

# SHANGHAI and HONG KONG, CHINA

Shanghai Arrive: 0800 Thursday, 06 February  
Onboard Time: 1800 Friday, 07 February  
Hong Kong Arrive: 0800 Monday, 10 February  
Onboard Time: 1800 Tuesday, 11 February

**Brief Overview:** The depth and complexity of China and its rich heritage is sure to fascinate any traveler. The most populous country in the world also boasts one of the most geographically diverse landscapes. The large variations in topography are rivaled by a wide range of culture, language, customs and economic levels. China has been a leading civilization and culture for thousands of years, and it has recently re-emerged as a global economic leader due to its large, industrious population and abundant natural resources.



The MV Explorer's arrival in Shanghai falls just on the heels of Lunar New Year celebrations (Year of the Horse), which will be on January 31, 2014. In Shanghai, there will be ample opportunity to take in the culture by visiting historic sites and famed gardens, taking in an acrobatic show, or learning to cook dumplings with a local family. **Hong Kong** is a feast for the senses. An outdoor, morning Tai Chi class or a jaunt to a nearby island will provide excellent insights into this city where East meets West.

**Northern provinces:** The famous **Great Wall** of China, which dates back to 206 B.C., was constructed over thousands of years by several dynasties and is a sure highlight of this country. Other interesting sites of exploration include the Imperial Palace and the Forbidden City in **Beijing** (formerly known as Peking), Tiananmen Square, **Xi'an** and the Terra Cotta Warriors. In early January, it will be cold in this part of the country. If you plan to hike the Great Wall, for instance, you will want to be sure to pack warm gear and footwear.

**Southern provinces:** **Yunnan** and **Guilin**, situated near the Tropic of Cancer, enjoy a more temperate climate and visitors may participate in a variety of outdoor activities while visiting this part of the country.

For more great images of the SAS experience in China, check out the [Student Photo Gallery: China!](#)

**Suggested short-cuts to simple planning:** Register for the following "bundles" of trips based on your interests.

**Art and Architecture:**

SHA 100-101 Shanghai City Orientation  
HKG 114-101 Architecture of Hong Kong – Walking Tour

**SAS Exclusive:**

SHA 104-101 Zhujiyajiao Water Village  
HKG 112-102 Ocean Recovery Junk Boat

**Cultural Highlights:**

SHA 109-103 ERA Acrobatic Show  
SHA 106-201 Day Tour to Suzhou

**Taste of China:**

SHA 108-101 Daily Life of a Shanghai Citizen  
HKG 109-201 Tai Chi, Tea, and Dim Sum

**Active:**

SHA 111-201 Sunrise Tai Chi  
HKG 111-202 Dragon's Back Hike

**Impact Opportunities:**

SHA 402-201 Xi'an

**TERMS AND CONDITIONS:** In selling tickets or otherwise making arrangements for field programs (including transportation, shore side accommodations and meals); the Institute of Shipboard Education (I.S.E.) acts only as an agent for others who provide such services as independent contractors. All participants accepting or using tickets or other arrangements for such services shall be deemed to agree and consent that I.S.E. shall not be liable or responsible in any way for any loss, death, injury, or illness to person or loss, theft or damage to personal property arising from or in connection with such services. I.S.E. shall not be responsible for cancellation of field programs for reasons beyond its control and in such event, at its option, may refund the purchase price.


**IMPORTANT:** If you registered in one of the following courses, you have a field lab on this day.

Do not make any other travel plans as this is a designated class day in port for your course.

Field Labs	Shanghai, China	Thursday, 06 February
SEMS 3500-505	Professor Melinda Cain	Intercultural Communication (1)
BIOL 1559-503	Professor Reginald Garrett	Nutrition Around the World (1)
HIEA 3559-102	Professor Kent Guy	Late Imperial China
SEMS 3500-102	Professor Paul Harvey	International Management
EAST 3559	Professor Huang/ Professor Hardy	Sino-U.S. Relations
ARTH 2559	Professor Fred Levine	Crossing Cultures: The Migration of Art
SEMS 3500-502	Professor Marye Tharp	International Marketing (2)

Field Labs	Hong Kong, S.A.R.	Tuesday, 11 February
ENWR 2600	Professor Natalie Bakopoulos	Fiction Writing
BIOL 1559-504	Professor Garrett	Nutrition Around the World (2)
EVSC 2559	Professor Gary Griggs	Human Impacts on Coastal Environments
HIEA 3559-101	Professor Kent Guy	East Asia and the Modern World
SEMS 3500-107	Professor Marye Tharp	Consumer Behavior

## Day 1: Thursday, February 6 – Shanghai

SHA 108-101	DAILY LIFE OF A SHANGHAI CITIZEN	Half day																					
<p>This trip will provide a unique opportunity to observe and experience aspects of everyday life for a Shanghai family. You will travel by motor coach to a residential community where you will visit a free market and see where local people 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.</p> <p>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 acupuncture practices. 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!</p>		<table border="1"> <thead> <tr> <th colspan="2">STANDARD PRICE</th> <th>Early Booking</th> </tr> </thead> <tbody> <tr> <td>Adult</td> <td>\$80</td> <td>\$77</td> </tr> <tr> <td>Child</td> <td>\$40</td> <td>\$39</td> </tr> </tbody> </table> <table border="1"> <thead> <tr> <th colspan="3">TIME</th> </tr> <tr> <th></th> <th>Date</th> <th>Time</th> </tr> </thead> <tbody> <tr> <td>Depart</td> <td>February 6</td> <td>0800</td> </tr> <tr> <td>Return</td> <td>February 6</td> <td>1400</td> </tr> </tbody> </table> <p><b>HIGHLIGHTS</b></p> <ul style="list-style-type: none"> <li>• Visit local residential community</li> <li>• Learn the art of Chinese cooking while helping your host prepare lunch</li> <li>• Visit a neighborhood hospital and Elder People Club</li> <li>• Lunch included</li> </ul> <p>MINIMUM REGISTRATION: 16 MAXIMUM CAPACITY: 30</p>	STANDARD PRICE		Early Booking	Adult	\$80	\$77	Child	\$40	\$39	TIME				Date	Time	Depart	February 6	0800	Return	February 6	1400
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Adult	\$80	\$77																					
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**SHA 100-101**

**COMPLETE SHANGHAI CITY ORIENTATION w/ ACROBATIC SHOW**

**Full day**

Until the mid-nineteenth century, Shanghai was a small fishing town on the Huangpu River. Since becoming a treaty port under the Treaty of Nanking, 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, bridges, winding paths, trees and shrubs. Proceed to the **Old Town Bazaar** followed by lunch at a local restaurant.

Continue to the historic Shanghai **Bund**, a seven-mile-long grand boulevard on the bend of the Huangpu River, 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.



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 Theatre**. (This trip includes transportation, lunch, dinner, and the evening performance.)

STANDARD PRICE		Early Booking
Adult	\$115	\$109
Child	\$57	\$56
TIME		
	Date	Time
Depart	February 6	0900
Return	February 6	2130
HIGHLIGHTS		
<ul style="list-style-type: none"> <li>• Visit of Yu Garden, classic Chinese Garden</li> <li>• Exploring Old Town Bazaar</li> <li>• Visit of historic Shanghai Bund</li> <li>• Visit of Jade Buddha Temple, an active temple with approximately 70 resident monks</li> <li>• Self-guided tour to Shanghai Museum</li> <li>• Famous Acrobatic show at Shanghai Center Theatre</li> <li>• Includes LUNCH and DINNER</li> </ul>		
MINIMUM REGISTRATION: 16		
MAXIMUM CAPACITY: 75		

**SHA 104-101**

**ZHUJIAJIAO WATER VILLAGE w/ PROFESSOR GRIGGS**

**Half day**



Join **earth sciences Professor Gary Griggs** for a visit to Zhujiajiao Village. Located in a suburb of Shanghai city, Zhujiajiao is an ancient water town with a history of more than 1,700 years and recognized as the best preserved of the water towns.

Endowed with the elegant nickname - "Pearl Stream," the little fan-shaped town glimmers like a bright pearl in the landscape of lakes and mountains. Unique old bridges across bubbling streams, shaded by willow trees, and houses with courtyards attached all transport people who have been living amidst the bustle and hustle of

modern Shanghai to a world of antiquity, leisure, and tranquility.

These ancient towns, as well as Shanghai itself, are built on the vast Yangtze River delta, which flows nearly 3,800 miles from its headwaters in the glaciers of the Tibetan Plateau. Forty percent of China's people and 70 percent of the nation's rice are from the Yangtze River basin, which was recently harnessed by the Three Gorges Dam, the largest dam in the world.

**Professor Griggs has a background in rivers and hydrology and has co-led two previous trips to China.** His previous experiences add a unique dimension to this excursion.

STANDARD PRICE		Early Booking
Adult	\$62	\$59
Child	\$31	\$30
TIME		
	Date	Time
Depart	February 6	0800
Return	February 6	1200
HIGHLIGHTS		
<ul style="list-style-type: none"> <li>• Tour quaint water town of Zhujiajiao</li> </ul>		
MINIMUM REGISTRATION: 16		
MAXIMUM CAPACITY: 75		

*"Beautiful, peaceful alternative to modern and busy Shanghai. I loved it!" - S12 Voyager*



Join **ethnomusicology professor Ingrid Byerly** for the multimedia theatrical spectacular "Era - Intersection of Time." The show mixes traditional Chinese acrobatics, a 2,000-year-old art form, with high technology, using multimedia effects to enhance sound, create smells, and add wind, light and fog.

"Era" hit the stage recently in Shanghai and may well change many Chinese people's ideas about acrobatics. The show is a combination of traditional acrobatics and modern technology, summarized as "internationally made with Chinese elements".

STANDARD PRICE		Early Booking
Adult	\$50	\$48
Child	\$25	\$25
TIME		
	Date	Time
Depart	February 6	1830
Return	February 6	2200
HIGHLIGHTS		
<ul style="list-style-type: none"> <li>See amazing Acrobatic Show</li> </ul>		
MINIMUM REGISTRATION: 16		
MAXIMUM CAPACITY: 75		

*"Absolutely spectacular...one of the most incredible things I've ever seen! There was a horse, men were flying...fantastic in every way."* - S12 Voyager Josh Keen

*"Best Field Program I've been on."* - Kevin Singer





This exclusive trip provides participants with the rare opportunity to experience local life through the services at the Linden Centre in Southern China.

The Linden Centre is a nationally protected heritage site and hotel located in southwest China's balmy Yunnan Province. Stone courtyards and cobbled streets speak to the rich historical and cultural



# CANCELLED

traditional dish. Next, on a leisurely boat ride on Er'hai Lake, watch local Bai minority fishermen use trained cormorants for fishing. Then, go by horse cart to local temples where you can observe a synthesis of local, Buddhist and Daoist religion still used daily by Xizhou residents.



You may want to split off from the group for individual exploration (bikes available), to visit Zhoucheng to learn a tie-dyeing technique used in China for more than 1000 years, or to hike from a Hui Minority Mosque through local tombs and to two local religious and Buddhist temples.



## STANDARD PRICE

## Early Booking

Adult	On request	\$ 2,129
Child	On request	\$ 1,065

## TIME

	Date	Time
Depart	February 6	AM
Return	February 10	PM

## HIGHLIGHTS

Linden Center accommodations  
Dali wet market and noodle factory cooking lesson  
Boat ride on Er'hai to see trained cormorant fishing

- Dongjing Music and Dancing
- Bicycle tour - optional
- Chinese tie-dye experience
- Xizhou temple visits

- **Registration Deadline: Dec. 15**

MINIMUM REGISTRATION: 10  
MAXIMUM CAPACITY: 14

Reconvene with the group in the evening for a concert of traditional Chinese music - originally performed only for Kings during the Ancient Nanzhou Empire - by a group of enthusiasts who practice their craft every evening.

### ITINERARY

#### Day 1: (D)

- Transfer to Shanghai airport for flight to Kunming-Dali
- Upon arrival, greet guide and drive to Dali (Xizhou)
- En route, visit town of Yunnanyi
- Tour Flying Tigers Museum
- Linden Centre check-in, tour and dinner

#### Day 2: (B,L,D)

- Xizhou Morning Market Tour (w/ chef)
- Cooking class
- Boat ride/cormorant fishing on Er'hai Lake
- Xizhou Temple Visit

#### Day 3: (B,L,D)

- Visit Three Pagodas
- Dali Old Town
- Individual activity options: hiking or leisure time

#### Day 4: (B,L,D)

- Individual activity options: markets, cave visit, learn traditional tie-dyeing, or leisure time on your own
- Leisure time after lunch
- Dongjing Music and Dance Concert

#### Day 5: (B)

- Breakfast at Linden Centre
- Transfer to Dali airport for flight to Kunming; connection flight to Hong Kong



Xi'an, the eternal city, and Beijing, the capital and second-largest city, are home to some of China's most breathtaking scenery and world-famous historical landmarks. In this six-day tour, you'll enjoy the sights, sounds, and people that give China its rich cultural heritage and attract thousands of visitors every year.

One of the world's four ancient civilization capitals, Xi'an is home to artistic wonders such as the Terra Cotta Warriors Museum, and the magnificent Xi'an City Wall. You'll also get to meet local youth at the Xi'an Orphanage that they call home. Stops at the Great Mosque and the Old Bazaar are famous for being the best-known Islamic Mosques in Xi'an City, and for melding the traditional architectural styles of Islam and Han. Drop by the Xi'an Orphanage where children enjoy learning about and speaking with visitors.



Then, onto Beijing where a pedicab (3-wheeled bicycle) ride through Hutong will take you to tea and Chinese dumplings, or Jiaozi, with a local family. A lucky guest may find a coin in one dumpling that will bring good fortune to them for the New Year!

Downtown, Tiananmen Square - the largest public square in the world - and the Forbidden City, or Imperial Palace, lead to a fascinating display of Chinese history in one of the best-preserved sites of Classical Chinese architecture.

Later, stand on the Great Wall and watch it snake its way over the mountaintops, wide enough for a brace of five horses to gallop between posts delivering supplies.

Don't miss this opportunity to celebrate Chinese history and culture among its people.

**NOTE:** It will be COLD in Beijing. Please be prepared with warm clothing and footwear.

#### ITINERARY

##### Day 1: (D)

- Fly from Shanghai to Xi'an
- Meet your guide at the airport and transfer to hotel
- Dim sum dinner at De Fa Chang restaurant

##### Day 2: (B,L,D)

- Excursion to Terra Cotta Warriors Museum
- Volunteer at Xi'an Orphanage
- Chinese calligraphy lesson at Tang Dynasty Art Museum
- Tang Dynasty Dinner Show

##### Day 3: (B,L)

- Visit Xi'an City Wall, Great Mosque and Old Bazaar
- Transfer to airport for flight to Beijing
- Dinner at your leisure; overnight in Beijing

##### Day 4: (B,L,D)

- Visit to Tiananmen Square and Forbidden City
- Chinese dumplings (Jiaozi) lunch with local family
- Hutong Tour with Rickshaw Ride
- PM tour to Beijing 2008 Olympic Village and Silk Factory
- Peking Duck for dinner

##### Day 5: (B,L,D)

- Visit to Beijing International Kong Fu School
- Excursion to Mutianyu Great Wall - cable car up, toboggan down! (a veteran favorite)
- Dinner followed by Chinese Acrobatics show

##### Day 6: (B)

- Hotel breakfast at your leisure
- Transfer to airport for flight to Hong Kong

STANDARD PRICE		Early Booking
Adult	\$1,962	\$ 1,899
Child	\$981	\$ 950
TIME		
	Date	Time
Depart	February 6	AM
Return	February 11	PM
HIGHLIGHTS		
<ul style="list-style-type: none"> <li>• Terra Cotta Warriors Museum</li> <li>• Xi'an Orphanage</li> <li>• Tang Dynasty Dinner Show</li> <li>• Xi'an City Wall</li> <li>• Great Mosque &amp; Old Bazaar</li> <li>• Tiananmen Square &amp; Forbidden City</li> <li>• Hutong Tour and Rickshaw Ride</li> <li>• Beijing 2008 Olympic Village</li> <li>• Beijing Int'l Kongfu School</li> <li>• Mutianyu Great Wall - toboggan down!</li> <li>• Chinese Acrobatics show</li> </ul>		
<ul style="list-style-type: none"> <li>• <b>Registration Deadline EXTENDED</b></li> </ul>		
MINIMUM REGISTRATION: 16		
MAXIMUM CAPACITY: 75		



## Day 2: Friday, 07 February – Shanghai

SHA 111-201

SUNRISE TAI CHI

Half day



Tai Chi is a graceful exercise that combines thought and action was 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 motor coach to join local people in a public park to practice Tai Chi with the guidance of a Tai Chi Master.

During this excursion we will have a break, then you will have a chance to discuss the history and practice of Tai Chi and its related martial art forms with Tai Chi master, including the different forms of Tai Chi.

STANDARD PRICE		Early Booking
Adult	\$40	\$38
Child	\$20	\$20
TIME		
	Date	Time
Depart	February 7	0630
Return	February 7	0940
HIGHLIGHTS		
<ul style="list-style-type: none"> <li>Sunrise Tai Chi</li> </ul>		
MINIMUM REGISTRATION: 16		
MAXIMUM CAPACITY: 75		

“Amazingly calming!”- Cole, Spring 2013 Voyager

SHA 106-201

DAY TOUR TO SUZHOU

Full day



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.

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 **Suzhou Silk Museum**. 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 concepts contained in the traditional view of Chinese landscape painting that have 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.

STANDARD PRICE		Early Booking
Adult	\$110	\$105
Child	\$55	\$54
TIME		
	Date	Time
Depart	February 7	0700
Return	February 7	1700
HIGHLIGHTS		
<ul style="list-style-type: none"> <li>Visit of classic Chinese Gardens in Suzhou</li> <li>Boat ride on the old Grand Canal</li> <li>Lunch at local Chinese restaurant</li> </ul>		
MINIMUM REGISTRATION: 16		
MAXIMUM CAPACITY: 75		





Beijing, the capital of China and its second-largest city, boasts many of China's incredible architectural landmarks. A pedicab (3-wheeled bicycle) ride through the Hutong area's narrow streets will take you to tea and Chinese dumplings, known as Jiaozi, with a local family. A lucky guest may find a coin in one dumpling that will bring good fortune to them for the New Year!

At Tiananmen Square - the largest public square in the world - Mao Zedong proclaimed the founding of the People's Republic of China in 1949. Behind it the gates of the Forbidden City, or Imperial Palace, lead to a fascinating display of Chinese history in one of the best-preserved sites of Classical Chinese architecture. The Forbidden City was home to 24 emperors and was strictly off limits to ordinary Chinese citizens.

Everyone who visits Beijing wants to see the Great Wall and for good reason: it is one of the wonders of the world! Spend the afternoon at the Great Wall and watch it snake its way over the mountaintops, and end with an exhilarating toboggan ride down - a favourite with previous SAS students. The day concludes with a show of Chinese Acrobatics.

In the morning, observe how the blue tiles of the Temple of Heaven echo the sky. The main buildings and altars are built in tiers of three to create nine dimensions of surface, a mystical number in Chinese tradition that also symbolizes heaven. Don't miss this opportunity to celebrate Chinese history and culture among its people.

**NOTE:** It will be COLD in Beijing. Please be prepared with warm clothing and footwear.

#### ITINERARY

##### Day 1: (D)

- Fly from Shanghai to Beijing
- Hutong tour with Pedicab Rickshaw
- Enjoy dumpling (Jiaozi) dinner with local family
- Overnight in Beijing hotel

##### Day 2: (B,L,D)

- Hotel breakfast followed by visit to Tian'men Square and Forbidden City
- Lunch at local restaurant
- Visit The Lama and Confucius Temples
- Peking Duck dinner

##### Day 3: (B,L,D)

- Visit Beijing International Kong Fu School
- Visit Mutianyu Great Wall with cable car up, toboggan down - a favorite with students!
- Dinner at local restaurant followed by Acrobatic show

##### Day 4: (B)

- Breakfast at leisure in hotel
- Visit the Temple of Heaven
- Transfer to airport for flight to Hong Kong

STANDARD PRICE		Early Booking
Adult	\$1,344	\$ 1,299
Child	\$672	\$ 650
TIME		
	Date	Time
Depart	February 7	AM
Return	February 10	PM
HIGHLIGHTS		
<ul style="list-style-type: none"> <li>• Pedicab Rickshaw Ride</li> <li>• Dumpling dinner with local family</li> <li>• Tiananmen Square &amp; Forbidden City</li> <li>• The Lama and Confucius Temples</li> <li>• Kung Fu School visit</li> <li>• Great Wall of China w/ toboggan ride</li> <li>• Temple of Heaven</li> </ul>		
<ul style="list-style-type: none"> <li>• <b>Registration Deadline EXTENDED</b></li> </ul>		
MINIMUM REGISTRATION: 16		
MAXIMUM CAPACITY: 75		







Lhasa is one of the most featured and dreamt-about cities in the world. This is not only because of its remoteness and high altitude (11,975 feet), but also because of its impressive heritage of over a thousand years of cultural and spiritual history.

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.

**PLEASE NOTE: The extreme altitude may be difficult for some people. Symptoms may include dizziness, nausea or headache.** [http://en.wikipedia.org/wiki/Altitude\\_sickness](http://en.wikipedia.org/wiki/Altitude_sickness) Stay hydrated and allow yourself time to acclimate to the altitude on Day 1.

There are medications that may be taken to help prevent the effects.

***Please check with your doctor about what might be right for you.***

STANDARD PRICE		Early Booking
Adult	@2,235	\$2,235
Child	\$2,235	\$1,676
TIME		
	Date	Time
Depart	February 7	AM
Return	February 11	1300
HIGHLIGHTS		
<ul style="list-style-type: none"> <li>You are in TIBET!</li> <li>Potala Palace</li> <li>Sera Monastery</li> <li>Sacred Lake</li> <li>Visit a Tibetan family</li> </ul>		
MINIMUM REGISTRATION: 12		
MAXIMUM CAPACITY: 40		

#### ITINERARY

##### Day 1: (D)

- Transfer to Shanghai airport for flight to Lhasa
- Transfer to St Regis 5\* hotel
- Spectacular scenery & typical villages
- Stay at hotel to adapt to high altitude

##### Day 2: (B,L)

- Visit Potala Palace
- Lunch at Chinese restaurant
- Visit Sera Monastery and watch the famous debating on Buddhist doctrines
- Dinner on your own in Lhasa

##### Day 3: (B,L)

- Journey to Yamdrok Yumtso – one of the three most sacred lakes in Tibet
- Lunch at local restaurant
- Visit a typical Tibet Family
- Dinner on your own in Lhasa

##### Day 4: (B,L)

- Visit Jokhang Temple, the most important Tibetan Buddhist temple in the world
- Explore Barkhor Street, often called the "Window of Tibet" is famous for its shopping
- Lunch at local restaurant
- Norbulingka (Summer Palace for Dalai Lama) – the "Jeweled Garden"
- Fly to Chengdu – dinner on your own in Chengdu

##### Day 5: (B)

0830 AM return flight to meet the ship in Hong Kong

Xi'an, the eternal city, enjoys equal fame with Athens, Cairo, and Rome as one of the four major ancient civilization capitals. Its historic art and architecture have gained fame worldwide and tell of its rich history.

Uncovered in 1974, the Terra Cotta Warriors are Xi'an's most important and unique attraction. The estimated 8,000 terra cotta soldiers stand in typical battle formation with each head modelled with unique facial expressions!



The Tang Dynasty originated over a millennium ago. Xi'an City Wall, the Great Wall to have survived, and the Great Mosque in Xi'an (Great Mosque of Xi'an).

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STANDARD PRICE		Early Booking
Adult	On request	\$1,169
Child	On request	\$ 585
TIME		
	Date	Time
Depart	February 7	AM
Return	February 10	PM
HIGHLIGHTS		
<ul style="list-style-type: none"> <li>• Terra Cotta Warriors Museum</li> <li>• Xi'an City Wall</li> <li>• Xi'an Orphanage visit</li> <li>• Chinese calligraphy lesson</li> <li>• Tang Dynasty show</li> <li>• Great Mosque &amp; Old Bazaar</li> </ul>		
<ul style="list-style-type: none"> <li>• <b>Registration Deadline: Dec. 15</b></li> </ul>		
MINIMUM REGISTRATION: 16		
MAXIMUM CAPACITY: 75		



Next, enjoy a warm welcome from Chinese youth at the Xi'an Orphanage. Since 1994, the Orphanage has helped re-home almost 300 orphans to both Chinese and foreign families. Many attend local schools and later work at the orphanage by looking after younger children. Participate in one of their ancient artistic traditions, Chinese calligraphy, by using characters to create aesthetically pleasing forms at the Tang Dynasty Art Museum.

Don't miss this opportunity to celebrate Xi'an's unique history and traditions among its people.

*"Our tour guide was absolutely fantastic and all the sights we saw were breath-taking!"* –Adanma, SP'13 student

#### ITINERARY

##### Day 1: (D)

- Fly to Xi'an and transfer to hotel
- Dim sum dinner at De Fa Chang restaurant
- Overnight in Xi'an

##### Day 2: (B,L,D)

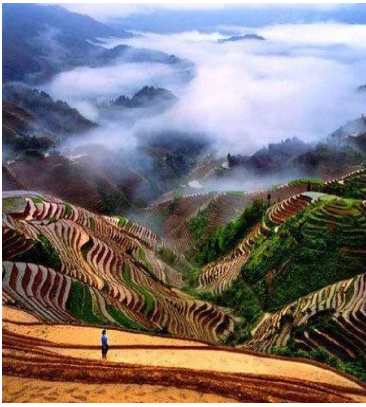
- Hotel breakfast followed by excursion to Terra Cotta Warriors Museum
- Lunch at local restaurant
- Tour to Xi'an City Wall
- Tang Dynasty dinner show
- Overnight in Xi'an

##### Day 3: (B,L,D)

- Hotel breakfast
- Xi'an Orphanage
- Lunch at local restaurant
- Learn Chinese calligraphy at Tang Dynasty Art Museum
- Visit Great Mosque and Old Bazaar
- Rest of day and dinner are free at your leisure

##### Day 4: (B)

- Hotel breakfast
- Transfer to airport for flight to Hong Kong



Guilin is considered the pearl of China's thriving tourist industry on account of its natural beauty and historic treasures. Within the area one may find green mountains, crystal clear waters and unique caves, as well as attractions such as Elephant Trunk Hill, Reed Flute Cave, and Seven-Star Park.

Your first stop is the Longji Mountain Village, where ribbon-like rice terraces are built right into the hillsides. This ingenious construction makes the best use of the scarce arable land and water resources in the mountainous area.

Take a closer look at the hillsides of [Guilin](#)!

Enjoy a downstream cruise on the Lijiang River and disembark at a small village, where you will meet a local family. Further upriver at Yangshuo, breathe in respite from city life in the beautiful surroundings, before shopping at the local "Biggest Market of the World." West Street, the oldest street in Yangshuo, has become a



window of eastern and western culture and is the biggest 'foreign language centres' in China. Each year, approximately 100,000 foreigners come here for study or vacations.

You may choose to enjoy an optional evening folk dance show, "Impression Liu Sanjie" at the Shanshui Theatre. With Lijiang River and its 12 peaks as a backdrop, it is the largest natural theatre in the world.

On your last full day, visit Yangshuo's towering Big Banyan Tree. It has survived wind and rain over centuries since it was planted during the Sui Dynasty (581-618). Discover the scenic wonders of Yangzhou on a group bicycle tour.

STANDARD PRICE		Early Booking
Adult	On request	\$ 989
Child	On request	\$ 495
TIME		
	Date	Time
Depart	February 7	AM
Return	February 10	PM
HIGHLIGHTS		
<ul style="list-style-type: none"> <li>Rice terraces at Longji Mountain Village</li> <li>Boat tour on Lijiang River</li> <li>Bicycle tour of Yangshuo</li> <li>Visit village school in Longsheng</li> <li>Meet local villagers and visit "Biggest Market of the World"</li> <li>Yangshuo's Big Banyan Tree</li> </ul>		
<ul style="list-style-type: none"> <li><b>Registration Deadline: Dec. 15</b></li> </ul>		
MINIMUM REGISTRATION: 16		
MAXIMUM CAPACITY: 28		



*"...my favorite by far was the Guilin trip in China. It was exceptionally well-planned and one of the best experiences I have had on this (voyage)." Spring 13 voyager*

#### ITINERARY

##### Day 1: (D)

- Fly from Shanghai to Guilin, Upon arrival on Day 1 transfer directly to visit Elephant Trunk Hill, Reed Flute Cave, then back to hotel check in ,dinner at local restaurant. Rest of evening at your leisure

##### Day 2: (B,L,D)

- Hotel breakfast followed by 2-hour road trip to Longji Mountain Village
- Lunch at local restaurant
- Return trip to Guilin in late afternoon
- Dinner at local restaurant; overnight stay at hotel

##### Day 3: (B,L,D)

- Hotel breakfast followed by downstream cruise on Lijiang River with stop at small village
- Buffet lunch aboard boat
- Visit town of Yangshuo, popular tourist stop and "Biggest Market of the World"
- Evening walk along West Street in Yangzhou
- Dinner at local restaurant
- Optional program (\$ not included): outdoor folk dancing show "Impression Liu Sanjie"
- Overnight in Yangzhou

##### Day 4: (B,L)

- Hotel breakfast followed by bicycle tour of Yangzhou
- Lunch at local restaurant
- PM transfer to airport for flight to Hong Kong



The Chinese name for the Great Wall is Wan Li Chang Cheng, or "the Long Wall of Ten Thousand Li." The first sections were built as early as the fifth century B.C. but it was not until B.C. 221 that the various sections of the Wall were linked up. It is said that more than 300,000 men worked for ten years to complete it. You will have the once-in-a-lifetime opportunity to experience the history and beauty of this towering world monument.



Hike from the Gubeikou to Jinshanling to the Simatai Section, passing 14 beacon towers, 143 watchtowers, 16 strategic pass, three citadels and many other military constructions. Many of them are famous cultural relics, such as the Big Flower Beacon Tower of the Northern Qi Dynasty, Fairy Tower, General Tower, and the dominant Wangjing Tower.

Finally, explore the majestic historical landmarks of downtown Beijing. Tiananmen Square and The Forbidden City, also known as the Imperial Palace, one of the best-preserved sites of Classical Chinese architecture, will delight and inspire on the final day of your tour. Read a student account of [The Great Wall of China](#) and more insight into the Spring 2012 trip to China.



STANDARD PRICE		Early Booking
Adult	\$1,318	\$ 1,279
Child	\$659	\$ 640
TIME		
	Date	Time
Depart	February 7	AM
Return	February 10	PM
HIGHLIGHTS		
<ul style="list-style-type: none"> <li>Hiking Great Wall (2 days)</li> <li>Tiananmen Square &amp; Forbidden City</li> </ul>		
<ul style="list-style-type: none"> <li><b>Registration Deadline EXTENDED</b></li> </ul>		
MINIMUM REGISTRATION: 16		
MAXIMUM CAPACITY: 75		



**NOTE:** THIS IS A STRENUOUS HIKE! THIS TOUR IS NOT RECOMMENDED FOR THOSE WITH LIMITED MOBILITY/ENDURANCE. Please bring a sturdy pair of hiking shoes. **IT WILL BE VERY COLD WITH THE POSSIBILITY OF SNOW.** DRESS IN LAYERS WITH WARM FOOTWEAR. (Warming stations will be arranged during the hike.)

#### ITINERARY

##### Day 1: (D)

- Fly from Shanghai to Beijing and meet guide
- 2.5-hour bus trip to Miyun County
- Dinner at local Chinese restaurant
- Overnight at hotel

##### Day 2: (B,L,D)

- Hotel breakfast followed by 4-5 hour hike from Gubeikou to Jinshanling Section
- Picnic lunch on Great Wall
- Dinner at local Chinese restaurant
- Overnight at hotel

##### Day 3: (B,L,D)

- Hotel breakfast followed by 4-hour hike from Jinshanling toward Simatai Section
- Late PM drive to downtown Beijing
- Dinner at Roast Duck Restaurant
- Overnight in 4\* hotel

##### Day 4: (B,L)

- Hotel breakfast followed by visit to Tiananmen Square & Forbidden City
- Lunch at local restaurant
- PM transfer to Beijing Airport for flight to Hong Kong



**IMPORTANT:** If you registered in one of the following courses, you have a field lab on this day.  
Do not make any other travel plans as this is a designated class day in port for your course.

Field Labs	Hong Kong, S.A.R.	Tuesday, 11 February
ENWR 2600	Professor Natalie Bakopoulos	Fiction Writing
BIOL 1559-504	Professor Garrett	Nutrition Around the World (2)
EVSC 2559	Professor Gary Griggs	Human Impacts on Coastal Environments
HIEA 3559-101	Professor Kent Guy	East Asia and the Modern World
SEMS 3500-107	Professor Marye Tharp	Consumer Behavior

## Day 1: Monday, February 10 – Hong Kong

### HKG 114-101 ARCHITECTURE OF HONG KONG – WALKING TOUR Full day

Hong Kong's architecture is a reflection of its complex cultural, political and economic history. Hong Kong has assembled a significant array of contemporary buildings by notable architects of the world, including Norman Foster's (British) Bank of Shanghai and Hong Kong (1979-85) and Leo Ming Pei's (Chinese-American) Bank of China (1991).



We will take the Star Ferry across the harbor to the Central District and then proceed on foot. We will visit some colonial and modern monuments of the Central District, viewing interior spaces whenever possible. We will also walk through residential neighborhoods, markets and business areas and visit some temples. For our grand finale, we will take the cable car to Victoria Peak for a breathtaking view of Hong Kong.

STANDARD PRICE		Early Booking
Adult	\$62	\$59
Child	\$31	\$30
TIME		
	Date	Time
Depart	February 10	1100
Return	February 10	1600
HIGHLIGHTS		
<ul style="list-style-type: none"> <li>• Unique architecture that has made Hong Kong famous</li> <li>• Peak Tram ride</li> <li>• Star Ferry ride, an iconic Hong Kong experience</li> <li>• Box lunch provided from the ship</li> </ul>		
MINIMUM REGISTRATION: 10		
MAXIMUM CAPACITY: 29		



Although Hong Kong was governed by Great Britain for decades, it retained many traditional Chinese features. On this tour you will 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 your orientation of Hong Kong 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.

STANDARD PRICE		Early Booking
Adult	\$52	\$49
Child	\$26	\$25
TIME		
	Date	Time
Depart	February 10	1100
Return	February 10	1730
HIGHLIGHTS		
<ul style="list-style-type: none"> <li>• Man Mo Temple</li> <li>• Visit of Cat Street</li> <li>• Peak Tram ride</li> <li>• Sampan ride at Aberdeen fishing village</li> <li>• Box lunch provided from the ship</li> </ul>		
MINIMUM REGISTRATION: 10		
MAXIMUM CAPACITY: 75		

## Day 2: Tuesday, February 11 – Hong Kong

See all the highlights of Hong Kong Island on this orientation tour.

The tour will start with a ride up Victoria Peak for panoramic views of Hong Kong Island, Kowloon and the surrounding islands. You'll pass picturesque Repulse Bay on the way to your next destination - the famous Stanley Market, where you can pick up bargains at just a fraction of the price in town.



STANDARD PRICE		Early Booking
Adult	\$42	\$37
Child	\$21	\$19
TIME		
	Date	Time
Depart	February 11	0900
Return	February 11	1315
HIGHLIGHTS		
<ul style="list-style-type: none"> <li>• Peak Tram &amp; Victoria Peak</li> <li>• Stanley Market</li> </ul>		
MINIMUM REGISTRATION: 10		
MAXIMUM CAPACITY: 75		



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.

**Theater professor, actor and director Drew Kahn will introduce the way Tai Chi can be used to develop stage "presence".**

After a lesson under the guidance of a Tai Chi master, visit a Chinese teashop to learn more about Chinese tea-drinking traditions, 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 Shanghai Street prior to returning to the ship.

***"The itinerary was awesome! Great instructor, wonderful tea and food! Come with an empty stomach!"*** – Kaitlyn, SP' 13 student

STANDARD PRICE		Early Booking
Adult	\$79	\$76
Child	\$40	\$38
TIME		
	Date	Time
Depart	February 11	0930
Return	February 11	1345
HIGHLIGHTS		
<ul style="list-style-type: none"> <li>• One hour Tai Chi Class</li> <li>• One hour tea appreciation class at local tea house</li> <li>• Dim Sum lunch at local restaurant</li> </ul>		
MINIMUM REGISTRATION: 10		
MAXIMUM CAPACITY: 39		



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.

***"It was absolutely unreal and something I will never forget!"*** – Anne, SP'13 student

**NOTE:** This tour is ill-suited for those with limited mobility/endurance. Sturdy hiking shoes are recommended.

STANDARD PRICE		Early Booking
Adult	\$93	\$89
Child	\$46	\$45
TIME		
	Date	Time
Depart	February 11	1200
Return	February 11	1715
HIGHLIGHTS		
<ul style="list-style-type: none"> <li>• Hike up Dragon's Back</li> <li>• Box lunch provided from the ship</li> </ul>		
MINIMUM REGISTRATION: 10		
MAXIMUM CAPACITY: 24		





Travel by motor coach (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. The Tai O fishing village, built on stilts on the river, 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, there will be free time to explore the Ngong Ping Theme Village prior to taking the cable car to Tung Chung town.

STANDARD PRICE		Early Booking
Adult	\$105	\$99
Child	\$53	\$50
TIME		
	Date	Time
Depart	February 11	0900
Return	February 11	1700
HIGHLIGHTS		
<ul style="list-style-type: none"> <li>• Tai O fishing village</li> <li>• Po Lin Monastery and Giant Buddha</li> <li>• Vegetarian lunch at monastery</li> <li>• Ngong Ping Village</li> <li>• Ngong Ping 360 cable car ride</li> </ul>		
MINIMUM REGISTRATION: 15		
MAXIMUM CAPACITY: 75		



The Hong Kong Zoological and Botanical Gardens is one of the oldest zoological and botanical centers in the world. It occupies an area of 5.6 hectares in the Mid-Levels, on the northern slopes of Victoria Peak. Founded in 1871 as a Botanical Garden, the center was renamed in 1975 as Botanical and Zoological Gardens to reflect the

increased commitments to zoological exhibits. Construction works of the Garden started in 1860 and the first stage was opened to the public in 1864.

STANDARD PRICE		Early Booking
Adult	\$27	\$24
Child	\$14	\$12
TIME		
	Date	Time
Depart	February 11	1230
Return	February 11	1630
HIGHLIGHTS		
<ul style="list-style-type: none"> <li>• Visit to Hong Kong Zoological and Botanical Gardens</li> <li>• Box lunch provided from the ship</li> </ul>		
MINIMUM REGISTRATION: 15		
MAXIMUM CAPACITY: 39		





According to the United Nations Environment Program, more than 4,000,000tons of garbage reaches the marine environment every year, and about 80% of that is from sources on land. The plastic waste that does not sink is broken down into tiny pieces by sunlight and wave action, forming a ‘plastic soup’ in the center of oceans. The North Pacific Gyre (the ‘Plastic Vortex’) is estimated to be greater than three times the size of Spain and Portugal combined!

The Saffron Junk will take you to the west side of Hong Kong to learn about marine debris, what it means to our ecosystem, and to us. In addition to visual sampling you will trawl for plastic debris with a sampling net, before hearing a presentation about plastic debris in the ocean, its effects on Hong Kong, and what we can do to make a difference.

This educational junk trip is not just fun, but an exceptional opportunity to learn from the experts, to see parts of Hong Kong that many might not have been to, and to have an interactive experience that will be sure to have a positive impact upon those involved.



Doug Woodring, co-founder of Project Kaisei and founder of a new Hong Kong charitable organization called the Ocean Recovery Alliance, were 2010 participants in Clinton Global Initiative's "Rethinking Waste" program, and are working together to form collaborations dedicated to solve the ocean plastic debris problem. The group's mission includes studying the trends and causes of water pollution, leading the coordination of large-scale clean-up initiatives in the ocean, and proactively educating citizens on prevention and conservation.

STANDARD PRICE		Early Booking
Adult	\$142	\$131
Child	\$84	\$80
TIME		
	Date	Time
Depart	February 11	0930
Return	February 11	1630
HIGHLIGHTS		
<ul style="list-style-type: none"> <li>• Junk boat trip with Ocean Recovery Alliance</li> <li>• Trawl for plastic debris and hear presentation on the ‘Plastic Vortex’</li> <li>• Seafood lunch at Lamma Island</li> </ul>		
MINIMUM REGISTRATION: 21		
MAXIMUM CAPACITY: 39		



Read more about students’ adventures on the [Hong Kong junk boat](#) from the Spring 2013 voyage!