.S. culture. During the time with your host family, you will visit the temples of Mamallapuram and participate in other activities. To meet your host families, you will travel by coach to the Hotel Taj Connemara. Each pair of participants (two males or two females) will be met at the hotel by their host family and accompanied back to the ship after their homestay. Be prepared with a modest gift for your host family. Please note: The price of this practicum includes a donation to the Madras Rotary Club's scholarship fund.

Includes: two nights' homestay; all meals.

CHE28 CHILD LABOR IN RURAL INDIA: OVERNIGHT VILLAGE STAY (1300 Day 2 – 1830 Day 3) Minimum 20/Maximum 50 (PRICE: \$59) PRE-SALE ONLY

Despite Indian laws prohibiting child labor, thousands of children, ages 4-14 years, have been sold into bondage in the sari-making industry. Some of these children have had to work in these factories for 12-14 hours per day with no breaks and only a cupful of rice for lunch. They have earned an average of only \$2 per month. This overnight field program provides the opportunity to visit a successful micro-credit lending program for women and a bridge school for children who have been child laborers in the silk weaving industry. The Rural Institute for Development Education (RIDE) began as a bridge school to help children leave the silk-weaving industry. They quickly learned that the best way to help children was to help their mothers increase their income. This visit will include an overnight stay in the village where you will see the women at work weaving silk and bamboo mats, a meeting with the self-help group leaders to ask questions, a tour of one of the bridge schools to meet the children, and a visit to Kancheepuram to view its beautiful temples and tour the silk-weaving factory and shop that supports child-free labor. For additional information, please reference www.rideindia.org.



Suggested packing list: lightweight clothing, sleeping bag and enough bottled water for two days

Cancelled CHE29 AGRA – GROUP B – 4 DAYS/3 NIGHTS (1600 Day 2 – 2030 Day 5)
Minimum 26/Maximum 70 (PRICE: \$1,199) PRE-SALE ONLY

Transfer to the airport for your 2.5-hour flight to New Delhi where you will be met and transferred by motorcoach to your hotel for a late dinner and overnight. After an early wake-up call, depart for the two-hour train ride on the Taj Express for Agra. A boxed breakfast will be provided. After check-in at the hotel, the remainder of the morning is at leisure. An optional shopping tour, with your guide, is available at that time. Following lunch at the hotel, drive to Agra Fort to view the halls and palaces of the Mughals. Then visit the fabled Taj Mahal. Return to the hotel for dinner; the rest of the evening is at leisure. Following breakfast at the hotel, visit the deserted city of Fatehpur Sikri with its red-sandstone palaces which are remarkably preserved. Return to the hotel for lunch and check-out before an afternoon visit to Mother Teresa's Ashram to interact with the orphanage children. In the evening, board the Taj Express for New Delhi (a packed dinner will be provided). After breakfast at the hotel, see the sites of Old and New Delhi. Drive along *Rajpath*, the ceremonial avenue, past the *Raj Ghat* (Gandhi Memorial), the War Memorial, Parliament House and the *Rashtrapati Bhavan* (Presidential Palace). Drive to the Birla Temple. Completed in 1986, this Mother Temple of the Indian subcontinent has won numerous architectural awards. Then visit a Sikh Temple. Return to the hotel for check-out and lunch before departing for the airport and your return flight to Chennai (B, L, D on flight)

Includes: transfers; flights; train journey; three nights' accommodation; 1 packed breakfast, 2 breakfasts; 3 lunches; 1 packed dinner, 2 dinners; visit to Taj Mahal, all entrance fees

CHE30 AGRA & VARANASI – GROUP C - 4 DAYS/3 NIGHTS (1600 Day 2 – 0100 Day 6)
Minimum 31/Maximum 70 (PRICE: \$1,589) PRE-SALE ONLY

This trip combines the bustling city of Delhi, the majesty of the Taj Mahal and the "eternal city" of Varanasi, one of the most important pilgrimage sites in India. Located on the banks of the sacred River Ganges, Varanasi is the holy city of the Hindus. Often called "the heartbeat of India," it is the oldest inhabited city in the world. Varanasi has been a center of civilization and learning for more than 2,000 years. Here you can observe the ritual bathing in the Ganges at dawn, a practice that has continued virtually unchanged over the centuries.



Transfer by motor coach to the Chennai airport for your 2.5-hour flight to Delhi. Upon arrival, transfer to hotel for dinner and overnight stay. The early morning finds you aboard the Shatabdi Express, heading toward Agra. Upon arrival, transfer to the hotel. After checking in, enjoy breakfast before departing for the remarkably preserved Fatehpur Sikri, with its red sandstone palaces. Return to the hotel for lunch. In the afternoon, visit the Agra Fort to view the halls and palaces of the Mughals. Then visit the fabled Taj Mahal where you will have the opportunity to view the Taj Mahal at dusk. An optional shopping tour, with your guide, is available after the sunset viewing. Depart for the railway station on the Shatabdi Express for your journey to Delhi. A packed dinner will be provided for the train ride. Overnight in Delhi.

After an early breakfast, transfer to the airport for your flight to Varanasi. Once there, transfer to the hotel for check-in and lunch. Then enjoy a tour of Sarnath, located six miles outside of Varanasi. Although the ancient city of Sarnath lies in ruins, it is as holy to Buddhists as Varanasi is to Hindus; Buddha preached his first sermon here. See the

stupa and ruins of an ancient monastery as well as the new Buddhist temple. Afterward, witness the Ganga Aarti at Dasaswamedh Ghat on the banks of the River Ganges, and a rickshaw ride. Return to the hotel for dinner and overnight.

Awaken early and drive to the banks of the River Ganges before sunrise. Board a boat and sail along the river to witness a spectacle of religious practice that has continued unchanged over centuries. At dawn, pilgrims converge at the holy waters for the ritual immersion and prayer to release their souls from the cycle of rebirth. This is one of the most memorable experiences of a visit to India. Return to the hotel for breakfast followed by a brief city tour of Varanasi. Depart for the midday flight to Delhi (lunch on board) followed by a tour of the area. See Humayun's Tomb and *Raj Ghat*. Drive past numerous government buildings, *Raj Path* and *Rashtrapati Bhawan*. Before the return flight to Chennai, enjoy an early dinner at the airport. Upon arrival, transfer to the ship and arrive shortly after midnight. Please note: This is a rigorous itinerary involving a lot of traveling and early morning departures

Includes: all transfers, flights and rail; three nights' accommodation; 2 breakfasts; 1 lunch and 1 lunch on flight; 2 dinners and 1 dinner on flight; visit to Taj Mahal; sunrise boat ride on the Ganges; other sites listed above

CHE31 VILLAGE HOMESTAY: ERODE (2030 Day 2 - 0700 Day 4) Minimum 20/ Maximum 30 (PRICE: \$264) PRE-SALE ONLY

This experience has been ranked very highly by previous participants as a golden opportunity to experience rural India. You will travel through coconut groves and rice paddies and learn about farming practices. In Erode, you can interact with students at a residential school and visit the handicapped training center started by the Social Welfare Department. In Jayaramapuram (20 students) or Gobichettupalayam (10 students), you will be the guests of the village landlord, who has graciously provided vegetarian meals as well as overnight accommodations in his home in the village for everyone. Accommodations are clean and neatly kept. Good beds, with pillow and bedding, are provided. Please note: Bring towels and washcloth, mosquito repellent, toiletries and bottled water. Please also bring a small gift for your host family.

Depart by overnight sleeper train (Yercaud Express) for Erode. (Bedding is provided.) Arrive in Erode (around 0600) where you will proceed to Gobichettupalayam (10 students) to visit the farm and school operated by your hosts, or to Jayaramapuram (20 students) to visit the farm operated by your hosts. You will have a chance to discuss Indian culture and history with your hosts as well as some leisure time for hiking and enjoying new friends. You will visit agricultural workers' huts and the village market place, learn about farming practices, watch coconut tree climbing and ride a bullock cart. You will spend the night in your host's home. Travel by bus to Erode where you will visit a residential school, Bhavani temple and a carpet-weaving center. Return to the school, managed by your hosts in Erode, for lunch followed by an afternoon visit to a disabled children's school. (The children may provide a performance for you. Be prepared to perform in return.) After a dinner hosted by the owner of the indigenous medicinal plants garden, depart for the railway station and the overnight train to Chennai. Arrive at the train station (around 0510) in Chennai and transfer to the ship.

Includes: transfers; round-trip overnight sleeper train; 1 night homestay; 2 breakfasts; 2 lunches; 2 dinners

DAY 3: Wednesday, October 12

Cancelled CHE32 AGRA – GROUP C – 3 DAYS/2 NIGHTS (0445 Day 3 – 0100 Day 6) Minimum 26/Maximum 70 (PRICE: \$1,099) PRE-SALE ONLY

Transfer to the airport for your 2.5-hour flight to New Delhi. Upon arrival, enjoy a city orientation of Old Delhi. Drive along *Rajpath*, the ceremonial avenue, past the *Rashtrapati Bhavan* (Presidential Palace) the *Raj Ghat* (Gandhi Memorial), Red Fort and *Jama Masjid*. Enjoy lunch at a local restaurant. In the afternoon, depart on a three-hour train ride for Agra. Once in Agra, proceed to the hotel for dinner and overnight. After an early morning wake-up call, leave the hotel to view the Taj Mahal at dawn then return to the hotel for breakfast. Visit the deserted city of Fatehpur Sikri with its well-preserved sandstone palaces. Return to the hotel for check-out and lunch. The afternoon will include visits to Agra Fort and the Taj Mahal. After viewing the Taj Mahal at sunset, transfer to the railway station and board the express train (two hours) for New Delhi. A packed dinner will be provided on the train. Upon arrival, transfer to your hotel. After breakfast at the hotel, enjoy a city tour and visit various temples like the Lotus Temple (Bahá'í), Gurudwara (Sikh), Laxmi Narayan Temple, and Mandir Marg (Hindu). Enjoy lunch at the hotel followed by an optional shopping tour with your guide before transferring to the airport for your return flight to Chennai. Arrive at the ship shortly after midnight.

Includes: all transfers, flights and rail; 2 breakfasts; 3 lunches; 1 packed dinners and 1 evening snack; two nights' accommodation; 2 visits to Taj Mahal; visit to Fatehpur Sikri

CHE33 KANCHEEPURAM/MAMALLAPURAM – GROUP B (0700-1830) Minimum 20/Maximum 30 (PRICE: \$44)

Kancheepuram (Kanchipuram), or “Golden City,” is one of the seven most sacred places of pilgrimage for Hindus. Once known as the “City of a Thousand Temples,” there are still more than 100 shrines in the environs of Kancheepuram. The most important are the “living” temples where the practice of worship continues today. See the seventh- and eighth-century paintings on the walls of the 1,200-year-old Kailasanatha Temple. View the 10-storied, intricately sculptured tower of the 16th-century Ekambareswara Temple. Visit the Hall of 96 Pillars and see the handsome pavilions at Vaikuntanatha Temple. Kancheepuram also is famous for its traditional art of silk weaving.

Mamallapuram (Mahabalipuram) is an ancient port city of the *Pallava* kings. Apart from being a popular beach resort, it is famous for three major sights of great architectural and artistic merit. See the 1,200-year-old Shore Temple standing in solitary splendor on the sand of the shoreline. Visit the *Five Rathas*, named after the Pandava brothers, heroes of the *Mahabharata*. These large stone edifices are sculpted and shaped into temple prototypes. Then view the biggest bas-relief in the world, *Arjuna's Penance*, which portrays the descent of the Ganges River from Siva's locks, and other fables from the *Panchatantra*. (Lunch at a local restaurant is included.)



CHE34 RURAL INDIA & DAKSHINACHITRA HERITAGE VILLAGE (0700-1830) Minimum 20/Maximum 60 (PRICE: \$49)



Experience rural India, interact with locals and enjoy a full day of a variety of activities. In the morning, depart by motorcoach for a visit to an Indian village to observe village life, visit village homes and interact with the residents. You will have the opportunity to ride a bullock cart, climb a coconut tree and visit a working farm. In the afternoon, visit and enjoy a traditional lunch in DakshinaChitra, a unique heritage center that provides insight into the lifestyles of the diverse peoples of south India. Traditional craftsmen and folk artists work and perform in the reconstructed period settings of 19th century streets, homes and workshop spaces. The reconstructed houses are representative of those once found in India's four southern states: Tamil Nadu, Andhra Pradesh, Kerala and Karnataka. Throughout the day, four Indian students will accompany you.

CHE35 MEETING WITH EUNUCHS (0800-1400) Minimum 20/Maximum 30 (PRICE: \$22)

Government officials in the state of Tamil Nadu have urged the Madras High Court to declare *Aravanis* (Eunuchs) as "third gender." The managing trustee of the South India Aravanigal Rights and Rehabilitation Centre (SIARRC), Mr. P. Mohana, urges the acceptance of this independent identity (third gender) because of the increasing number of problems and injustices they (*Aravanis*) continue to face. In addition for the need to be categorized as third gender, *Aravanis* have a hormonal imbalance and many need SIARRC's assistance in directing legislation to approve sex change operations in the state after proper psychiatric treatment. *Aravanis* still face major discrimination and the Centre is helping them pursue their right to education, employment, child adoption and voting rights.

Travel to SIARRC. Once at the Centre, tour the facilities. Then meet and interact with several *Aravanis* and concerned officials. The price of this practicum includes a donation to SIARRC. (Box lunches from the ship will be provided.)

DAY 4: Thursday, October 13

CHE41 SERVICE PROJECT: SRI SAI VIVEKANANDHA VIDYALAYA SCHOOL (0700-1230) Minimum 10/Maximum 30 (PRICE: \$29)

Located in the poorest section of Chennai, Sri Sai Vivekanandha Vidyalaya School educates children ages three to 16 years old (grades K-12). After a brief lecture and tour of the facility, your work project will be to help clean the classrooms and other areas around the school. Please bring work gloves and wear closed-toe shoes. You will also have time to visit and interact with the children. (The price of this practicum includes a donation to the school.)

Suggested packing list: work gloves. For donations: reading books, coloring books, crayons bubbles, stickers, small toys and other items to aid interaction.

CHE42 SERVICE VISIT: MISSIONARIES OF CHARITY ORPHANAGE (1430-1730)
Minimum 25/Maximum 30 (PRICE: \$18)

Missionaries of Charity is a religious order founded by Mother Teresa. Born to Albanian parents in Yugoslavia, Mother Teresa became a nun at age 18 and served as a teacher at St. Mary's School in Entally, Calcutta. The school was a beautiful, serene place that was far from the city's slums. Teresa said that, at the age of 36, she received a calling from God to serve the poorest of Calcutta. Nearly 20 years after she had chosen Calcutta to carry out God's work, she finally found exactly what God wanted her to do. Throughout India, Mother Teresa's Missionaries of Charity has more than 2,000 sisters in its order, 100 slum schools serving 14,000 children, 200 relief centers where 45,000 are fed per day, 200 sewing and typing classes serving 8,000 girls, 750 mobile clinics, and 103 homes for abandoned children. You will be visiting one of the orphanages for infants and small children, some of whom suffer from birth defects and mental retardation. Many of these children were abandoned on the streets of Chennai or left on the orphanage's doorstep. There will be time to visit and play with the children. Please note: The price of this practicum includes a small donation to the orphanage.

Suggested packing list for donations: baby clothes or items such as blankets, cloth diapers, coloring books, crayons.

DAY 5: Friday, October 14

CHE51 SERVICE PROJECT: SAMARPANA HANDICAPPED HOME & ORPHANAGE (0700-1230)
Minimum 10/Maximum 30 (PRICE: \$29)

Samarpana, founded in 1995, serves the society in general and the deprived sections of the society, such as those who are mentally and physically disabled, women, orphaned children and destitutes. There are approximately 45 residents from age three to 50 years old who are provided with specialized services, such as physiotherapy, speech therapy, special education, pre-vocational and vocational training by a specially trained and highly dedicated staff.

Your 90-minute journey to Samarpana will take you to the outskirts of Chennai. Your orientation will start with a brief lecture and tour of the facility. Then, you will roll up your sleeves and start a work project of painting a classroom or gardening. Please bring your work gloves and wear closed-toe shoes. You will also have time to visit and interact with the residents, and you will be provided with coloring books, picture books, or other materials to aid in your interaction with the residents. The price of this practicum also includes a donation to Samarpana to help sponsor a child's room and board, food, clothing and therapy sessions.

CHE52 SERVICE VISIT: SANKALP – A SPECIAL NEEDS SCHOOL (0700-1300)
Minimum 10/ Maximum 30 (PRICE: \$22)

In 1999, three women involved in special education decided to start a special school on their own. When Lakshmi Krishna Kumar, Sulata Ajit and Subhashini Rao started conceptualizing this school, they wanted to include holistic care as they believed this would improve the children's ability to learn while helping them succeed in their pursuits. They called their project Sankalp. Located in a little corner of 6th Avenue in

Anna Nagar, Sankalp opened as the first special needs facility in the area. Soon, Sankalp expanded to include a center where the staff could take care of all of the children. Ms. Rao, one of the program's founders, serves as the Director at Sankalp who oversees the administration of the program. The program assists two distinct types of learning disabilities in separate facilities—dyslexia at the Open School and Autism Spectrum Disorder at the Learning Centre.

The Open School has one teacher for seven or eight children. "Sometimes, this can also be two for seven or eight children in a group. The groups are not homogeneous in terms of age or class, but rather even in terms of ability of children," Ms. Krishna Kumar, director of Learning Disabilities, explained. The syllabus is an amalgam drawn from different boards of education; Sankalp adds an additional approach. Children are trained through multi-sensory teaching and are periodically evaluated for their skill levels. They appear for examinations under the National Open School Programme, and so far, three groups of students have passed and 14 children have gone on to enter mainstream colleges. Under the direction of Ms. Ajit, the Learning Centre provides intervention for children with Autism Spectrum Disorder, from early identification to speech therapy and occupational therapy, which is apart from the academic curriculum. Both facilities emphasize reading/spelling, writing and comprehension, study skills, thinking and reasoning. A substantial component of the curriculum includes extra-curricular activities.

Travel to Sankalp and meet with school leaders before getting a tour of the facilities. Enjoy meeting and interacting with the children. The price of this practicum includes a donation to Sankalp.

Suggested packing list for donations: reading books, coloring books, crayons bubbles, stickers, small toys and other items to aid interaction.

CHE53 SOCIOECONOMIC PROBLEMS IN CHENNAI – GROUP A (0830-1230) Minimum 15/Maximum 30 (PRICE: \$32)

Travel by bus to the edge of one of the poorest sections of Chennai, then break into small groups to explore the area on foot. We will meet some of the residents and will observe how the poor of India actually live, including their housing, clothing, food, market access and health conditions. These observations will help translate the ecological principles studied in the classroom into the realities of everyday living experienced by the poor of a developing country. Please note: Participants should not carry photo/video cameras for the visit, as the local families wish not to be filmed.



CHE54 COLLEGE VISIT & INDIAN HOME VISIT (0830-1730) Minimum 20/Maximum 30 (PRICE: \$56)

Your visit to Easwari Engineering College will begin with a welcome by faculty and students and a brief overview of the college. You will be divided into small groups, each with one or more student guides, for a tour of the campus. The college will host a typical South Indian lunch, where local students will join you. The students will explain the menu selections and help you learn about the cuisine and dining customs of south India. After lunch, depart with your hosts, in groups of 10, for a home visit and the chance for interaction and discussion of Indian culture and customs. You will be treated to some south Indian snacks and then return to the ship by bus.

**CHE55 IN CONVERSATION WITH PEERS: STELLA MARIS COLLEGE (0900-1500, DAY 4
– THURSDAY, OCTOBER 13) Minimum 15/Maximum 25 (PRICE: \$33 +OOPEX)**

[FDP: SINGH]

This FDP will afford students a rare and valuable opportunity to meet with local college students from Stella Maris College in Chennai for conversation about the texts they will already have read in conjunction with India. Students will compare their reactions to the texts, specifically perceptions of themes and topics, places and protagonists, literary modes, language and so on. Students will observe how a reader's response to literature is informed by the reader's positionality and influenced by the reader's cultural context. Further, students may discuss how their Indian peers approach a literary text and how they are assessed, and they may explore difference and similarities in educational systems. Students will also get a sense of how India's rich diversity in terms of ethnicity, religion and social class factors into the complexities of a college education. Lunch may include box lunches from the ship or the option to dine at a local restaurant, at your own expense. Please Note: OOPEX includes local currency and a credit card for lunch as payment options are not clear.

CHE56 SERVICE PROJECT: DISABLED CHILDREN'S HOME (0915-1745) Minimum 20/Maximum 25 (PRICE: \$26)

"This trip will be a humbling experience for the students," remarked Mrs. Susan Critz, a U.S. citizen living in Chennai, as she explained the experience that occurs during a trip to Andra Mahila Sabha, a residential school for disabled children. Many of the children were born with disabilities or suffered from polio. The children are between the ages of five and 15 and come from impoverished families. The school recently received wheelchairs for a few students for the first time. The trip to the school will include playtime with the children as well as painting and clean-up work at the school. A traditional Indian vegetarian lunch will be served at the home. Please note: The price of this practicum includes a donation to Andra Mahila Sabha.



CHE57 SOCIOECONOMIC PROBLEMS IN CHENNAI – GROUP B (1230-1600) Minimum 15/Maximum 30 (PRICE: \$32)

Travel by bus to the edge of one of the poorest sections of Chennai, then break into small groups to explore the area on foot. We will meet some of the residents and will observe how the poor of India actually live, including their housing, clothing, food, market access and health conditions. These observations will help translate the ecological principles studied in the classroom into the realities of everyday living experienced by the poor of a developing country. Please note: Participants should not carry photo/video cameras for the visit, as the local families wish not to be filmed.



CHE58 WORKING WOMEN'S FORUM (1400-1730) Minimum 20/Maximum 30
(PRICE: \$33)

[FDP: HOLCOMB & FROLANDER-ULF]

This visit to the Working Women's Forum offers participants with an opportunity to learn more about the role of women and gender in development. Founded in 1978, the Forum assists poor women in achieving a degree of economic independence by providing them with financial planning services, job training and cooperative loans. The Foundation's work has helped to sponsor the successful development of thousands of micro-enterprises throughout India. We will meet with Dr. Jaya Arunachalam, founder of the program, and visit the micro-credit program where women are currently being trained for various occupations. We will learn how work is segregated by gender, how this affects opportunity and compensation and the extent to which traditional male jobs are being opened to women.

Please note: Participants should not carry photo/video cameras for the visit, as the local families wish not to be filmed. For additional information, please reference: www.workingwomensforum.org



DAY6: Saturday, October 15

CHE61 VEDANTHANGAL WILDLIFE SANCTUARY (0600-1530) Minimum 20/
Maximum 60 (PRICE: TBA)

[FDP: BOUDRIAS]

Vedanthangal is the oldest water bird sanctuary in the country. In Tamil Vedanthangal means "place of the hunter." The area was a favorite hunting spot for local landlords in centuries past. The region attracted a variety of birds because it was dotted with small lakes that acted as feeding grounds for the birds. Realizing its ornithological importance, the British government undertook steps to develop Vedanthangal into a bird sanctuary as early as 1798. This was established in 1858 by the order of the Collector of Chingleput District.

Migrating birds – including cormorants, egrets, herons, ibises, and pelicans among others - come from Siberia, Australia, Pakistan and Sri Lanka for nesting and breeding. Depending on monsoon season, these birds will remain at Vedanthaangal for up to six months between October and March. A large bund, or embankment, divides the sanctuary from the nearby paddy fields and provides a shady walkway for strolling and birdwatching. The best time of the day for birdwatching is early morning or dusk, when the birds are either flying out to nearby lakes or coming back to roost. Two watchtowers and one viewing platform provide vantage points from which the birds may be seen.

The sanctuary has survived mainly due to the efforts of the local villagers, who have recognized the value of bird droppings (guano) as a fertilizer of great merit and have worked hard to preserve this place. Please note: Boxed breakfast will be provided from the ship. Lunch is included.

CHE62 FORT ST. GEORGE (0930-1200) Minimum 16/Maximum 35 (PRICE: \$31)

[FDP: BUNCK]

The first British foothold in India came in 1639 when the British East India Company established a trading post on the east coast, which they called Fort St. George. We will visit the restored fort with its church, museum and living quarters. Fort St. George became an important launching base for British expansion into the Indian subcontinent and was the site of bitter French-British colonial rivalry.

CHE63 COOKING DEMONSTRATION: INDIAN VEGETARIAN CUISINE (0930-1400)
Minimum 30/Maximum 50 (PRICE: \$44)

Join culinary specialist Mallika Badrinath for a cooking demonstration of Indian vegetarian cuisine. Popular for her expertise on southern Indian cuisine, Ms. Badrinath has hosted regular cooking shows on Indian television for the past 12 years and has written more than 20 cookbooks, which are available in five languages. Following the demonstration, enjoy an Indian lunch of the dishes prepared.



CHE64 PARI WASHINGTON COMPANY ADVISORS - INVESTING (1300-1800)
Minimum 15/Maximum 30 (PRICE: \$25)

[FDP: KOLBE]

We will visit Pari Washington Company Advisors, an international investment company that advises foreign global investors on investing in India. They will give perspectives about the Indian stock markets, various sectors and the opportunities for investing in world class companies in India. Professor Kolbe's students will gain particularly relevant insight into the operations of a multinational firm that conducts business with a wide variety of global clients.

CHE65 SERVICE VISIT: BALA MANDIR ORPHANAGE (1330-1800) Minimum 20/Maximum 30 (PRICE: \$24)

On this visit to Bala Mandir Orphanage in Chennai, you will meet and interact with the children. You may also talk with orphanage personnel about the problems of poverty and childcare in India. The price of this practicum also includes a donation to the orphanage.

Suggested packing list for donations: reading books, coloring books, crayons bubbles, stickers, small toys and other items to aid interaction.



PENANG, MALAYSIA

Arrive: 0800 Wednesday, October 19
Onboard: 1800 Friday, October 21
Depart: 2000 Friday, October 21

DAY 1: Wednesday, October 19

PEN01 DIPLOMATIC BRIEFING FOLLOW-UP DISCUSSION: MALAYSIA (After Diplomatic Briefing - 1030) Minimum 5/No Maximum (PRICE: FREE)

[FDP: RUX]

Students will meet with an American diplomat assigned to Malaysia and have an opportunity to learn about work in diplomacy and the Foreign Service. Occurring directly after the general briefing, this FDP will provide an opportunity for Professor Rux's students to engage in lively discussion with consular officials about class topics.

This session is open to all members of the shipboard community.

PEN02 GEORGETOWN BY TRISHAW (Upon Arrival - 1200) Minimum 15/Maximum 120 (PRICE: \$38)

Take the trishaw, locally called the “King of the road” and explore Penang. These three-wheeled vehicles will take you through the Pinang Peranakan Mansion, also known as the Babas and Nyonyas. The mansion was a prominent building of acculturated Chinese design and is unique to this part of the world, especially in the Straits Settlements (Penang, Malacca and Singapore). Adopting selected ways of the local Malays and later, the colonial British, the Peranakans created a unique lifestyle and customs which have not only left behind a rich legacy of antiques but cultural influences like cuisine and language still evident in Penang today.

After the visiting the mansion, the trishaw will travel through the colorful Little India, Street of Harmony where you may see the Christian church, Chinese temple, Indian kuil and Malay mosque and visit to the Penang State Museum. Located on Farquhar Street near Fort Cornwallis, the colonial-era building Penang State Museum was formerly the Penang Free School that was built in two separate stages, stage one in 1896, and when funds were adequate, stage two in 1906. Divided into galleries dedicated to Penang's historical communities, as well as particular historical events that took place in Penang, the museum houses a fine collection of old photographs, maps, historical documents, Chinese furniture, embroidery, costumes and other historical relics.



PEN03 GEORGETOWN HERITAGE WALKING TRAIL (Upon Arrival - 1200) Minimum 15/Maximum 72 (PRICE: \$33)

[FDP: HOLCOMB & NELSON]

The old city of Georgetown in Penang preserves an extraordinary wealth of traditional Chinese architecture, of a sort that is rapidly disappearing elsewhere in the Chinese world. On this walking tour we will explore clan houses, mansions and a Chinese



Buddhist temple with a knowledgeable guide. Only a 10-minute walk from the pier, the oldest Chinese settlement in Penang is filled with intriguing architecture.

See the Goddess of Mercy Temple and the Kapitan Keling Mosque before proceeding to Yap Kongsı and the Historical Enclave along Armenian Street – a backdrop for the movie *Anna & The King*. Continue to Dr. Sun Yat Sen Penang base, the Islamic Museum, the Acheen Street Malay Mosque. Learn about Tengku Syed Hussains Masoleum from your experienced guide before walking to Khoo Kongsı. A tour of Khoo Kongsı is included.

PEN04 TEMPLES AND MOSQUES – GROUP A (0900-1400) Minimum 20/Maximum 40 (PRICE: \$33)

[FDP: MORROW]

This trip will explore the ethnic diversity and religious variety of Penang and Malaysian society. Stops will include Chinese temple (Kuan Yin Temple), a mosque (Kapitan Keling Mosque), a Hindu temple (Sri Mahamariamman Temple) and a Buddhist temple (Dhammikarama Burmese Temple).

The Dhammikarama Burmese Temple, the first Buddhist temple to be built in Penang back in 1803, you'll be able to see some of the mythical figures and religious icons that occupy the spacious temple compound that includes bell-bearing acolytes, myriad of Buddha's and flying beings. When you walk further in the temple compound, you'll see a big three-dimension wall mural and a tableau that depicts the Great Renunciation of Prince Siddhattha. Wat Chayamangkalaram Temple houses a 180-foot gold-plated statue of the reclining Buddha, Pra Buddhachaiya Mongkul - said to be one of the longest in the world. The reclining Buddha representing the Buddha's death and symbolizes complete peace and detachment from the world – the Mahaparinirvana (Enlightenment or achieving Nirwana) of the Buddha which took place at Kushinagara (Uttar Pradesh).

Continue to the striking Kek Lok Si Temple and Pagoda, which was completed in the year 1930. Widely known as "The Pagoda of 10 000 Buddhas" and towering over one hundred feet and seven stories high, the top of the temple has an impressive 30.2 meter bronze statue of the greatly compassionate and sagely Kuan Yin Avalokitesvara.

Please note: Visitors can only view the interior of the mosque from outside the prayer hall. Box lunches from the ship will be provided.

Suggested attire: Slip-on shoes with socks are recommended for visiting the temples. Shorts are not appropriate attire for this trip. Women should also bring a scarf to cover their heads.



PEN05 PENANG ISLAND ORIENTATION (0900-1600) Minimum 15/Maximum 108 (PRICE: \$55)

This orientation to the colorful life in and around Georgetown begins with traveling up Penang Hill by tram, enjoying the cool, refreshing climate and the fantastic view at the summit. Penang Hill is mostly a hilly granitic mass.



Next proceed to Kek Lok Si Temple ("Temple of Supreme Bliss" or "Temple of Sukhavati"), which is a Buddhist temple situated in Air Itam in Penang and is one of the best-known temples on the island. It is the largest Buddhist temple in Southeast Asia. Stroll through the Penang Botanic Gardens, also known as the "Waterfall Gardens" because of the cascading waterfall nearby. The gardens are also home to macaques as well as to numerous plants and birds native to Malaysia. Search for these macaques while exploring the Botanical Gardens. The Penang Botanic Gardens, more than one hundred years old, are well designed and maintained.



After the gardens, proceeds to Khoo Kongsi a large Chinese clan house with elaborate and highly ornamented architecture, a mark of the dominant presence of the Chinese in Penang, Malaysia. The famous Khoo Kongsi is the grandest clan temple in the country. The clan temple has retained its authentic historic setting, which includes an association building, a traditional theatre and the late 19th century row houses for clan members, all clustered around a granite-paved square.

Nearby, visit Weld Quay, where clan jetties are seen. These are unique Chinese settlements with homes built on stilts along the wooden pier that extend to the sea or Penang Channel. They have been existence since the 19th century whereby the residents of each clan jetty are descendants of Chinese immigrants. Wood/cemented beams support the houses here. The houses stand in a row on one or both sides of about a few meters-width wooden walkway. These single-story houses are usually covered by a triangular shaped zinc roof with a slightly elevated porch to park bicycles or motorcycles.

Before transferring back to the port, enjoy a brief photo stop at Fort Cornwallis. It is at this historical site that Captain Francis Light landed on Aug. 11, 1786. Built to protect British royal artillery troops from possible French attacks, the fort was christened "Cornwallis" after the late 18th century Governor-General of Bengal, India, Charles Marquis Cornwallis. Lunch is included.

PEN06 INDIGENOUS INDUSTRIES NEAR PENANG: RUBBER, PALM OIL AND RICE – GROUP A (0930-1730) Minimum 16/Maximum 38 (PRICE: \$71)

[FDP: SPENCER & CASTALDI]

Learn about the on the challenges of getting products to the market and their international sales efforts as well as agricultural practices, labor issues, exports and price fluctuation. Agriculture is the largest sector of the Malaysian economy, although its relative importance has declined in recent years. Natural rubber continues to be an important part of the economy, but palm oil now overshadows rubber as the 'golden' crop. Palm oil is a vegetable oil used for a variety of purposes including cooking oil and margarine. Malaysia is the world's number one palm oil producer. The first stop will be at a rubber plantation to observe, first-hand, how rubber trees are grown and latex is tapped and processed. We will then visit a palm oil plantation to witness the harvest and observe a demonstration of how fruits are being processed into edible products for export. On the return to Penang, a stop will be made at a rice mill to study the harvesting, drying and packaging process of the paddy rice. Please note: Box lunches from the ship will be provided.

PEN07 CAMERON HIGHLANDS - 3Days/2Nights (0930 Day 1 – 1600 Day 3) Minimum 20/Maximum 70 (PRICE: \$359) PRE-SALE ONLY

At a height of 6,600 feet above sea level, Cameron Highlands is a towering plateau where flowers and vegetables grow in abundance. Beautiful roses are known to abound here. Temperatures range from 45°-75° F, providing a pleasant alternative to the sultry lowlands. A geographer would enjoy the changing terrain with the waterfalls, jungle streams and mountains. A biologist would treasure the unusual plant and animal life, which is a distinct attribute of the Cameron Highlands. This fertile region is also the center of Malaysian tea production.



Depart approximately four hours by motor coach to Cameron Highlands by way of Penang Bridge and the countryside of Perak. Stop for lunch in Ipoh, the capital of Perak, which is known worldwide as a tin-rich valley. Arrive in Cameron Highlands in the afternoon to explore the cool highlands at your leisure. Enjoy dinner at the hotel.

The next day, assemble in the lobby for a briefing on your full-day jungle adventure. Board 4-wheel-drive vehicles and travel through the Cameron Highlands. Enjoy a short trek into a cloud forest to search for the carnivorous Pitcher Plants. Proceed to the top of Gunung Brinchang which, at 6,666 feet, is the highest point in peninsular Malaysia that is accessible by road. Continue your journey to authentic Orang Asli settlements and enjoy a welcome ceremony, introduction to medicinal herbs and handicrafts and a blowpipe demonstration. Enjoy a picnic lunch at Hendrop and a short trek into the forest in search of animal footprints. Animal tracks generally found include elephant, Sambar deer, tapir and wild boar. Visit the Boh Tea Factory to observe the process of blending tea before returning to hotel for dinner and overnight.

After breakfast, check out of the hotel and visit the morning market, flower gardens and vegetable farms before descending from the mountain. Lunch will be provided on the way back to Penang.

Suggested packing list: Comfortable yet sturdy walking shoes with proper ankle support, crew or knee-length socks, cotton or linen clothing (long sleeve shirts and long pants recommended), protection from the sun, bottled water and layered clothing for cooler temperatures in the evenings.

Includes: hotel accommodations; 3 lunches, 2 dinners, 2 breakfasts; all tours and transfers.

PEN08 KUALA LUMPUR OVERNIGHT WITH CAVE EXPLORATION (0930 Day 1 – 2000 Day 2) Minimum 20/Maximum 30 (PRICE: \$245) PRE-SALE ONLY

Travel to Gua Tempurong (approximately two hours). Upon arrival, begin the cave tour experience. As you enter through the walkway on stilts over the cave river, you will see layers of white marble stone slabs and walls with different hues. Walking deeper to the dimmed showcase gallery, you will be struck by the beauty of the Golden Flowstone, which stands 90 meters high. Stalagmites and stalactites on walls and ceilings take various astounding sizes and shapes.



Climb higher to Platform 5, which is 120 meters high. By then, you would have climbed 640 steps. Take a breather and enjoy the wind tunnel and feel the cool breeze before you proceed to the Gergasi (Giant) Cavern. Next, you will reach the Tin

Mine Cavern where you will have glean tin mining activities that took place in the days of old. Then Alam (Universe) Cavern comes into view. There, you will see a slender stalactite called Tongkat (Walking Stick or Cane) before coming across the Fallen Warrior and Battlefield Cavern with an amazing formation that looks like a warrior falling down in a battlefield. At the end of the journey, you will be rewarded with a rainbow of colours from sunshine reflected off the cave walls.

Afterward, travel to Kuala Lumpur by motor coach (approximately two hours). After checking into the hotel, test your bargaining skills while strolling through the open-air bazaar. Later, proceed to a Malay restaurant for a cultural show and dinner.

Early the next morning, explore the city's most interesting sightseeing attractions. Be mesmerized by the many interesting architecture of historical past, as well as the ultra modern buildings in the golden triangle of Kuala Lumpur. After lunch at a local restaurant, Proceed for lunch at a local restaurant before proceeding on your next stop - Batu Caves. This cave system contains three caverns and several smaller caves. It is the shrine of Lord Murugah, a Hindu deity - a flight of 272 steps lead up to the temple cave. Another cave, called the museum cave, is filled with images of deities and murals depicting scenes from the Hindu scriptures. Depart Batu Caves for a five-hour journey back to Penang.



Suggested packing list: Appropriate attire for the cultural show; lightweight clothing, sturdy walking shoes with proper tread for cave exploration, protection from the sun, bottled water and layered clothing for cooler temperatures in the evenings.

Includes: hotel accommodations; box lunch from the ship on Day 1, 1 lunch and 1 dinner; all tours and transfers.

PEN09 MALACCA & KUALA LUMPUR - 3 DAYS/2 NIGHTS (0930 Day 1 - 1800 Day 3)
Minimum 20/Maximum 30 (PRICE: \$369 +OOPEX) PRE-SALE ONLY

The journey to Malacca is long (approximately seven hours), but fascinating. Malacca, also known as Melaka, is a famous historic port strategically located on the Straits of Malacca. It was founded by a Sumatran Prince named Parameswara and thereafter flourished under the Melaka Sultanate. The state was known as the Venice of the East when it was the center of spice trade in the region. Turn down any street in its historic heart to discover something fascinating. Old buildings and traditional trades and crafts make this one of Malaysia's most visited destinations. Buildings reflect Portuguese, Dutch and British influences and the city center is ideal for walking around.



After a relaxing evening, enjoy a walking tour of the area. The next morning, begin at Jalan Tun Tan Cheng Lock, formerly known as Heeren Street. Like all other streets in Chinatown it was originally built to accommodate oxcarts and rickshaws. Jalan Tun Tan Cheng Lock was Malacca's "Millionaire Row".

Continue to Jalan Hang Lekir and see craftsmen constructing traditional Chinese coffins. Only in Malacca is the ornate teakwood coffin covered with a gaily colored canopy before it is conveyed to the cemetery. From here turn right into Jalan Hang Jebat or Jonker Street, which is known for its many antique and curio shops.

After a stroll at the Jonker Street, stop at Jonker 88 for a bowl of 'Baba Cendol' (at your own expense.) The shaved-ice dessert is a Malaysia-wide favorite, but Melaka's

cendol seems to be the best in the country. Melaka was once the palm sugar capital of the region, a trading post for the palm sugar planters surrounding the area who produced cendol's cornerstone ingredient. At its simplest, cendol has five ingredients - shaved ice, starchy noodles flavored with 'pandan' leaves, coconut milk, condensed milk, and palm sugar. Cendol makers sometimes add other ingredients like creamed corn, red beans, grass jelly, and sago pearls. Continue to Wah Aik Shoe Maker, where little embroidered satin shoes for bound feet is made and sold. While on this street, look out for the oldest building in Malacca, a Dutch trading house built in 1610.



After exploring the area a bit more, proceed for lunch at a local restaurant for some taste of Peranakan food. After lunch, visit the 'Abode Merciful Clouds' or the Cheng Hoon Teng Temple - the only temple where you can find 3 major doctrines of local Chinese belief under the same roof, viz : Taoism, Buddhism and Confucianism. Visit St. Peter's Church (1710) - the oldest Christian Church still in use in Malaysia.

Afterward, travel approximately two hours to Kuala Lumpur by motor coach. After checking into the hotel, test your bargaining skills while strolling through the open-air bazaar. Later, proceed to a Malay restaurant for a cultural show and dinner.



The next morning, explore the city's most interesting sightseeing attractions. Be mesmerized by the many interesting architecture of historical past, as well as the ultra modern buildings in the golden triangle of Kuala Lumpur. After lunch at a local restaurant, return to the ship.

Suggested packing list: Appropriate attire for the cultural show; lightweight clothing, protection from the sun, bottled water and layered clothing for cooler temperatures in the evenings.

Includes: hotel accommodations; box lunch from the ship on Day 1, 2 lunches and 2 dinners; all tours and transfers. OOPEX includes Baba Cendol and the marketplace.

PEN10 KUALA LUMPUR - 3 DAYS/2 NIGHTS (1000 Day 1 - 1800 Day 3) Minimum 20/Maximum 150 (PRICE: \$385) PRE-SALE ONLY

Kuala Lumpur, or 'Garden City of Lights', is the capital city and gateway to Malaysia. KL (as it is almost universally known) is a federal territory directly under the control of the central government. Greater KL, with a population close to two million, forms the powerhouse of the Malaysian economy. Despite its rapid development, Kuala Lumpur has managed to maintain historical edifices and lush greenery. Colonial buildings stand proudly in the center of town, and lively Chinatown (with its street vendors and night markets) can be found in the heart of the city. You will also see fine examples of Moorish architecture in contrast with the new Petronas Twin Tower that is one of the tallest building in the world.



Travel approximately four hours by motor coach to Kuala Lumpur by way of the 13.5-kilometer Penang Bridge. Along the way, observe picturesque hilly terrains, rubber and oil palm plantations. Arrive in Kuala Lumpur in the late afternoon. In the evening, enjoy a *Selamat Datang* (Welcome) Malay dinner with cultural show at the Sri Melayu Restaurant.

After breakfast the next day, depart for a city orientation. Drive by the Petronas Twin Tower, the Jamek Mosque, Sultan Abdul Samad Building and the Railway Station.

Continue through Chinatown; then drive by the Royal Palace. Enjoy a brief visit to the National Museum, the Lake Garden and the National Monument. Then go up the 421-meter Kuala Lumpur Tower for a bird's eye view of the city. In the late afternoon, proceed for the Firefly Phenomenon in Kuala Selangor, and watch thousands of fireflies blinking in the dark as the boat cruise along the riverbank. Enjoy dinner at the local riverside restaurant before returning to the hotel. Check out late morning the next day. After lunch, proceed by motor coach for your return journey to Penang.

Suggested packing list: comfortable walking shoes, lightweight clothing, protection from the sun, bottled water and layered clothing for cooler temperatures in the evenings.

Includes: hotel accommodations; 3 lunches, 2 dinners, 2 breakfasts; all tours and transfers.

PEN11 ETHNIC COMMUNITIES IN MALAYSIA (1030-1530) Minimum 15/Maximum 30 (PRICE: \$33)

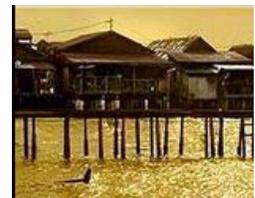
[FDP: HUNT & THOMAS]

Malaysia is a country of great ethnic, linguistic, cultural and religious diversity. Malays comprise approximately 60 percent of the population, about 30 percent are ethnic Chinese and nearly 10 percent are ethnic Indian. The three major ethnic dialects are Hokkien, which is of Chinese origin and only spoken in Penang; Tamil, which is of Indian origin; and Malay or Bahasa Melayu but spoken in a regional dialect, known commonly as *mamak*. This trip will visit communities of these three major ethnic groups in order to compare their similarities and differences.

In this practicum, participants will have an opportunity to utilize important concepts such as historical context, historical remembrance and reconstruction and continuity and change. Participants will also explore concepts such as the impact of colonialism, demographic shifts as a consequence of the Columbian Exchange, and the consequences of European imperialism. The aim of this FDP is to relate the historical information about the connections between ethnic communities and the larger national Malaysian experience to the historical remembrance and reconstruction of these connections as well as to emphasize the importance of examining continuity and change when viewing historical events. We will also relate the historical information about Malaysia to the broader concept of “the aggravation of racial and ethnic tensions”.

Visit the sleepy fishing village of Teluk Bahang, then the Batik Factory to witness how patterns are printed onto silk. Continue to the Clan Jetty, passing paddy fields and Malay villages along the way. Named after the last name of its founders, this village is built on stilts. Their ancestors came from small coastal communities in Fukien province China, and were mostly fishermen and gatherers of oysters. With its interesting blend of cultural and religious activities, life at this settlement is never dull. Each jetty is made up of row houses that are linked by planked walkways over the water.

The final stop is at Market Street, locally known as “Little India”, forms the heart of the Indian enclave. The British called it “Chola Place” or “Little Madras”. Indian communities, mainly merchants and traders, arrived in large numbers over the years in Penang. Enjoy lunch prepared by one of the communities before returning to the ship.



Cancelled PEN12 LANGKAWI OVERNIGHT (1100 Day 1 – 2000 Day 2) Minimum 20/Maximum 30 (PRICE: \$459) PRE-SALE ONLY

The Langkawi archipelago consists of 99 islands situated in the Andaman Sea, south of Thailand. Tourists flock here for the delightful beaches, superb resorts and refreshing nature-based activities. The best beaches include Pantai Cenang, Burau Bay, Pantai Kok and Pantai Datai. Most tourists agree that Langkawi's biggest attraction is its natural, undisturbed state. Rice fields with grazing buffaloes give the island its rustic appeal. The landscapes of the islands are characterized by limestone outcrops blanketed in an emerald rainforest.



After a short flight, explore the urban and rural areas of legendary Langkawi. The journey begins with visit to Makam Mahsuri where the legendary Mahsuri is laid to rest in a garden of traditional Malays House. Go up the second highest mountain in a cable car ride and get bird's eye view of the island. Proceed to Eagle Square where there is a 12-meter-high brown eagle overlooking the scenic view of Kuah town. The magnificent statue of the reddish brown eagle majestically poised for flight. According to local folklore, Langkawi derived its name from the eagle or "helang". In old Malay, "kawi" denotes reddish brown, hence, Langkawi means reddish brown eagle.

After a relaxing evening, set out for the mangrove tour to appreciate the wonders of nature. Starting from Kilim the eastern path of Langkawi, this boat journey will take you through limestone caves and hidden canyons where monkeys, king fishers, monitor lizard and mud crabs congregate along the river banks. At Bat Cave you will see thousands of bats having their siesta, by clinging upside down on the ceiling of the cave. Visit a fish breeding farm where you will have a closer look at different kind of marine life. There is an opportunity to feed the stingrays. Another highlight of the day is watching the protected White Head Eagles being fed. Continue to Tanjung Rhu and then to the open sea and you also will be given a chance to swim and sunbathe at an isolated beach. Enjoy lunch at the Floating Fish Farm Restaurant before boarding the ferry to return to Penang.



Suggested packing list: lightweight clothing, protection from the sun, bathing suit, bottled water and layered clothing for cooler temperatures in the evenings.

Includes: flight, ferry, hotel accommodations; 2 lunches and 1 breakfast; all tours and transfers.

PEN13 CAMERON HIGHLANDS WITH CAVE EXPERIENCE – 3 DAYS/2 NIGHTS (1100 Day 1 – 1600 Day 3) Minimum 20/Maximum 30 (PRICE: \$389) PRE-SALE ONLY

William Cameron, a British surveyor who stumbled across the plateau in 1885 during a mapping expedition, discovered Cameron Highlands. Failing to mark his discovery on the map, the location of the plateau was a finally confirmed by subsequent expeditions. In 1925, Sir George Maxwell visited the highlands and decided to develop it as a hill station. A development committee was then formed which functioned until 1931. During this time, the winding road up to the highlands was constructed and this enormous task was done entirely by manual labor.



Travel south to the Perak State and journey through Simpang Pulai to the Cameron Highlands (approximately five hours). Upon arrival, check in at your hotel where the rest of the evening is free for independent pursuits.

The next morning, enjoy a full-day outing to the mossy forest. Stop at the Sungei Palas Boh Tea Plantation and learn about tea production and processing. Then travel by motor coach up to the highest mountain in the highlands – Mount Brinchang, which is located at 2032 meters above sea level.

On a clear day, the view tower at the peak of Mount Brinchang provides a magnificent view of the rainforest mountain range and other surrounding areas. A short trail walk into the amazing Cloud/Mossy Forest will reveal some of the most exotic plants found in the highlands, such as Carnivorous Pitcher Plants, Wild Orchids as well as certain primitive and medicinal plants.

After a short lunch break, the tour continues with visits to a Butterfly & Insect Farm; Fruit, Flowers & Vegetable Market; Rose Centre; Strawberry Farm and the Cameron Highlands Historical Museum (Time Tunnel). Return to the hotel for dinner and overnight.

After an early breakfast, travel two hours to Gua Tempurong. Upon arrival, begin the cave tour experience. As you enter through the walkway on stilts over the cave river, you will see layers of white marble stone slabs and walls with different hues. Walking deeper to the dimmed showcase gallery, you will be struck by the beauty of the Golden Flowstone, which stands 90 meters high. Stalagmites and stalactites on walls and ceilings take various astounding sizes and shapes.

Climb higher to Platform 5, which is 120 meters high. By then, you would have climbed 640 steps. Take a breather and enjoy the wind tunnel and feel the cool breeze before you proceed to the Gergasi (Giant) Cavern. Next, you will reach the Tin Mine Cavern where you will have gleaned tin mining activities that took place in the days of old. Then Alam (Universe) Cavern comes into view. There, you will see a slender stalactite called Tongkat (Walking Stick or Cane) before coming across the Fallen Warrior and Battlefield Cavern with an amazing formation that looks like a warrior falling down in a battlefield. At the end of the journey, you will be rewarded with a rainbow of colors from sunshine reflected off the cave walls. The return journey to the ship will take approximately 4.5 hours.

Suggested packing list: lightweight clothing, sturdy walking/hiking shoes with good tread to protect against slippery surfaces, protection from the sun, bottled water and layered clothing for cooler temperatures in the evenings.

Includes: hotel accommodations; 2 lunches and 2 dinners; all tours and transfers.

Cancelled PEN14 BELUM RAIN FOREST EXPERIENCE - 3 DAYS/2 NIGHTS (1100 Day 1 – 1600 Day 3) Minimum 20/ Maximum 30 (PRICE: \$489 +OOPEX) PRE-SALE ONLY

Belum-Temengor Rainforest is where the wonders of nature come alive. Over 130 million years of age and encompassing 300,000 hectares, this tropical paradise is home to a vast number of species of animals and plants, many of which cannot be found anywhere else in the world. In fact, scientific studies indicate that this pristine forest, which remains one of the largest untouched forest reserves in Peninsular



Malaysia, holds enormous potential for the discovery of more biological treasures.

Depart the pier and travel to Belum-Temengor Rainforest (approximately three hours). Upon arrival freshen up before dinner. Then participate in the Banding Night Trek. Return back to your hotel for overnight.

Discover Royal Belum the next day. Enjoy activities, such as the search for the Rafflesia Spot, Orang Asli Village visit at Kejar Hilir, exploring the salt lick at Jenut Papan. After a full morning, enjoy a Picnic Lunch at the Sungai Ruok Waterfall. Return back to the resort for dinner and overnight.

After breakfast, start your day with a peaceful bamboo raft ride. The relaxing ride takes about one hour. After lunch at the resort, the return journey to Penang will take approximately three hours.

Suggested packing list: lightweight clothing, sturdy walking/hiking shoes with good tread to protect against slippery surfaces, protection from the sun, bottled water and layered clothing for cooler temperatures in the evenings.

Includes: hotel accommodations; 2 lunches and 2 dinners; all tours and transfers. OOPEX includes most meals

PEN15 SINGAPORE - 3 DAYS/2 NIGHTS (1300 Day 1 - 1700 Day 3) Minimum 30/Maximum 76 (PRICE: \$769) PRE-SALE ONLY

It is only since World War II that Malaysia, Singapore and Brunei have emerged as three separate independent countries. Prior to World War II, they were all loosely combined as a British colony. Today, Singapore is an amazing island city-state. With its luxurious hotels, superb shopping centers, excellent communications and transportation, cleanliness and orderliness, Singapore offers the visitor all the comforts of the West in a lush and exotic tropical setting. At the same time, the Asian factor is alive and well with an interesting blend of Chinese, Malay and Indian cultures.

In today's global tumult, Singapore is a country that enjoys full employment and stability with extremely low rates of crime, pornography, drug use and pollution. With its unique blend of open economics, authoritarian politics and social engineering, Singapore is attracting attention as a model modern society. Singapore boasts Asia's highest standard of living after Japan. Hefty penalties are enforced on human foibles such as littering (\$1,000), failing to flush a public toilet (\$250) or eating on the subway (\$500). Furthermore, the sale of chewing gum, except for therapeutic value, has been banned!

Transfer to Penang Airport for your 70-minute flight to Singapore. Upon arrival in Singapore, enjoy the 'Footsteps of Raffles' tour. Begin from the place where it all began - at Raffles Landing Site, where Sir Stamford Raffles is believed to have first stepped ashore in 1819. Continue to an exhibition that traces the history of the Singapore River. Next, stop at Raffles Hotel, where hives of activities for the high society took place in the 1800s. Here enjoy some light refreshments and board a 'Bumboat' for a cruise along the historic Singapore River. Disembark at Clarke Quay. Please note: you are not allowed to wear shorts, sandals without socks, slippers, clogs or flip-flops. After the tour, proceed to the hotel for check-in. The evening is free for independent activities.



Join the morning's expedition to Sentosa, which is just minutes away from the main Island of Singapore. Visit Images of Singapore, where you will experience the colorful culture and vibrant heritage of Singapore, retold through life-size figures, animatronics and special effects. Or perhaps visit Underwater World and the Dolphin Lagoon. Here you can watch pink dolphins perform their natural antics such as spy-hopping, tail-flapping and vocalization. Take a scenic cable car ride from Sentosa to Mount Faber for a panoramic view of the city. Your tour ends with lunch at the new VIVO City Complex. The remainder of your time in Singapore is on your own.



Please note: Based on evaluations from past participants, this trip has been designed to allow a fair amount of free time to explore Singapore on your own. To save money and maximize free time, most meals are not included.

Suggested packing list: Passport; appropriate attire for the Bumboat excursion: such as long cotton pants, closed-toe shoes (or sandals with socks); bathing suit, protection from the sun, bottled water and layered clothing for cooler temperatures in the evenings.

Includes: hotel accommodations; 2 breakfasts; all tours and transfers.

PEN16 LOCAL HANDICRAFT EXPERIENCE (1400-1700) Minimum 16/Maximum 30 (PRICE: \$49)

FDP: GOLDIN & PITSCH

Pewter is made of 97 percent tin plus antimony & nickel. Here is a chance for you to experience making a pewter piece at the School of Hard-Knocks at Royal Selangor Pewter. In addition to making a hand-made pewter dish, learn how to batik. Visitors can see first-hand the age-old craft of batik printing which is done entirely by hand. Designs are stamped on to white fabric using wax and dye. Different techniques and methods are used including brushes and a copper instrument known as a janting. The artist uses a brush to draw the designs. Molten wax is applied on them using the janting which has a bowl to hold the liquid wax and a hollow pipe at the end from which the wax flows on to the cloth. This method is used for both small pieces of batik cloth and batik paintings. The hand-drawn designs are obviously exclusive since no two can really be the same.



PEN17 WELCOME RECEPTION AND SHADOW PUPPET (1900-2200) Minimum 20/Maximum 115 (PRICE: \$57)

FDP: M WILLIAMS

The reception will be held at Universiti Sains Malaysia in Penang and will include a live performance of traditional shadow puppets. Unlike the three-dimensional Bunraku puppets of Japan, the shadow puppets that developed in Indonesia and Malaysia tell their story with the aid of images cast on a screen. Prior to the performance, you will have a chance to meet the performers and to interact with the Malaysian students. . On previous SAS voyages, contacts made at the Welcome Receptions have served as excellent sources of information on what to see and do in the local area. Local snacks and beverages will be served.



DAY 2: Thursday, October 20

PEN20 PENANG HILL HIKING TOUR (0730-1230) Minimum 20/ Maximum 60 (PRICE: \$33)

Only six kilometers from Georgetown (3.7 miles) Penang Hill, stands out prominently from the lowlands as a hilly and forested area. Penang Hill is also known by the Malay name Bukit Bendera, which refers to Flagstaff Hill, the most developed peak. Penang Hill is mostly a hilly granitic mass. The hill system is higher towards the northern part with its highest point at Western Hill, at an elevation of 833 meters (2,723 feet) above sea level. Flagstaff Hill is 735 meters (2,450 feet) above sea level.



Start at the Youth Park parking lot. You will see lots of trails heading up. All trails lead up, but not necessarily by the same route. Large mammals are not found in hills of Penang. Wild boars, small and medium sized mammals such as the squirrels, monkeys and tree shrews may be sighted from the trail although a number of species found in these hills are nocturnal. These include the civets, flying lemurs, flying civets and bats. Over 100 species or about 80 percent of the birds found on Penang Island have been recorded here. If lucky, you might find coffee and some biscuits at Station 3, Station 5 or the midway mark fondly known as 84. Volunteers (who take the trek up with their donations of coffee, food, and snacks each week) man these rest stops. You can contribute a couple of dollars to their community pot if you think they are doing a good job. Bring bottled water (one liter) and a snack to last until to the top. Although you can get light snacks at the top of the hill (if you remember to bring money) having a bite to eat along the way will ease the uphill climb. After a short break for leisure at the top of the hill, you will be coming down from the hill by air- conditioned funicular train. These Swiss-made coaches are capable of ferrying up to 100 passengers at one time. At the bottom of the foothill, board the coach and transfer back to the ship.

Date Change! PEN31 PENANG NATIONAL PARK TREK (0800-1600 Day 2) Minimum 15/Maximum 30 (PRICE: \$35) – Originally this trip was scheduled for Day 3.

Penang National Park offers visitors a rare opportunity to experience many natural facets and habitats of our tropical rainforest. The trip begins with the visit to the Forestry's "Interactive Centre & Gallery" which provides insightful information on the park. From there take a two-hour trek from Telok Bahang to Telok Tukun. Experience the newly built 250-metre long Canopy Walk that hovers 15 meters from the ground and view the lush forest from an interesting angle. You can take a dip in the cool fresh water pool at the tip of Tukun River. Relax by the Tukun Beach before the return trek. Please note: Box lunches from the ship will be provided.



PEN21 TROPICAL FRUITS AND SPICE TRAIL (0900-1300) Minimum 20/ Maximum 60 (PRICE: \$47)

Possessing a wealth of natural beauty, Penang has plenty of nature-based attractions that are as mesmerizing as they are eco-friendly. Visit South East Asia's only dedicated spice sanctuary, the Tropical Spice Garden in Teluk Bahang. Nestled among lush green foliage, exotic ferns and flowering plants and spread over a sprawling 3.2 hectares, the garden boasts more than 500 varieties of flora from Malaysia and other regions.



Next visit the Tropical Fruit Farm. Located on the hilly terrain of Teluk Bahang, approximately 800 feet above sea level, the Tropical Fruit Farm flourishes with all sorts of tropical and sub-tropical fruit trees, from durians to West Indian cherries. Spread over 25 acres, the orchard was developed for the conservation of rare and exotic fruits, as well as a means to promote local fruits to visitors both local and international. Boasting over 250 types of fruit including some rare and exotic ones originating from faraway lands such as the Caribbean and Central Africa, the orchards also features only organic produce, using organic fertilizers instead of chemicals and pesticides. Please note: The price of this practicum includes a small donation to *Shan's Children Home*.

PEN22 INDIGENOUS INDUSTRIES NEAR PENANG: RUBBER, PALM OIL AND RICE - GROUP B (0930-1730) Minimum 16/Maximum 38 (PRICE: \$71)

[FDP: BAKER & MOLLOY]

During this FDP we will learn about the challenges of getting products to the market and their international sales efforts as well as agricultural practices, labor issues, exports and price fluctuation. Agriculture is the largest sector of the Malaysian economy, although its relative importance has declined in recent years. Natural rubber continues to be an important part of the economy, but palm oil now overshadows rubber as the 'golden' crop. Palm oil is a vegetable oil used for a variety of purposes including cooking oil and margarine. Malaysia is the world's number one palm oil producer. The first stop will be at a rubber plantation to observe, first-hand, how rubber trees are grown and latex is tapped and processed. We will then visit a palm oil plantation to witness the harvest and observe a demonstration of how fruits are being processed into edible products for export. On the return to Penang, a stop will be made at a rice mill to study the harvesting, drying and packaging process of the paddy rice. Please note: Box lunches from the ship will be provided.

PEN23 TEMPLES AND MOSQUES - GROUP B (0900-1400) Minimum 20/Maximum 40 (PRICE: \$33)

[FDP: GREEN]

This trip will explore the ethnic diversity and religious variety of Penang and Malaysian society. Stops will include Chinese temple (Kuan Yin Temple), a mosque (Kapitan Keling Mosque), a Hindu temple (Sri Mahamariamman Temple) and a Buddhist temple (Dhammikarama Burmese Temple).

The Dhammikarama Burmese Temple, the first Buddhist temple to be built in Penang back in 1803, you'll be able to see some of the mythical figures and religious icons that occupy the spacious temple compound that includes bell-bearing acolytes, myriad of Buddha's and flying beings. When you walk further in the temple compound, you'll see a big three-dimension wall mural and a tableau that depicts the Great Renunciation of Prince Siddhattha. Wat Chayamangkalaram Temple houses a 180-foot gold-plated statue of the reclining Buddha, Pra Buddhachaiya Mongkul - said to be one of the longest in the world. The reclining Buddha representing the Buddha's death and symbolizes complete peace and detachment from the world - the Mahaparinirvana (Enlightenment or achieving Nirvana) of the Buddha which took place at Kushinagara



(Uttar Pradesh).

Continue to the striking Kek Lok Si Temple and Pagoda, which was completed in the year 1930. Widely known as "The Pagoda of 10 000 Buddhas" and towering over one hundred feet and seven stories high, the top of the temple has an impressive 30.2 meter bronze statue of the greatly compassionate and sagely Kuan Yin Avalokitesvara.

Please note: Visitors can only view the interior of the mosque from outside the prayer hall. Box lunches from the ship will be provided.

Suggested attire: Slip-on shoes with socks are recommended for temple visits. Shorts are not appropriate attire for this trip. Women should bring a scarf to cover their heads.

PEN24 HOMESTAY AT KAMPUNG RELAU (0930 Day 2 – 1700 Day 3) Minimum 20/Maximum 40 (PRICE: \$159) PRE-SALE ONLY

Experiencing a homestay in a traditional village, or *kampung*, is perhaps one of the fastest and easiest ways to get to know Malaysia and its people. Visitors will discover that things here move at a slightly different pace, and for those who relish the quiet calm of the rustic life, this is possibly as good as it gets. Live with your hosts, eat with them, be a part of their family. When you return home, take with you a memorable cultural experience and the friendships of a family happy to welcome you whenever you return to Malaysia.

Travel to the Malay Village of Kampong Relau, located on the mainland of peninsular Malaysia and just 45 minutes north of Penang. Arrive before noon and be welcomed by the village committee before being escorted to the host families. (Rooms provided by the host families are basic but clean, licensed and approved by the government authorities.) After lunch learn about rubber tapping, oil palms and learn to fish in the river. Before sunset engage in village past-time games like Congkak, Tarik Upeh & Batu Seremban. After dinner enjoy a cultural dance performance by the villagers. Learn how to make traditional Malay cakes. Interact with the village children before returning to the pier after lunch.

Suggested packing list: Small gifts for village children and host family, cotton or linen clothing, protection from the sun, bottled water and layered clothing for cooler temperatures in the evenings.

Includes: accommodations in a village home; 2 lunches, 1 dinner, 1 breakfast; all activities and transfers.

PEN25 INTRODUCTION TO QI GONG (1000-1400) Minimum 16/Maximum 30 (PRICE: \$74)

Garden of Qi (pronounced Chee, meaning Prana or life energy) is always in the forefront of patronizing the ancient and timeless art of life energy. Cultivating Qi leads to robust body, harmonious mind and as awaked spiritual life. In Chinese, zhi means wisdom and intelligence, the initiating synthesis of the functions performed by the physical mind in dealing with external things.

In this introduction, you will learn the body-mind exercise to connect the universe Qi with human body Qi to reduce and gradually eliminate physical illness, chronic pain



and stress. You'll be able to learn self-healing and apply healing techniques to others. The practice brings deep relaxation and quick noticeable improvements physically and mentally.

Date Change! PEN33 KAMPUNG MENGKUANG TITI (1000-1530 Day 2) Minimum 16/Maximum 38 (PRICE: \$57) - Originally this trip was scheduled for Day 3.

Set amidst golden-green paddy fields, swaying coconut trees, canopies of rubber trees and oil palm fronds, this village had its humble beginnings in the early 1800s. It is located 32 kilometers (approximately one hour) from Georgetown via Penang Bridge. Today, Kampung Mengkuang Titi, with its 800 residents, still retains its rustic traditional charm and way of life. The plantation can be best described as a small holding area where various crops are planted to provide additional sources of income for the villagers. Arrive at the village and proceed with a village orientation – try your hand at rubber tapping, walking through an oil palm estate and study the cottage industries such as the making of local sponge cake or the cultivation of bean sprouts. You may also try the *mengkuang* (straw) weaving tool. Adjourn for a traditional Malay lunch at the village community hall. In the afternoon, enjoy a traditional *Boria* performance by the villagers where you can participate and learn a few steps of Malay traditional dances. An afternoon tea will be prepared by the villagers before your departure for Penang.



PEN26 SERVICE VISIT: LIGHTHOUSE COMMUNITY SERVICE CENTRE (1300-1700) Minimum 15/Maximum 30 (PRICE: \$59)

The Lighthouse is a drop-in community center, which caters to the old, the poor, the sick and the homeless. It also provides these unfortunate members with facilities to take a bath and wash their clothes. For this program, work alongside the center's chef and prepare then distribute a meal at the center for the unfortunate members (serving begins at 1500). Participants will also distribute prepared gift bags with toiletries to the members. Please note: The price of this practicum includes a small donation to the center.

Suggested packing list for donations: toiletries such as bath soap bar, shampoo, laundry detergents (powder) or anything that can be used on a daily basis for the poor and homeless.

PEN27 VISIT TO A DRUG REHABILITATION CENTER (1300-1700) Minimum 15/Maximum 30 (PRICE: \$33)

In 2002, statistics indicated there were 22,000 drug addicts in Malaysia. Many of them are unemployed, and some are low-ranking civil servants. This trip provides an opportunity to learn about the source of narcotic supply to Malaysia, an analysis of the cause and situation, and the course of action taken by the authorities in their efforts to control drugs. The trip includes a site visit to a rehabilitation center as well as the opportunity to meet with a clinical psychologist or psychiatrist at the facility.

PEN28 SERVICE VISIT: SHAN CHILDREN'S HOME (1700-2030) Minimum 15/Maximum 30 (PRICE: \$69)

Founded in July 2005, the Shan Children's Home supports children in need whether suffering from poverty or ill health. The home provides educational and emotional needs when these are not being met elsewhere. Some children have been abandoned while others have suffered various forms of neglect. The main objective is

to rehabilitate them in a safe environment and eventually to reunite them with their families. Their mission is to rebuild broken lives and to provide them with an environment that ensures good health, education and a bright future.

On this visit, participants will meet and interact with the young residents; they have approximately 25 children at the home, aged from 4 - 14 years. The Home is supported by the general public and corporate sources. As a newly established center they are still in need of financial assistance. Please note: The price of this practicum includes a small donation to the Shan Children's Home.

Suggested packing list for donations: stationery, educational DVDs, toiletries, books, toys and any other educational items.

DAY 3: Friday, October 21

PEN32 COOKING LESSON AT TROPICAL SPICE GARDEN (0900-1300) Minimum 6/MAXIMUM 10 (PRICE: \$102)

A dedicated spice sanctuary, the Tropical Spice Garden also hosts its own cooking school. The garden welcomes a vast array of cooks and chefs who specialize in cuisine from all over the world. Mainly Malaysian cuisine, the cooking school includes one of the best Nyonya home cooks around, Pearly Kee. Straight out of the home kitchen, Pearly Kee will share her passion and zeal of her culture and food using Tropical Spice Garden-grown spices and herbs.

A full hands-on experience, prepare meals from scratch, at individual workstations in small personalized classes. Cooks of all abilities are welcome.

Learn how to cook traditional Malaysian dishes designed and taught in such a way that guests can bring a taste of authentic Malaysia home with them months after the voyage has ended. Although Malaysian cooking traditionally required heavy grinding stones and pounders, an electric blender can easily do the trick and still produce flavorful cuisine.

PEN34 SERVICE VISIT: ST. JOSEPH HOME (1400-1700) Minimum 15/Maximum 30 (PRICE: \$32)

On this visit to St. Joseph Orphanage in Penang, you will meet and interact with the residents, who are 46 children between the ages of 3 and 17. You may also talk with orphanage personnel about the problems of poverty and child care in Malaysia. During this practicum to the St. Joseph Home, make sure to pay attention to how poverty impacts child care in Malaysia. After your visit, reflect on how poverty experienced in childhood affects individuals as they grow into adults. Please note: The price of this practicum includes a donation to the home.

Suggested packing list: small toys, stickers, bubbles, crayons and coloring books to aid in interacting with the children.



**PEN40 SERVICE VISIT: SALVATION ARMY CHILDREN'S HOME (1400-1700) Minimum 15/
Maximum 30 (PRICE: \$32)**

Salvation Army Boys Home made its entry to Malaysia in the year 1938. The charity home for boys of single parenthood started in the YMCA in Penang but today it has its own building, with about 48 boys & 2 girls, ages 5 to 17 years old. Please note: The price of this practicum includes a donation to the home.



Suggested packing list: small toys, stickers, bubbles, crayons and coloring books to aid in interacting with the children.

HO CHI MINH CITY, VIET NAM

Arrive: 0800 Tuesday, October 25
Onboard: 1800 Sunday, October 30
Depart: 0600 Monday, October 31

DAY 1: Tuesday, October 25

HCM10 FAMILY HEALTH INTERNATIONAL: OUTREACH WITH COMMERCIAL SEX WORKERS (Upon Arrival - 1600) Minimum 15/Maximum 25 (PRICE: \$32 +OOPEX)

[FDP: FINOCCHARIO-KESSLER]

Family Health International (FHI) is a US-based NGO dedicated to improving reproductive health and HIV prevention and treatment efforts. FHI has a presence in over 50 countries worldwide. We will visit the country office in HCMC to learn more about their public health efforts in general, but with a specific focus on their outreach efforts with female commercial sex workers. Although illegal in Vietnam, commercial sex work is common and has multiple implications for the health of women and communities. Program managers will discuss the complexities of commercial sex, efforts to protect the health of this vulnerable population, including the promotion of regular HIV testing.

We plan to make a second stop at a local organization, *Mai am Hoa Hong Nho* (Little Rose Warm Shelter), which receives girls from 12 to 18 years old who are at high risk of being abused or trafficked (for labor or sexual purposes). At the Shelter, children receive education and vocational training. This FDP will be relevant for students in Dr. Finocchario Kessler's Global Public Health and Women's Reproductive Health in Developing Countries courses, as it aims to expose students to the complex realities of commercial sex work and organizations that work with this population to improve their health and safety, as well as efforts to provide support and alternatives to victims of trafficking. Please note: OOPEX includes lunch at a local restaurant. Pay by credit card or cash.

HCM11 CLIMATE CHANGE & ENVIRONMENTAL ISSUES IN VIET NAM & THE MEKONG DELTA (0930-1800) Minimum 20/Maximum 20 (PRICE: \$29 +OOPEX)

[FDP: SPENCER]

This FDP will begin at the Nong Lam University with a presentation on environmental issues in the Mekong Delta by Dr. Duong Van Ni of the Hoa An Bio-diversity Research and Experimental Center. Following the presentation we will have lunch in the University cafeteria with Dr. Ni and students involved in the Ho Chi Minh City chapter of 350.org who are working on climate change issues in Vietnam. After lunch the students will be our guides to explore the University and to visit the War Remnants Museum.

The primary purpose of this FDP is to learn about environmental issues in the Mekong Delta region of Vietnam, and particularly the challenges climate change is bringing to

Vietnam. The FDP will be particularly relevant to students in Prof. Spencer's Globalization class, but may be of interest to others as well.

Please note: This trip requires a submitted manifest; therefore, participants cannot sell or exchange tickets. OOPEX includes local currency for lunch onsite at the cafeteria.

HCM12 BEN THANH MARKET AND MUSEUM OF WAR REMNANTS (WITH LUNCH) (1000-1530) Minimum 20/Maximum 30 (PRICE: \$42 + OOPEX)

[FDP: RUX]

Spend a day exploring areas of the city, taking in the local sights, sounds, and flavors. Departing the ship, we will travel first to Ben Thanh Market (*Cho Ben Thanh*), one of the city's liveliest and most bustling market areas, to observe social interaction between men and women, personal space, nonverbal behavior and gender roles. Here we will have lunch at a local restaurant. Next, we will visit the Museum of War Remnants for a sobering cross-cultural view of the Viet Nam War. There are few museums in the world that so powerfully depict the brutality of modern warfare and its effects on both soldiers and civilians. Please note: OOPEX includes local currency for museum entrance (equivalent of USD\$1) and optional market purchases.

HCM13 ENGLISH IN VIET NAM (1015-1600) Minimum 15/Maximum 30 (PRICE: \$50)

[FDP: THOMAS]

Chinese was the traditional language of culture in Viet Nam, which was joined by French as the language of the colonial power. English only entered the scene with the Viet Nam War and, following the American withdrawal, was seriously discouraged. Only with the opening up of Viet Nam to foreign investment did a revival of interest in English as the language of commerce and tourism come about. Now Viet Nam is embarking on a course of rapid expansion of the teaching of English. On this field trip, we will visit the University of Saigon to learn about the efforts to teach English and the effects of English on the Vietnamese language. After a short stop for lunch (included), we will go the Institute of Tourism to learn about the practical ways that English is taught to students who will be active in the tourist industry. At both locations there will be excellent opportunities to speak one-on-one to Vietnamese students of English, for many of whom you will be their first native-speaking interlocutor.



HCM14 CU CHI TUNNELS (WITH LUNCH) (1100-1700) Minimum 16/ Maximum 80 (PRICE: \$46)

Located approximately two hours from Ho Chi Minh City, Cu Chi is famous for its 200-kilometer network of underground tunnels. These tunnels were created and used by the *Viet Cong* forces during wars against both the French and Americans. Before visiting the tunnel system, you will be shown a video explaining their history and construction. From the mid-1940s onward, the tunnels were used as a base from which the *Viet Cong* could launch strategic attacks and then seemingly disappear into thin air. The tunnels had well-hidden entrances and thick roofs which were capable of withstanding the weight of tanks and the impact of bombs. Unknowingly, the Americans



even built a base camp on top of an existing tunnel network and suffered extensive casualties before they discovered their mistake. Most of the tunnels are only about two feet wide and five feet high. However, some of the passageways and tunnel rooms (e.g., meeting room, kitchen, dining room and hospital), while still small, have been enlarged for easier access. If you decide to visit the lower levels of the tunnels, which have not been enlarged, you will most likely get dirty while crawling through the narrow passageways. You may wish to bring a flashlight to assist in navigating these lower levels. (Lunch at a local restaurant is included.)

HCM15 CITY ORIENTATION (1100-1700) Minimum 16/No Maximum (PRICE: \$48)

This orientation will introduce you to the rapidly modernizing Ho Chi Minh City, still commonly referred to as Saigon. Among the grand old buildings, you will see colorful markets selling everything from lemongrass to French bread and, of course, an endless stream of bicycles and motorbikes. You will visit the History Museum, which documents the evolution of Viet Nam's various cultures from the Dong Son Bronze Age civilization to the *Chams* and the *Khmers*. The History Museum also features a water puppet performance. Water puppetry is a traditional Vietnamese performing art that dates back to the 11th century. The stage is a pool of water upon which puppet masters, who are hidden behind the set, maneuver brightly-colored wooden puppets. You will also visit the former Presidential Palace, where everything has been left much as it was on April 30, 1975, when North Vietnamese military tanks crashed through the front gates and overthrew the South Vietnamese government. In addition to touring the former palace rooms, you can view a video about the French and American wars. If time permits, your orientation will include a brief stop at Thien Hau Pagoda, known for its profusion of incense coils which burn for as long as one month. Photo stops will be made at Notre Dame Cathedral and City Hall. (Lunch at a local restaurant is included.)



HCM16 VINA CAPITAL (1130-1730) Minimum 10/Maximum 30 (PRICE: \$5 +OOPEX)

[FDP: KOLBE]

We will visit the investments of VinaCapital in Ho Chi Minh City. We will meet with VinaCapital personnel who will explain how their firm operates in a multinational environment, including how they deal with international financial and management problems. Please note: OOPEX: Participants will travel a short distance by shuttle bus from the port. Please have local currency and small US bills.

GENERAL DESCRIPTION FOR ALL TRIPS TO CAMBODIA: PHNOM PENH & ANGKOR WAT (Several trips are offered. See below for dates and times.)

Phnom Penh, capital of Cambodia, was once considered the loveliest of the French-built cities of Indochina. Its charm is still evident despite the violence and destruction during and immediately following the Viet Nam War. When the Viet Nam War spread to Cambodia, the city's population swelled with refugees, reaching about two million in early 1975. The *Khmer Rouge* took over the city in April 1975 and immediately forced the entire population into the countryside as part of a radical social program. During the next four years, more than one million Cambodians (including the vast majority of the educated people) were killed.

On your city orientation of Phnom Penh, you will visit the National Museum and view the

Royal Palace and Silver Pagoda. You will also visit the Tuol Sleng Museum, a school that was converted into a prison camp and torture chamber by the *Khmer Rouge*. Thousands of Cambodians were incarcerated here before they were taken to *Choeng Ek* to be killed. Photographs of the victims, taken before or after torture, line the walls of the former schoolrooms. The only crime committed by most of these victims was being educated. A map of Cambodia, constructed of human skulls, dominates one room and symbolizes the fact that the death and destruction carried out by the Pol Pot Regime affected the entire country. At the Killing Fields of *Choeng Ek*, you will see the mass graves of more than 17,000 men, women and children who were executed at this extermination camp between 1975 and 1978. Please note: These sites are grim reminders of the extermination policies carried out by the *Khmer Rouge*. If you choose to participate in these visits, be prepared for some gruesome and depressing sights.

Angkor is an incomparable temple complex built between seven and 11 centuries ago at the height of the *Khmer* civilization. *Angkor's* 100 or so temples constitute the sacred skeleton of spectacular administrative and religious center covering 200-square kilometers. The ruins represent successive capitals constructed by a dozen *Khmer* kings, which included massive stone temples, majestic causeways and imposing towers. You will visit the most famous temple complex, *Angkor Wat*. With its soaring towers and extraordinary bas-reliefs, many consider *Angkor Wat* to be one of the most inspired and spectacular monuments ever conceived by the human mind. The largest religious building in the world, it was built by Suryavarman II, who reigned from 1112 to 1152, to honor Vishnu and for later use as his funerary temple. The Bayon Temple of the complex is an edifice of 54 towers, each carved with the four enigmatic faces of the Bodhisattva Avalokitesvara and bas-relief events.

IF YOU PLAN TO PARTICIPATE IN ONE OF THE TRIPS TO CAMBODIA, YOU WILL NEED TWO PASSPORT PHOTOS TO OBTAIN A CAMBODIA VISA WHEN YOU ARRIVE AT THE AIRPORT. PLEASE BRING THE EXTRA PHOTOS WITH YOU.

HCM17 CAMBODIA: PHNOM PENH & ANGKOR WAT – GROUP A - 3 DAYS/2 NIGHTS (1145 Day 1 - 2030 Day 3) Minimum 15/Maximum 60 (PRICE: \$1,169) PRE-SALE ONLY

Depart for the airport for your one-hour flight to Phnom Penh. Upon arrival, visit the Royal Palace and the Silver Pagoda. Enjoy a sunset cruise on the Mekong River followed by dinner at a local restaurant.

The next morning, visit the Tuol Sleng Museum, the Killing Fields and the Russian Market before transferring for your flight to Siem Reap. Upon arrival, view and explore *Angkor Wat* until sunset. Check into the hotel for dinner and overnight.

Early risers may enjoy an optional sunrise tour of *Angkor Wat*. After breakfast at the hotel, spend the day exploring the area's massive and elaborate temple ruins and restoration projects, including *Angkor Wat*. Late afternoon, transfer to the airport for your return flight to Ho Chi Minh City.

Please note: Flight times are subject to change and will be confirmed one month prior to arrival. The order of visits may change depending on confirmed flight times.

Suggested packing list: 2 passport photos and US\$20 for Cambodia visa, lightweight



pants or knee-length shorts, sturdy walking shoes with good tread for exploring the ruins; protection from the sun and layered clothing for cooler temperatures in the evenings.

Includes: hotel accommodations in Phnom Penh and Siem Reap; box lunch on Day 1, 2 lunches, 2 dinners, 2 breakfasts; all flights, tours and transfers.

HCM18 TRADITIONAL MUSIC IN MODERN CONTEXTS (1300-1700) Minimum 15/Maximum 50 (PRICE: \$36)

[FDP: UNRUH]

Participants in this FDP will visit the National Conservatory of Music in Ho Chi Minh City. The Conservatory holds performances of both traditional Viet Nameese music and Western classical music. Students aged seven to sixteen attend the school free of charge and receive music training along with their general public education.

Following a brief tour of the Conservatory, students will attend a lecture by internationally renowned Vietnamese ethnomusicologist and musician, Dr. Phong T. Nguyen. The lecture will conclude with a performance of traditional Viet Nameese music.

Students will be able to reflect on how music serves as a form of cultural identity, how traditional musics are preserved in modern contexts, and how music is part of a continuum connecting the past to contemporary times.

HCM19 FORMER UPI PHOTOGRAPHER AND THE MUSEUM OF WAR REMNANTS – GROUP A (1300-1730) Minimum 11/Maximum 25 (PRICE: \$42)

[FDP: FRÖLANDER-ULF]

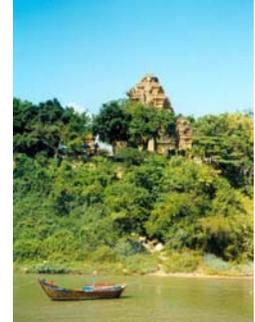
Before visiting the Museum of War Remnants, we will meet with a former UPI photographer who will provide a personal account of his work and of war photography during the 1960s and 1970s in Viet Nam. We will have the opportunity to ask questions before departing for the museum. The Museum of War Remnants (previously known as the Museum of American & Chinese War Crimes and then the Museum of War Atrocities) is housed in the former U.S. Information Service building. Many of the atrocities documented in the museum were well publicized in the West. This visit is likely to jolt the senses; many of the photographs are grisly and shocking. Atrocities illustrated are from U.S. sources and include a picture of a suspected Viet Cong being pushed from a helicopter because he refused to “cooperate.” In the room on crimes committed by the Chinese during their 1979 invasion, China is portrayed as being allied with U.S. imperialism. In the yard of the museum, U.S. armored vehicles, artillery pieces, bombs and infantry weapons are displayed. This practicum will provide a backdrop for considering how images of conflict are captured and conveyed, and for reflecting upon the ethics of telling war stories.



DAY 2: Wednesday, October 26

HCM20 NHA TRANG 3 DAYS/2 NIGHTS (0430 Day 2 - 2030 Day 4) Minimum 15/Maximum 40 (PRICE: \$409) PRE-SALE ONLY

The town of Nha Trang extends the length of a white sandy beach and affords you the opportunity to explore some of Viet Nam's beautiful coastline and off-shore islands. Many remnants of the ancient *Cham* civilization of Viet Nam are also found in this area. Visit the Long Son Pagoda with its entrance gate and roofs decorated with mosaic dragons made of pieces of glass and ceramic tiles. Behind the pagoda, a huge white Buddha sits on a lotus blossom on top of a steep hill. The figure is 14 meters high and can be seen from all over Nha Trang. Climbing the 152 stone steps to the Buddha statue is well worth the effort, as it provides an excellent view of Nha Trang. Also visit the famous Cham Towers at Po Nagar, built between the 6th and 12th centuries. The towers provide an excellent view of the mouth of the river, bridges and *coracles* (bamboo baskets) used to ferry fishermen out to their boats.



Depart for the Ho Chi Minh City Airport for your one-hour flight to Nha Trang. Upon arrival, proceed for a light breakfast followed by a full-day city orientation including Long Son Pagoda, the famous Cham Towers at Po Nagar, Hon Chong Rocks, the central market, Bao Dai Villas and the Oceanographic Institute. In the evening, enjoy a cultural show

The following day enjoy a full-day boat trip around Nha Trang. Swimming, exploring uninhabited islands and a seafood lunch at a local village are included. After dinner, the remainder of your time in Nha Trang is at your leisure.

Please note: Flight times are subject to change and will be confirmed one month prior to arrival.

Suggested packing list: lightweight clothing, water shoes (or shoes you don't mind getting wet); bathing suit, protection from the sun and layered clothing for cooler temperatures in the evenings.

Includes: hotel accommodations; box breakfast from the ship on Day 1; 1 lunch, 2 dinners, 2 breakfasts; all flights, tours and transfers.

Cancelled HCM21 HA NOI AND MAI CHAU VILLAGE 3 DAYS/2 NIGHTS (0500 Day 2 - 2000 Day 4) Minimum 15/Maximum 16 (PRICE: \$589) PRE-SALE ONLY

Escape to the fascinating village life in the heartland of the North's ethnic minority region. Travel to the mountainous region west of Ha Noi with its expanses of rice fields, magnificent mountain vistas and villages nestled into scenic valleys. The Mai Chau village, where weaving and rice farming are the mainstays of life, provides a warm welcome. Enjoy the unique opportunity to spend the evening in the home of a member of the Black Thai hill tribe.



After experiencing rural life in Viet Nam, your visit to Ha Noi provides an interesting contrast. History has been brutal to Viet Nam, and much of our knowledge of this

country comes from images of the Viet Nam War. A visit to Ha Noi today is more likely to evoke an “old-world” image of ambience and tranquility rather than an image of an “enemy city.” Ha Noi is arguably the most beautiful capital in Southeast Asia, a city of dignified, if somewhat dilapidated, charm where French-colonial architecture dominates narrow, tree-shaded streets. The absence of modern buildings and the predominance of bicycle traffic is quite different from Ho Chi Minh City. Your orientation to Ha Noi includes visits to Ho Chi Minh’s house, the Army Museum, the Temple of Literature, the charming Old Quarter and, time permitting, the Tran Quoc Pagoda.

Please note: Flight times are subject to change and will be confirmed one month prior to arrival.

Suggested packing list: sturdy walking shoes; flashlight for walks in the village at night, toiletries, towel, protection from the sun and layered clothing for cooler temperatures in the evenings.

Includes: Longhouse accommodation in Mai Chau; hotel accommodation in Ha Noi; meals on flights, box lunch on Day 1, 1 lunch, 2 dinners, 2 breakfasts; all flights, tours and transfers.

HCM22 HA NOI AND HA LONG BAY 3 DAYS/2 NIGHTS (0530 Day 2 – 2000 Day 4)
Minimum 15/Maximum 50 (PRICE: \$629) PRE-SALE ONLY.

In addition to visiting Ha Noi, which arguably has become one of the most interesting cities in Southeast Asia, this trip explores one of the natural wonders of the world – the magnificent Ha Long Bay. The bay’s tranquil beauty encompasses 1,500-square miles dotted with more than 1,000 limestone islands and islets. Bizarre rock sculptures jut dramatically from the sea, and numerous grottoes have created a picturesque setting. The sails of the *junks* and *sampans* gliding on the bay add to the timeless beauty of the scene. A four-hour boat trip on the bay includes stops at some of the grottoes. The most spectacular is Dau Go Cave with its stalactites and stalagmites resembling beasts, birds and human forms. Folk legends associated with various grottoes and information about some of Ha Long Bay’s historic battles are part of this learning experience.



Transfer to Ho Chi Minh City Airport for your flight to Ha Noi. Upon arrival, you are transferred to Ha Noi for an orientation that includes visits to the Army Museum and Ba Dinh Square. Enjoy lunch at a local restaurant in Ha Noi then depart Ha Noi by motorcoach to Ha Long Bay. This three-hour journey provides insight into the agricultural lifestyle of the north. See emerald-green rice paddies, water buffalo, farms and villages. Check into the hotel and refresh before going out for dinner at a local restaurant.

Next, enjoy a four-hour boat ride in Ha Long Bay, including lunch on board before departing overland for Ha Noi, arriving early evening. Enjoy a water puppet performance with dinner.

The following day visit the Temple of Literature, 36 Streets, One Pillar Pagoda and Tran Quoc Pagoda then free for lunch on your own. Depart in the late afternoon for the Ha Noi Airport and your return flight to Saigon.

Suggested packing list: sturdy walking shoes; flashlight for walks in the village at night,

toiletries, towel, protection from the sun and layered clothing for cooler temperatures in the evenings.

Includes: Hotel accommodations; meals on flights, box breakfast, 2 lunches, 2 dinners and 2 breakfasts; all flights, tours and transfers.

HCM23 CAMBODIA: TEMPLES OF ANGKOR 3 DAYS/2 NIGHTS (0600 Day 2 – 1530 Day 4) Minimum 35/Maximum 60 (PRICE: \$919) PRE-SALE ONLY

Depart for the Tan Son Nhat Airport for your one-hour flight to Siem Reap. Transfer to the city for lunch at a local restaurant. In the afternoon, drive to *Angkor Wat* to explore until sunset. Dinner will be at a local restaurant.

For early risers, there will be an optional sunrise tour at *Angkor Wat* the next morning. After breakfast at the hotel, depart for your full-day tour. Continue to Bayon with stops at *Ta Keo, Tommanon, Chaosay Tevoda, Elephant Terrace, Leper King Terraces* and the South Gate of *Angkor Thom*. Following lunching at the hotel, continue to Ta Prohm for a walking tour followed by a sunset at Phnom Bakheng. In the evening, enjoy dinner at a local restaurant.

After breakfast at the hotel, depart for a boat trip to see floating homes and a market at Tonle Sap. Return to the hotel for some free time. Transfer to the airport for your flight back to Ho Chi Minh City. Please note: Knee-length shorts are acceptable attire when touring the *Angkor* temples.

Please note: Flight times are subject to change and will be confirmed one month prior to arrival. The order of visits may change depending on confirmed flight times.

Suggested packing list: 2 passport photos and US\$20 for Cambodia visa, lightweight pants or knee-length shorts, sturdy walking shoes with good tread for exploring the ruins; protection from the sun and layered clothing for cooler temperatures in the evenings.

Includes: hotel accommodations in Siem Reap; 2 lunches, 2 dinners, 2 breakfasts and packed dinner for your return flight; all flights, tours and transfers.

Suggested packing list: 2 passport photos and US\$20 for Cambodia visa, lightweight pants or knee-length shorts, sturdy walking shoes with good tread for exploring the ruins; protection from the sun and layered clothing for cooler temperatures in the evenings.

Includes: hotel accommodations in Phnom Penh and Siem Reap; 2 lunches, 2 dinners, 2 breakfasts; all flights, tours and transfers.

HCM24 CU CHI TUNNELS – GROUP A (0700-1300) Minimum 11/Maximum 80 (PRICE: \$36)



The Cu Chi Tunnels tell a story of remarkable survival. They are also a place of shared history between the United States and Viet Nam; a place where histories intersect. The tunnels and accompanying stories of “tunnel rats” are a part of the popular American imagination shaped by Hollywood movies like *Apocalypse Now* and *Full Metal Jacket*. This practicum will offer participants a special opportunity to reflect on the popular mythology of the Viet Nam War, which, in Viet Nam, is known as the American War.

Located approximately two hours from Ho Chi Minh City, Cu Chi is famous for its 200-kilometer network of underground tunnels. These tunnels were created and used by the *Viet Cong* forces during wars against both the French and Americans. Before visiting the tunnel system, you will be shown a video explaining their history and construction. From the mid-1940s onward, the tunnels were used as a base from which the *Viet Cong* could launch strategic attacks and then seemingly disappear into thin air. The tunnels had well-hidden entrances and thick roofs which were capable of withstanding the weight of tanks and the impact of bombs. Unknowingly, the Americans even built a base camp on top of an existing tunnel network and suffered extensive casualties before they discovered their mistake. Most of the tunnels are only about two feet wide and five feet high. However, some of the passageways and tunnel rooms (e.g., meeting room, kitchen, dining room and hospital), while still small, have been enlarged for easier access. If you decide to visit the lower levels of the tunnels, which have not been enlarged, you will most likely get dirty while crawling through the narrow passageways. You may wish to bring a flashlight to assist in navigating these lower levels.

HCM25 SERVICE VISIT: NGUYEN DINH CHIEU SCHOOL FOR THE BLIND (0730-1200)
Minimum 15/Maximum 30 (PRICE: \$39)

Nguyen Dinh Chieu School currently educates approximately 125 children between the ages of 8 and 16 years. Approximately 30 of the children endure partial blindness, while the majority of the students are fully blind. NGOs and the government compensate a staff of 47 members via donations as well as support. First established by the French in 1926, the school offers boarding facilities and educates students to the standard of primary and secondary education. Students are also taught specific abilities to assist them in coping with their disabilities, and work-related skills, including how to become a masseur/masseuse. You will tour the facilities and have time to interact with the children. (A small donation is included in the cost of this practicum.)

Please note: The government requires a submitted manifest for this visit; therefore, participants cannot sell or exchange tickets.

Suggested packing list: small toys (tactile or sound-generating), musical instruments or mP3 player with portable speakers. These items will aid in interacting with the children.

HCM26 THE CAN GIO BIOSPHERE RESERVE (0730-1830) Minimum 16/Maximum 20
(PRICE: \$102)

[FDP: BOUDRIAS]

The Can Gio Biosphere Reserve (located approximately 40 kilometers southeast of Ho Chi Minh City) is a coastal wetlands ecosystem dominated by mangroves. Home to a wide variety of plants, fish, birds and invertebrates, the area represents one of Viet Nam's most rich and diverse natural habitats. The mangrove forest provides valuable ecological functions, including coastal stabilization and protection against erosion from storm surges, and is a source of fuel wood and construction materials. The area is recovering from extensive deforestation that occurred during the Vietnam War. Unfortunately, the natural diversity is threatened by expanding aquaculture activities, primarily of shrimp. Current methods of shrimp aquaculture compete with agricultural and other uses of the watershed, and impose substantial externalities on other parties. The tour includes lunch at a local restaurant in Can Gio and will return to the ship in late afternoon.

HCM27 MEKONG DELTA DAY TRIP - GROUP A (0800-1630) Minimum 16/Maximum 80 (PRICE: \$46)

[FDP: AULETTE]

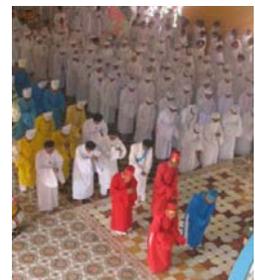
Until the 16th century the Mekong Delta was an area of marshlands and forest. Gradually marshlands were reclaimed, and a canal network was built for the cultivation of rice, fish, soybeans, maize, peanuts, tobacco and melons. The My Tho area is famous for its coconut palms and fruit orchards (mangoes, *longans*, bananas and citrus fruits). The drive out of Ho Chi Minh City (about two hours) takes you through miles of flat rice fields, along a road that is always busy with bicycles and people heading to or from the market. A highlight of this trip is a boat ride on the Mekong River to observe the active river life. The Mekong Delta was annexed from the Khmers in the late 18th century and continues to be influenced by Cambodia. Your boat trip takes you to one of the islands in the Mekong Delta to see a traditional farmer's home and fruit orchards where you will have the opportunity to sample exotic tropical fruits. Lunch will be at a local seafood restaurant in My Tho. Please note: Sunscreen, bug spray and a hat are recommended.



HCM28 CU CHI TUNNELS AND CAO DAI TEMPLE - GROUP A (0800-1900) Minimum 16/Maximum 80 (PRICE: \$59)

[FDP: FRÖLANDER-ULF & GREEN]

Tay Ninh (a drive of about three hours from Ho Chi Minh City) serves as headquarters for one of Viet Nam's most interesting indigenous religions, Caodaism. Caodaism is the product of an attempt to create the ideal religion through the fusion of the secular and religious philosophies of the East and West. The result is a colorful potpourri that includes elements of Buddhism, Confucianism, Taoism, Hinduism, native Vietnamese spirits, Christianity and Islam. The main tenets of Caodaism include belief in one God, the existence of the soul, and the use of mediums to communicate with the spiritual world. The Holy See of the Cao Dai includes the Great Temple, offices, residences for officials and a hospital practicing traditional Vietnamese herbal medicine, to which people from all over the south travel for treatment. The Great Temple is one of the most striking structures in all of Asia, with its rococo extravagance and many



architectural idiosyncrasies. Services are held daily at 0600, 1200, 1800 and 2400. You will observe a portion of the 1200 service. Please note: Dress appropriately (covered knees and shoulders) in respect for the service you are attending.

Located approximately two hours from Ho Chi Minh City, Cu Chi is famous for its 200-kilometer network of underground tunnels. These tunnels were created and used by the Viet Cong forces during wars against both the French and Americans. Before visiting the tunnel system, you will be shown a video explaining their history and construction. From the mid-1940s onward, the tunnels were used as a base from which the Viet Cong could launch strategic attacks and then seemingly disappear into thin air. The tunnels had well-hidden entrances and thick roofs, which were capable of withstanding the weight of tanks and the impact of bombs. Unknowingly, the Americans even built a base camp on top of an existing tunnel network and suffered extensive casualties before they discovered their mistake. Most of the tunnels are only about two feet wide and five feet high. However, some of the passageways and tunnel rooms (e.g., meeting room, kitchen, dining room and hospital), while still small, have been enlarged for easier access. If you decide to visit the lower levels of the tunnels, which have not been enlarged, you will most likely get dirty while crawling through the narrow passageways. You may wish to bring a flashlight to assist in navigating these lower levels. (Lunch at a local restaurant is included.)

HCM29 RELAXING PHAN THIET 3 DAYS/2 NIGHTS (0800 Day 2 – 1800 Day 4)
Minimum 15/ Maximum 40 (PRICE: \$319) PRE-SALE ONLY

Leave the intensity of Ho Chi Minh City behind as you head 200 kilometers east to Phan Thiet. Your journey to this small, pleasant town takes you to one of Viet Nam's most beautiful, unspoiled coastlines. Located in the Binh Thuan Province, Phan Thiet's economy is strongly tied to the fishing industry. In fact, this influence often permeates the air with the aroma of Phan Thiet's famous fish sauce, *nuoc mam*.

Continuing eastward to Mui Ne, you pass rows of coconut and rubber trees, dragon fruit orchards and fishing villages – and you will begin to understand why Mui Ne is referred to as the “Hawai'i” of Viet Nam. Although this route is filled with visual splendor, the true beauty of Mui Ne can be seen in the impressive sand dunes. Each dune is unique – nature is its artist and the sand its canvas. Photographers often enjoy the challenge of attempting to capture this ever-changing beauty.

This trip includes a balance between structured activities and free time. Past participants have enjoyed Phan Thiet for its laid back atmosphere to its amazing sand dunes to its beachfront access.

Please note: There are no strong waves or currents in the waters; however, the beaches are not patrolled.

Suggested packing list: lightweight clothing, bathing suit, and hat; protection from the sun and layered clothing for cooler temperatures in the evenings.

Includes: hotel accommodations; 3 lunches, 2 dinners, 2 breakfasts; all tours and transfers.

HCM30 MEKONG DELTA EXPLORER 4 DAYS/3 NIGHTS (0800 Day 2 – 1800 Day 5)
Minimum 15/Maximum 28 (PRICE: \$229) PRE-SALE ONLY



Travel by motorcoach (about 2.5 hours) to Cai Be where you will board a local boat for a journey across the Mekong to nearby islands. Fresh fruit will be served and you can enjoy your box lunch picnic-style on the island. Enjoy a walk along the riverbank – passing by local communities, a school, a small church and rice mills – before returning to the boat to continue your journey through the maze of tributaries. In the late afternoon you will reach your accommodations – a house on the riverbank. Dinner will be served at the cottage house, and the evening can be spent enjoying the local hospitality.

The next morning depart by boat for Vinh Long and then drive to Can Tho (approximately 2½ hours) and enjoy free time to visit the local market. After lunch, visit a Khmer pagoda, where the monks often practice their English with visiting foreigners. In the late afternoon, return overland to Can Tho.

After waking up refreshed, start the day by boat and journey down the Mekong River to the bustling Cai Rang floating market, one of the busiest in the Delta. Return to Can Tho for some free time and lunch before your returning to the ship.

Suggested packing list: lightweight clothing, sturdy walking shoes insect repellent, protection from the sun, card games or reading material for free time after dinner at the cottage and layered clothing for cooler temperatures in the evenings.

Includes: hotel and cottage accommodations; box lunch on Day 1, 2 lunches, 2 dinners, 2 breakfasts; all tours and transfers.

HCM31 CAMBODIA: PHNOM PENH & ANGKOR WAT – GROUP B - 3 DAYS/2 NIGHTS (1100 Day 2 – 2200 Day 4) Minimum 15/Maximum 60 (PRICE: \$1,169) PRE-SALE ONLY.



Depart for the airport for your one-hour flight to Phnom Penh. Upon arrival, visit the Royal Palace and the Silver Pagoda. Enjoy a sunset cruise on the Mekong River followed by dinner at a local restaurant.

The next morning, visit the Tuol Sleng Museum, the Killing Fields and the Russian Market before transferring for your flight to Siem Reap. Upon arrival, view and explore Angkor Wat until sunset. Check into the hotel for dinner and overnight

Early risers may enjoy an optional sunrise tour of Angkor Wat. After breakfast at the hotel, spend the day exploring the area's massive and elaborate temple ruins and restoration projects, including Angkor Wat. Late afternoon, transfer to the airport for your return flight to Ho Chi Minh City.

Please note: Flight times are subject to change and will be confirmed one month prior to arrival. The order of visits may change depending on confirmed flight times.

Suggested packing list: 2 passport photos and US\$20 for Cambodia visa, lightweight pants or knee-length shorts, sturdy walking shoes with good tread for exploring the ruins; protection from the sun and layered clothing for cooler temperatures in the evenings.

Includes: hotel accommodations in Phnom Penh and Siem Reap; box lunch on Day 1, 2 lunches, 2 dinners, 2 breakfasts; all flights, tours and transfers.

HCM32 SERVICE VISIT: HY VONG 8 SCHOOL FOR THE DEAF AND THI NGHE ORPHANAGE – (1300-1730) Minimum 10/Maximum 30 (PRICE: \$45)

Hy Vong 8 School for the Deaf accommodates 63 children from the ages of 3-18. In addition to speech lessons and regular class work, some of the students work under the supervision of a local artist to produce cards and paintings that are sold at a local gallery. Revenue is used to pay expenses and to help support the school. You will visit the Hy Vong 8 School for the Deaf and the Thi Nghe Orphanage, a residential facility for abandoned and handicapped children. This facility accommodates approximately 300 children ranging in age from 2 to 25 years.



Suggested packing list: small toys, stickers, bubbles, crayons and coloring books to aid in interacting with the children. You may also wish to bring cash (U.S. currency accepted) to purchase these hand-painted silk cards while at the school.

HCM33 FORMER UPI PHOTOGRAPHER AND THE MUSEUM OF WAR REMNANTS – GROUP B (1300 -1730) Minimum 16/Maximum 25 (PRICE: \$42)

[FDP: CASTEEN]

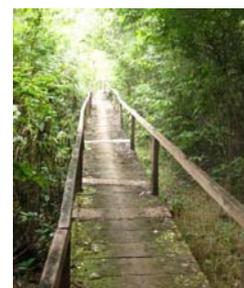
Before visiting the Museum of War Remnants, we will meet with a former UPI photographer who will provide a personal account of his work and of war photography during the 1960s and 1970s in Viet Nam. We will have the opportunity to ask questions before departing for the museum. The Museum of War Remnants (previously known as The Museum of American & Chinese War Crimes and then the Museum of War Atrocities) is housed in the former U.S. Information Service building. Many of the atrocities documented in the museum were well-publicized in the West. This visit is likely to jolt the senses; many of the photographs are grisly and shocking. Atrocities illustrated are from U.S. sources and include a picture of a suspected Viet Cong being pushed from a helicopter because he refused to “cooperate.” In the room on crimes committed by the Chinese during their 1979 invasion, China is portrayed as being allied with U.S. imperialism. In the yard of the museum, U.S. armored vehicles, artillery pieces, bombs and infantry weapons are displayed. This practicum will provide a backdrop to consider intergroup conflict, framing of information and recovery from trauma.



DAY 3: Thursday, October 27

Cancelled HCM34 CAT TIEN NATIONAL PARK 3 DAYS/2 NIGHTS (0700 Day 3 – 1800 Day 5) Minimum 15/Maximum 20 (PRICE: \$197) PRE-SALE ONLY

Cat Tien National Park is an important national park in Viet Nam that protects one of the largest areas of lowland tropical rainforests left in the country. *Cat Tien* was protected initially in 1978 as two sectors, *Nam Cat Tien* and *Tay Cat Tien*. Another sector, *Cat Loc*, was designated as a Rhinoceros Reserve in 1992 upon the discovery of a population of Javan Rhinoceros, an occasion that brought the park to the world's



eye. The three areas were combined to form one park in 1998. The park suffered during the Viet Nam War when it was extensively sprayed with pesticides like the defoliant Agent Orange. To this day these areas have extensive bamboo and grassland cover, but trees have not yet grown back. Although much wildlife was frightened away or killed during the war, some wild game managed to survive in this area. *Cat Tien* is one of the world's premier sites for biodiversity, with over 1,600 species of plants, nearly 400 bird species and 38 documented species of mammals. In addition, this site is also a model for the UNESCO goal of ensuring sustainable economic, cultural and social development of indigenous people. Your guide will provide information on local flora and fauna as well as on conservation issues in Viet Nam.

Upon arrival, a registration card must be completed in order to receive a license to enter the park. After these formalities are concluded, travel by small boats to the park headquarters. As the park has only recently been opened to tourists, facilities are sparse and quite rustic. Accommodations are very basic and include all bedding and bathroom facilities, though hot water is unreliable. A small restaurant serving simple Vietnamese food overlooks the river. This is the ideal excursion for those who wish to "get away from it all" – including rustic conditions, hiking through the forest and boating. The climate is usually very hot and humid.

Suggested packing list: lightweight clothing, long pants, extra socks, hiking shoes rain gear, insect repellent, protection from the sun, card games or reading material for free time after dinner at the guesthouse and layered clothing for cooler temperatures in the evenings.

Includes: Guesthouse accommodations (double or triple occupancy); box lunch on Day 1, 2 dinners, 1 packed lunch on Day 2; 1 lunch and 2 breakfasts; all tours and transfers.

HCM35 SERVICE VISIT: DA THIEN SCHOOL FOR HANDICAPPED CHILDREN (0800-1200) Minimum 15/Maximum 30 (PRICE: \$39)

You will travel to Da Thien School for Handicapped Children to meet school administrators. At this school, the Social Assistance Program for Viet Nam (SAP-VN) sponsors a free meal program for approximately 80 students. If available, a representative from SAP-VN will explain the efforts that are underway for the children of this school as well as for many other handicapped children within the rural areas of Viet Nam. Following some time for interaction with the children, you may assist in serving lunch.



Please note: The government requires a submitted manifest for this visit; therefore, participants cannot sell or exchange tickets.

Suggested packing list: small toys, stickers, bubbles, crayons and coloring books to aid in interacting with the children.

HCM36 ELEMENTARY SCHOOL VISIT (0800-1200) Minimum 15/Maximum 20 (PRICE: \$41)

Visit a local elementary school for children from the ages of five to eight years. Tour the facilities, observe classes and learn about the educational system in Ho Chi Minh City. If possible, an informal gathering in the staff room at the school will be arranged to interact with the teachers.

Please note: The government requires a submitted manifest for this visit; therefore, participants cannot sell or exchange tickets.

HCM37 SERVICE VISIT: YMCA HEADQUARTERS, ORANGE AGENT CHILDREN'S CENTER AND DISABLED YOUTH FACILITY (0800-1800) Minimum 15/Maximum 45 (PRICE: \$34)

You will meet YMCA representative at the ship's pier and travel by van to YMCA-sponsored facilities. A YMCA staff member will accompany you throughout the day. You will tour Orange Agent Children's Center, located in Cu Chi district. You will continue to YMCA Headquarters for a brief orientation where you will have an opportunity to interact with the YMCA volunteers and tour their sewing workshop. YMCA will provide lunch for you and the volunteers. Your final stop will be at Disabled Youth of VNYMCA for a tour of the facility and to learn about this program. The price of this practicum includes round-trip transportation, lunch and a donation to the YMCA facility. Please note: This day trip requires a manifest; therefore, participants cannot sell or exchange tickets.

HCM38 CU CHI TUNNELS AND CAO DAI TEMPLE – GROUP B (0800-1900) Minimum 16/Maximum 80 (PRICE: \$59)

Tay Ninh (a drive of about three hours from Ho Chi Minh City) serves as headquarters for one of Viet Nam's most interesting indigenous religions, Caodaism. Caodaism is the product of an attempt to create the ideal religion through the fusion of the secular and religious philosophies of the East and West. The result is a colorful potpourri that includes elements of Buddhism, Confucianism, Taoism, Hinduism, native Vietnamese spirits, Christianity and Islam. The main tenets of Caodaism include belief in one God, the existence of the soul, and the use of mediums to communicate with the spiritual world. The Holy See of the Cao Dai includes the Great Temple, offices, residences for officials and a hospital practicing traditional Vietnamese herbal medicine, to which people from all over the south travel for treatment. The Great Temple is one of the most striking structures in all of Asia, with its rococo extravagance and many architectural idiosyncrasies. Services are held daily at 0600, 1200, 1800 and 2400. You will observe a portion of the 1200 service. Please note: Dress appropriately (covered knees and shoulders) in respect for the service you are attending.



Located approximately two hours from Ho Chi Minh City, Cu Chi is famous for its 200-kilometer network of underground tunnels. These tunnels were created and used by the Viet Cong forces during wars against both the French and Americans. Before visiting the tunnel system, you will be shown a video explaining their history and construction. From the mid-1940s onward, the tunnels were used as a base from which the Viet Cong could launch strategic attacks and then seemingly disappear into thin air. The tunnels had well-hidden entrances and thick roofs, which were capable of withstanding the weight of tanks and the impact of bombs. Unknowingly, the Americans even built a base camp on top of an existing tunnel network and suffered extensive casualties before they discovered their mistake. Most of the tunnels are only about two feet wide and five feet high. However, some of the passageways and tunnel

rooms (e.g., meeting room, kitchen, dining room and hospital), while still small, have been enlarged for easier access. If you decide to visit the lower levels of the tunnels, which have not been enlarged, you will most likely get dirty while crawling through the narrow passageways. You may wish to bring a flashlight to assist in navigating these lower levels. (Lunch at a local restaurant is included.)

HCM39 MEKONG DELTA OVERNIGHT (0800 Day 3 - 1800 Day 4) Minimum 15/Maximum 40 (PRICE: \$169) PRE-SALE ONLY

Until the 16th century, the Mekong Delta was an area of marshlands and forest. Gradually, marshlands were reclaimed and a canal network was built for the cultivation of rice, fish, soybeans, maize, peanuts, tobacco and melons. The Cai Be area is famous for its coconut palms and fruit orchards (mangoes, *longans*, bananas and citrus fruits). The drive out of Ho Chi Minh City (about four hours) takes you through miles of flat rice fields, along a road that is always busy with bicycles and people heading to or from the market. A highlight of this trip is a boat ride on the Mekong River to observe the active river life. The Mekong Delta was annexed from the *Khmers* in the late 18th century and continues to be influenced by Cambodia. Your boat trip takes you to one of the islands in the Mekong Delta to see a traditional farmer's home and fruit orchards where you will have the opportunity to sample exotic tropical fruits. Then travel overland from Vinh Long to Can Tho. Can Tho is the capital of Hau Giang province, the economic hub of the Mekong Delta and its most modern city. Can Tho University, founded in 1966, conduct valuable agricultural research that has contributed substantially to improving production and pest control. Visit the Cai Rang Floating Market at the junction of seven canals, where all types of boats and *sampans* gather, their occupants busily engaged in buying or selling a wide variety of fruit, fish and vegetables. Please note: Sunscreen, bug spray and a hat are recommended.



Travel by motor coach (about four hours) to Vinh Long for a boat trip along the Mekong River. Visit a local farm and enjoy fresh fruits. Time to eat your ship box lunch is provided before continuing overland (about two hours) to Can Tho, the most modern and commercial town in the Delta. Dinner is at the Pacific Restaurant. (Box L, D; Area hotel)

After breakfast, depart to observe boat-building along the river. Continue to the Cai Rang Floating Market and board a small boat for a river cruise on which you can observe the local people as they bargain over fresh fruit, fish and vegetables. Upon returning to Can Tho, visit the Khmer Pagoda and have some free time at Can Tho market. Enjoy lunch at the hotel before returning overland to Ho Chi Minh City. (B, L)

Suggested packing list: lightweight clothing, sturdy walking shoes hat, insect repellent, protection from the sun, card games or reading material for free time after dinner and layered clothing for cooler temperatures in the evenings.

Includes: hotel accommodations; box lunch on Day 1, 1 lunch, 1 dinner, 1 breakfast; all tours and transfers.

HCM40 CAMBODIA: PHNOM PENH & ANGKOR WAT - GROUP C - 3 DAYS/2 NIGHTS (1100 Day 3 - 1700 Day 5) Minimum 15/Maximum 60 (PRICE: \$1,169) PRE-SALE ONLY

Depart for the airport for your one-hour flight to Phnom Penh. Upon arrival, visit the Royal Palace and the Silver Pagoda. Enjoy a sunset cruise on the Mekong River followed by dinner at a local restaurant.

The next morning, visit the Tuol Sleng Museum, the Killing Fields and the Russian Market before transferring for your flight to Siem Reap. Upon arrival, view and explore *Angkor Wat* until sunset. Check into the hotel for dinner and overnight

Early risers may enjoy an optional sunrise tour of *Angkor Wat*. After breakfast at the hotel, spend the day exploring the area's massive and elaborate temple ruins and restoration projects, including *Angkor Wat*. Late afternoon, transfer to the airport for your return flight to Ho Chi Minh City.

Please note: Flight times are subject to change and will be confirmed one month prior to arrival. The order of visits may change depending on confirmed flight times.

Suggested packing list: 2 passport photos and US\$20 for Cambodia visa, lightweight pants or knee-length shorts, sturdy walking shoes with good tread for exploring the ruins; protection from the sun and layered clothing for cooler temperatures in the evenings.

Includes: hotel accommodations in Phnom Penh and Siem Reap; box lunch on Day 1, 2 lunches, 2 dinners, 2 breakfasts; all flights, tours and transfers.

DAY 4: Friday, October 28

HCM41 MEKONG DELTA DAY TRIP – GROUP B (0800-1630) Minimum 16/ Maximum 80 (PRICE: \$46)

Until the 16th century the Mekong Delta was an area of marshlands and forest. Gradually marshlands were reclaimed, and a canal network was built for the cultivation of rice, fish, soybeans, maize, peanuts, tobacco and melons. The My Tho area is famous for its coconut palms and fruit orchards (mangoes, *longans*, bananas and citrus fruits). The drive out of Ho Chi Minh City (about two hours) takes you through miles of flat rice fields, along a road that is always busy with bicycles and people heading to or from the market. A highlight of this trip is a boat ride on the Mekong River to observe the active river life. The Mekong Delta was annexed from the Khmers in the late 18th century and continues to be influenced by Cambodia. Your boat trip takes you to one of the islands in the Mekong Delta to see a traditional farmer's home and fruit orchards where you will have the opportunity to sample exotic tropical fruits. Lunch will be at a local seafood restaurant in My Tho. Please note: Sunscreen, bug spray and a hat are recommended.

HCM42 SERVICE VISIT: SCHOOL FOR DISABLED (0730-1200) Minimum 15/ Maximum 20 (PRICE: \$39)

You will travel to the Hoc Mon District, about 25 kilometers from Ho Chi Minh City, to visit Khuyer Tat Hoc Mon School, catering to deaf and hearing-impaired children. Established in 1993, the school has 50 students ranging in age from 4 to 14 years. Classes are conducted from 0800-1100, five days per week, as children have to be collected and returned home by the teachers themselves and must return home for meals (some travel distances of 12-15 kilometers by bicycle each day to attend). Facilities at the school are very basic – small to medium-size rooms with wooden benches and tables attended by up to ten children per class, and a main gathering hall. There is a small kindergarten for the youngest children with simple playing tools and accessories for their use, and a large overgrown garden that the school hopes, at some stage, to develop into a playground with facilities. Hoc Mon is a rural area that produces about 60% of the vegetables for Ho Chi Minh City. The children in this rural area do not have many chances to meet and interact with visitors. They are likely to be quite excited about your visit. Please note: A small donation is included in the cost of this practicum.

Suggested packing list: small toys, stickers, bubbles, crayons and coloring books to aid in interacting with the children.

DAY 5: Saturday, October 29

HCM51 CU CHI TUNNELS - GROUP B (0700-1300) Minimum 16/Maximum 80 (PRICE: \$36)

The Cu Chi Tunnels tell a story of remarkable survival. They are also a place of shared history between the United States and Viet Nam; a place where histories intersect. The tunnels and accompanying stories of “tunnel rats” are a part of the popular American imagination shaped by Hollywood movies like *Apocalypse Now* and *Full Metal Jacket*. This practicum will offer participants a special opportunity to reflect on the popular mythology of the Viet Nam War, which, in Viet Nam, is known as the American War.

Located approximately two hours from Ho Chi Minh City, Cu Chi is famous for its 200-kilometer network of underground tunnels. These tunnels were created and used by the *Viet Cong* forces during wars against both the French and Americans. Before visiting the tunnel system, you will be shown a video explaining their history and construction. From the mid-1940s onward, the tunnels were used as a base from which the *Viet Cong* could launch strategic attacks and then seemingly disappear into thin air. The tunnels had well-hidden entrances and thick roofs which were capable of withstanding the weight of tanks and the impact of bombs. Unknowingly, the Americans even built a base camp on top of an existing tunnel network and suffered extensive casualties before they discovered their mistake. Most of the tunnels are only about two feet wide and five feet high. However, some of the passageways and tunnel rooms (e.g., meeting room, kitchen, dining room and hospital), while still small, have been enlarged for easier access. If you decide to visit the lower levels of the tunnels, which have not been enlarged, you will most likely get dirty while crawling through the narrow passageways. You may wish to bring a flashlight to assist in navigating these lower levels.

HCM52 MEKONG DELTA DAY TRIP - GROUP C (0800-1630) Minimum 16/ Maximum 114 (PRICE: \$46)



Until the 16th century the Mekong Delta was an area of marshlands and forest. Gradually marshlands were reclaimed, and a canal network was built for the cultivation of rice, fish, soybeans, maize, peanuts, tobacco and melons. The My Tho area is famous for its coconut palms and fruit orchards (mangoes, *longans*, bananas and citrus fruits). The drive out of Ho Chi Minh City (about two hours) takes you through miles of flat rice fields, along a road that is always busy with bicycles and people heading to or from the market. A highlight of this trip is a boat ride on the Mekong River to observe the active river life. The Mekong Delta was annexed from the Khmers in the late 18th century and continues to be influenced by Cambodia. Your boat trip takes you to one of the islands in the Mekong Delta to see a traditional farmer's home and fruit orchards where you will have the opportunity to sample exotic tropical fruits. Lunch will be at a local seafood restaurant in My Tho. Please note: Sunscreen, bug spray and a hat are recommended.

HCM53 CU CHI TUNNELS AND CAO DAI TEMPLE GROUP C (0800-1900) Minimum 15/Maximum 80 (PRICE: \$59)

Tay Ninh (a drive of about three hours from Ho Chi Minh City) serves as headquarters for one of Viet Nam's most interesting indigenous religions, Caodaism. Caodaism is the product of an attempt to create the ideal religion through the fusion of the secular and religious philosophies of the East and West. The result is a colorful potpourri that includes elements of Buddhism, Confucianism, Taoism, Hinduism, native Vietnamese spirits, Christianity and Islam. The main tenets of Caodaism include belief in one God, the existence of the soul, and the use of mediums to communicate with the spiritual world. The Holy See of the *Cao Dai* includes the Great Temple, offices, residences for officials and a hospital practicing traditional Vietnamese herbal medicine, to which people from all over the south travel for treatment. The Great Temple is one of the most striking structures in all of Asia, with its rococo extravagance and many architectural idiosyncrasies. Services are held daily at 0600, 1200, 1800 and 2400. You will observe a portion of the 1200 service. Please note: Dress appropriately (covered knees and shoulders) in respect for the service you are attending.



Located approximately two hours from Ho Chi Minh City, Cu Chi is famous for its 200-kilometer network of underground tunnels. These tunnels were created and used by the *Viet Cong* forces during wars against both the French and Americans. Before visiting the tunnel system, you will be shown a video explaining their history and construction. From the mid-1940s onward, the tunnels were used as a base from which the Viet Cong could launch strategic attacks and then seemingly disappear into thin air. The tunnels had well-hidden entrances and thick roofs, which were capable of withstanding the weight of tanks and the impact of bombs. Unknowingly, the Americans even built a base camp on top of an existing tunnel network and suffered extensive casualties before they discovered their mistake. Most of the tunnels are only about two feet wide and five feet high. However, some of the passageways and tunnel rooms (e.g., meeting room, kitchen, dining room and hospital), while still small, have been enlarged for easier access. If you decide to visit the lower levels of the tunnels, which have not been enlarged, you will most likely get dirty while crawling through the narrow passageways. You may wish to bring a flashlight to assist in navigating these lower levels. (Lunch at a local restaurant is included.)

HCM54 FORMER UPI PHOTOGRAPHER AND THE MUSEUM OF WAR REMNANTS - GROUP C (1300 -1730) Minimum 16/Maximum 25 (PRICE: \$42)

[FDP: FOWLER]

Before visiting the Museum of War Remnants, we will meet with a former UPI photographer who will provide a personal account of his work and of war photography during the 1960s and 1970s in Viet Nam. We will have the opportunity to ask questions before departing for the museum. The Museum of War Remnants (previously known as The Museum of American & Chinese War Crimes and then the Museum of War Atrocities) is housed in the former U.S. Information Service building. Many of the atrocities documented in the museum were well-publicized in the West. This visit is likely to jolt the senses; many of the photographs are grisly and shocking. Atrocities illustrated are from U.S. sources and include a picture of a suspected *Viet Cong* being pushed from a helicopter because he refused to “cooperate.” In the room on crimes committed by the Chinese during their 1979 invasion, China is portrayed as being allied with U.S. imperialism. In the yard of the museum, U.S. armored vehicles, artillery pieces, bombs and infantry weapons are displayed. This practicum will provide a backdrop to consider intergroup conflict, framing of information and recovery from trauma.

DAY 6: Sunday, October 30

HCM61 MUSEUM OF WAR REMNANTS AND BEN THANH MARKET (WITH LUNCH)
(0915-1430) Minimum 5/Maximum 30 (PRICE: \$42 + OOPEX)

[FDP: HUNT]

Spend a day exploring areas of the city, taking in the local sights, sounds, and flavors. Departing the ship, we will travel first to the Museum of War Remnants for a sobering cross-cultural view of the Viet Nam War. There are few museums in the world that so powerfully depict the brutality of modern warfare and its effects on both soldiers and civilians. Next, we'll visit the Ben Thanh Market (*Cho Ben Thanh*), one of the city's liveliest and most bustling market areas. Here we will have lunch at a local restaurant (included). Please note: OOPEX includes local currency for museum entrance (equivalent of USD\$2) and optional market purchases.

HCM62 SHRIMP FARMING IN THE CAN GIO BIOSPHERE (1000-1800) Minimum
16/Maximum 20 (PRICE: \$99)

[FDP: BAKER & MOLLOY]

The Can Gio Biosphere Reserve (located approximately 40 kilometers southeast of Ho Chi Minh City) is a coastal wetlands ecosystem dominated by mangroves. Home to a wide variety of plants, fish, birds and invertebrates, the area represents one of Viet Nam's richest and most diverse natural habitats. The mangrove forest provides valuable ecological functions, including coastal stabilization and protection against erosion from storm surges, and is a source of fuel wood and construction materials. The area is recovering from extensive deforestation that occurred during the Viet Nam War. Unfortunately, the natural diversity is threatened by expanding aquaculture activities,

primarily shrimp farming. Current methods of shrimp aquaculture compete with agricultural and other uses of the watershed, and impose substantial externalities on other parties. In addition to exploring the rich natural beauty of the Can Gio Biosphere, participants will visit a working shrimp farm to assess the degree to which shrimp aquaculture represents a sustainable use of this natural ecosystem. The tour includes lunch at a local restaurant in Can Gio and will return to the ship in late afternoon.

HCM63 FORMER UPI PHOTOGRAPHER AND THE MUSEUM OF WAR REMNANTS – GROUP D (1300-1730) Minimum 11/Maximum 25 (PRICE: \$42)

[FDP: SINGH]

Before visiting the Museum of War Remnants, we will meet with a former UPI photographer who will provide a personal account of his work and of war photography during the 1960s and 1970s in Viet Nam. We will have the opportunity to ask questions before departing for the museum. The Museum of War Remnants (previously known as the Museum of American & Chinese War Crimes and then the Museum of War Atrocities) is housed in the former U.S. Information Service building. Many of the atrocities documented in the museum were well publicized in the West. This visit is likely to jolt the senses; many of the photographs are grisly and shocking. Atrocities illustrated are from U.S. sources and include a picture of a suspected Viet Cong being pushed from a helicopter because he refused to “cooperate.” In the room on crimes committed by the Chinese during their 1979 invasion, China is portrayed as being allied with U.S. imperialism. In the yard of the museum, U.S. armored vehicles, artillery pieces, bombs and infantry weapons are displayed. This practicum will provide a backdrop for considering how images of conflict are captured and conveyed, and for reflecting upon the ethics of telling war stories.

HONG KONG S.A.R., CHINA

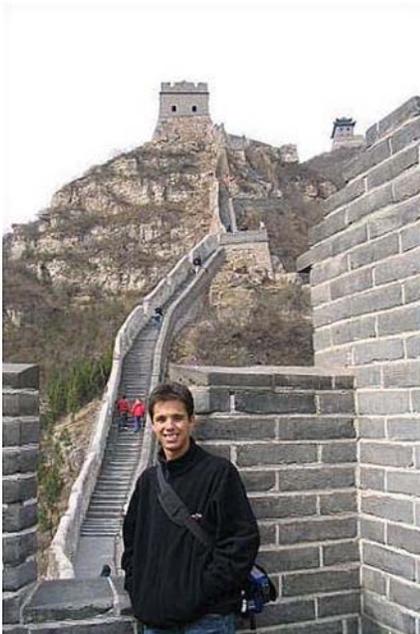
Arrive: 0800 Thursday, November 03

Onboard: 1800 Friday, November 04

Depart: 2000 Friday, November 04

DAY 1: Thursday, November 03

BEIJING



Beijing, the capital of China, lies just south of the rim of the Central Asian Steppes and is separated from the Gobi Desert by a green chain of mountains, over which the Great Wall runs. Modern Beijing lies on the site of countless human settlements that date back half a million years. *Homo erectus pekinensis*, better known as “Peking Man,” was discovered just outside the city in 1929. Beijing is China’s second largest city in terms of population and the largest in the administrative territory.

The name *Beijing* or “Northern Capital” is a modern term by Chinese standards. It first became a capital in the Jin Dynasty (1115-1234), but it experienced its first phase of grandiose city planning in the Yuan Dynasty under the rule of the Mongol emperor, Kublai Khan, who made the city his winter capital in the late 13th century. Little of it remains in today’s Beijing. Most of what the visitor sees today dates from either the Ming or later Qing dynasties. Huge concrete tower blocks have mushroomed and construction sites are everywhere. Bicycles are still the main mode of transportation, but taxis, cars and buses jam the city streets.

On your trip to Beijing, you will gain insight into one of the world’s ancient civilizations and observe the daily life of the people in the world’s most populous nation. You will visit the Temple of Heaven, which is situated in the largest of Beijing’s parks. The main temple and other buildings of the complex comprise one of the most beautiful architectural achievements in the world and are outstanding masterpieces of traditional Chinese architecture. The sights surrounding Tiananmen Square include Chairman Mao’s Memorial Hall and the Imperial Palace (referred to as the Forbidden City of the Ming and Qing Dynasties). This palace complex is the largest and most complete of China’s existing imperial palaces and the former residence of 24 emperors.

Outside the city proper is one of the world’s most famous sights—the Great Wall of China. The Chinese name for the Great Wall is *Wan Li Chang Cheng*, or “the Long Wall of Ten Thousand Li.” The Great Wall snakes its way from east to west for nearly 4,000 miles (6,350 kilometers). The Great Wall was first built in shorter pieces, starting in the fifth century BCE, as a defensive and boundary wall around the smaller states of Yen, Chao and Wei. The first Qin emperor, who unified China for the first time, linked up and extended the Great Wall from Liaoning in the east to Gansu in the northwest as protection from the Huns and other nomadic tribes to the north. The Great Wall was subsequently repaired and extended by succeeding dynasties, especially the Ming. It is said that more than 300,000 men worked for 10 years to complete it.

For this voyage, Semester at Sea is offering the following trips to Beijing: Xi'an/Beijing (6 Days/5 Nights), Tibet/Beijing (6 Days/5 Nights) Beijing (4 Days/3 Nights), Beijing: University-Hosted Trip(4 Days/3 Nights) and Hiking the Great Wall (4 Days/3 Nights). Please note: For all trips traveling to the People's Republic of China from the Special Administrative Region (Hong Kong), you must take your passport with you. Also note that the Beijing trips are physically demanding. They involve long days, a fair amount of walking (often over uneven surfaces) and dealing with crowded spaces.

HKG01 TIBET /BEIJING - 6 DAYS/5NIGHTS (Upon Arrival Day 1 - 1200 Day 6)
Minimum 16/Maximum 64 (PRICE: \$2,139) PRE-SALE ONLY

This field programs will take you from Hong Kong to Chengdu to Lhasa to Beijing and back to Shanghai to meet the ship, enjoying many sites along the way.

Lhasa is rightly one of the most featured and dreamt-about cities in the world. This is not only because of its remoteness, its high altitude at 3,650 meters (11,975 feet) means limited accessibility, but also because of its impressive heritage of over a thousand years of cultural and spiritual history that has helped to create the romantic and mysterious Tibetan religion.

Differing from the inland cities and other places in Tibet, Lhasa is unique with an allure all of its own. In the Tibetan language, Lhasa means the Holy Land or the Buddha Land. It is the center of Tibet's politics, economy and culture. The city has also been appointed as one of the 24 historical and cultural cities of China. The splendor and grandeur of the Potala Palace in Lhasa remains a world-famous symbol of the enigmatic power of politics and religion in this region.

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As the beautiful capital city of Tibet Autonomous Region (TAR), Lhasa is situated in the South Central part of the region, on the North bank of the Kyichu River (Lhasa River) in a mountain-fringed valley. This ancient sprawling city, settled 1,300 years ago, covers 30,000 square kilometers (11,583 square miles), with a population of 400,000, of which 87 percent are Tibetans. The urban population is 180,000.

After enjoying the majesty of Tibet, travel to Beijing to explore the many highlights this ancient capital city has to offer. From Tiananmen Square, the largest public square in the world, to the Forbidden City to the Great Wall—these sites are sure to leave a lasting impression. One of the wonders of the world, *Wan Li Chang Cheng* (the Long Wall of Ten Thousand Li) boasts nearly two million visitors each year.

Includes: 5 nights' accommodation in hotel; flights; transfers; guide; entrance fees for sightseeing; 3 dinners; 5 breakfasts; 4 lunches; mineral water on board coaches



Cancelled HKG02 XI'AN/BEIJING - 6 DAYS/5NIGHTS (Upon Arrival, Day 1 - 1200 Day 6) Minimum 32/Maximum 64 (PRICE: \$1,999) PRE-SALE ONLY

In addition to visiting the highlights of Beijing, such as Tiananmen Square, the Forbidden City and the Great Wall, this trip explores Xi'an. This eternal city records the great changes of China just like a living history book. Called Chang'an in ancient times, Xi'an is one of the birthplaces of the ancient civilization in the Yellow River Basin area of the country. During Xi'an's 3,100-year development, 13 dynasties such as Zhou, Qin, Han and Tang placed their capitals here. So far, Xi'an enjoys equal fame with Athens, Cairo and Rome as one of the four major capitals of ancient civilization. A principal city of northwest China, Xi'an is the capital of Shaanxi Province, located in the southern part of the Guan Zhong Plain.



Today, Xi'an attracts visitors because of the important archeological finds in the area. The famous Silk Road began here, promoting economic and cultural interchanges between Han and post-Han China with countries in West Asia and Europe. Among the important attractions in Xi'an are the Shaanxi Provincial Museum; the Terracotta Army of 7,000 life-size soldiers, chariots, horses and weapons; the Big Wild Goose Pagoda; and the excavations of the Banpo Neolithic village.

Includes: 5 nights' hotel accommodations; flights; transfers; guide; entrance fees for sightseeing; Tang Dynasty Show in Xi'an; Acrobatic Show in Beijing; 5 Breakfasts; 4 Lunches; 4 Dinners Mineral water on coaches

HKG03 LABOR & ENVIRONMENTAL ISSUES IN CHINESE FACTORY ZONES (0830-1830) Minimum 20/Maximum 20 (PRICE: \$62)

[FDP: SPENCER]

This FDP will begin with a visit to SACOM's (Students and Scholars Against Corporate Misbehavior) office in Hong Kong for a presentation on the capital flow of multinational corporations to Chinese industrial zones and the working and living conditions of Chinese workers in these zones. China's place in the global economy will also be discussed. Then we will drive to the neighboring city of Shenzhen to observe an industrial zone from outside, and talk directly to workers from these factories about work and environmental issues important to them. Students will learn firsthand about labor and environmental issues and conditions for workers in China's industrial zones for export goods by talking with workers from the zones, and members of SACOM. The FDP will be particularly relevant to students in Professor Spencer's Globalization class, but may be of interest to others as well.

HKG04 BUDDHIST MONASTERY/LANTAU ISLAND (0900-1600) Minimum 26/Maximum 40 (PRICE: \$88)

[FDP: HUFFMAN]

Travel by motorcoach (via the expressway) to Lantau Island, the largest outlying island of Hong Kong. Make a brief stop at the Tsing Yi viewing platform for a view of the Tsing Ma Bridge, the longest suspension bridge in the world. Upon arrival in Tung Chung New Town, change to a franchised coach for your tour of Lantau Island. Visit the Tai O fishing village. Built on stilts on the river, Tai O was the center of Hong



Kong's salt-panning industry for 100 years. Travel through the beautiful mountain scenery to Po Lin Monastery, the principal center of Buddhism in Hong Kong. See the world's largest outdoor bronze Buddha (26 meters high) and visit the museum. After a vegetarian lunch at the monastery, enjoy free time to explore the Ngong Ping Theme Village before taking the cable car to Tung Chung town. Return to ship.

HKG05 CHINESE CUISINE TRAINING INSTITUTE (0930-1530) Minimum 15/Maximum 24 (PRICE: \$133) PRE-SALE ONLY

As an international city, many cultures and tastes are represented in Hong Kong's world of dining. Being one of the Millennium Projects initiated by the Hong Kong Special Administrative Region Government, the Chinese Cuisine Training Institute (CCTI) provides both full- and part-time courses to beginners and practicing chefs in the industry who wish to obtain and upgrade their qualifications in Chinese cuisine. We will participate in a course in their demonstration kitchen. The Institute also features a teaching restaurant and a shop that sells culinary-related gift items. Please do not wear shorts or sandals. Please note: This practicum is not recommended for children.



HKG06 LANDSLIDES & GEOLOGY IN HONG KONG (1000-1700) Minimum 20/Maximum 40 (PRICE: \$41)

[FDP: GOLDIN]

We will expose students to landslides in Hong Kong, particularly the devastating Po Shan Road slide, including prevention measures for future landslides. Students will have a tour of the Geological Museum at the University of Hong Kong as well as a Chinese herb garden. Please note: Box lunches provided from the ship.

HKG07 ART IN HONG KONG (1100-1500) Minimum 19/Maximum 30 (PRICE: \$79 + OOPEX)

[FDP: PITSCH & IPPOLITO]

This FDP will provide exposure to a variety of art spaces in Hong Kong. We will be looking at the Hong Kong art scene from a commercial perspective as well as a more local grass roots scene. On this trip we will visit the commercial art spaces of Sotheby's contemporary Asian art department; Gagosian Gallery Hong Kong (Director Nick Simunovic, former director of the Guggenheim); Osage Gallery (An interdisciplinary art platform, also in Shanghai, Beijing and Singapore; very active in young arts of Hong Kong); and Asia arts archives (a dynamic library for artists and an important part of the art community). As a counterpoint, we will visit a variety of artists' studios as noncommercial art spaces in the afternoon, including Blue Lotus Gallery and the artist community in the building (an industrial area in which most artists have studios).

This FDP will give students a direct experience with the art scene in Hong Kong. It will provide an overview of the difference between the commercial art world of Hong Kong and the more direct experience of artist-run spaces. We will have the opportunity to see and speak to artists about their influences and conceptual considerations, the materials and techniques they employ and their working space/conditions. Please note: Lunch is included, but OOPEX includes beverages.

HKG08 CITY ORIENTATION: HISTORIC HONG KONG (1100-1745) Minimum 19/No Maximum (PRICE: \$48)

Visit some of the monuments, heritage buildings and historical sites that help give Hong Kong its unique atmosphere. Proceed to Cat Street, once notorious for seamen's lodging houses, brothels and hideouts for criminals. The Man Mo Temple in the Hollywood Road/Cat Street antique and curio area dates back to 1847 and is the oldest temple in the city. Continue your orientation to Hong Kong with a visit to Aberdeen, home to hundreds of people living on fishing junks, juxtaposed against a modern high-rise community. Enjoy a sampan ride to get a close-up look at this unusual way of life. Then, take a tram ride up to Victoria Peak for a birds-eye view of the city and harbor before taking the funicular tram downhill. End the day with a walking tour that passes by some of the major historical buildings, including St. John's Cathedral, one of Hong Kong's oldest Western-style buildings. Also visit the Court of Final Appeal (Old French Mission Building), the Legislative Council Building (Old Supreme Court) and the Museum of Tea Ware. Please note: Box lunches from the ship will be provided.



HKG09 HONG KONG ZOOLOGICAL AND BOTANICAL GARDENS (1230-1700) Minimum 20/Maximum 35 (PRICE: \$24)

On this practicum we will visit the Hong Kong Zoological and Botanical Gardens (HKZBG). The gardens are located on the northern slope of Victoria Peak with a highest point of 100 meters and a lowest point of 62 meters above sea level. HKZBG, occupies an area of 5.6 hectares was founded in 1871. Construction works of the Garden started in 1860 and the first stage was opened to the public in 1864. Much of the flora and fauna mentioned in Chinese Poetry is unfamiliar to western readers. This practicum will attempt to introduce participants to the elements of the landscapes and wildlife that form an important part of Chinese poetry.



HKG10 MAI PO MARSHES (1230-1700) Minimum 20/Maximum 50 (PRICE: \$50)

[FDP: BOUDRIAS]

Wetlands are being lost worldwide at an alarming rate. In addition to providing habitat for plants and animals, as well as nurseries for fish, shrimp and other shellfish, wetlands provide free ecosystem services. For example, wetlands that include mangrove trees provide a buffer between the ocean and the land. This buffer zone stabilizes the shore by reducing the effects from wave and wind action during storms. Hong Kong has only one wetland designated to have international importance, Mai Po. The Mai Po Marshes Wildlife Education Center and Nature Reserve (supported, in part, by the World Wide Fund for Nature Hong Kong) includes a shallow bay with intertidal mudflats and mangrove trees. It provides a conservation area for mammals, reptiles, insects and over 350 kinds of birds. Thousands of migratory water birds visit Mai Po as a refueling stopover during long migrations. We will walk the boardwalk and use the birding blinds to see how these areas are used by wildlife, observe kingfishers and other common species, and keep our eyes out for any rare birds, such as spoonbills. Additionally, as an example of sustainable management, we will learn about *gei wai* shrimp farming practiced in the area. Please note: Box lunches from the ship will be provided.



HKG11 CONCEPTIONS OF HUMAN RIGHTS IN CHINA (1300-1500 On Ship) Minimum 18/Maximum 50 (PRICE: \$13)

[FDP: FOWLER & BUNCK]

The lecture and discussion concerning “Conceptions of Human Rights in China” will be held on board the ship with professors Glenn Shive and Anne Carver of the Chinese University of Hong Kong. Professor Carver is a law professor, a senior lecturer since 1984, who has written extensively on law in Hong Kong and has served as a legal adviser to the Ombudsman of the Government of Hong Kong. Dr. Shive is a historian of China, with a Ph.D. from Temple University, who also teaches at the Chinese University of Hong Kong and has served as Director and Chief Executive Officer of the Hong Kong America Center since 2000, a non-profit consortium of universities in Hong Kong that promotes educational exchanges, including Fulbright scholarships. He has taught at various Chinese universities and has served as Assistant Dean of the East West Center in Honolulu.

Students will learn about how human rights have been and are still conceived in Hong Kong and the remainder of the People’s Republic of China (PRC). In light of the differing conceptions of human rights in different societies, this practicum will explore, via a lecture and follow-up discussion with the guest speakers, the following types of issues: (a) what has the phrase “human rights” meant in the PRC?; (b) what are the similarities and differences between those ideas and what the phrase meant to British administrators and to people in Hong Kong during the colonial period?; (c) how were issues regarding human rights – and perhaps differing conceptions of human rights – handled in the political settlement between Great Britain and China that preceded the 1997 transfer of sovereignty over Hong Kong?; and (d) how do the people of Hong Kong think of their human rights today? While this practicum should be of broad interest to the shipboard community, it will be particularly relevant for the courses “International Law and Human Rights” and “Theories of International Relations: World Order.”

HKG12 DRAGON’S BACK HIKE (1300-1800) Minimum 10/Maximum 15 (PRICE: \$82)

Hong Kong is remarkable because you can step from busy urban areas into peaceful countryside in less than an hour. That's particularly true for the Dragon's Back trail which Time Magazine declared as the Best Urban Hike in Asia. The trail is "the city's finest and most surprising ramble", the Time article says. "The glory of it all is that you're so close to the city, but could hardly feel farther away." A lovely cool path takes you through shady groves of bamboo and lush woodland, accompanied by birdsongs. You will emerge into open hillsides often covered with wild azaleas or rose myrtle. We finish the hike by strolling down through shaded tunnels of exotic vegetation, and then you may continue on to the nearby fishing village of Shek O, with its popular seafood restaurants and beach.



HKG13 STREET MARKETS OF HONG KONG (1400-2200) Minimum 20/ Maximum 23 (PRICE: \$57+ OOPEX)

[FDP: CASTEEN]

This practicum will give students a chance to explore the city and observe and greet locals firsthand. We will be looking for the usual and unusual, giving Professor Casteen's students a good opportunity to write feature stories about the experiences and sights, sounds, smells, tastes and people of the city. We will begin with a ride on the Star Ferry to Kowloon and continue across the island, on a double-decker bus, to Stanley Market. We will ride up to Victoria Peak by motorcoach and return down via the tram. From there we will go to the Super Star Seafood Restaurant at Tsim Sha Tsui for dinner (included). Afterward, we will spend the evening at the Temple Street Market, a major night public market in Kowloon. Please note: Out-of-pocket expenses include local currency for beverages at dinner. Beverages are *not* included with dinner.



DAY 2: Tuesday, November 04

HKG21 SUNRISE TAI CHI (0800-1100) Minimum 10/Maximum 30 (PRICE: \$74)

Tai Chi is a graceful exercise that combines thought and action and is developed from an ancient martial art that reflects Taoist philosophy. The essence of Tai Chi is a combination of control and balance. After an early morning Tai Chi session, participants will take a break at Serenade for a de-briefing on what was learned during the morning session and warm-up with a hot cup of Chinese tea and dumplings. After the break, the class will resume for another hour.



HKG22 LAMMA ISLAND AND FISHERFOLK'S VILLAGE (0900-1500) Minimum 25/Maximum 30 (PRICE: \$100)

Enjoy a cruise along Victoria Harbour past some of Hong Kong's most famous landmarks, including Hong Kong's tallest building, Two International Finance Centre (Two IFC) and the award-winning Hong Kong Convention and Exhibition Centre along the Wan Chai waterfront. Visit the Shau Kei Wan Typhoon Shelter where local fishermen moor their fishing boats and witness the firing of the legendary Noon Day Gun at Causeway Bay. Continue to Lamma Island—Hong Kong's third largest island—for a local seafood lunch followed by a visit to the Lamma Fisherfolk's Village. Located at the Sok Kwu Wan, the village shows its local fisherman's traditional culture. Learn about Hong Kong's marine fish culture and fishing industry, including how to raise the top gallant and put up sails, cast the net to catch fish, repair the net and fix the fishing boats. Traditional fishing gears and fishing boat models are also on display in the village.



HKG23 TAI CHI, TEA, AND DIM SUM (0930-1400) Minimum 25/Maximum 30 (PRICE: \$76)

Tai Chi is a graceful exercise that combines thought and action and is developed from an ancient martial art that reflects the Taoist approach to stabilizing cosmic energy. The essence of Tai Chi is a combination of control and balance. After a lesson under the guidance of a Tai Chi master, visit a Chinese teashop to learn more about Chinese tea-drinking traditions and customs and the secrets of making and drinking Chinese tea. A Tang Dynasty scholar devised the first definitive treatise on tea-making more than 1,200 years ago, and it remains a thriving tradition in China today. Complete your morning by enjoying a delicious dim sum meal at a restaurant followed by a stroll on the historical Wet Market prior to returning to the ship. Please note: This practicum is not recommended for children.



HKG24 BEIJING - 4 DAYS/3 NIGHTS (0945 Day 2 - 1500 Day 5) Minimum 16/Maximum 200 (PRICE: \$1,189) PRE-SALE ONLY

Beijing, the capital of China, lies just south of the rim of the Central Asian Steppes and is separated from the Gobi Desert by a green chain of mountains, over which The Great Wall runs. Modern Beijing lies on the site of countless human settlements that date back half a million years. Homo erectus Pekinensis, better known as Peking man was discovered just outside the city in 1929. It is China's second largest city in terms of population and the largest in administrative territory.



The name Beijing - or Northern Capital - is a modern term by Chinese standards. It first became a capital in the Jin Dynasty (1115-1234), but it experienced its first phase of grandiose city planning in the Yuan Dynasty under the rule of the Mongol emperor, Kublai Khan, who made the city his winter capital in the late 13th century. Little of it remains in today's Beijing. Most of what the visitor sees today dates from either the Ming or later Qing dynasties. Huge concrete tower blocks have mushroomed and construction sites are everywhere. Bicycles are still the main mode of transportation but taxis, cars, and buses jam the city streets.

Sites visited and activities included on this program to the capital of China include the Temple of Heaven, the Hutong area on a *trishaw*, a local family for tea and interesting conversation, as well as a lesson in homecooking of *jiaozi* (the popular Chinese dumpling), Tiananmen Square, the Forbidden City, the Guang Ai Migrant School in the Shunyi District on the outskirts of Beijing to participate in volunteer work, an exciting visit to the Badaling section of the Great Wall, a visit to the Beijing International Kungfu School and a Chinese Acrobatic show.

Includes: flights; transfers; 3 nights' accommodation; guide; entrance fees for sightseeing; 3 breakfasts; 4 lunches; 3 dinners; mineral water on board coaches

HKG25 HIKING ON THE GREAT WALL - 4 DAYS/3 NIGHTS (0945 Day 2 – 2000 Day 5)
Minimum 16/Maximum 64 (PRICE: \$1,299) PRE-SALE ONLY

This trip offers the opportunity to explore the expansive Great Wall by hiking this rewarding wonder of the world. Once in Beijing, travel three hours by bus to *Simatai* where participants will watch the sunset over the Great Wall followed by an early evening under the stars. Enjoy exhilarating 4-5 hour hikes on days two and three where the group will enjoy two different sections of the Wall. Hike *Simatai* and *Jinshanling*. The Simatai Great Wall is celebrated for its steepness and intactness. The main attractions include the Stairway to Heaven, the Fairy Tower, the Heaven Bridge and the Wangjinglou Tower. Continue to *Jinshanling*, the best preserved part of the Great Wall with many original features. The next day, travel to the *Gubeikou*, which in comparison to the previous hike is fairly smooth and amenable. On the last day, return to Beijing and visit Tiananmen Square and the Forbidden City before the return flight to Shanghai.

Includes: flights; transfers; 3 nights' accommodation; air-conditioned bus to Simatai; sunset over the Great Wall; 3 breakfasts; 2 lunches; 3 dinners, including Peking Duck; Simatai-Jinshanling hike; Jinshanling- Gubeikou hike; visit to Tiananmen Square and the Forbidden City

HKG26 BEIJING - 4 DAYS/3 NIGHTS - UNIVERSITY-HOSTED TRIP: TSINGHUA UNIVERSITY (0945 Day 2 – 2330 Day 5) Minimum 16/Maximum 100 (PRICE: \$999) PRE-SALE ONLY

Former Semester at Sea students have reported that participation in a university visit in the People's Republic of China was a highlight of their voyage. The exchange with Tsinghua University provides valuable opportunities to interact with Chinese students and to experience life on a Chinese campus. In addition, participants will visit the major sights of historical and cultural interest in Beijing. All lodging in university housing for foreign visitors, meals and activities are arranged by the universities.

On this trip to Beijing participants will not only learn about one of the world's ancient civilizations but will also have the opportunity to observe the daily life of the people in the capital of the world's most populous nation. Visit the Temple of Heaven which is situated in the largest of Beijing's parks. The main temple and other buildings of the complex comprise one of the most beautiful architectural achievements in the world and are outstanding masterpieces of traditional Chinese architecture. The sites surrounding Tiananmen Square include Chairman Mao's Memorial Hall and the Imperial Palace, referred to as the Forbidden City of the Ming and Qing Dynasties. This palace complex is the largest and most complete of China's existing imperial palaces and the former residence of 24 emperors. Outside the city proper is one of the world's most famous sights – The Great Wall of China. The Great Wall snakes its way from east to west for nearly 4,000 miles (6,350 km). The Wall was first built in shorter pieces, starting in the 5th century BCE, as a defensive and boundary wall around the smaller states of Yen, Chao and Wei. The first Qin emperor, who unified China for the first time, linked up and extended the Wall from Liaoning in the east to Gansu in the northwest as protection from the Huns and other nomadic tribes to the north. The Wall was subsequently repaired and extended by succeeding dynasties, especially the Ming.

Includes: flights; transfers; 3 nights' accommodation; 3 breakfasts; 3 lunches; 4 dinners; all activities and site visits



HKG27 XI'AN - 4 DAYS/3 NIGHTS (1130 Day 2 - 1500 Day 5) Minimum 16/Maximum 64 (PRICE: \$899) PRE-SALE ONLY

Xi'an, the eternal city, records the great changes of China just like a living history book. Called Chang'an in ancient times, Xi'an is one of the birthplaces of the ancient civilization in the Yellow River Basin area of the country. During Xi'an's 3,100-year development, 13 dynasties such as Zhou, Qin, Han and Tang placed their capitals here. So far, Xi'an enjoys equal fame with Athens, Cairo and Rome as one of the four major capitals of ancient civilization. One of the principal cities of northwest China, Xi'an is the capital of Shaanxi Province, located in the southern part of the Guan Zhong Plain.



Xi'an was once the largest city in the world as well as the capital of the Chinese Empire for 1,000 years. Today it attracts visitors because of the important archeological finds in the area. The famous Silk Road began here, promoting economic and cultural interchanges between Han and post-Han China with countries in West Asia and Europe. Among the important attractions in Xi'an are the Shaanxi Provincial Museum; the Terracotta Army of 7,000 life-size soldiers, chariots, horses and weapons; the Big Wild Goose Pagoda; and the excavations of the Banpo Neolithic village.

Includes: flights; transfers; 3 nights' hotel accommodations; all tours; guide; entrance fees for sightseeing; 3 Lunches; 3 dinners; Tang Dynasty Show; Mineral water on board coaches

HKG28 GUILIN - 4 DAYS/3 NIGHTS (1300 Day 2 - 1500 Day 5) Minimum 16/Maximum 40(PRICE: \$1,169) PRE-SALE ONLY

Guilin is world famous for its eroded limestone mountains. The scenery of Guilin inspired classical Chinese landscape painting. Strangely-shaped karst formations, shrouded in mist and reflected in the winding Li River, give Guilin a wondrous watercolor feel. These karst formations were thrust up from the limestone seabed that covered the region some 300 million years ago. Eroded over the centuries by the area's unique wind and water conditions, this "stone forest" with its many subterranean caves and rivers, creates a haunting atmosphere. Located in the northeast of Guangxi Zhuang Autonomous Region, Guilin is considered to be the pearl of China's thriving tourist industry on account of the natural beauty and historic treasures. Covering an area of about 10,734 square miles, the city is rather compact when compared with other leading cities in the country. However, situated within this area, one can find green mountains, crystal clear waters, unique caves and beautiful stones. Major attractions include Elephant Trunk Hill, Li River, Reed Flute Cave and Seven-Star Park that boasts a Stone Museum where amazing geological finds are displayed.



Spend a morning exploring the Longji Terraces located about two hours from Guilin. The rice terraces are built into the hillsides and look like great chains or ribbons as they wind from the foot to the top of the hill. This ingenious construction makes best use of the scarce arable land and water resources in the mountainous area. There are about 66 square kilometers of terraced fields in southeast of Longsheng. In the afternoon, visit a village school at Longsheng.



Take a day to enjoy a downstream cruise on the Lijiang River and be exposed to the indescribable beauty and scenery surrounding it. Disembark at a small village, where you will have chance to visit a local family. Continue with a drive up to Yangshuo. The relaxing pace of life, friendly people, good food, scenic beauty, rice fields, clear streams, country roads for cycling, all make it the paradise for those who wish for a rest from the harsher aspects of life in the big cities. There will be some free time to shop at the “Biggest Market of the World”. Enjoy a buffet lunch onboard.



In the afternoon, arrive at Yangshuo which lies in the northeast of Guangxi Province and to the southeast of Guilin City. The special geography gives it breath-taking beauty while more than 1,400 years of history bless it with a deep traditional culture. The diverse ethnic minority groups—including Hui, Zhuang, Yao and others—enrich it with special folk cultures represented by their various festivals, while many foreign residents add exotic flavors to its fascination.

Wander along West Street, the oldest street in Yangshuo with a history of more than 1,400 years. Situated at the center of Yangshuo County, West Street has become, since the 1980's, a window of eastern and western culture and the biggest 'foreign language center' in China. West Street is the most prosperous district in Yangshuo, and, each year, approximately 100,000 foreigners come here on their travels or to attend advanced studies. Visitors are attracted to West Street by its unique mix of cultures. In the evening enjoy a folk dancing show.

On the final morning, explore Yangshuo and its villages by bicycle. Six kilometers away from the County of Yangshuo, you will find a prominent and towering tree: the Big Banyan Tree. It has survived wind and rain over centuries since it was planted during the Sui Dynasty (581-618). It is also famous because the Chinese film 'The Third Sister Liu' was partly shot here. Enjoy lunch at a local restaurant before completing your journey to Shanghai to return to the ship.



Includes: flights; transfers; 3 nights' accommodation in hotel; all tours; guide; entrance fees for sightseeing; river cruise in Yangshuo & Impression Liu San Jie Show; 4 Lunches; 3 dinners; mineral water on board coaches

HKG29 FAMILY INSIGHT TOUR (1300-1700) Minimum 18/ Maximum 45 (PRICE: \$56)

This practicum is designed to provide insight into the daily life of Hong Kong residents. About three million people (50 percent of Hong Kong's population) live in public housing. In 1953, a tragic fire broke out in a squatter area in Kowloon leaving 53,000 people homeless. Seven-story housing blocks were built to accommodate the displaced residents. These well-known resettlement housing estates laid the foundation for public-housing development. Today, more spacious housing estates offer lower-income groups comfortable and well-designed homes. Visit a social center for the elderly, a temporary housing estate, a youth center or a nursery. This trip provides opportunity to gain insight into how this culture is living compatibly under crowded circumstances. You will witness the education policies at work and the role of familial duty in relation to the elderly.

This practicum will also give insight into how the elderly are treated differently around the world. There seems to be a common perception that the elderly are regarded more highly, even revered, in Eastern cultures compared to North American. But this cannot

be addressed by just listening to arguments and statistics from official agencies, and field observations are important to seeing and fully appreciating the actual case.

HKG30 DOLPHIN WATCHING CRUISE (1300-1800) Minimum 25/Maximum 50 (PRICE: \$67)

Transfer to the pier to board the vessel that will take you on a 2.5 hour cruise in search of pink dolphins. These dolphins live within a few kilometers of the world's busiest shipping center and one of the most densely populated urban areas! Chosen as the official mascot of the 1997 hand-over ceremony, the dolphins are threatened by pollution, over-fishing and reclamation. A brief talk about these lovely mammals and informative handouts will be provided. This trip is designed to minimize disturbance to the dolphins so they are pretty comfortable with the boats being used, and they sometimes come quite close.



SHANGHAI, CHINA

Arrive: 0800 Monday, November 07

Onboard: 1800 Tuesday, November 08

Depart: 2000 Tuesday, November 08

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DAY 5: Monday, November 07

SHA501 Shanghai City Orientation (1030-2030) Minimum 16/No Maximum

SHA502 New Shanghai— Maglev Train (1200-1700) Minimum 16/Maximum 114

SHA503 Traditional Chinese Opera (1800-2230) Minimum 16/No Maximum [FDP: M. Williams]

SHA504 Era Acrobatic Performance (1830-2130) Minimum 16/ Maximum 60

DAY 6: Tuesday, November 08

SHA601 Sunrise Tai Chi (0530-0830) Minimum 30/Maximum 80

SHA602 Suzhou (0900-1700) Minimum 16/No Maximum

SHA603 Shanghai Volkswagen Factory Visit (830-1230) Minimum 16/Maximum TBA [FDP: Castaldi]

SHA604 Tasting The Daily Life Of A Shanghai Citizen (0900-1700) Minimum 16/Maximum 37

SHA605 Service Visit: Kindergarten Visit (1000-1400) — Minimum 16/Maximum 100

SHA606 Shanghai Contemporary Art Museum & Moganshan Art District (1000-1600) Minimum 16/Maximum 30 [FDP: Ippolito]

SHA607 Shanghai Museum (1230-1800) Minimum 16/Maximum 100 [FDP: Pitsch]

SHA608 Zhujiajiao Water Village (1230-1730) Minimum 16/ Maximum 114

SHA609 Yu Garden And Old Town Bazaar (1300-1700) Minimum 16 /Maximum 30 [FDP: Huffman]

SHA610 Huangpu River (1330-1630) Minimum 16/Maximum 64 [FDP: Holcomb]

SHA611 GLOBALIZATION IN CONTEMPORARY CHINA: A PERSONAL VIEW (1400-1600 On Ship) Minimum 12/No Maximum

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AGENT GENERAL NOTE RE. FDPs: For all faculty led trips (FDPs), please alert any accompanying guides that professors will be providing content specific commentary along with the guide. Professors will actively engage participants in conjunction with the guide.

Exchange Rate: US \$1 = 6.434 CNY (Chinese Yuan Renminbi); used 6.4 for pricing;

US \$1 = 7.764 HK\$ (Hong Kong Dollar); used 7.8 in pricing.

SHANGHAI, CHINA

Arrive: 0800 Monday, November 07
Onboard: 1800 Tuesday, November 08
Depart: 2000 Tuesday, November 08

SHANGHAI, P.R.C.

ARRIVE: WEDNESDAY 30 MARCH 0800
DEPART: FRIDAY 1 APRIL 2000
ON-SHIP TIME: FRIDAY 1 APRIL 1800

WEDNESDAY, 30 MARCH

AGENT GENERAL NOTE RE. FDPs: For all faculty-led trips (FDPs), please alert any accompanying guides that professors will be providing content specific commentary along with the guide. Professors will actively engage participants in conjunction with the guide.

FIELD OFFICE GENERAL NOTES: Travel Agent will hold a meeting of all trip and bus leaders to Beijing, Xi'an, and Guilin shortly after arrival to discuss visa instructions and to answer any questions. Please schedule a classroom for this meeting.

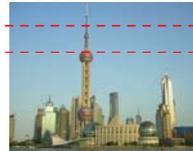
Exchange Rate: US \$1 = 6.66 CNY (Chinese Yuan Renminbi); used 6.6 for pricing;
US \$1 = 7.68818 HK\$ (Hong Kong Dollar), used 7.5 in pricing.

DAY 5: Monday, November 07

SHA5104 SHANGHAI CITY ORIENTATION (1030-2030 Wednesday, 30 March) Minimum 16/ No Maximum (PRICE: \$96) (PRICE: \$89)

Until the mid-19th century, Shanghai was a small fishing town on the Huangpu River. Its rise to prominence came as the result of its selection as a treaty port by the British after the Treaty of Nanjing. Since then, its unparalleled locational advantages have sustained its position as one of China's leading cities.

This orientation begins with a visit to Yu Garden, a fully restored classical Chinese garden with ingeniously mingling pavilions and corridors, small hills, and carefully selected and placed rocks, lotus ponds, and bridges, winding paths, trees and shrubs. This will be followed by a visit to the Jade Buddha Temple, an active temple with approximately 70 resident monks. Easily recognized by its bright saffron walls, the temple's centerpiece is a 1.9-meter-high jade Buddha encrusted with jewels. Proceed to the Old Town Bazaar, followed by lunch at a local restaurant. After lunch continue to the historic Shanghai Bund, a seven-mile-long grand boulevard on the bend of the Huangpu River and visit Continue to the historic Shanghai Bund, a seven-mile-long grand boulevard on the bend of the Huangpu River, followed by a visit to



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~~the Jade Buddha Temple, an active temple with approximately 70 resident monks. Easily recognized by its bright saffron walls, the temple's centerpiece is a 1.9 meter high jade Buddha encrusted with jewels. Visit the Shanghai Museum for a self-guided tour (headsets provided), and conclude your day in Shanghai with dinner at a local restaurant, followed by an acrobatics show at the Shanghai Center Theater.~~

~~(This trip includes transportation, lunch, dinner and evening performance.)~~

~~CONTACT: Destination Asia~~

~~NOTES: CONFIRMATION DATE 07.13.11~~

~~Shanghai Museum: headsets included for the self guided tour~~

~~Lunch, dinner and acrobatic show included
Coach Capacity: 16 pax per 24 seater coach / 37 pax per 45 seat coach~~

~~PAYMENT: 16-31 pax: RMB 530/person
32+ pax: RMB 520/person~~

~~Duration: 10 hours
A/C: Yes~~

~~Capacity: 16 pax per 24 seat coach / 37 pax per 45 seat coach~~

~~SERVICES INCLUDED: Cold towel service and mineral water onboard
Entrance fees
Local English speaking guide
All sightseeing as specified~~

~~DATE: 06/08/2011~~

~~**SHA52, NEW SHANGHAI – MAGLEV TRAIN (1200-1700) Minimum 16/Maximum 114 (PRICE: \$71)**~~

~~The Maglev train in Shanghai is the first of its kind in the world; made of breakthrough German technology, the Magnetic Levitation (Maglev) Train is the new state-of-the-art mode of transportation in Shanghai. Using no wheels, the train floats on an electromagnetic cushion, which is propelled along a guide way at incredible speeds. Meandering for 33 kilometers from Long Yang Lu Station to the Pudong International Airport, and built with a budget of over one billion US dollars, the train can reach a speed of 430 kilometers/hour, the highest ever for any operational transport on the ground.~~



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SHA53 TRADITIONAL CHINESE OPERA (1800-2230) Minimum 16/No Maximum (PRICE: \$46)

[FDP: M. WILLIAMS]

Yi Fu Theater has the longest history and the largest scale of any Chinese opera theater in Shanghai. It was once known as Tian Chan Theater. Since its establishment in 1925, Tian Chan Theater has featured Peking Opera performances and has been favored by many famous Chinese opera artists. Early on, it became known as "The Largest Theater in the Far East".

In 1990 the theater was rebuilt and renamed Yi Fu Theater. In 1994, the new theater opened to the public with an elegant appearance and advanced facilities. Now Yi Fu Theater offers nearly 1,000 seats on two floors. The Peking Opera is still the crown jewel of this theater. Enjoy an evening performance (not translated) accompanied by Professor Michael Williams and a local guide. Specific performances are only announced two weeks in advance of the show.

CONTACT: Destination Asia

NOTES: Confirmed 4/22

Performances available every day

Itinerary:

The local guide will pick you at around 6pm. Then you will be transferred to Yi Fu Stage to enjoy the intraday opera. The tour guide will escort you back to the ship after the show.

Special Remarks:

1. Various operas are shown on this stage. So the exact program can only be known 15 days in advance
2. Most of the performance begins at 7:15pm daily.
3. In some days, there may no operas be performed
4. There is No English subtitle

INCLUSIONS:

- All transfer and sightseeing as listed above with private car/driver and English Speaking Guide.
- Meals as listed above
- Tips to drivers & tour guides

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PAYMENT: 6-9 pax: RMB 290/person
10-15 pax: RMB 270/person
16+ pax: RMB 256/person

4/30/11



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~~SHA5492 ERA ACROBATIC PERFORMANCE (1830-2130 Wednesday, 30 March) Minimum 16/ Maximum 74-60 (PRICE: \$49) (PRICE: \$47)~~

An acrobatic extravaganza, the multimedia theatrical performance called "ERA—An intersection of Time" mixes traditional Chinese acrobatics with technology. Multimedia effects are used to enhance sound, create smells, and add wind, light, fog and even a spray of water to the show.

ERA is a love story, yet it is also a story about the fascination with that other dimension man has yet to conquer: time. ERA's acrobats are on a quest to find that tenuous point of balance, the intersection between X, Y and Z. Be amazed by the acrobats' control and precision and be enchanted by the world that is created through the use of multimedia technology, lighting and sound effects, elaborate costumes, original live music and much, much more.

CONTACT: _____ Destination Asia

NOTES: _____ **CONFIRMATION DATE — 07.13.11**
_____ **PLEASE INCLUDE ON SALE 1.**

- _____ **Includes:**
- _____ Cold towel service and mineral water onboard
 - _____ Entrance fees
 - _____ Era Show Ticket
 - _____ Local English speaking guide
 - _____ All sightseeing as specified

ITINERARY:

- _____ 1830 — 1910 — Depart for the Era Theatre
- _____ 1930 — 2100 — Era Show
- _____ 2110 — 2130 — Return to the ship

_____ Coach Capacity: 16 pax per 35-seater coach / 38 pax per 49-seat coach

Duration: 3 hours
A/C: Yes
Min / Max: 16 pax / 37 pax
Capacity: 16 pax per 24-seat coach / 37 pax per 45-seat coach

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PAYMENT: 16-31 pax: RMB 265/person
32+ pax: RMB 255/person

DATE: 06/08/2011

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DAY 6: Tuesday, November 08

THURSDAY, 31 MARCH

SHA60 SUNRISE TAI CHI (0530-0830) Minimum 30/Maximum 80 (PRICE:\$: \$ 37)

Tai Chi is a graceful exercise that combines thought and action and is developed from an ancient martial art that reflects Taoist philosophy. The essence of Tai Chi is a combination of control and balance. You will travel by ~~metereach~~ motor coach to join locals in a public square to practice Tai Chi. Under the guidance of a Tai Chi Master, the group will work alongside other Tai Chi groups. During this practicum, learn about the history, practice and different forms of Tai Chi as well as related martial art forms. Please note: Early morning temperatures may be cool; layered clothing is recommended. Box breakfast will be provided from the ship.

CONTACT: ~~_____~~ Destination Asia

NOTES: ~~_____~~ **CONFIRMATION DATE 07.13.11**
~~_____~~ Request box breakfast from ship.

AGENT NOTES: ~~S10 Participants noted that no information on Tai Chi was provided (history, significance, etc.) — just learned the movements. Would help to have an information session prior to the start of the Tai Chi movements. Participants were cold — offer tea break mid-way?~~

Duration: 3 hours
A/C: Yes

Capacity: 16 pax per 24 seat coach / 37 pax per 45 seat coach

SERVICES INCLUDED: ~~_____~~ Cold towel service and mineral water onboard
~~_____~~ Tai Chi Master
~~_____~~ Local English speaking guide
~~_____~~ All sightseeing as specified

PAYMENT: ~~_____~~ 30-59 pax: RMB 205/person
~~_____~~ 60+ pax: RMB 195/person

DATE: ~~_____~~ 06/08/201



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~~SHA6103 SUZHOU (0700-1800 Thursday, 31 March) Minimum 16/No Maximum (PRICE: \$9284)~~

~~[FDP:ARATA]~~

Located in the middle of the Yangtze Delta on the Grand Canal just west of Shanghai, Suzhou is noted for its classical gardens and traditional handicrafts (silk embroidery and tapestry, mahogany furniture, regional pottery, etc.). When Marco Polo visited Suzhou in the 13th century, he called it the beautiful city of 6,000 bridges, an exaggeration to be sure, but because of the canal system and bridges still evident in the old city, Westerners have often called it the Oriental Venice. Of the more than 100 magnificent gardens in Suzhou originally created by retired officials or literati, a dozen are now open to visitors. This type of landscape design was frequently used in the densely populated cities of the Ming and Qing eras, where residents recalled the countryside with nostalgia and yearned to once again commune with nature.

Visit the Garden of the Master of Nets (the smallest in Suzhou, part of which is reproduced in New York's Metropolitan Museum of Art), the Lingering Garden (one of the four most famous gardens in China), the Leaning Pagoda, and the Humble Administrator Garden. A walk through the main campus of Suzhou University, formerly an American Missionary School founded in 1900, provides a sharp contrast to the old city and its gardens. (Lunch at a local restaurant and a canal boat ride are included.)

With their delicacy, intimacy and simplicity, the gardens of Suzhou represent the epitome of landscaping art for the private garden. Suzhou's gardens represent a physical embodiment of many of the concepts contained in the traditional view of Chinese landscape painting, a concept that has been practiced in various forms for over a thousand years. Indeed, as we wander through the gardens, we will examine the philosophic concepts and ideas of Confucianism, Taoism and Buddhism, the romance of ancient painting, prose and poetry that had such a direct influence on the gardens creators.

~~CONTACT: Destination Asia~~

~~NOTES: Confirmed CONFIRMATION DATE 07.13.11~~

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Adopted by English professor

Normal breakfast hours on the ship starts at 0700. If possible, arrange with Hotel Director to start breakfast at 0630.

Suggested itinerary

- 0700 Depart pier
- 0930 Arrive Suzhou
- 0945-1015 Stroll thru one campus of Suzhou University
- 1035-1140 Visit Humble Administrator Garden
- 1200-1245 Lunch at local restaurant
- 1255-1400 Visit Garden of Master Net
- 1415-1515 Grand Canal boat ride
- 1520-1620 Visit Lingering Garden
- 1800 Back to Pier
- ~~0700 Depart pier~~
- ~~0930 Arrive Suzhou~~
- ~~0945-1015 Stroll thru one campus of Suzhou University~~
- ~~1035-1140 Visit Humble Administrator Garden~~
- ~~1200-1245 Lunch at local restaurant~~
- ~~1255-1400 Visit Garden of Master Net~~
- ~~1415-1515 Grand Canal boat ride~~
- ~~1520-1620 Visit Lingering Garden~~

Duration: 8 hours

A/C: Yes

Min / Max: 16 pax / 999 pax

Capacity: 16 pax per 24 seat coach / 37 pax per 45 seat coach

PAYMENT:

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Prices are net per pax

SERVICES INCLUDED: Gold towel service and mineral water onboard

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~~Entrance fees~~
~~Local English speaking guide~~
~~All sightseeing as specified~~
~~Return train ticket~~

~~PAYMENT: Capacity: 16 pax per 24 seat coach / 37 pax per 45 seat each~~

~~16-31 pax: RMB 475/person~~
~~32+ pax RMB 460/person~~

~~DATE: 06/08/2011~~

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SHA62 SHANGHAI VOLKSWAGEN FACTORY VISIT (0830-1230) Minimum 16/Maximum TBA (PRICE: \$84)

[FDP: CASTALDI]

Accompanied by Professor Castaldi, tour the Shanghai Volkswagen plant. With 13,000 employees, the ~~Volkswagen plant~~Volkswagen plant in Shanghai (SVW) is one of the company's largest. The Polo, Polo Classic, Santana, Santa Vista und Variant, Touran und Passat (Lingyu, B5) models are produced in a joint venture with the Shanghai Automotive Industry Corporation (SAIC). In all, the Shanghai location comprises five operating areas: three for the manufacture of entire vehicles and two for engine production.

SVW has had ISO 14001 certification since 1997, and is integrated in the VW Group's environmental management system. All of SVW's production lines and products meet both Chinese environmental protection laws and regulations and Volkswagen standards. SVW continues to work on reducing its energy consumption and to reduce environmental pollution. Internal controls help to track energy-saving measures used by employees. Moreover, installations are either brought forward to state-of-the-art specifications or are retrofitted. To protect water resources, the steam plants at this location are interconnected by means of a pipe system, thus considerably reducing the use of fresh water. In addition, self-contained condensate recycling systems have been introduced, permitting a large proportion of condensate to be reused. Please note: Specific details of this visit are pending, but please see the online field program addendum for updates. Learn more by visiting www.vw.com.cn/en.html.

Agent Note: One free for 15 paying? What is the maximum group size permitted?

CONTACT: Destination Asia

NOTES: confirmed 7/11

Shanghai Volkswagen Automotive Co., Ltd.
Wang Hao Department TMG
China
<http://www.vw.com.cn/en.html>
Phone: +86 21 69564288

Feature:

- Visit the largest and most modernized car production base in China, and watch the whole production process of cars.
- A lecture about their Sales & Marketing will be given during the visit.
- Duration: Approx. 2 hours

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Schedule:

08:30-09:30 Transfer from pier to the Factory
09:30-10:30 Media Introduction and Lecture
10:40-11:00 Visit assembly lines by electronic car
11:00-11:20 Q&A
11:20-12:20 Transfer back to the City
(Note: this schedule is subject to change)

INCLUSIONS:

_____ All transfer and sightseeing as listed above with private car/driver and English Speaking Guide.
_____ Meals as listed above
_____ Entrance tickets
_____ Lecture Fee , entrance fee for the visit
_____ Tips to drivers & tour guides

EXCLUSIONS:

_____ Entry & Exit air
_____ Meals that are not indicated
_____ accommodation

PAYMENT: Based on minimum 16+ pax: RMB 470/per person

7/11/11

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SHA6304 TASTING THE DAILY LIFE OF A SHANGHAI CITIZEN (0900-1530
Thursday, 31 March) Minimum 16/Maximum 37 (PRICE: \$73) (PRICE:
\$69)

This trip will provide a unique opportunity to observe and experience aspects of everyday life for a Shanghai family. You will travel by motorcoach to a residential community where you will visit a free market to see where locals shop for their food each day. After a briefing at the Neighborhood Committee, you will break into groups of eight to visit a local family. You will learn the art of Chinese cooking while helping your host prepare lunch that you will all enjoy together. In the afternoon, you will visit a neighborhood hospital to learn about Chinese medicine and how acupuncture works. You will also visit an Elder People Club to interact with the residents during their leisure hours when they sing and dance. You are welcome to join in the activities!

CONTACT: Destination Asia

NOTES: Confirmation Date **07.13.11**

\$10 couldn't help prepare the meal (kitchen too small)

8 participants per home. DO NOT go over 64 participants, unless first having approval from Destination Asia, as they would need to find extra families

PAYMENT: 16-31 pax: RMB 415/person

32+ pax: RMB 405/person

Duration: 8 hours

A/C: Yes

Min / Max: 16 pax / 37 pax

Capacity: 16 pax per 24 seat coach / 37 pax per 45 seat coach

DAILY LIFE OF A SHANGHAI CITIZEN

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Prices are not per pax

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SERVICES INCLUDED: Cold towel service and mineral water onboard
Entrance fees
Local English speaking guide
All sightseeing as specified

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~~SHA6405 SERVICE VISIT: KINDERGARTEN VISIT (1000-1400 Thursday, 31 March) — Minimum 16/Maximum 25 (PRICE: \$44) (PRICE: \$39)~~

Visit a local kindergarten to meet and interact with the teachers and children who range in age from three to five years. After a tour of the facilities, there will be an opportunity to interact with the children. ~~Your group will be supplied with interactive materials, such as coloring books, crayons, puzzles or other supplies that will be donated to the school when you depart. Please note: (Box lunches from the ship will be provided. Participants are encouraged to bring donations, such as coloring books, crayons, puzzles or other supplies to assist in interacting with the children.)~~

~~CONTACT: Destination Asia~~

~~NOTES: Confirmation Date — 07.13.11~~

~~Box lunches from the ship.~~

~~Prepare box of interactive materials for trip liaison.~~

~~Cold towel service and mineral water onboard~~

~~Local English speaking guide~~

~~Coach Capacity: 16 pax per 24 seater coach / 37 pax per 45 seat coach~~

~~AGENT NOTE: Are you providing interactive materials to be donated? Is that included in your price? — NO.~~

~~Duration: 4 hours~~

~~A/C: Yes~~

~~Min / Max: 16 pax / 100 pax~~

~~Capacity: 16 pax per 24 seat coach / 37 pax per 45 seat coach~~

~~SERVICES INCLUDED: Cold towel service and mineral water onboard~~

~~Local English speaking guide~~

~~All sightseeing as specified~~

~~Just checking as we often provide that. But, if you are, that's great (one less thing to send to the ship)...~~

~~PAYMENT: 16-31 pax: RMB 240/person~~

~~32+ pax: RMB 230/person~~

~~DATE: 06/23/2011~~

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Local English speaking guide

All sightseeing as specified

PAYMENT: 16-31 pax: RMB 180/person

32+ pax: RMB 160/person

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SHA6706 ZHUJIAJIAO WATER VILLAGE (1230-1730 ~~Thursday, 31 March~~)
Minimum 16/ Maximum 114 (PRICE: \$57) (~~PRICE: \$56~~)

Located in a suburb of Shanghai, Zhujiajiao is an ancient water town well-known throughout the country, with a history of more than 1,700 years. Covering 47 square kilometers, the little fan-shaped town glimmers like a bright pearl in the landscape of lakes and mountains. Endowed with another elegant name, "Pearl Stream," this town is the best preserved among the four ancient towns in Shanghai. Unique old bridges crossing bubbling streams, small rivers shaded by willow trees, and houses with courtyards attached transport those living amidst the hustle and bustle of the modern big city to a world full of antiquity, leisure and tranquility.

CONTACT: Destination Asia

NOTES: Confirmation Date **07.13.11**

SERVICES INCLUDED: Cold towel service and mineral water onboard
Entrance fees
Local English-speaking guide
All sightseeing as specified

Coach Capacity: 16 pax per 35 seater coach / 38 pax per 49 seat coach

PAYMENT: 16-31 pax: RMB 315/person
32+ pax: RMB 305/person

Duration: 5 hours

A/C: Yes

Min / Max: 16 pax / 114 pax

Capacity: 16 pax per 35 seat coach / 38 pax per 49 seat coach

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SHA68_YU YUAN GARDEN AND OLD TOWN BAZAAR (1300-1700) Minimum 16/Maximum 37 (PRICE: \$23)

[FDP: HUFFMAN]

Accompanied by Professor Huffman, spend the afternoon visiting Yu Yuan Garden. Yu Yuan Garden, in the heart of Shanghai, dates back to the Ming Dynasty (1368-1644) and illustrates two key facets of traditional Confucian life: filial piety (respect for parents), and the determination to achieve balance by creating quiet spaces within chaotic commercial centers. Built in the 1500s by the official Pan Yunduan, who spent almost 20 years - and all of his savings - to build a garden that would please his parents in their old age, it is filled with ponds, elegant pavilions, and magnificent rock formations that bespeak the Confucian official's determination to find harmony and peace when he returned from hectic hours in official service. This effect is dramatized by the maize of booths and shops in the Old Town Bazaar (which we also will visit) that surround the garden today, selling everything from herbal medicines to dumplings and ice cream, from jade jewelry to tea and DVDs. Pan called his garden "Yuyuan" because "yu" in Chinese means "peace and health."



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CONTACT: Destination Asia

NOTES: Confirmed 4/22

13:00 13:40 transfer to Yu Yuan Garden

14:00 16:00 Visit Yu Garden & Old Town Bazaar

16:00 16:40 Transfer back

PAYMENT: 6-9 pax: RMB 190/person
10-15 pax: RMB 140/person
16+ pax: RMB 125/person

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cruising on the classic section of the Huangpu River

13:45 ——— Transfer to the cruise port
14:30-15:30 Cruise on the Huangpu River
15:30-16:10 Transfer back to the ship

PAYMENT:

13:45	14:30-15:30	15:30-16:10
Transfer to the cruise port	Cruise on the Huangpu River	Transfer back to the ship

Prices are net per pax

5/9/11

SHA70 GLOBALIZATION IN CONTEMPORARY CHINA: A PERSONAL VIEW (1400-1600, On Ship) Minimum 12/No Maximum (PRICE: \$10)

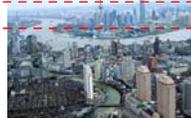
[FDP: HUNT]

This discussion is designed to give American students some perspective of contemporary life in China from the point of view of a young professional who interacts with westerners, and has experience with the effects of globalization in China today. Guest speaker Qi Yin is a young professional Chinese lawyer and Semester-at-Sea alumnus from Spring 2008. Qi Yin will give his views on life in contemporary China for someone in his twenties, what he sees as the future for his generation, and what images and concerns his cohort have of the West, particularly the United States.

Qi is a lawyer in a Chinese law firm located in Shanghai, with offices in the States. He graduated from law school in Hong Kong, and has first-hand knowledge of globalization in China today through his work experience, education and extensive travels.

SHA71 COCA-COLA PLANT VISIT (0830-1230) Minimum 16/Maximum 40 (PRICE: \$66)

[FDP: MOLLOY]



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Coca-Cola is one of the most well-known international brands in China, with a leading position in the soft drinks market. Since re-entering China in 1979, Coca-Cola has invested more than US\$2 billion in the local market. By the end of October 2009, China Business Unit has established a total of 39 bottling plants. Now the Coca-Cola system employs more than 40,000 people, virtually 99 percent of which are local-hires. The system also has donated more than RMB 100 million to support China's national and regional social charity undertakings. Immediately after the Sichuan earthquake, the Coca-Cola System (including Coca-Cola (China) Beverages Ltd., COFCO Coca-Cola Beverages Ltd., Coca-Cola China Industries Ltd., and Swire Beverages Ltd.), donated RMB 20 million in immediate relief support. Another RMB 80 million was further donated to help with reconstruction of schools destroyed by the earthquake, with total contributions of RMB 100 million in disaster-relief and re-building efforts.

CONTACT: Nothing required from agent

Qi Yin (arranged through professor)
qiziyao0@gmail.com
and local cell phone number

Visitor ID (entered in Atlas 6/23)

Full Name: Surname: Yan; Given Name: Qi
Type of ID: Passport
ID Number: G25122714
Date of expiry of ID: 19 September 2017
Gender: Male
Date of birth: 27 August 1987
Nationality: People's Republic of China

NOTES: Confirmed

Specific times: 2:00-4:00

* Host will board early to have lunch with professor.

Arrange for discussion in the Union or classroom in which professor teaches.

PAYMENT: \$100 honorarium

6/21/11

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~~SHA07 TRADITIONAL CHINESE OPERA (1800-2230 Thursday, 31 March)
Minimum 16/ No Maximum (PRICE: \$46)~~

~~{FDP: JONES}~~

~~Yi Fu Theater has the longest history and the largest scale of any Chinese opera theater in Shanghai. It was once known as Tian Chan Theater. Since its establishment in 1925, Tian Chan Theater has featured Peking Opera performances and has been favored by many famous Chinese opera artists. Early on, it became known as "The Largest Theater in the Far East".~~

~~In 1990 the theater was rebuilt and renamed Yi Fu Theater. In 1994, the new theater opened to the public with an elegant appearance and advanced facilities. Now Yi Fu Theater offers nearly 1,000 seats on two floors. The Peking Opera is still the crown jewel of this theater. Enjoy an evening performance (not translated) accompanied by Professor Jones and a local guide. Specific performances are only announced two weeks in advance of the show.~~

~~Agent Note: What is the anticipated return time to the ship?~~

~~CONTACT: Destination Asia~~

~~FIELD OFFICE NOTE: Tisch Jones dropped from the voyage. Do you want to run this trip in the general program, or cancel it altogether?~~

~~Please send final numbers to the agent after onboard sale. Ask them to reconfirm the actual performance once it is announced, and times.~~

~~NOTES: Confirmed 10/10~~

~~Created for Drama professor~~

~~Itinerary:~~

~~The local guide will pick you at around 6pm. Then you will be transferred to Yi Fu Stage to enjoy the intraday opera. The tour guide will escort you back to the ship after the show.~~

~~Special Remarks:~~

- ~~1. Various operas are shown on this stage. So the exact program can only be known 15 days in advance~~
- ~~2. Most of the performance begins at 7:15pm daily.~~
- ~~3. In some days, there may no operas be performed~~
- ~~4. There is No English subtitle~~

~~INCLUSIONS:~~

~~All transfer and sightseeing as listed above with private car/driver and English Speaking Guide.~~

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- Meals as listed above
- Tips to drivers & tour guides

PAYMENT: — 6-9 pax: — RMB 290/person
— 10-15 pax: RMB 270/person
— 16+ pax: — RMB 256/person

~~FRIDAY, 01 APRIL~~

~~**SHA08 SUNRISE TAI CHI (0530-0830 Friday, 01 April) Minimum 30/Maximum 80 (PRICE: \$36)**~~

~~Tai Chi is a graceful exercise that combines thought and action and is developed from an ancient martial art that reflects Taoist philosophy. The essence of Tai Chi is a combination of control and balance. You will travel by motorcoach to join locals in a public square to practice Tai Chi. Under the guidance of a Tai Chi Master, the group will work alongside other Tai Chi groups. During this practicum, learn about the history, practice and different forms of Tai Chi as well as related martial art forms. Please note: early morning temperatures may be cool; layered clothing is recommended. Box breakfast will be provided.~~

~~**CONTACT:** Destination Asia~~

~~**NOTES:** Box breakfast from ship.~~

~~**AGENT NOTES:** S10 Participants noted that no information on Tai Chi was provided (history, significance, etc.) just learned the movements. Would help to have an information session prior to the start of the Tai Chi movements. Participants were cold offer tea break mid-way?~~

~~Coach Capacity: 16 pax per 24 seater coach / 37 pax per 45 seat coach~~

~~**PAYMENT:** 30-59 pax: RMB 205/person~~

~~60+ pax: RMB 190/person~~

SHA09 NANJING MASSACRE MEMORIAL HALL AT NANJING & SUN YAT SEN MAUSOLEUM (0530 1800 Friday, 01 April) Minimum 16/Maximum 100 (PRICE: \$198 + OPEX) PRE SALE ONLY

[FDP: CONNOLLY]

Particularly relevant to students enrolled in Professor Connolly's World War II in Asia course, this FDP will also be of interest to anyone interested in similar themes. Depart by train for Nanjing, a picturesque city lying by the Yangtze River which owes its fame to its favorable geographic position and profound historical background. Having served as the capital of ten dynasties in ancient China, its renown continued when the government of the Republic of China set up its capital there in 1927. Within four years, in September of 1931, military forces of the imperial government of Japan expanded their control over China, spreading southward from their base in Manchuria. The government of the Republic of China, located at Nanjing, was either incapable or incompetent to prevent what followed: widely known today as "The Rape of Nanjing." Eighty years later, relations between Asia's two dominant powers are still strained over this massacre and the brutal occupation that followed. The Massacre Memorial Hall serves today as both a reminder and a warning to never forget and never allow such crimes to be repeated.

Following lunch at a local Chinese restaurant, proceed to Dr. Sun Yat sen's Mausoleum. Covering an area of approximately 20 acres, the Mausoleum is located in the Zhong Mountain Scenic Area in the east suburb of Nanjing City, Jiangsu Province. As the mausoleum of Dr. Sun Yat sen, the father of the Republic of China, this is considered the holy land of Chinese people. With its deep historical significance, magnificent architecture and beautiful scenery, it is a must see when travelling in Nanjing.

C'VILLE OFFICE: Please include this FDP in the pre sale (1/3/11 was not included)

CONTACT: Destination Asia

NOTES: Confirmed

Duration: 12 hours
A/C: Yes
Min / Max: 16 pax / 100 pax
Capacity: 16 pax per 24 seat coach / 37 pax per 45 seat coach

Suggested itinerary
0530 Depart pier
0530-0630 Transfer to railway station
0700-0815 Train to Nanjing
0815 Arrive Nanjing
0900-1030 Memorial Hall to the Victims in the Nanjing Massacre

1100-1130 Lunch at local restaurant
1200-1330 Dr. Sun Yat sen's Mausoleum
1330-1430 Transfer to railway station
1500-1613 Train to Shanghai
1630-1800 Back to Pier

SERVICES INCLUDED:

Gold towel service and mineral water onboard
Local English speaking guide
All sightseeing as specified
Train tickets Shanghai/Nanjing/Shanghai (first class seats)

PAYMENT: 16-31 pax: RMB 1,115/person
32+ pax: RMB 1,065/person

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line, Auto, 0.5 pt Line width)

SHA10 SHANGHAI MARKETPLACE (0700-1730 Friday, 01 April) Minimum 16/Maximum 16 (PRICE: \$32)

[FDP:ARTZ]

Visit a variety of markets in Shanghai — from luxury stores to street markets — accompanied by knowledgeable local guides. This practicum will provide students with an understanding of marketplace diversity and an appreciation for the difficulties encountered in marketing products when the norms of retailing are so different from the U.S. marketplace.

Begin the day with a visit to a local market, observing local shoppers perusing such offerings as fresh flowers, handmade chocolates, natural yogurt, organic foods and produce, and other homemade goods. Proceed next to a Shanghai Wal-Mart. Wal-Mart came to China in 1996. The first Supercenter and Sam's Club were opened in Shenzhen, Guangdong Province. Today, there are 104 units in 55 cities, including 99 Supercenters, three Sam's Clubs and two Neighborhood Markets. Across China, Wal-Mart employs over 50,000 associates.

Enjoy a local Chinese lunch before proceeding to the Commodity Market, which occupies over 215,000 square feet of indoor market space and specializes in small commodities. Next, get a taste of the Chinese computer/software market with a visit to Hisap, one of China's top ten consumer electronics retailers. Hisap has nearly 80 retail stores throughout China with total annual sales exceeding 10 billion RMB. Time permitting, end the afternoon at Plaza 66, an example of Shanghai's version of the luxury mall, before returning to the ship. **Please note:** Although this FDP visits numerous shopping areas, the focus of the day is more academic in nature. ***This trip is not a tourist shopping day for participants.***

Agent note: Please note that although this trip takes the group to shopping areas, the focus is academic in nature and not intended to be a tourist shopping day. We will also emphasize this with our participants. It is all the more important that we secure the knowledgeable guides you mentioned, who can help the professor focus on relevant themes and de-emphasize the shopping.

CONTACT: Destination Asia

NOTES: Confirmed

Developed for Business/Commerce professor

07:00 Depart pier
0730-08:10 Local Farmer's Markets
0830-0930 Wal-Mart Super Markets
10:00-12:00 Commodity Market and Yuyuan Market

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12:30-14:00 — Lunch at local Chinese restaurant
 14:30-15:30 — HISAP
 16:00-17:00 — Plaza 66
 17:30 — Back to Pier
 Prof's potential alternate schedules:

INCLUSIONS:

- All transfer and sightseeing as listed above with private car/driver and English Speaking Guide.
- Meals as listed above
- Tips to drivers & tour guides



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PAYMENT: 5 pax: RMB 579/person
 6-9 pax: RMB 305/person
 10-15 pax: RMB 210/person
 16+ pax: RMB 180/person

SHA11 SHANGHAI MUSEUM (1200-1730 Friday, 01 April) Minimum 16/Maximum 100 (PRICE: \$32)

[FDP: EHNBOM]

Located in the center of Shanghai in People's Square, Shanghai Museum is a large museum of ancient Chinese art. The museum style and presentation surround visitors with artifacts demonstrating ancient wisdom and philosophy. The exterior design of the round dome and the square base symbolizes the ancient idea of a round heaven and a square land.

The museum is divided into 11 galleries and three exhibition halls. The 11 galleries cover most of the major categories of Chinese art: Ancient Bronze, Ancient Ceramics, Paintings, Calligraphy, Ancient Sculpture, Ancient Jade, Coins, Ming and Qing Furniture, Seals and Minority Nationalities.

Accompanied by Professor Ehnbohm and a local guide, explore the various exhibits, including over 400 pieces of bronze wares covering the history of ancient Chinese bronze art, and more than 500 ceramic pieces spanning from the Neolithic age.



CONTACT: Destination Asia

NOTES: Confirmed 9/1

Developed by Art History professor

Early lunch or box lunches

Suggested itinerary

- 1200 Depart pier
- 1200-1300 Transfer to the Museum
- 1300-1630 Visit the Shanghai Museum
- 1630-1730 Back to Pier

SERVICES INCLUDED:

- Cold towel service and mineral water onboard
- Local English speaking guide
- All sightseeing as specified

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PAYMENT: ~~16-31 pax: RMB 180/person~~
~~32+ pax: RMB 160/person~~

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SHA12 A WALK DOWN MEMORY LANE: THE FRENCH CONCESSION (1300-1700 Friday, 01 April) Minimum 16/Maximum 30 (PRICE: \$34)

[FDP: KLUGE]

Take a walking tour of the old French Concession and International Settlement to see the European influence on this port city. Most of the old style houses in this area have remained intact, providing a charming surrounding for strolling, browsing in shops, and imagining what life for Shanghai's wealthy community prior to World War II must have been like.

The tour will begin at Fuxing Park. The park is one of the oldest French style parks in Shanghai. The route from Fuxing Park along Middle Fuxing Road and Sinan Road used to be the French Concession but is now considered historical Shanghai. With the plane trees lining alongside the road, you will find the Old Shi Ku Men houses (stone built houses) and private gardens side by side, among which are some former residences of Old Shanghai celebrities — Former Residence of Zhang Xueliang (great General in the Anti-Japanese War), Former Residence of Sun Yat-sen (Founder of Republic of China), Former Residence of Zhou Enlai (First Prime Minister of People's Republic of China), among them.

CONTACT: Destination Asia

NOTES: Confirmed. Developed by English/Writing professor

Capacity: 16 pax per 24 seat coach / 37 pax per 45 seat coach

SUGGESTED ITINERARY

1300 DEPART PIER
1400-1630 WALKING ON THE FRENCH CONCESSION
1700 BACK TO PIER

Includes English-speaking guide

PAYMENT: 16-31 pax: RMB 190/person
32+ pax: RMB 180/person

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~~SHA13 FAMILY PLANNING NEIGHBOURHOOD COMMITTEE (1330-1730
Friday, 01 April) Minimum 16/Maximum 60 (PRICE: \$37)~~

~~[FDP: KAUFMAN]~~

~~China's population is over 1.3 billion. In recent years, the government has worked to reduce the rate of population growth. Today, the growth rate is approximately 1.1% (doubling time of 63 years). The Neighbourhood Committee is in charge of supervising family planning in the urban areas of China and also dispenses birth control information and other materials. We will meet with the committee members to discuss how the Chinese promote the national "one child" policy and its implications on gender, followed by a question and answer session.~~

~~CONTACT: Destination Asia~~

~~NOTES: Confirmed. Adopted for Philosophy~~

~~Capacity: 16 pax per 24 seat coach / 37 pax per 45 seat coach~~

~~PAYMENT: 16-31 pax: RMB 205/person~~

~~32+ pax: RMB 200/person~~

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YOKOHAMA, JAPAN

Arrive: 0800 Monday, November 14
Onboard: 1800 Tuesday, November 15
Depart: 2000 Tuesday, November 15

DAY 4: YOKOHAMA - Monday, November 14

YOK41 MOUNT TAKAO HIKING (0800-1600) Minimum 20/Maximum 25 (PRICE: \$145)

Enjoy a day of hiking at Mount Takao, located in Hachioji City within an hour of downtown Tokyo. Standing 599 meters tall, Mount Takao is a popular hiking spot with eight trails and more than 2.5 million visitors annually. This region is located on the natural boundary between Japan's subtropical and temperate forests, so trees and other plants typical of both types of woodland are present. Hike along trails under huge cedar trees that are hundreds of years old and enjoy the fabulous view from the summit—if the weather is right you can see Mount Fuji clearly. Following the hike, visit the Mount Takao Monkey Park, to view monkeys and learn about their relationships and social order from trained professionals. Around mid-November, deciduous trees like the maples *iroha momiji* (*Acer palmatum*) and *ou momiji* (*Acer amoenum*) decorate the landscape most elegantly. Begin the journey up the mountain by taking the cable car, and pass through a tunnel of colors. Please note: Sturdy walking shoes are recommended. Box lunches from the ship will be provided.



YOK42 MT. FUJI, HAKONE & TOKYO OVERNIGHT (0800 Day 4 - 1800 Day 5) Minimum 21/Maximum 44 (PRICE: \$497) PRE-SALE ONLY

See the natural beauty of the Fuji-Hakone-Izu National Park, the iconic Mt. Fuji and the historical and cultural highlights of Tokyo during this two-day program.

Includes: box lunch; round-trip transportation by motor coach; guide; Komagata Ropeway; boat ride on Lake Ashi; dinner; overnight at hotel; breakfast; Meiji Shinto Shrine; Imperial Palace Plaza; lunch; Asakusa Kannon Temple; Nakamise Street



Cancelled YOK43 YOKOHAMA & TOKYO OVERNIGHT (0900 Day 4 - 1800 Day 5) Minimum 21/Maximum 44 (PRICE: \$479) PRE-SALE ONLY

See the historical and cultural highlights of Japan's two largest cities—Yokohama and Tokyo. This program provides a great overview of both cities while also including some free time in Tokyo, the nation's metropolis.

Included: box lunch; Round-trip transportation by motor coach; guide; Sankeien Garden; Landmark Tower; overnight at hotel; breakfast; Meiji Shinto Shrine; Imperial Palace Plaza; lunch; Asakusa Kannon Temple; Nakamise Street



YOK44 JAPANESE HOME VISIT – GROUP A (1100-1700) No Minimum/Maximum 8 (PRICE: \$32 + OOPEX)

The primary purpose of this home visit, sponsored by a Yokohama volunteer organization, is to give you an opportunity to experience daily life in Japan by spending a few hours with a Japanese family. You will have a chance for in-depth personal and intellectual exchanges with your hosts. You will be met at the ship by your host family. Out-of-pocket expenses may range from ¥1,500 to ¥2,500 (approximately US \$20-\$30) to cover expenses incurred during the day. Please remember to take a small gift to your host family (possibly a box of sweets or a memento from your home city or school). **Please note:** Out of respect to the host families, cancellations will not be acceptable.



YOK45 YOKOHAMA CITY ORIENTATION (1300-1830) Minimum 30/Maximum 44 (PRICE: \$106)

Although originally a small fishing village, Yokohama is a major commercial hub and remains a prominent port city within Japan. Many Western influences were first introduced in this prefecture. Japan's first English language newspaper, the *Japan Herald*, was first published in Yokohama in 1861. Japan's first gas-powered street lamps were built in 1872 as was the country's first railway that stretched from Yokohama to Tokyo's *Shinagawa* and *Shimbashi*. On this day, visit some of the many highlights found in Japan's second largest city.



Board your motorcoach for a city orientation. Highlights include the *Sankeien* Garden, which was originally built by silk trader Tomitaro Hara as his private residence. This authentic Japanese garden sprawls 175,000-square meters and features a three-story pagoda, a Buddhist sanctum, and several tea ceremony houses. Also visit Harbor View Park, where you will visit Landmark Tower—the tallest building in Japan—and enjoy a panoramic view from its observation deck, referred to as the “Sky Garden.”

YOK46 HOW PLACE INFORMS STORIES (1445-1945) Minimum 20 /Maximum 25 (PRICE: \$40+OOPEX)

[FDP: SINGH]

In this FDP writer Holly Thompson will lead us to a site in Kamakura that has special meaning for her. Students will be encouraged to explore the town on their own earlier in the day, as there is much to see. As noted in the biography on Thompson's website, her fiction “tends to explore differences of sensibility, orientation and expression between Japanese and Americans and the impact of cross-cultural stress on personal lives. Characters include foreigners in Japan struggling to navigate a society lacking familiar referents, Japanese in the United States assimilating one moment and bowing to Japanese tradition the next, and children of intercultural marriages coping with often opposing identities.” Ms. Thompson will discuss these intriguing challenges with the group while accompanying students to a significant place, one that can inspire the creative process! We will also share a meal at a local restaurant. **Please note:** OOPEX includes local currency for public transportation

DAY 5: YOKOHAMA - Tuesday, November 15

YOK51 OTA MARKET (0545-0900) Minimum 25/Maximum 44 (PRICE: \$93)

[FDP: BAKER]

The Ota Market is a large, bustling auction, famous for fruits, vegetables, flowers and fish. Although the fish auction is closed to the public, visitors can observe the fruit, vegetable and flower auctions from an observation deck. Join Professor Baker and a local guide on this early morning FDP for a firsthand look at this fascinating spectacle. In the market, cases of products are typically brought to the floor and price is established. We'll learn about the Japanese market for fruit, vegetable, and floral products, quality concerns, organic products, and characteristics of Japanese consumers. The role of intermediaries will also be explored.



YOK52 MOUNT FUJI AND HAKONE (0700-1830) Minimum 25/Maximum 88 (PRICE: \$155)

As the highest peak in Japan, Mount Fuji stands 12,388-feet high with a near-perfect stratovolcano shape and remains dormant since its last eruption in 1707. This symbol of Japan is highly regarded for its beauty and is a frequent subject in Japanese art. *Fugaku Sanju Rokkei* (Thirty Six Views of Mount Fuji) is undoubtedly the best known series of Mount Fuji by woodblock artist Hokusai. Published in 1830, this series actually contains 46 designs. Adding to its beauty are the permanent snow-capped peaks, which greet climbers year-round. A Japanese proverb is a lighthearted warning to those climbing Mount Fuji, "He who climbs Mount Fuji once is a wise man, he who climbs it twice is a fool."



Begin this full-day orientation by motorcoach and travel to the base of Mount Fuji. Explore the Mount Fuji Visitor Center before driving up to the fifth station of Mount Fuji. Weather permitting, enjoy expansive views of Hakone National Park and Mount Fuji. Continue to Hakone and ride the famous Komagatake Ropeway. Then relax on a boat ride on Lake Ashi before returning to the ship. Please note: Box lunches from the ship will be provided.

YOK53 KAMAKURA (0800-1600) Minimum 35/Maximum 44 (PRICE: \$89)

Kamakura was the capital of Japan from 1185-1333. The rule of Japan had effectively passed from the imperial family and the nobles represented by the Fujiwaras to the samurai. When they moved the capital away from Kyoto, they also patronized new forms of Buddhism, particularly Zen and Pure Land. View the *Tsurugaoka Hachiman-gu* (shrine.) Originally built in Kyoto in 1063, the shrine was moved to its present location in 1180. The shrine is known for its *Homotsuden* (treasure house), big ginkgo leaves and *Sugaraba* - a haiku-inscribed monument. Continue to *Hasedera* (temple) to view the impressive 30-foot Buddha statue. With its eleven faces, this reportedly is the largest wooden statue in Japan. Visit *Kamakura Daibutsu* (Great Buddha) to see the nearly 44-foot bronze statue that weighs over 93 tons. After admiring the craftsmanship of this outdoor statue, return to the ship. Please note: Box lunches from the ship will be provided.

YOK54 JAPANESE HOME VISIT – GROUP B (1100-1700) No Minimum/Maximum 8 (PRICE: \$32 +OOPEX)

The primary purpose of this home visit, sponsored by a Yokohama volunteer organization, is to give you an opportunity to experience daily life in Japan by spending a few hours with a Japanese family. You will have a chance for in-depth personal and intellectual exchanges with your hosts. You will be met at the ship by your host family. Out-of-pocket expenses may range from ¥1,500 to ¥2,500 (approximately US \$20-\$30) to cover expenses incurred during the day. Please remember to take a small gift to your host family (possibly a box of sweets or a memento from your home city or school). **Please note:** Out of respect to the host families, cancellations will not be acceptable.



YOK55 CULTURAL TOKYO (0900-1800) Minimum 25/Maximum 44 PRICE: \$131)

[FDP: HOLCOMB]

Like Yokohama, Tokyo had its humble beginnings as a small fishing village on the banks of the Sumida River, a stark contrast to the 837-square mile metropolis that stands today. With a population over 12 million, land is a prime commodity with few, if any, underdeveloped areas. Densely packed with buildings, Tokyo is equally filled with rich, cultural opportunities.

Explore the highlights of Tokyo on this full-day orientation. Visit *Meiji-jingu* (Meiji Shinto Shrine), a shrine dedicated to the deified spirits of Emperor Meiji and his consort, Empress Shoken. View the Imperial Palace Plaza, located on the former site of Edo Castle. Then visit *Senso-ji*, also known as the Asakusa Kannon Temple, in the center of the Tokyo's *shitamachi* (low town). The temple is within walking distance of *Nakamise-dori* (street.) More than 200 meters in length, this street provides temple visitors with a variety of traditional, local snacks as well as a variety of *omiyage* (souvenirs.) There will be time to explore the temple and its immediate surroundings. Enjoy a panoramic view of Tokyo from the observation deck on Roppongi Hills Mori Tower before returning to the ship.



YOK56 KICHIJOSHI: WHERE OLD AND NEW JAPAN COLLIDE (0900-1600) Minimum 15 /Maximum 20 (Price: \$70)

[FDP: HUFFMAN]

One of today's "happening places" in Japan, particularly for young people, is Kichijoji in western Tokyo. Kichijoji oozes energy, combining the new and the traditional in ways that are sometimes bizarre, often exciting, and always filled with insights into contemporary Japanese culture. We will visit the old temple Gessoji, then explore the maze of shopping streets: everything from faddish boutiques along narrow streets to the massive Yodobashi Camera electronic (and clothing) complex. In the afternoon, we will enjoy a box lunch (provided from the ship) in the centuries-old Inogashira Park, where the Kanda River gets its source, then explore the park itself where people typically gather to paint, boat, buy foods, and simply stroll. The Miyazaki's Ghibli Museum, which sits on the edge of the park, will, unfortunately, be closed for renovation, but we may be able to visit the area around the museum.

YOK57 ZEN TEMPLE & MEDITATION LED BY ZEN MONKS (1200-1800) Minimum 20/Maximum 30 (PRICE: \$49)

[FDP: SPENCER & GREEN]

Travel to Kamakura for this unique opportunity to participate in a Zen meditation led by Zen monks. Kamakura was the capital of Japan from 1185-1333. The rule of Japan had effectively passed from the imperial family and the nobles represented by the *Fujiwaras* to the samurai. When they moved the capital away from Kyoto, they also patronized new forms of Buddhism, particularly Zen and Pure Land. On this Zen Temple tour, students will be instructed by monks on this form of Buddhist meditation. Enjoy a Japanese tea and confectionary before returning to the ship.

YOK58 JAPANESE PERCEPTION OF THE UNITED NATIONS (1000-1200, On Ship) Minimum 10/Maximum 50 (PRICE: \$10)

[FDP: FOWLER]

Sumihiro Kuyama is one of Japan's leading experts on the United Nations. During a long and illustrious diplomatic career, Professor Kuyama spent nine years as Assistant Secretary-General to Kofi Annan. Before that, he spent a decade working on the U.N. Joint Inspection Unit, including serving as its Chair. He also chaired the vitally important Fifth Committee of the U.N. General Assembly that deals with budgetary matters. We will welcome Mr. Kuyama onboard to discuss perceptions of the United Nations among the public and among government officials in Japan, outlining important turning points in the progression of Japanese views of the U.N. Japan and the U.S. have long served as the two leading contributors to the U.N. budget and have shared many aspirations to reform the Organization. Professor Kuyama has led an effort to bring together U.S., Japanese, European, and other scholars and policy makers to provide fresh ideas on how the accountability of the Organization might be enhanced. This FDP provides participants an opportunity to listen to and interact with a leading Japanese diplomat, who will focus his remarks on the United Nations and its involvement in topics of particular interest to Japan. While this practicum should be of broad interest to the shipboard community, it will be particularly relevant for the courses: "The United Nations, International Organization, and Global Governance" and "Theories of International Relations: World Order." Please note: Following the discussion, participants are invited to join Mr. Kuyama and Professor Fowler for lunch onboard the ship.

YOK59 EDO-TOKYO MUSEUM (1300-1700) Minimum 5/Maximum 20 (PRICE: OOPLEX)

[FDP: BUNCK]

The Edo-Tokyo Museum has extensive exhibits, some with actual and others with replicated exhibits regarding Japan, and particularly the city of Tokyo. Upon crossing a replica of the Nihonbashi bridge, one enters a historical exhibit, taking the visitor back to 1590 when Tokugawa Ieyasu first built Edo (renamed Tokyo in the Meiji period), offering visitors the opportunity to immerse themselves in the culture and economy of 16th-century Japan, as the people went about their daily lives. The

exhibits then catalogue the growth of the capital of Japan, and one can see the western influences of the Meiji period – European-style houses, automobiles, etc. – the great Kanto Earthquake, and eventually the effects of the air raids of World War II and the reconstruction period. The museum offers several excellent audiovisual presentations on different aspects of exploring Tokyo – its past, present, and future.

Students should gain insights not only on the political history of Japan and the development of one of the world's great cities, but on such important cultural dimensions as kabuki theatre and the genre of Japanese woodblock prints known as ukiyo-e. While this practicum should be of broad interest to the shipboard community, it will be particularly relevant for the course: "Introduction to Comparative Politics." In addition, those students writing papers on Japan may find the museum's large library of use. It is open to the public, with a reading area and copying services, and with reference librarians available to assist visitors who are looking for particular materials on Edo-Tokyo. Please note: Costs for this trip are entirely out-of-pocket. They include local currency for public transportation and optional purchases, and 480 yen (approximately USD\$6) for museum entrance. Please see Professor Bunck with specific questions.

KOBE, JAPAN

Arrive: 0800 Friday, November 11
Onboard: 1800 Saturday, November 12
Depart: 2000 Saturday, November 12

DAY 1: KOBE - Friday, November 11

KOB11 JAPANESE HOME VISIT - GROUP A (1300-1600) No Minimum/Maximum 10 (PRICE: \$5+OOPEX)

The primary purpose of this home visit, sponsored by the Kobe Convention and Visitors Association, is to give you an opportunity to experience daily life in Japan by spending a few hours with a Japanese family. You will have a chance for in-depth personal and intellectual exchanges with your hosts. You will either be met at the ship by your host family, or given directions to the home by public transportation (at your own expense). Please remember to take a small gift to your host family (possibly a box of sweets or a memento from your home city or school). **Please note: Out of respect to the host families, cancellations will not be acceptable. Upon our arrival in Kobe, you must check-in at the hospitality desk in the port terminal (2nd floor) to reconfirm your visit. The local coordinator will then notify your host family.** OOPEX includes local money for public transportation.



KOB12 OSAKA CASTLE & INTERNATIONAL PEACE CENTER (1300-1800) Minimum 15/Maximum 20 (PRICE: \$60 +OOPEX)

[FDP: HUFFMAN]

A combined visit to Osaka Castle and the International Peace Center will provide insight into two of the most important times in Japan's history: the remarkably peaceful Tokugawa era when so-called daimyo lords dominated society, and the violent years of World War II. The castle, which is a reconstruction of the original structure that served as the center of the Osaka region from the early 1600s until the mid-1800s, illustrates both the impressive architectural feats and the complex governmental approaches during a time when Japan largely shut itself off from the rest of the world. The museum is dedicated to portraying the horrors of war vividly and accurately—both those experienced by Japan and those that the Japanese inflicted on others. Taken together, the two sites provide food for thought about the different directions in which one society can go. **Please note:** OOPEX includes train fare of Yen ¥820 each way per person.

KOB13 THE GREAT HANSHIN-AWAJI EARTHQUAKE (1300-1830) Minimum 35/Maximum 44 (PRICE: \$76)

[FDP: GOLDIN]

The Great Hanshin-Awaji Earthquake occurred on January 17, 1995, and measured 7.2 on the Richter Scale. Victims in Kobe City included 4,512 dead and 14,679 injured. Many important public facilities, such as City Hall and public hospitals, were damaged or collapsed. Moreover, 80 percent of schools, museums, libraries, sports facilities, and sake breweries were damaged severely. There were 175 fires, 59 of which occurred simultaneously during the earthquake. At least 67,421 homes were fully destroyed; 55,145 were half destroyed.

To learn about this devastating earthquake, we will first travel to the Nojima Fault Exhibition Hall at Hokudan Memorial Park, located north of Awaji Island. Next, we will visit the Kobe Disaster Reduction Museum, which opened in 2002. The museum includes a large screen theater with images of the earthquake's destructiveness, documentary film about the recovery process, information about the earthquake, and interactive exhibits about disaster prevention. Finally we will view the Port of Kobe Earthquake Memorial in Meriken Park, which preserves part of the damage inflicted during the earthquake.



KOB14 HIROSHIMA BY BULLET TRAIN (1300-2245) Minimum 35/Maximum 70 (PRICE: \$444+OOPEX)

Proceed approximately 90 minutes to Hiroshima via bullet train. Upon arrival, enjoy an afternoon of sightseeing at the Hiroshima Peace Memorial Park and Museum. The museum is dedicated to the explosion of the atomic bomb on August 6, 1945, that made Hiroshima known around the world. Two hundred thousand people were killed and many more injured in this explosion. Inside the museum you will see exhibits of charred clothing, melted tires and other remains, as well as photographs of the aftermath of the explosion. Temperatures were said to reach 7,000 degrees Celsius, melting statues of Buddha and imprinting human shadows on granite steps. No one who ever sees this exhibit is likely to forget the experience. Afterward, proceed via motor coach to the train station for the 90-minute trip back to Kobe.



Participants will have an experience that goes beyond the usual image of the mushroom cloud because the Peace Museum is much more comprehensive on a variety of levels, including the human story of the effects of modern warfare. Interestingly, the museum is less concerned with the "Who" or "Why" than with the issue of "How are we going to keep this horrific tragedy from happening again?" It is a museum about peace, as told through war. Please Note: OOPEX includes dinner, at your own expense in the center of Hiroshima city.

KOB15 BUNRAKU THEATER (1400-2200) Minimum 30/Maximum 44 (PRICE: \$135)

[FDP: UNRUH]

We all love stories, no matter how they are told. In this uniquely Japanese art form, students will see how the stories and themes that tie us all together can be expressed through the magic and grace of puppetry. We will visit the National Bunraku Theater in Osaka for a Bunraku performance. Bunraku is a complex puppet theater that grew to prominence in the 17th century. Three manipulators operate one puppet in a manner so realistic that one is apt to forget that the characters are made of wood. Bunraku is an Osaka art and its' best plays reflect the traditional view of the Osaka merchant class. Please note: Shortly after registering for this trip, students must show a valid university/college student ID to the Field Office verifying that they are eligible for a discounted ticket, which is \$20 less than the adult admission ticket. The student ID must be shown at the box office the evening of the event. A \$20 credit will be applied to the shipboard account of those registered students that presented the student ID as outlined. Box dinners will be provided from ship.



DAY 2: KOBE - Saturday, November 12

KOB21 THE SHRINES OF ISE (0700-1800) Minimum 30/Maximum 44 (PRICE: \$101)

[FDP: NELSON]

Ise, southeast of Kobe in Mie Prefecture, is home to the Grand Imperial Shrines - the most venerated in Japan. *Ge-ku* and *Nai-ku* have been rebuilt on this same site every twenty years since 685. *Ge-Ku*, or Outer Shrine, was permanently established in Ise in 478. With its thatched roof and absence of carvings, *Ge-Ku* illustrates the simplicity and pure Japanese architecture of the grand shrines of Ise. Only the emperor and the highest-ranking members of the royal family may enter to worship their ancestors. *Nai-ku*, or Inner Shrine, dates from 5 BCE and holds the melted remains of the eight-pointed mirror, one of the three symbols of Imperial Authority. Please note: Box lunches will be provided from the ship.

KOB22 ARASHIYAMA PARK & HIKE (0800-1600) Minimum 30/Maximum 44 (PRICE: \$97)

Arashiyama Park is a local park north of Kyoto that is much favored by the Japanese. Our primary interest will be to observe the colony of Japanese macaques, one of our distant monkey relatives, living in the forested area and to observe local and migrant birds. This is a rare opportunity to observe free-range primates (no cages) as they interact with humans and each other within a very complex social network of relationships. There are opportunities for long walks through areas wooded in bamboo and rife with wildlife. Students will have the opportunity to learn about and directly observe this uniquely adapted primate species as well as other wildlife and the physical structure of an old-world forest community. This program will give participants the opportunity to observe bamboo forests and to hone their observation skills while watching primates in a semi-wild setting. Please note: This includes a steep hike up a portion of the mountain. Please wear sturdy walking shoes. Box lunches from the ship will be provided.



KOB23 NARA (0800-1800) Minimum 35/Maximum 44 (PRICE: \$98)

[FDP: HUFFMAN & IPPOLITO]

Capital of Japan for a brief period (710-784 CE), Nara was able to avoid the wars that destroyed many other ancient capitals. Buddhism in Nara represents an early, exuberant form of Buddhism, with rich symbolism throughout the city. Your first stop, *Horyu-ji*, is one of the most important temples in Japanese history, art and culture. The grounds cover an area of 25 acres and contain 45 buildings, all of which are designated either as National Treasures or Important Cultural Properties. Enjoy lunch and a stroll through Nara Deer Park where the well-known tame deer are found in large numbers. Next, visit the most important temple in all of Nara, *Todai-ji* (Great Eastern Temple). The temple's *Daibut-su* (Hall of the Great Buddha) enshrines a huge bronze image of the Cosmic Buddha. Although *Todai-ji* has been destroyed numerous times by fire, the present building dates from 1706 and is said to be the largest wooden structure in the world. Proceed to *Kasuga Taisha* Shinto Shrine, which, according to Shinto concepts of purity, was torn down and rebuilt every 20 years from 768 to 1863. Visual highlights are the spectacularly-colored pillars and the 3,000 stone and bronze lanterns. You may wish to visit the Treasure House (¥420 admission, at your own expense) to see the shrine's treasures, including armor, swords and Noh masks. Please note: This trip includes round-trip transportation by motor coach, admission fees and services of an English-speaking guide. Box lunch from the ship will be provided.



KOB24 GARDENS OF KYOTO (0800-1800) Minimum 40/Maximum 44 (PRICE: \$95)

[FDP: PITSCH]

Among the highest achievements of Japanese art are the gardens of Buddhist temples and Shinto shrines. No place in Japan has more numerous outstanding examples than Kyoto. We will visit the 15th-century rock and sand garden of *Ryoan-ji*, the 14th-15th-century garden of *Kinkaku-ji* (Golden Pavilion), and the 16th-century garden of Soami of *Ginkaku-ji* (Silver Pavilion.) A stop will also be made at *Sanjusangen-do*. Please note: A boxed lunch from the ship will be provided.



KOB25 KYOTO (0800-1830) Minimum 35/Maximum 44 (PRICE: \$104)

[FDP: GREEN]

Kyoto was an imperial capital for nearly 1,000 years and some of Japan's finest temples, palaces, villas and gardens are found here. Culture and lifestyle are refined in this city that is dotted with oases of tranquility and beauty, exemplifying the best of Japan. You will first visit *Kinkaku-ji* (Golden Pavilion), which was constructed in the 1390s as a retirement villa for Shogun Ashikaga Yoshimitsu, and features a three-story pavilion covered in gold leaf, topped with a bronze phoenix. Next, you will visit *Nijo-jo* (Nijo Castle). Built in 1603, this castle was the residence of the Tokugawa Shogun and is known for its contrast of solemn appearance and gorgeous interiors, as well as its perfectly-manicured garden. After lunch at *Maruyama-koen* (Maruyama Park), you will view *Heian-jingu* (Heian Shrine), a shrine that honors the peaceful period from 794-1192. Your last stop will be *Kiyomizutera* (Kiyomizu Temple), where you will enjoy a sweeping view of the entire city from its terrace. This practicum will give participants a glimpse of Japanese traditional culture, ritual and arts in a rare and memorable setting. The journey should give depth to our understanding of the cultural histories involved in the shrine pilgrimage in the Yukio Mishima story, "Act of Worship."



Please note: This program includes box lunches from the ship, round-trip transportation by motorcoach, admission fees to sites and an English-speaking guide.

KOB26 SERVICE VISIT: YMCA-SPONSORED KINDERGARTEN AND NURSERY SCHOOL (0900 - 1700) Minimum 8/Maximum 10 (PRICE: \$18)

You will be met by a YMCA representative at the ship's terminal and travel by van to YMCA-sponsored facilities. A YMCA staff member will accompany you throughout the day. You will have the opportunity to tour a kindergarten and nursery school and interact with the children. Your final stop will be at YMCA's Central Branch to tour the facility and learn about their programs. Please note: The price of this practicum includes a donation to the YMCA facility. Box lunch from the ship will be provided.

KOB27 HIROSHIMA BY BUS AND BULLET TRAIN (0900-1900) Minimum 35/Maximum 88 (PRICE: \$285 + OOPEX)

[FDP: BUNCK & FOWLER]

Proceed via a five-hour motor coach journey to Hiroshima. Upon arrival, spend the afternoon at the Hiroshima Peace Memorial Park and Museum. The museum is dedicated to the explosion of the atomic bomb on August 6, 1945 that made Hiroshima known around the world. Two hundred thousand people were killed and many more injured in this explosion. Inside the museum there are exhibits of charred clothing, melted tires and other remains, as well as photographs of the aftermath of the explosion. Temperatures were said to reach 7,000 degrees Celsius, melting statues of Buddha and imprinting human shadows on granite steps. No one who ever sees this exhibit is likely to forget the experience. Afterward, proceed to Kobe via a 90-minute bullet train journey for the return to the ship.

Visiting the Hiroshima Peace Memorial Park and Museum will provide students in the "Ethics and the Making of U.S. Foreign Policy" course a singular perspective in assessing President Harry Truman's decision to try to hasten the end of the war in the Pacific by dropping nuclear bombs on Hiroshima and Nagasaki, Japan. Please note: Box lunch from the ship will be provided. OOPEX includes dinner.



KOB28 POPOKI'S PORT ISLAND COMMUNITY PEACE MAP (0930-1700) Minimum 8/Maximum 13 (PRICE: \$20 + OOPEX)

[FDP: FRÖLANDER-ULF]

In this practicum students are invited to take part in a community/university program to think about health and peace. The specific community-centered activity, Popoki's Peace Map, involves exploring community spaces from the point of view of health and peace and emphasizing the use of the entire body, emotions and senses. Our local hosts have also arranged a morning program to introduce more general issues of peace, militarism, and health in Japan. Students will be joined by undergraduate students at Hyogo University of Health Sciences and graduate students from Kobe University who are members of the Popoki Peace Project. We will enjoy lunch together and then proceed to the map-making activity.

This program is recommended for Professor Frölander-Ulf's students as an opportunity to learn from Japanese students, health and peace activists about culturally specific approaches to peace-making, militarism, health and well-being with a special focus on community organizing for peace and health. Please note: OOPEX includes local currency for lunch, approximately 500-1,000 yen, and local currency for public transportation, approximately 500 yen.

**KOB29 JAPANESE HOME VISIT - GROUP B (1300-1600) No
Minimum/Maximum 10 (\$5 +OOPEX)**

The primary purpose of this home visit, sponsored by the Kobe Convention and Visitors Association, is to give you an opportunity to experience daily life in Japan by spending a few hours with a Japanese family. You will have a chance for in-depth personal and intellectual exchanges with your hosts. You will either be met at the ship by your host family, or given directions to the home by public transportation (at your own expense). Please remember to take a small gift to your host family (possibly a box of sweets or a memento from your home city or school). **Please note: Out of respect to the host families, cancellations will not be acceptable. Upon our arrival in Kobe, you must check-in at the hospitality desk in the port terminal (2nd floor) to reconfirm your visit. The local coordinator will then notify your host family.** OOPEX includes local money for public transportation.



**KOB30 THE NARUTO WHIRLPOOLS (1000-1700) Minimum 20/Maximum 22
(PRICE: \$120)**

[FDP: CASTEEN]

The Naruto Whirlpools are located at the southern end of Awaji-shima(Awaji Island), the largest island of the Inland Sea. At the tidal exchange, the sea rushes through a famous channel, causing ferocious whirlpools. We will watch the tidal exchange for a first-hand experience of an infamous Japanese sea region. **Please note:** Box lunches from the ship will be provided.

HILO, HAWAI'I

Arrive: 0800 Thursday, November 24
Onboard: 1800 Thursday, November 24
Depart: 2000 Thursday, November 24

DAY 1: Thursday, November 24

THANKSGIVING: The ship will arrive in Hilo on Thanksgiving Day. Many shops, restaurants and other venues will be closed as in other US states during a National Holiday. Please consider this as you plan your day in Hawaii.

HIL11 CAPTAIN ZODIAC SNORKELING EXCURSION (0800-1700) Minimum 15/Maximum 64 (PRICE: \$213)

With the accompanying narration of a driver/guide, head to Kona for an incredible snorkeling adventure. Drive for approximately 2.5 hours along coastlines, past waterfalls and through Waimea Town, an old *paniolo* (Hawai'ian cowboy) town. Hawai'i's original rafting adventure is an inviting journey along the historic Kona Coast. The naturalist captain will spin tales of Hawai'ian folklore and history while traveling to pristine Kealahou Bay. Snorkel among beautiful tropical fish living in the coral gardens, then snack on a tasty Hawai'ian snack in the marine sanctuary. Learn about the geology of the island by venturing into sea caves and past lava tubes. After snorkeling, a light lunch will be provided onboard the Zodiac including fresh fruit, deli sandwich, juices, water and sodas. Please note: Be sure to bring a sweater/light jacket, towel, sunscreen, hat, camera and a change of clothes.



HIL12 KAILUA-KONA AND THE KONA COAST (0800-1800) Minimum 20/Maximum 50 (PRICE: \$105)

Hawai'i is the only part of the U.S. where coffee is grown commercially. So, a visit to the Kona area is not complete without a visit to the Kona Coffee Mill Museum and a steaming cup of Java. According to historical records, coffee plants from Brazil first arrived on the island in 1825—along with a sad cargo. The British warship that brought the coffee plants also carried the bodies of King Kamehameha II and Queen Kamamalu, who had died from measles while visiting London.



In addition to its famous coffee plantations, Kailua-Kona offers several attractions that played important roles in Hawai'i's history. This area was once the summer haunt of Hawai'ian royalty. Many past monarchs spent six months of each year at Hulihee Palace, which now has an intriguing collection of items used by these monarchs. Across the street is the Mokuauia Church, Hawai'i's oldest Christian house of worship. At the entrance to Kailua Bay, view the totem pole-like tikis of the restored Ahuena Heiau (open-air temple). In nearby Hanalo, the Daifukuji Mission, a picturesque Buddhist temple, reminds one of Hawai'i's multicultural heritage. Near the town of Napoopoo, visit St. Benedict's Painted Church, where a Belgian priest painted all the Biblical scenes that adorn the walls and ceilings to teach Christianity to Hawai'ians, some of whom did not know how to read. On the waterfront, Pu'uho'oua o

Honaunau provided religious and political asylum for 12th-century Hawai'ians. This place of refuge was a safe haven for ancient Hawai'ian war criminals and *kapu* (taboo) violators. Please note: A packed lunch from shore will be provided.

HIL13 HAWAI'I TROPICAL BOTANICAL GARDEN (0900-1200) Minimum 20/Maximum 40 (PRICE: \$48)

While the world's rainforests are disappearing at an alarming rate, the Hawai'i Tropical Botanical Garden is dedicated to preserving a spectacular Hawai'ian rainforest. Located seven miles north of Hilo, this beautiful valley on the ocean at Onomea Bay creates a sanctuary and nature preserve for rare and endangered tropical plants, endemic Hawai'ian plants and wildlife. The garden has more than 2,000 different species of tropical flowers and plants. Wildlife includes Japanese koi fish and giant sea turtles, as well as many species of colorful birds, such as flamingos, macaws and mandarin ducks. The garden features natural streams, a cascading three-tier waterfall and palms as tall as 100 feet. For preservation of Hawai'i's natural heritage, the garden has been given the Hawai'i Visitors Bureau's prestigious 1992 Kahili Award for the best attraction in the state.



HIL14 VOLCANOES NATIONAL PARK & HIKE (0900-1600) Minimum 20/Maximum 50 (PRICE: \$78)

According to Hawai'ian legends, Volcanoes National Park is the home of Pele, the Hawai'ian goddess of fire. The area was established as a national park in 1916 to preserve the region's unique volcanic features, its early human history, and the plant and animal life that is part of this special bioregion. Terrain in the 377-square-mile park ranges from arid expanses of lava flows to lush green jungles. The climate ranges from desert to rain forest. A highlight of the park is *Mauna Loa*, the second-highest and most massive mountain in the world. *Mauna Loa* erupted 14 times in the current century. Its last eruption in 1984 threatened the city of Hilo for a time. *Mauna Loa*'s much smaller neighbor, 4,000-foot *Kilauea*, might go unnoticed except that it is the world's most active volcano. For more than 100 years, *Kilauea* was almost continuously active. The Kilauea Visitor Center and the Volcano Art Center are located on the northern rim of oval-shaped Kilauea Caldera. Within this caldera is Halema'uma'u Crater where you can smell sulfur and hear steam hissing out of fissures in the rock. When *Kilauea* is erupting, you may see seething lakes of molten rock, curtains of fire, and fountains of red-hot lava. A 20-minute movie on eruptions is shown hourly at the Visitor Center, and there are displays on volcano formation and geologic processes, native plants and animals, and early Hawai'ians. In addition to the summit calderas, or craters, you will be able to examine lava flows, lava tubes, pit craters, steam vents, sulfur banks, *kipuka* (isolated "islands" untouched by lava flows), fault scarps, tree molds, and black sand beaches. This group will also proceed on a two-hour hike, accompanied by a park ranger. Identify endemic flora and fauna in a *kipuka* and perhaps discover endemic arthropods in of a lava tube. Please note: A packed lunch from shore will be provided.



HIL15 SERVICE VISIT: SALVATION ARMY THANKSGIVING DINNER (0930-1430)
Minimum 20/Maximum 50 (PRICE: \$10)



The Salvation Army's Hilo Temple Corps Community Center serves the people of Hawaii residing on the eastern side of the Big Island of Hawai'i. It is led by Captains Craig and Marianneke Summerfield. In addition to its function as a church, it provides emergency assistance to families needing help including food, clothing, basic utility and short-term shelter assistance. It also provides seasonal assistance to families for their special needs during the holidays such as Thanksgiving and Christmas, and the essential back-to-school needs of children. Three times a week, the Hilo Temple Corps also serves hundreds of homeless and needy individuals a nutritious, hot meal through its Soup Kitchen. This service has become one of the hallmarks of its humanitarian work for more than 20 years to help those who are hungry. It partners with several civic volunteer groups to help prepare and serve the meals. Volunteers on this service visit will assist with setup, lunch service and clean up. Volunteers are welcome to enjoy the meal after the guests have gone through the food line. Please note: The price of this visit includes a donation.

HIL16 GEOLOGIC AND NATURAL FEATURES OF MAUNA KEA VOLCANO (1000-1700)
Minimum 10/Maximum 28 (PRICE: \$115)



[FDP: GOLDIN]

The view from the summit of Mauna Kea is incomparable; the whole island is visible below and the sky is seen above through the thin layer of atmosphere found at 14,000 feet. Mauna Kea is the highest point in the state of Hawaii and one of the largest shield volcanoes in the world, rising about 33,000 feet from its base below sea level. It was built from lava flows starting about one million years ago to as recently as about 4,600 years ago, some of which produced cinder cones. It is the only Hawaiian volcano to exhibit glacial features. Like all Hawaiian volcanoes, Mauna Kea has been created by a hotspot, as the Pacific tectonic plate has moved erupting magma from the Earth's underlying mantle. There are 13 major telescopes on the site, four larger than 300 inches. The combined light-gathering power of the telescopes on Mauna Kea is fifteen times greater than that of the Palomar telescope in California -- for many years the world's largest -- and sixty times greater than that of the Hubble Space Telescope.

We'll do a short stop at the Queen's Garden, a Japanese garden built in the early 1900s, then another at the 80-foot Rainbow Falls. We will take Saddle Road, located between Mauna Kea and Mauna Loa, passing dried lava flows, desert and moonlike fields as well as lush rainforests. We'll stop at the Kipuka Pu'u Huluhulu cinder cone for a view of the landscape, and the Onizuka Visitors Center for more breathtaking views located at 9,300 feet, where we will have lunch (included) and continue to acclimatize. We may go through fog, rain or cloud layers here since this part of the island is in the middle of the wet to dry transition and it is not unusual to see all sorts of weather here.

The drive from the Visitor Center to the summit takes about a half hour and is one of the most beautiful drives imaginable. As we ride to the summit and circle the

mountain we can see the ocean on the west side of Hawaii near the resort areas and the town of Hilo down below to the southeast, driving through Mauna Kea Ice Age Reserve and seeing the glacial deposits.

The summit area is culturally and religiously important to the native Hawaiians, hosting many religious Heiau, an obsidian adze quarry and numerous other archaeological sites. Remember this landscape, and the archeological sites upon them, are sacred; take nothing but photographs. A hike from the top of the road to the actual summit is a must for any who have ventured this far and are in good shape. A stone altar and a USGS survey point mark the actual summit of the mountain, about a 20 minute walk up a cinder trail from the top of the road. Please note: Participants are encouraged to dress in warm layers.

HIL17 CITY ORIENTATION (1230-1600) Minimum 20/Maximum 50 (PRICE: \$39)

To avoid confusion with the state of the same name, the island of Hawai'i is commonly referred to as the Big Island. Approximately 4,000 square miles in size, it is nearly twice as large as the other main islands combined. However, only about 10 percent of the state's residents call it home. Hilo is the cultural heart of the Big Island and home to the University of Hawai'i-Hilo campus. Most of Hilo's hotels are clustered along Banyan Drive whose trees were planted by such notables as Amelia Earhart and Cecil B. De Mille during the 1930s. A small footbridge from Banyan Drive takes you across to tiny Coconut Island in Hilo Bay. Then explore Liliuokalani Gardens, named for Hawai'i's last queen. These gardens are filled with Japanese-style pagodas, bridges and ponds. Continue to Wailoa Center in Wailoa State Park and view exhibits of the work of area artists. Finally, visit Rainbow Falls in Wailuku River State Park. When the sun cooperates, a colorful shimmering arch is caught in the mist at the falls.



PUNTARENAS, COSTA RICA

Arrive: 0800 Sunday, December 4
Onboard: 1800 Monday, December 5
Depart: 2000 Monday, December 5

DAY 1: Sunday, December 4

COS10 A GREEN EXPERIENCE AT THE ARENAL VOLCANO (0900 Day 1- 1600 Day 2) Minimum 16/Maximum 40 (PRICE: \$295) PRE-SALE ONLY



Located at La Fortuna, Arenal Volcano rises 5,436 feet above sea level and is the most active and the most studied of all Costa Rica's volcanoes. It booms and rumbles with an unnerving consistency and its nocturnal pyrotechnics have struck awe in the hearts of thousands of observers. With its perfectly conical shape and its continuing activity, Arenal is a picture-book image of a volcano. Daily ash columns, underground rumbling, glowing red lava flows and sudden explosions make Arenal a must-see on any visitor's itinerary.

Transfer from Puntarenas Pier to La Fortuna, San Carlos by air-conditioned motorcoach (approximately two hours). On the way you will come across the real Costa Rican native "Campesino"; a family will open the doors of their house and show you how they live and what they eat. From the vegetable garden, you will pick vegetables and take them into the kitchen to learn how to prepare a typical meal. Costa Rican food is a fusion cuisine. It combines elements of culinary traditions from Africa, Italy, France, China, and Spain, flavored by traditional grains (rice, corn, and beans), roots (cassava, taro roots, sweet potatoes), spices (coriander, garlic, annatto, saffron, parsley, oregano, thyme, nutmeg, salt, and pepper), oils (olive oil, vegetable oil, and lard), sauces (Lizano, Soy, and Worcestershire), fresh fruit, and vegetables.

Continue to Volcano Lodge for check-in. Then enjoy the relaxing thermal waters and beautiful Arenal Volcano panoramic views. There are pools with different temperatures, coming from individual hot springs. After dinner at Baldi Hot Springs, return to Volcano Lodge for overnight.

Following breakfast at the hotel the next morning, proceed for a visit to the Hanging Bridges. This project consists of eight fixed bridges, ranging in length from 8-22 meters, and six hanging bridges, built with the latest techniques and designed with an eye for both beauty and safety. The hanging bridges are between 48-98 meters long. All the bridges are made of galvanized steel and high-strength aluminum. The safety mesh and the suspension cables are also made of galvanized steel. The entire project was designed to blend with the natural environment, leaving the forest virtually intact. Enjoy lunch en route to the ship.



Suggested packing list: cotton clothing, rain gear, insect repellent, closed-toe shoes (for the Hanging Bridges excursion) and bathing suit.

Includes: hotel accommodation, guide, entrance fees; 2 lunches, 1 dinner and 1 breakfast.

**COS11 SAN JOSÉ AND BEYOND (0900 Day 1 – 1600 Day 2) Minimum 16/
Maximum 30 (PRICE: \$285) PRE-SALE ONLY**

Spend two days exploring the highlights of Costa Rica including San José, Sarchi, a coffee estate, and a zip-line tour through the rain forest canopy.



Transfer by air-conditioned bus from the pier to the capital city of San José. In an effort to allow the broadest possible view of the country, your path to the capital city will lead you through four of the seven provinces that make up the Republic. Allowing for a brief stop along the way, the 2.5-hour journey to San José will take you past vast coastal floodplains, up high mountains and into the Central Volcanic Valley, which travelers have compared more to Northern Europe than to Central America. Throughout your journey, a native Costa Rican will lead you through the country's history, economy and politics, offering insight to the beautiful views and landscape along the way. Once in San José, your first stop will be at the National Museum of Pre-Colombian Art for an entertaining and well-documented narrative on the country's heritage. Here your guides will personally lead you through the Pre-Colombian jade and gold exhibits. Your next stop will be the Opera House, a close replica of the Paris Opera House. Lunch and dinner are included. The evening is free to explore San José on your own. Overnight accommodations will be at the Hotel Centro Colon or similar.

After breakfast at the hotel, the next morning depart to explore more of Costa Rica's physical beauty and the friendliness of its people. Journey to the Espiritu Santo Coffee Estate, the bus ascends from 3,300 feet to more than 6,000 feet above sea level, and you will experience dramatic changes in climate and vegetation along the way. The Costa Rica of today was greatly influenced by the arrival of coffee. The growing and sale of the crop gave shape to the country's current social and political structure. Thus a visit to the country would not be complete without learning about this important crop. During a special visit to the Espiritu Santo Coffee Estate, you will gain a thorough insight into the harvesting and processing of coffee. A "hands on" experience reveals the complexity of bringing coffee from the field to your table.



Your next stop is the small artist town of Sarchi, cradle to famous wood carvers and artisans, and home of the brightly-colored, hand-painted ox cart, which has become one of the symbols of Costa Rica. The painting of the carts started over two centuries ago, and you will have a chance to witness master craftsmen painting the intricate patterns and bright colors as their ancestors did for generations. There is also time to browse for keepsakes and mementos of your visit to this tiny, peaceful republic. Enjoy lunch and then depart for your final activity, zip-lining through the canopy of the rain forest.

Originally developed by scientists to study the biodiversity found in the canopy of trees, the method involved rigging large trees with climbing gear, cables, ladders, etc. By means of this gear, biologists were able to swing from one tree to another, over chasms and water, to study larger areas of the forest. They also discovered it was a great deal of fun. Nowadays, several canopy tours have been developed around the world, with Costa Rica being the leading country in abundance and safety of this activity. This program allows anybody to rise to the top of the trees and switch on the adrenaline, as you swish through the air from one gigantic tree to another in complete safety. An hour drive along the scenic coast will bring you to the Canopy Center. Here a knowledgeable guide will assist you in donning the harnesses and safety equipment and will give you a thorough explanation of what to expect and how

to make the most of your experience. Once ready, a dirt road and a short walk will take you to the first platform. Hook your harness to the cable and go! All too soon, it is time to resume your journey, down the winding road back to your awaiting ship.

Suggested packing list: cotton clothing, rain gear, insect repellent, closed-toe shoes (for the Hanging Bridges excursion) and bathing suit.

Includes: hotel accommodation, guide, entrance fees; 2 lunches, 1 dinner and 1 breakfast.

COS12 ESSENCE OF COSTA RICA (0900-1730) Minimum 20/Maximum 96 (PRICE: \$68)

[FDP: MORROW]

Although not an easy task, this full-day experience allows one-day visitors to experience the flavor of Costa Rica in the most in-depth manner in such a short time. The tour does not concentrate on any particular sight. Instead, it concentrates on those sights that highlight the history, culture, society and nature of the country, to provide a general, yet vivid impression of all that Costa Rica entails. In an effort to allow the broadest view of the country, your path to the capital city will lead you through four of the seven provinces that make up the Republic.

Allowing for a brief stop along the way, the 2.5 hour journey to San José will take you past vast coastal floodplains, up high mountains and into the Central Volcanic Valley, which travelers have compared more to Northern Europe than to Central America. Throughout your journey, a native Costa Rican will lead you through the country's history, economy and politics, offering insight to the beautiful views and landscape along the way. Once in San José, your first stop will be at the National Museum of Pre-Colombian Art, for an entertaining and well-documented narrative on the country's heritage. Here your guides will personally lead you through the Pre-Colombian jade and gold exhibits. Your next stop will be the Opera House, a close replica of the Paris Opera House and a bastion of culture. This venue has come to represent the love of fine arts held by Costa Ricans. Your next stop is at Sarchi, the artisans' town, for a delicious Costa Rican lunch and a visit to the oxcart factory and shops. Your return drive to the ship will further broaden your perspective of the country by stopping at the town of Grecia to admire the unusual metal Church of the Lady of Mercy.



COS13 CLOUD FOREST AND POÁS NATIONAL PARK - GROUP A (0900-1730) Minimum 20/Maximum 96 (PRICE: \$62)

From the low coastal areas, head into the clouds and discover the incredibly diverse landscape, the ever-changing vegetation and spectacular scenery that this journey provides. One of the most renowned parks in Costa Rica, the Poás National Park, is one of the few cloud forests accessible from the Pacific Coast during a one-day visit. Surrounded by lush cloud forest is the crater of the Poás Volcano. On a clear day, it is possible to peer into the volcano's crater and see geysers of steam and smoke, rising from the bubbling depths. As the volcano is in a cloud forest region, visibility of the crater is subject to cloud influence.



After a visit to the park, continue through spectacular scenery, which brings to mind the fields and pastures in the Swiss Alps. It is this region that gave Costa Rica its nickname “The Switzerland of Central America”. Soon you will reach a traditional mountain retreat, where a tasty traditional “Tico” meal will be served.

After lunch, a short stop will be made in Grecia to admire the unusual metal Church of the Lady of Mercy. Upon leaving Grecia, your journey to the ship takes you past sugarcane and coffee plantations that were once the main trade of Costa Rica.

COS14 CANOPY TOUR: ZIPLINE (0900-1300) Minimum 20/Maximum 55 (PRICE: \$54)

Originally developed by scientists to study the biodiversity found in the canopy of trees, the method involved rigging large trees with climbing gear, cables, ladders, etc. By means of this gear, biologists were able to swing from one tree to another, over chasms and water, to study larger areas of the forest. They also discovered it was a LOT of fun!!! Nowadays, several canopy tours have been developed around the world, with Costa Rica being the leading country in abundance and safety of this activity. This program allows anybody to rise to the top of the trees and switch on the adrenaline, as you swish through the air from one gigantic tree to another in complete safety. An hour drive along the scenic coast will bring you to the Canopy Center. Here a knowledgeable guide will assist you in donning the harnesses and safety equipment and will give you a thorough explanation of what to expect and how to make the most of your experience. Once ready, a dirt road and a short walk will take you to the first platform. Hook your harness to the cable and go!



Please note: This tour is only recommended for those people who are able to participate in moderately strenuous activities and high adventure programs. Guests who suffer vertigo should not participate on this tour. Comfortable light clothing is recommended. Weight limit is approximately 260 pounds.

COS15 HORSEBACK RIDING (0915-1300) Minimum 15/Maximum 20 (PRICE: \$60)

Both beginners and experienced riders will enjoy this day of outdoor fun at a traditional Costa Rican ranch, riding well-trained, docile horses. Not too far from the ship, your *vaquiano* (Costa Rican cowboy) awaits. He has made ready the horses to take you on a fun adventure through fields, cattle farms and tropical rain forest. Keep your eyes on the look-out for the many animals that inhabit the area. The jungle provides a welcome shade and as your eyes adjust, you discover the thick strands of orchids and bromeliads that weigh heavily on the large tree branches, the beautiful butterflies that fill the area, and the permeating sense of peace. Dismount near a river to pause and enjoy your surroundings and a refreshing fresh fruit snack.

Please note: Although not strenuous, this tour requires a certain amount of physical activity necessary to mount, dismount and ride a horse. Long pants, closed-toe shoes, sunscreen and a hat are “musts” on this tour. This activity is not available for children under 12 years old.

COS16 PICTURESQUE SARCHI (0930-1545) Minimum 20/Maximum 96 (PRICE: \$44)

[FDP: PITSCH]

High in the mountains, in the heart of the Central Valley, lies the small town of Sarchi, cradle to famous wood carvers and artisans that gave identity to the country's local craft and lore. It is here that most visitors to the country find the treasures that will remind them of their time in Costa Rica when they are far away. From the hot and dry coastal plains, your drive will take you through quaint villages, fields of sugar cane, cattle ranches and coffee plantations, to the Central Volcanic Mountain Range where the deep green of its hills lies in dramatic contrast to the colors of the coastal region. Throughout your drive, a professional guide will get you acquainted with the country's history, politics and culture. His interesting account of Costa Rica will make the 40-mile journey short and pleasant. Soon the little town appears, with its bright colors and friendly people, proudly displaying the most typical symbol of the country . . . the brightly-colored, hand-painted ox cart. The painting of the carts started over two centuries ago and you will have a chance to witness master craftsmen painting the intricate patterns and bright colors as their ancestors did for generations. A typical Costa Rican lunch will be served, and time has been allotted to browse for keepsakes and mementos of your visit to this tiny, peaceful republic. Upon leaving Sarchi, a short stop will be made in Grecia to admire the unusual metal Church of the Lady of Mercy. Your return journey takes you past sugarcane and coffee plantations that were once the main trade of Costa Rica.



COS17 COFFEE: COSTA RICA'S TREASURE (0930-1630) Minimum 20/Maximum 96 (PRICE: \$60)

It is said that the riches of Costa Rica lie in its physical beauty and its friendly people. They also lie in one of its main products, coffee. As you wind your way along the route used by the conquistadors to access the lush central valley, an exuberant and verdant region unfolds before your eyes. As the old road takes you from sea level to over three thousand feet, you experience dramatic changes in vegetation and climate. Your visit to the coffee plantation will reveal the intricacies of this product by means of an interactive experience. At Doka State Coffee, you can discover the secret of what transforms ripe coffee fruit into a delicious cup of gourmet coffee. Professional guides will take you through the production stages from tending the trees to the careful handpicking at harvest time. Observe and participate in the traditions and history of coffee and the very special way we package our passion. Experience first-hand how the pros distinguish a fine coffee by its taste and smell. A typical lunch will be served at Doka's Restaurant. Upon leaving the coffee plantation, a brief stop will be made in Grecia to admire the unusual metal Church of the Lady of Mercy. Please note: As the buses do have strong air-conditioning, you may wish to bring a sweater or jacket. Comfortable walking shoes are recommended.



COS18 RAFTING ON THE COROBICI RIVER – GROUP A (0930-1630) Minimum 20/Maximum 38 (PRICE: \$76)



Although by no means a hard core adventure, this trip down the Corobici River offers the opportunity to enjoy nature at its best and to negotiate some swift waters here and there. Starting as a swift and strong river at its origin in the mountains, the Corobici becomes a docile giant when it reaches the low flood plains of the pacific coast. It is here where you will put in your rafts to begin an interesting journey. Along the way, the river winds among dense jungle, secondary forests and from time to time near pastures and fields. Throughout the course, the river has been blessed with rich wildlife, making it ideal for nature lovers and amateur natural historians.

As this section of the river has no more than class one and two rapids, it is the ideal excursion for beginners or for those who do not want the more strenuous white water rafting experience. However, this is a moderately strenuous activity, and is only recommended for those people who are able to participate in moderately strenuous activity. Please note: It is not recommended for children under 6 years. Footwear such as, sports sandals or tennis shoes are required and may become wet. Please bring sunscreen, towel and a change of clothes. Lunch is included.

DAY 2: Monday, December 5

COS20 TÁRCOLES RIVER: A WILDLIFE GALLERY (0730-1300) Minimum 30/Maximum 96 (PRICE: \$56)



Bodies of water attract a diverse and abundant range of wildlife. Other than walking through a rainforest, a glide down a lazy river is the best way to spot animals and enjoy the tropical setting. From your ship, transfer to the grand Tárcoles River (approximately 1.25 hours). One of the main rivers in the country, the Tárcoles winds its way from the central valley to the Pacific Coast, through hundreds of miles of unspoiled jungles and mangroves. Aboard a sturdy pontoon-type vessel, your guides and captain will maneuver the shifting sand banks, to reveal the animals, insects and plants that lie hidden to the untrained eye. On your 1.5-hour sail on the river, you may see and/or hear howler monkeys, toucans, crocodiles and other permanent residents of this watery paradise. Tropical fruits and refreshments will be offered before and after the boat tour. Please note: The boats are covered; they do not have restrooms. Restroom facilities are available before and after the boat tour.

COS21 CLOUD FOREST AND POÁS NATIONAL PARK – GROUP B (0745-1615) Minimum 20/Maximum 96 (PRICE: \$62)



From the low coastal areas, head into the clouds and discover the incredibly diverse landscape, the ever-changing vegetation and spectacular scenery that this journey provides. One of the most renowned parks in Costa Rica, the Poás National Park, is one of the few cloud forests accessible from the Pacific Coast during a one-day visit. Surrounded by lush cloud forest is the crater of the Poás Volcano. On a clear day, it is possible to peer into the volcano's crater and see geysers of steam and smoke, rising from the bubbling depths. As the volcano is in a cloud forest region, visibility of the crater is subject to cloud influence. After a visit to the park, continue through spectacular scenery, which brings to mind the fields and pastures in the Swiss Alps.

It is this region that gave Costa Rica its nickname “The Switzerland of Central America”. Soon you will reach a traditional mountain retreat, where a tasty traditional “Tico” meal will be served. After lunch, a short stop will be made in Grecia to admire the unusual metal Church of the Lady of Mercy. Upon leaving Grecia, your journey to the ship takes you past sugarcane and coffee plantations that were once the main trade of Costa Rica.

COS22 OUTRIGGER CANOE (0800-1300) Minimum 20/Maximum 38 (PRICE: \$76)

This trip combines the beauty of the Pacific Ocean, the fun of a kayak and the safety of a US Coastguard-approved outrigger canoe as you explore the beautiful coastline and secluded coves on the Pacific Coast of Costa Rica. An hour’s scenic drive will take you to a quiet beach where the Costa Rica Outrigger Team is making final preparations to set off on this half day program of adventure. Once at the beach you will be assigned to a special canoe along with eight partners and your “eccentric” guide. The beauty of the outrigger canoe is that you share the work of paddling with your group of eight. Thus, if you feel like sitting back for a while and just looking at the spectacular scenery, you may do so and still keep moving. Many compare the experience with “rafting on the ocean”. And, as the canoe is fitted with floatation devices on either side, it is virtually un-flippable.



You will glide past spectacular cliffs with abundant bird life and land on secluded beaches that offer the best snorkeling to be found on the Central Pacific Coast. Once landed your guides will accompany those who wish to snorkel, making you feel at ease as they point out colorful fish and show you some of the underwater world. Then take a moment to relax on a beach, which can only be accessed from the sea, and sample some of the fresh tropical fruit offered by your guide. All too soon, it will be time to start your return back to the beach, where the remainder of the Outrigger Team awaits you with ice-cold refreshments.

COS23 CARARA NATIONAL PARK: A TROPICAL RAIN FOREST (0800-1300) Minimum 20/Maximum 72 (PRICE: \$50)

Tropical rainforests are major providers of the air we breathe, the source of most elements used to create modern-day medicine and a legacy to future generations. A visit to Carara National Park offers insight to the complex world of the tropical rainforest. It is ideal for those who wish to become acquainted with the exotic flora and fauna that thrives in the region. Over ten thousand species of plants, three hundred species of birds and some two hundred species of butterflies are present in this transitional zone, where the less dense undergrowth makes spotting easier than in the deeper forest. Scarlet Macaws, howler monkeys, white-collared monkeys, peccaries, crocodiles and toucans are a few of the animals which call this area their home and, although not guaranteed, may be spotted. The key to your learning adventure is an experienced naturalist guide who is able to interpret all the messages and signs the jungle puts forth and translate them for you to understand. He will expose the delicate balance between plants, insects and other animals and will show you some of the treasures the rainforest provides. Two separate walks will be made in small groups to create less of an impact on the reserve.



COS24 SCARLET MACAW SANCTUARY (0900-1300) Minimum 20/Maximum 40 (PRICE: \$66)



Vibrant, exotic, uncommon. The distinctive scarlet macaw embodies the lure of the tropics themselves. One of the most endangered species of the region, the scarlet macaw has found a home in this sanctuary in Costa Rica. You are invited to pay them a visit on today's adventure, which includes a boat ride through the mangroves as well as a jaunt across sugarcane fields.

From the pier, it is a short drive to the boarding venue, where you will receive a brief safety orientation before embarking on your mangrove cruise. As you glide across the waters that coil through the verdant tropical rain forest, keep an eye out for the local residents flying in the treetops, swimming in the mangroves and scurrying along the rich, fertile earth. Long willowy branches drape to the surface of the water, and the canopy of green looming overhead allows the sun to peek through in dappled splendor.

After your boat ride, you will continue aboard an air-conditioned motor coach through fields of sugarcane, a mainstay of the Costa Rican economy. Upon arrival at the sanctuary, the scarlet macaw is sure to announce your arrival. Its brilliant red plumage is a stunning and colorful focal point in your photographs. As you stroll the grounds of the sanctuary, the macaws and their neighbors fly freely about, affording ample time and opportunity to behold these breathtaking beauties. Enjoy a repast of fresh tropical fruits before your drive back to the ship.

COS25 RAFTING ON THE COROBICI RIVER – GROUP B (0900-1600) Minimum 20/Maximum 38 (PRICE: \$76)



Although by no means a hard core adventure, this trip down the Corobici River offers the opportunity to enjoy nature at its best and to negotiate some swift waters here and there. Starting as a swift and strong river at its origin in the mountains, the Corobici becomes a docile giant when it reaches the low flood plains of the pacific coast. It is here where you will put in your rafts to begin an interesting journey. Along the way, the river winds among dense jungle, secondary forests and from time to time near pastures and fields. Throughout the course, the river has been blessed with rich wildlife, making it ideal for nature lovers and amateur natural historians.

As this section of the river has no more than class one and two rapids, it is the ideal excursion for beginners or for those who do not want the more strenuous white water rafting experience. However, this is a moderately strenuous activity, and is only recommended for those people who are able to participate in moderately strenuous activity. Please note: It is not recommended for children under 6 years. Footwear such as, sports sandals or tennis shoes are required and may become wet. Please bring sunscreen, towel and a change of clothes. Lunch is included.

Roatán, Honduras

Arrive: 0800 Friday, December 9
Onboard: 1800 Saturday, December 10
Depart: 2000 Saturday, December 10

Day 1: Friday, December 9

ROA01 SNAPSHOTS OF ROATAN – GROUP A (0800-1230) Minimum 10/Maximum 160 (ADULT PRICE: \$45; CHILD PRICE: \$35)

From Coxen Hole, where your ship is docked, you will travel to “The Iguana Farm,” where many giant iguanas roam freely around you. Some of the iguanas are more than three feet long, and you may feed them directly from your hands! There is also time for a visit to the small in-sea tarpon aquarium. Your next stop will be Dixon Cove in the area of Las Palmas and Coral Cay. Here you will take a short uncovered boat ride (approximately 20 minutes) along the coast to observe the tropical mangrove formations and the biggest semi-submerged shipwrecks of Roatan.



Following this experience you'll enjoy a musical show performed by the Garifunas, direct descendants of island Caribs and African slaves. They will share their most important dances, such as the *Punta*, while you sip a complimentary beverage. Approximately one hour of free time is allotted to spend on the beach, where free long chairs are available. If you wish to enjoy the beach, don't forget your swim suit, towel and sun protection! Before travelling back to the ship, a final stop is made at the Ethnic Culture Village to gain a better understanding of the islanders' way of life, observing a replica of some typical old homes as well as some local flora and fauna.

ACTIVITY LEVEL: Mild

ROA02 ROATAN WEST SIDE ISLAND TOUR – GROUP A (0830-1230) Minimum 10/Maximum 54 (ADULT PRICE: \$44; CHILD PRICE: \$35)

The Carambola Botanical Gardens are located in a small valley in Sandy Bay, where English settlers came in 1740, and cover several acres along the banks of Mahogany Creek. The gardens' name comes from the Carambola fruit, which forms a star shape when sliced across the center. There are many tropical trees, plants and flowers here. We shall take a walk around the garden, and sample fresh fruits in this beautiful setting. We then travel to the Butterfly Park, for some free time to wander. Here we can appreciate a 'walk-in' exhibition of some of Honduras' most colorful butterflies and toucans. The butterfly pupas are brought here from the mainland of Honduras and some species even reproduce at the facility. We will be able to learn about and observe the various stages of the butterfly life cycle. We will also have the opportunity to visit the bird section, where lost, injured and unwanted birds are provided care. These birds are primarily parrots and toucans and do not mind posing on your arm for photographs; so, do not forget your camera! Our morning will end at *Las Palmas*, where we will have an opportunity for shopping or relaxing as we enjoy a complimentary Honduran coffee, iced tea or lemonade. People who don't want to walk are welcome to remain at our meeting point, a beautiful bar built on the water.



ACTIVITY LEVEL: Mild

ROA03 EAST END EXCURSION – GROUP A (0830-1230) Minimum 10/Maximum 60 (ADULT PRICE: \$36; CHILD PRICE: \$27)

This is an easy and interesting sightseeing tour that allows you to discover one of the most secluded areas of the island, an area not affected by tourism. Aboard an air-conditioned motor coach, enjoy spectacular views of this island while your guide briefs you on the history and culture. Following an approximately 15-minute transfer by motor coach, we travel to “The Iguana Hideaway” where you will walk amongst many giant iguanas, some of them more than three feet long. Next you will pass small fishermen villages, stopping at a panoramic point for a photo opportunity. Continue your journey for approximately twenty minutes to reach the “Yubu Experience.” Here you will watch the Garifunas, descendants of African slaves who settled here in 1797, performing a traditional dance to the sound of their drums. You’ll be offered a traditional Garifuna treat, a crispy yucca bread, called “Kazabe.” You can also have a look at a replica of a typical Garifuna hut, while your guide provides some historical information. Your next stop is at a degustation point to taste some home-made jams and, perhaps, purchase some products to take home with you. On the return trip, enjoy a short last stop at a panoramic point to view a stilt village, inhabited by pirates in the past and now the home of family-owned fishing companies. After many decades, fishing is still the second-ranked source of income for the islanders.



ACTIVITY LEVEL: Mild

ROA04 “UNDERWATER MUSEUM” SNORKELING & ORPHANAGE VISIT – GROUP A (0900-1230) Minimum 10/ Maximum 30 (PRICE: \$53; CHILD PRICE: \$47)

This unforgettable tour combines adventure, history and a service visit! Your day begins with a transfer to Sandy Bay where the Underwater Museum is located. On a white sandy beach surrounded by lush palms, you will begin your snorkeling adventure. You will be divided into groups of approximately 10 guests, and each group will be assigned to an experienced snorkeling guide. A demonstration of proper use and fit of your snorkel equipment (fins, snorkel, mask and flotation vest) will be given along with a safety briefing and a short history of the Bay Islands to help you better understand what you are going to see underwater. Then your group will board a boat and after a five-minute ride, you will reach the “Underwater Museum.” Your underwater experience will provide a general glimpse of the Honduran past and present underwater treasures. The replicas and original pieces you can see are a Spanish galleon wreck, treasure chest, and multiple Mayan artefacts – all while enjoying one of the most beautiful reefs in the Caribbean. After snorkeling enjoy a glass of iced tea or purified water. Then have approximately one hour to spend at your leisure on the beach.



On your return to the ship, a stop will be made at the Orphanage at Flowers Bay. Here you will have an opportunity to meet and interact with the children. A box of interactive materials (balls, games, coloring books and crayons, drawing materials, bubble-blowing kits, etc.) will be provided to aid you in playing and interacting with the children. These materials will be left with the orphanage upon your departure. If you wish to bring a toy or other item to donate to the orphanage, please do

Please note: Participants in this tour must be able to swim and must be experienced snorkelers. The snorkeling is from the boat and currents may be

present at the snorkeling site. It is recommended that you do not bring any kind of jewelry. Bring sunglasses, hat, towel, insect repellent, and solar protection lotion.

ACTIVITY LEVEL: Moderate

ROA05 HIKING & ARCHEOLOGICAL ADVENTURE – GROUP A (0900-1230)
Minimum 10/Maximum 60 (ADULT PRICE: \$36; CHILD PRICE: \$24)

The Mayan Eden Eco-Park, is a nature park in Roatan that brings you back to the ancient world of the Mayan culture. After a short transfer by motor coach, you will reach the Eco-Park, located only a few kilometers from the port. Here you will meet the friendly staff who will brief you about your adventurous hike in the park. Guided by knowledgeable guides, you will hike along the Ocelot Mountain path, observing and learning about the replicas of ancient Mayan sculptures from the Copan archeological ruins, which have been placed along the way. These replicas of Mayan sculptures include the following: Wakes A, B, N; The Marriage Wake, The Ten Cities Wake (with a height of 10-12 feet and with carvings in its four flanks), The Solar Calendars, The Mayan Maternity, The Maize God, The Rain God, The Mayan Guard, and The Q Altar.

There are various nature trails that meander through the virgin jungle and provide opportunity to interact with nature. The diversity of wild life includes large numbers of tropical birds as well as monkeys, parrots, insects and lizards. The park's flora includes six kinds of orchids and several types of bromeliads. Climbing to the top of the hill, you are afforded amazing views of the Caribbean coast, the port and the far away islands.

The park is also the home of *Crystal Wings*, the only place in Central America, where butterflies and hummingbirds live together in harmony in a walk-in pavilion containing three species of hummingbirds, twenty species of butterflies and food plants for the larvae.

ACTIVITY LEVEL: Moderate

ROA06 CANOPY AND IGUANA HIDEAWAY – GROUP A (0900-1230) Minimum 6/Maximum 60 (ADULT PRICE: \$63; CHILD PRICE: \$55)

Exotic plants and giant African Palms surround you as you experience one of the most breathtaking adventures on the island. If it's your first time, don't worry because you will be taught all you need to know about this activity, and there will be a professional canopy instructor at your side the whole time. This canopy park has many stops including zip lines and bridges (wooden ladders, climbing walls, walking ropes and more) with stainless steel gliding cables up to 177 meters long and up to 44 meters in height. On each stop, passengers can choose to either go through the challenge obstacles or do the simplest zip-lines.

After your canopy adventure, a ten-minute bus ride will then take you to the next stop "The Iguana Hideaway," where you will be amazed by the incredible number of giant iguanas moving freely around you, some of them more than 3 feet long and willing to eat directly from your hands! You can also visit the small sea aquarium before returning to the ship.

Please note: Children are accepted from 7 to 12 yrs old, and must do the canopy adventure individually. There is no weight limit, but a 42-inch waist line is the biggest size harness available. There is no hands-on-rope required



to slow down, instead there is an easy steering device. Remember to wear long pants or shorts, tennis or walking shoes, hat, and insect repellent. A small back pack or fanny pack is recommended because your hands must be free at all times during the canopy adventure. If you wear glasses, a strap is recommended.

ACTIVITY LEVEL: Strenuous

ROA07 KAYAKING AND SNORKELING ADVENTURE – GROUP A (0900-1330)
Minimum 10/Maximum 44 (ADULT PRICE: \$51; CHILD PRICE: \$45)

Kayak in a beautiful protected bay accompanied by professional instructors. Glide through Roatan's clear and smooth waters, perhaps spotting a green Moray Eel or an endangered sea turtle. If you are a first timer, don't worry as the staff will provide instruction for both kayaking and snorkeling. Gently paddle your kayak through this Caribbean crystal waters for approximately half an hour as your guides explain the area's ecosystem. Then stop for a while at a beautiful white beach where you can choose between relaxing on the beach or taking a walk with your guide to a small hillside resort where you will have a beautiful view of the beach area. Return to your kayak and paddle back to West End for another 30 minutes or so. Arrive at the snorkeling beach and get outfitted with snorkel gear. Enjoy about an hour of snorkeling off the beach in West End Marine Park which is a protected area. After snorkeling, you will have time at Cannibal Café to enjoy some refreshments and light Mexican-style snacks. For those interested in shopping, there are shops available within a short walk. Please wear your swimsuit under your clothes and bring a towel. A hat, sun screen, insect repellent and sun glasses are also recommended.



ACTIVITY LEVEL: Strenuous

ROA08 SHIPWRECK SNORKEL AND BEACH (0930-1400) Minimum 18/Maximum 50 (ADULT PRICE: \$46; CHILD PRICE: \$40)

This unforgettable day combines relaxation with adventure! After a short transfer you will cross a private bridge and arrive at Fantasy Island Beach Resort, located on a remote private island. This resort offers a tropical white sandy beach surrounded by lush mangrove, palm and pine forests and coral reefs in clear Caribbean waters. Enjoy a tropical welcome fruit punch at your arrival. Then simply relax on the beach or have a swim in the crystal-clear waters.

Your snorkeling adventure will start from a unique snorkel gazebo located in the water at swimming distance from a mysterious shipwreck site, a beautiful shallow reef and a dramatic snorkeling reef. You will be divided into groups according to your snorkeling and swimming abilities. Each group will be assigned to a snorkeling guide who provides complimentary equipment (fins, snorkel, mask and snorkel flotation vest). If you are a snorkel beginner you will receive extra attention; and, after a short time in the reef area, your guide will decide if it's OK to allow you to advance to the shipwreck snorkeling site. Getting to the shipwreck site involves additional swimming, sometimes with a bit of current. Beginners may be instructed, or may choose, to remain in the shallow reef, which is closer but still excellent! snorkeling equipment is included only during the approximately one-hour of guided snorkeling. Following your guided snorkeling tour, there is leisure time for sunning, swimming, browsing through the souvenir shop, or taking a walk along the



nature trail, looking for the monkeys who freely jump from one tree to another. Fresh-water shower heads are located near the beach.

ACTIVITY LEVEL: Moderate

ROA09 DOLPHIN ENCOUNTER – GROUP A (1300-1630) Minimum 18/Maximum 66 (ADULT PRICE: \$89; CHILD PRICE: \$87)

Here's an exciting opportunity to interact with dolphins! You will be transferred by motor coach to the Institute for Marine Sciences in Anthony's Key Resort. From there you will board a speed boat to take you to a tiny island called Bailey's Key, where your Dolphin Encounter will become a reality. You will be briefed before your unforgettable experience of actually touching and playing with the dolphins in waist-deep water, accompanied by qualified and experienced staff. Following the dolphin encounter, you will have time to spend at the photo and souvenir shop. You will also have the opportunity to visit the Roatan Museum, a small but very well-organized and air-conditioned facility, where you will see some archeological pieces and ancient crafts and documents of Roatan and the Bay Islands. Please note that the group of participating passengers will be split and each smaller group of 6-8 passengers will have around 15-20 minutes to interact with the dolphins. The rest of the time, before or after the encounter, can be spent looking around the shop, museum and Institute of Marine Science. This tour involves some walking, around 300 feet and about 20 steps, but there is handicapped access. Please wear your swim suit under your clothes and bring a towel. Photographs capturing your magic moment are available for sale.



ACTIVITY LEVEL: Moderate

ROA10 GLASS-BOTTOM BOAT RIDE AND WEST END VILLAGE – GROUP A (1330-1700) Minimum 10/ Maximum 54 (ADULT PRICE: \$45; CHILD PRICE: \$40)

A 30-minute scenic drive by motor-coach will take you to beautiful beach on the west side of the island where you will board a "glass-bottom boat." This semi-submarine does not submerge; rather, you will descend a few steps into the underwater observatory section from where you can view the treasures of the deep. While you are seated in air-conditioned comfort, a fish identification guide will explain the underwater environment, as you observe the beautiful reef life including coral formations and colorful tropical fish.



After this amazing experience, you will be taken to *Las Palmas*, a nice area to explore from its beach to its shops to its restaurants. Here you can relax at our beautiful meeting point, built on stilts on the water, and enjoy a complimentary Honduran coffee, lemonade or iced tea. You may wish to explore some of the tiny shops along the beach or just relax. Before returning to the ship, you will visit the only cameo factory in the Americas to observe master craftsmen create both classical and modern cameo pieces from corals and conch shells.

ACTIVITY LEVEL: Mild

Day 2: Saturday, December 10

ROA20 SNAPSHOTS OF ROATAN – GROUP B (0800-1230) Minimum 10/ Maximum 160 (ADULT PRICE: \$45; CHILD PRICE: \$35)

From Coxen Hole, where your ship is docked, you will travel to “The Iguana Farm,” where many giant iguanas roam freely around you. Some of the iguanas are more than three feet long, and you may feed them directly from your hands! There is also time for a visit to the small in-sea tarpon aquarium. Your next stop will be Dixon Cove in the area of Las Palmas and Coral Cay. Here you will take a short uncovered boat ride (approximately 20 minutes) along the coast to observe the tropical mangrove formations and the biggest semi-submerged shipwrecks of Roatan.



Following this experience you'll enjoy a musical show performed by the Garifunas, direct descendants of island Caribs and African slaves. They will share their most important dances, such as the *Punta*, while you sip a complimentary beverage. Approximately one hour of free time is allotted to spend on the beach, where free long chairs are available. If you wish to enjoy the beach, don't forget your swim suit, towel and sun protection! Before travelling back to the ship, a final stop is made at the Ethnic Culture Village to gain a better understanding of the islanders' way of life, observing a replica of some typical old homes as well as some local flora and fauna.

ACTIVITY LEVEL: Mild

ROA21 DOLPHIN ENCOUNTER – GROUP B (0830-1200) Minimum 18/Maximum 66 (ADULT PRICE: \$89; CHILD PRICE: \$87)

Here's an exciting opportunity to interact with dolphins! You will be transferred by motor coach to the Institute for Marine Sciences in Anthony's Key Resort. From there you will board a speed boat to take you to a tiny island called Bailey's Key, where your Dolphin Encounter will become a reality. You will be briefed before your unforgettable experience of actually touching and playing with the dolphins in waist-deep water, accompanied by qualified and experienced staff. Following the dolphin encounter, you will have time to spend at the photo and souvenir shop. You will also have the opportunity to visit the Roatan Museum, a small but very well-organized and air-conditioned facility, where you will see some archeological pieces and ancient crafts and documents of Roatan and the Bay Islands. Please note that the group of participating passengers will be split and each smaller group of 6-8 passengers will have around 15-20 minutes to interact with the dolphins. The rest of the time, before or after the encounter, can be spent looking around the shop, museum and Institute of Marine Science. This tour involves some walking, around 300 feet and about 20 steps, but there is handicapped access. Please wear your swim suit under your clothes and bring a towel. Photographs capturing your magic moment are available for sale.



ACTIVITY LEVEL: Moderate

ROA22 GLASS-BOTTOM BOAT RIDE AND WEST END VILLAGE – GROUP B (1330-1700) Minimum 10/ Maximum 54 (ADULT PRICE: \$45; CHILD PRICE: \$40)

A 30-minute scenic drive by motor-coach will take you to beautiful beach on the west side of the island where you will board a “glass-bottom boat.” This semi-submarine does not submerge; rather, you will descend a few steps into the underwater observatory section from where you can view the treasures of the deep. While you are seated in air-conditioned comfort, a fish identification guide will explain the underwater environment, as you observe the beautiful reef life including coral formations and colorful tropical fish.



After this amazing experience, you will be taken to *Las Palmas*, a nice area to explore from its beach to its shops to its restaurants. Here you can relax at our beautiful meeting point, built on stilts on the water, and enjoy a complimentary Honduran coffee, lemonade or iced tea. You may wish to explore some of the tiny shops along the beach or just relax. Before returning to the ship, you will visit the only cameo factory in the Americas to observe master craftsmen create both classical and modern cameo pieces from corals and conch shells.

ACTIVITY LEVEL: Mild

ROA23 ROATAN WEST SIDE ISLAND TOUR – GROUP B (0830-1230) Minimum 10/Maximum 54 (ADULT PRICE: \$44; CHILD PRICE: \$35)

The Carambola Botanical Gardens are located in a small valley in Sandy Bay, where English settlers came in 1740, and cover several acres along the banks of Mahogany Creek. The gardens’ name comes from the Carambola fruit, which forms a star shape when sliced across the center. There are many tropical trees, plants and flowers here. We shall take a walk around the garden, and sample fresh fruits in this beautiful setting. We then travel to the Butterfly Park, for some free time to wander. Here we can appreciate a ‘walk-in’ exhibition of some of Honduras’ most colorful butterflies and toucans. The butterfly pupas are brought here from the mainland of Honduras and some species even reproduce at the facility. We will be able to learn about and observe the various stages of the butterfly life cycle. We will also have the opportunity to visit the bird section, where lost, injured and unwanted birds are provided care. These birds are primarily parrots and toucans and do not mind posing on your arm for photographs; so, do not forget your camera! Our morning will end at *Las Palmas*, where we will have an opportunity for shopping or relaxing as we enjoy a complimentary Honduran coffee, iced tea or lemonade. People who don’t want to walk are welcome to remain at our meeting point, a beautiful bar built on the water.



ACTIVITY LEVEL: Mild

ROA24 EAST END EXCURSION – GROUP B (0830-1230) Minimum 10/Maximum 60 (ADULT PRICE: \$36; CHILD PRICE: \$27)

This is an easy and interesting sightseeing tour that allows you to discover one of the most secluded areas of the island, an area not affected by tourism. Aboard an air-conditioned motor coach, enjoy spectacular views of this island while your guide briefs you on the history and culture. Following an approximately 15-minute transfer by motor coach, we travel to “The Iguana Hideaway” where you will walk amongst many giant iguanas, some of them more than three feet long. Next you will pass small fishermen villages,



stopping at a panoramic point for a photo opportunity. Continue your journey for approximately twenty minutes to reach the “Yubu Experience.” Here you will watch the Garifunas, descendants of African slaves who settled here in 1797, performing a traditional dance to the sound of their drums. You’ll be offered a traditional Garifuna treat, a crispy yucca bread, called “Kazabe.” You can also have a look at a replica of a typical Garifuna hut, while your guide provides some historical information. Your next stop is at a degustation point to taste some home-made jams and, perhaps, purchase some products to take home with you. On the return trip, enjoy a short last stop at a panoramic point to view a stilt village, inhabited by pirates in the past and now the home of family-owned fishing companies. After many decades, fishing is still the second-ranked source of income for the islanders.

ACTIVITY LEVEL: Mild

ROA25 “UNDERWATER MUSEUM” SNORKELING & ORPHANAGE VISIT – GROUP B (0900-1230) Minimum 10/ Maximum 30 (PRICE: \$53; CHILD PRICE: \$47)

This unforgettable tour combines adventure, history and a service visit! Your day begins with a transfer to Sandy Bay where the Underwater Museum is located. On a white sandy beach surrounded by lush palms, you will begin your snorkeling adventure. You will be divided into groups of approximately 10 guests, and each group will be assigned to an experienced snorkeling guide. A demonstration of proper use and fit of your snorkel equipment (fins, snorkel, mask and flotation vest) will be given along with a safety briefing and a short history of the Bay Islands to help you better understand what you are going to see underwater. Then your group will board a boat and after a five-minute ride, you will reach the “Underwater Museum.” Your underwater experience will provide a general glimpse of the Honduran past and present underwater treasures. The replicas and original pieces you can see are a Spanish galleon wreck, treasure chest, and multiple Mayan artefacts – all while enjoying one of the most beautiful reefs in the Caribbean. After snorkeling enjoy a glass of iced tea or purified water. Then have approximately one hour to spend at your leisure on the beach.



On your return to the ship, a stop will be made at the Orphanage at Flowers Bay. Here you will have an opportunity to meet and interact with the children. A box of interactive materials (balls, games, coloring books and crayons, drawing materials, bubble-blowing kits, etc.) will be provided to aid you in playing and interacting with the children. These materials will be left with the orphanage upon your departure. If you wish to bring a toy or other item to donate to the orphanage, please do

Please note: Participants in this tour must be able to swim and must be experienced snorkelers. The snorkeling is from the boat and currents may be present at the snorkeling site. It is recommended that you do not bring any kind of jewelry. Bring sunglasses, hat, towel, insect repellent, and solar protection lotion.

ACTIVITY LEVEL: Moderate

ROA26 HIKING & ARCHEOLOGICAL ADVENTURE – GROUP B (0900-1230)
Minimum 10/Maximum 60 (ADULT PRICE: \$36; CHILD PRICE: \$24)

The Mayan Eden Eco-Park, is a nature park in Roatan that brings you back to the ancient world of the Mayan culture. After a short transfer by motor coach, you will reach the Eco-Park, located only a few kilometers from the port. Here you will meet the friendly staff who will brief you about your adventurous hike in the park. Guided by knowledgeable guides, you will hike along the Ocelot Mountain path, observing and learning about the replicas of ancient Mayan sculptures from the Copan archeological ruins, which have been placed along the way. These replicas of Mayan sculptures include the following: Wakes A, B, N; The Marriage Wake, The Ten Cities Wake (with a height of 10-12 feet and with carvings in its four flanks), The Solar Calendars, The Mayan Maternity, The Maize God, The Rain God, The Mayan Guard, and The Q Altar.

There are various nature trails that meander through the virgin jungle and provide opportunity to interact with nature. The diversity of wild life includes large numbers of tropical birds as well as monkeys, parrots, insects and lizards. The park's flora includes six kinds of orchids and several types of bromeliads. Climbing to the top of the hill, you are afforded amazing views of the Caribbean coast, the port and the far away islands. The park is also the home of *Crystal Wings*, the only place in Central America, where butterflies and hummingbirds live together in harmony in a walk-in pavilion containing three species of hummingbirds, twenty species of butterflies and food plants for the larvae.

ACTIVITY LEVEL: Moderate

ROA27 CANOPY AND IGUANA HIDEAWAY – GROUP B (0900-1230) Minimum 6/Maximum 60 (ADULT PRICE: \$63; CHILD PRICE: \$55)

Exotic plants and giant African Palms surround you as you experience one of the most breathtaking adventures on the island. If it's your first time, don't worry because you will be taught all you need to know about this activity, and there will be a professional canopy instructor at your side the whole time. This canopy park has many stops including zip lines and bridges (wooden ladders, climbing walls, walking ropes and more) with stainless steel gliding cables up to 177 meters long and up to 44 meters in height. On each stop, passengers can choose to either go through the challenge obstacles or do the simplest zip-lines.



After your canopy adventure, a ten-minute bus ride will then take you to the next stop "The Iguana Hideaway," where you will be amazed by the incredible number of giant iguanas moving freely around you, some of them more than 3 feet long and willing to eat directly from your hands! You can also visit the small sea aquarium before returning to the ship.

Please note: Children are accepted from 7 to 12 yrs old, and must do the canopy adventure individually. There is no weight limit, but a 42-inch waist line is the biggest size harness available. There is no hands-on-rope required to slow down, instead there is an easy steering device. Remember to wear long pants or shorts, tennis or walking shoes, hat, and insect repellent. A small back pack or fanny pack is recommended because your hands must be free at all times during the canopy adventure. If you wear glasses, a strap is recommended.

ACTIVITY LEVEL: Strenuous

ROA28 KAYAKING AND SNORKELING ADVENTURE – GROUP B (0900-1330)
Minimum 10/Maximum 44 (ADULT PRICE: \$51; CHILD PRICE: \$45)

Kayak in a beautiful protected bay accompanied by professional instructors. Glide through Roatan's clear and smooth waters, perhaps spotting a green Moray Eel or an endangered sea turtle. If you are a first timer, don't worry as the staff will provide instruction for both kayaking and snorkeling. Gently paddle your kayak through this Caribbean crystal waters for approximately half an hour as your guides explain the area's ecosystem. Then stop for a while at a beautiful white beach where you can choose between relaxing on the beach or taking a walk with your guide to a small hillside resort where you will have a beautiful view of the beach area. Return to your kayak and paddle back to West End for another 30 minutes or so. Arrive at the snorkeling beach and get outfitted with snorkel gear. Enjoy about an hour of snorkeling off the beach in West End Marine Park which is a protected area. After snorkeling, you will have time at Cannibal Café to enjoy some refreshments and light Mexican—style snacks. For those interested in shopping, there are shops available within a short walk. Please wear your swimsuit under your clothes and bring a towel. A hat, sun screen, insect repellent and sun glasses are also recommended.

ACTIVITY LEVEL: Strenuous

