

SHANGHAI and HONG KONG, CHINA

Shanghai Arrive: 0800 Sunday, 03 February
Onboard Time: 1800 Monday, 04 February
Hong Kong Arrive: 0800 Thursday, 07 February
Onboard Time: 1800 Friday, 08 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 as well. 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 coincides with preparations for the celebration of the Lunar New Year (Year of the Snake), which will be recognized in China February 10, 2012. In Shanghai, there will be ample opportunity to take in the culture by visiting historic sites and famed gardens, engaging with children at a local kindergarten, 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 BC, 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), Tianamen Square, **Xian** 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.

Art and Architecture:

SHA 100-101 Shanghai City Orientation
SHA 107-102 Yu Yuan Garden and Museum

Cultural highlights:

SHA 102-102 Peking Opera School
SHA 106-201 Day Tour to Suzhou

Active:

HKG 108-201 Sunrise Tai Chi
HKG 111-202 Dragon's Back Hike

Special Opportunities:

SHA 105-201 Family Planning Committee
HKG 106-102 Family Insight Tour
HKG 112-201 Ocean Recovery Junk Boat

Taste of China:

SHA 108-101 Daily Life of a Shanghai Citizen
HKG 104-101 Poon Choi Lunch & HK Museum
HKG 110-201 Dim Sum Cooking Class

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	Sunday, 3 February
SHAL1	ENSP 3559	Professor Fraiman	World Literature and Film
SHAL2	ENGR 2500	Professor Johnson	Energy for the World
SHAL3	ARTH 1505	Professor Maki	Engaging Chinese Art
SHAL4	ARTS 1710	Professor McLeod	Painting at Sea: Collage
SHAL5	HIST 3559-102	Professor Walker	Comparative World Diplomacy
SHAL6	BIOL 1559-102	Professor Garrett	Nutrition Around the World (Field Lab China Day 1)

Field Labs		Hong Kong, S.A.R.	Thursday, 7 February	Friday, 8 February
HKGL1	MUSI 3570	Professor Ferguson	Music In Human Life	
HKGL3	BIOL 1559-102	Professor Garrett		Nutrition Around the World (Field Lab China Day 6)
HKGL2	SEMS 3500-501	Professor Allred		Intro to International Business (Section 1)
HKGL4	HIEA 3559	Professor Israel		History of Modern China
HKGL5	SEMS 3500-114	Professor J. Lancaster		Health Promotion and Health Behavior
HKGL6	SEMS 3500-101	Professor W. Lancaster		Services Marketing
HKGL7	SEMS 3500-110	Professor Reynolds		The Economy of China
HKGL8	SEMS 3500-103	Professor Ropka		Genomics and Public Health
HKGL9	EVSC 1300	Professor Sobey		Earth's Weather and Climate
HKGL10	HIST 2559	Professor Walker		West and the World

Day 1: Sunday, February 3

SHA 100-101 SHANGHAI CITY ORIENTATION

Full day

Until the mid-nineteenth 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 Nanking. 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, 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.

STANDARD PRICE		Early Booking
Adult	\$113	\$109
Child	\$57	\$55
TIME		
	Date	Time
Depart	February 3	0900
Return	February 3	2100
HIGHLIGHTS		
<ul style="list-style-type: none"> • Visit of Yu Garden, classic Chinese Garden • Exploring Old Town Bazaar • Visit of historic Shanghai Bund • Visit of Jade Buddha Temple, an active temple with approximately 70 resident monks. • Self-guided tour to Shanghai Museum • Famous Acrobatic show at Shanghai Center Theatre 		

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 evening performance.)



This exclusive trip begins on board the ship with slide show instruction from Professor John Israel, an expert on the Yunnan Province and one of the first American exchange professors to live and study there. John will accompany this tour and offer insight into this remarkable area.



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 traditions of the area, home to more than 25 minority nationalities. Start by exploring the small town of Dali's wet market, the Er'kuai noodle



factory, and the home of a Dali Cheese maker! A local chef will instruct on how to prepare a 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 horsecart 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), or visit Zhoucheng to learn a tie-dyeing technique used in China for more than 1000 years, or hike from a Hui Minority Mosque through local tombs and to two local religious and Buddhist temples.



STANDARD PRICE		Early Booking
Adult	On request	\$ 1, 831.00
Child	On request	\$ 915.50
TIME		
	Date	Time
Depart	February 3	AM
Return	February 7	PM
HIGHLIGHTS		
<ul style="list-style-type: none"> • 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 • Chinese tie-dye experience • Xizhou temple visits 		

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.

Don't miss this opportunity to tour a unique area of China, escorted by one of its expert professors.

ITINERARY

Day 1: (L,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 and tour

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)

- Individual activity options
- Dali Old Town

Day 4: (B,L,D)

- Individual activity options
- 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

Xian, the eternal city, and Beijing, the capital and second-largest city, are home to some of China's most breath-taking 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, Xian is home to artistic wonders such as the Terra Cotta Warriors Museum, and the magnificent Xian City Wall. You'll also get to meet local youth at the Xian Orphanage that they call home. Stops at the Great Mosque and the Old Bazaar are famous for being the best-known Islamic Mosque in Xian City, and for melding the traditional architectural styles of Islam and Han.

Then, on to 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.

Drop by the Guang'ai Migrant School in the Shunyi district where students enjoy learning and speaking with visitors. 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.

STANDARD PRICE		Early Booking
Adult	On request	\$ 1,857.00
Child	On request	\$ 928.50
TIME		
	Date	Time
Depart	February 3	AM
Return	February 8	PM
HIGHLIGHTS		
<ul style="list-style-type: none"> • Terra Cotta Warriors Museum • Xian Orphanage • Tang Dynasty Dinner Show • Xian City Wall • Great Mosque & Old Bazaar • Tiananmen Square & Forbidden City • Hutong Tour and Rickshaw Ride • Beijing 2008 Olympic Village • Beijing Int'l Kongfu School • Mutianyu Great Wall - toboggan down! • Chinese Acrobatics show 		



ITINERARY

Day 1: (D)

- Fly from Pudong to Xian
- Dim sum dinner at De Fa Chang restaurant

Day 2: (B,L,D)

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

Day 3: (B,L)

- Visit Xian City Wall
- Visit Great Mosque and Old Bazaar
- Transfer to airport for flight to Beijing
- Rest of day and dinner at your leisure

Day 4: (B,L,D)

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

Day 5: (B,L,D)

- Visit to Beijing International Kongfu 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

SHA 101-101

KINDERGARTEN VISIT

Half day

You will visit a local kindergarten to meet and interact with the staff and students. After a tour of the facilities, there will be an opportunity to interact with the children, who range in age from three to five years old. Your group will be given interactive materials such as coloring books, crayons, puzzles or other supplies that will be donated to the school when you depart.



STANDARD PRICE		Early Booking
Adult	\$98	\$93
Child	\$49	\$47
TIME		
	Date	Time
Depart	February 3	0900
Return	February 3	1300
HIGHLIGHTS		
<ul style="list-style-type: none"> • Visit local Kindergarten • Interact with children 		

SHA 102-102

PEKING OPERA SCHOOL

Half day

Peking Opera is an important part of Chinese cultural entertainment. Performances are known for their colorful stage settings, dramatic face paintings and dramatic music. We will visit the Shanghai Peking Opera School, which teaches many forms of drama including Peking Opera, Kunshan Opera, Shaoxing Opera and acting. Many well-known performers have graduated from this school. We will observe classes, view a brief performance, tour the facilities and have an opportunity to interact with the students. This practicum exemplifies the tradition of master-teacher relationship, oral traditions, and memorization.



STANDARD PRICE		Early Booking
Adult	\$44	\$42
Child	\$22	\$21
TIME		
	Date	Time
Depart	February 3	1300
Return	February 3	1730
HIGHLIGHTS		
<ul style="list-style-type: none"> • Visit of Peking Opera School 		

SHA 103-101

NEW SHANGHAI (Maglev Train)

Half day



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.

The tour starts on an air-conditioned motorcoach from the pier to the Long Yang Lu Station at Pudong New District. You will then board the Maglev Train for an eight-minute ride to the Pudong Airport and experience the sensation of flying as the train accelerates to its maximum speed in no time. Pause for a short while before the train brings you back to Long Yang Lu Station. Board your motorcoach again and drive through the Lujiazui Area of the Pudong New District. Developed only a decade ago from farmlands, this area has now become the financial center of China. A short stop will be arranged at the new landmark of World Financial Center, which is currently the highest in the city.

STANDARD PRICE		Early Booking
Adult	\$75	\$72
Child	\$38	\$36
TIME		
	Date	Time
Depart	February 3	0930
Return	February 3	1220
HIGHLIGHTS		
<ul style="list-style-type: none"> • Experience Maglev train • Visit the tallest building in Shanghai 		



SHA 104-101

ZHUJIAJIAO WATER VILLAGE

Half day



Located in a suburb of Shanghai city, Zhujiajiao is an ancient water town well known throughout the country, with a history of more than 1700 years. Covering an area of 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" - the little town is the best preserved among the four ancient towns in Shanghai. Unique old bridges across bubbling streams, small rivers shaded by willow trees, and houses with courtyards attached all transport people who have been living amidst the bustle and hustle of the modern big city to a brand-new world full of antiquity, leisure and tranquility.

STANDARD PRICE		Early Booking
Adult	\$61	\$58
Child	\$31	\$29
TIME		
	Date	Time
Depart	February 3	0900
Return	February 3	1300
HIGHLIGHTS		
<ul style="list-style-type: none"> • Tour quaint water town of Zhujiajiao 		

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

SHA 109-103

ERA ACROBATIC SHOW

Half day

The multimedia theatrical spectacular "Era - Intersection of Time" 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	\$51	\$49
Child	\$26	\$25
TIME		
	Date	Time
Depart	February 3	1830
Return	February 3	2200
HIGHLIGHTS		
<ul style="list-style-type: none"> • See amazing Acrobatic Show 		

"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

Day 2: Monday, February 4

SHA 401-201

BEIJING

4 days/3 nights

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, 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!



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.



Chinese youth at the Guang'ai Migrant School in the Shunyi district work toward securing their bright futures despite an unfavourable social status. Enjoy learning and visiting with the children.

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
- 1-hour return trip to Beijing hotel

Day 2: (B,L,D)

- Hotel breakfast followed by visit to Tian'men Square and Forbidden City
- Lunch at local restaurant
- Visit Guan'ai Migrant School in Shunyi
- Overnight in Beijing; Dinner at local restaurant

Day 3: (B,L,D)

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

Day 4: (B)

- Visit Temple of Heaven
- Transfer to airport for flight to Hong Kong

STANDARD PRICE		Early Booking
Adult	On request	\$ 1,279
Child	On request	\$ 639.50
TIME		
	Date	Time
Depart	February 4	AM
Return	February 7	PM
HIGHLIGHTS		
<ul style="list-style-type: none"> • Pedicab Rickshaw Ride • Dumpling dinner with local family • Tiananmen Square & Forbidden City • Visit students at Migrant School • Kung Fu School visit • Great Wall of China w/ toboggan ride • Temple of Heaven 		

Xian, 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 Xian's most important attraction. The estimated 8,000 terra cotta soldiers stand in typical battle formation with each head modelled with unique facial expressions!



Next, enjoy a warm welcome from Chinese youth at the Xian Orphanage. Since 1994, it has helped re-home almost 300 orphans to both Chinese and foreign families. Many attend local schools and later work at the orphanage and look

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.



The Tang Dynasty Dinner Show, a performance of Chang'an music and dance originating over a thousand years ago will charm you before your visit to the Xian City Wall, the Great Mosque and the Old Bazaar. Xian has the most complete city wall to have survived in China, while the Great Mosque is the best-known Islamic Mosque in Xian City and melds the traditional architectural styles of Islam and Han.

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

STANDARD PRICE		Early Booking
Adult	On request	\$ 1,125
Child	On request	\$ 562.50
TIME		
	Date	Time
Depart	February 4	AM
Return	February 7	PM
HIGHLIGHTS		
<ul style="list-style-type: none"> • Terra Cotta Warriors Museum • Xian City Wall • Xian Orphanage visit • Chinese calligraphy lesson • Tang Dynasty show • Great Mosque & Old Bazaar 		

ITINERARY

Day 1: (D)

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

Day 2: (B,L,D)

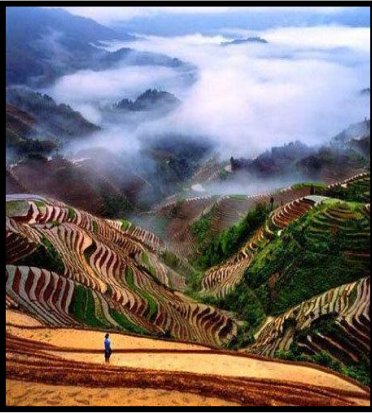
- Hotel breakfast followed by excursion to Terra Cotta Warriors Museum
- Lunch at local restaurant
- Tour to Xian City Wall
- Tang Dynasty dinner show
- Overnight in Xian

Day 3: (B,L,D)

- Hotel breakfast followed by visit to Xian 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 best use of the scarce arable land and water resources in the mountainous area. In

the afternoon, visit a village school in Longsheng.

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 center' 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 Yangshuo on a group bicycle tour.



STANDARD PRICE		Early Booking
Adult	On request	\$ 939
Child	On request	\$ 469.50
TIME		
	Date	Time
Depart	February 4	AM
Return	February 7	PM
HIGHLIGHTS		
<ul style="list-style-type: none"> • Rice terraces at Longji Mountain Village • Boat tour on Lijiang River • Bicycle tour of Yangshuo • Visit village school in Longsheng • Meet local villagers and visit "Biggest Market of the World" • Yangshuo's Big Banyan Tree 		

ITINERARY

Day 1: (D)

- Fly from Shanghai to Guilin, followed by 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
- Visit village school at Longsheng
- Return trip to Guilin in late afternoon
- Dinner at local restaurant; overnight stay at hotel

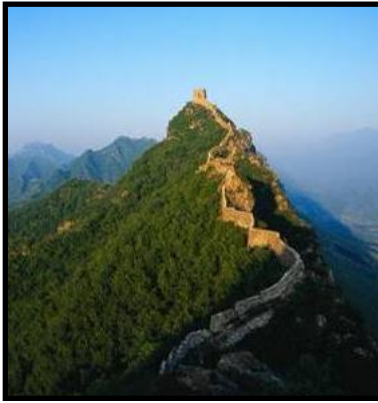
Day 3: (B,L,D)

- 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 Yangshuo
- Dinner at local restaurant
- Optional program (\$ not included): outdoor folk dancing show "Impression Liu Sanjie"
- Overnight in Yangshuo

Day 4: (B,L)

- Hotel breakfast followed by bicycle tour of Yangshuo
- 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.



STANDARD PRICE		Early Booking
Adult	On request	\$ 1255
Child	On request	\$ 627.50
TIME		
	Date	Time
Depart	February 4	AM
Return	February 7	PM
HIGHLIGHTS		
<ul style="list-style-type: none"> Hiking Great Wall (2 days) Tiananmen Square & Forbidden City 		



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.

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
- 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

SHA 105-201

FAMILY PLANNING COMMITTEE

Half day

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 Neighborhood 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.

During this practicum, important concepts such as growth rate, doubling time and social norms will be noted. We will see these concepts in action and view how social norms are successfully used to maintain China's policies.

STANDARD PRICE		Early Booking
Adult	\$49	\$47
Child	\$25	\$24
TIME		
	Date	Time
Depart	February 4	0800
Return	February 4	1145
HIGHLIGHTS		
<ul style="list-style-type: none"> Learn about China approach to family planning Meet with local neighborhood committee members 		

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. 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 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 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.

STANDARD PRICE		Early Booking
Adult	\$98	\$94
Child	\$49	\$47
TIME		
	Date	Time
Depart	February 4	0700
Return	February 4	2130
HIGHLIGHTS		
<ul style="list-style-type: none"> Visit of classic Chinese Gardens in Suzhou Boat ride on the old Grand Canal Lunch at local Chinese restaurant 		

SHA 107-102

YU YUAN GARDEN AND MUSEUM

Half day



We will visit Yuyuan Garden in Shanghai's Huangpu district. Yuyuan Garden is a famous classical garden located in Anren Jie, Shanghai. The garden was finished in 1577 by a government officer of the Ming Dynasty (1368-1644) named Pan Yunduan. Yu in Chinese means pleasing and satisfying, and this garden was specially built for Pan's

parents as a place for them to enjoy a tranquil and happy time in their old age. The garden occupies an area of 20,000 square meters (about five acres).

Enjoy a traditional Chinese dumpling lunch before your visit to the Shanghai Museum.

STANDARD PRICE		Early Booking
Adult	\$59	\$56
Child	\$30	\$28
TIME		
	Date	Time
Depart	February 4	1300
Return	February 4	1750
HIGHLIGHTS		
<ul style="list-style-type: none"> • Visit Yuyuan Garden • Visit Shanghai Museum, one of the best museums in China 		

SHA 108-101

DAILY LIFE OF A SHANGHAI CITIZEN

Half day

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 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.



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!

STANDARD PRICE		Early Booking
Adult	\$79	\$76
Child	\$40	\$38
TIME		
	Date	Time
Depart	February 4	0800
Return	February 4	1400
HIGHLIGHTS		
<ul style="list-style-type: none"> • Visit of local residential community • Learn the art of Chinese cooking while helping your host prepare lunch • Visit a neighborhood hospital and Elder People Club • Lunch included 		

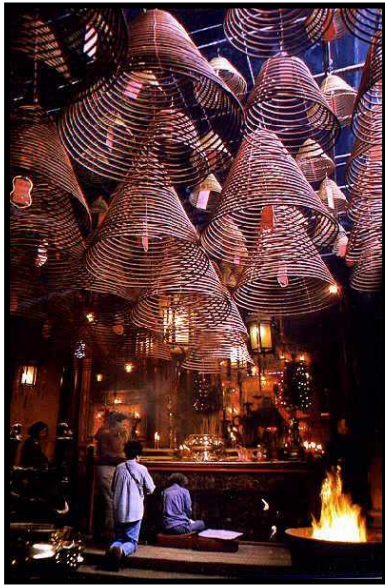
HONG KONG DAY TRIPS

Day 1: Thursday, February 7

HKG 100-101 CITY ORIENTATION: HISTORIC HONG KONG

Full day

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	\$50	\$47
Child	\$25	\$23.50
TIME		
	Date	Time
Depart	February 7	1100
Return	February 7	1730
HIGHLIGHTS		
<ul style="list-style-type: none"> • Man Mo Temple • Visit of Cat Street • Peak Tram ride • Sampan ride at Aberdeen fishing village 		

HKG 101-101 HONG KONG ISLAND TOUR

Half day

See all the highlights of Hong Kong Island on this orientation tour. It is a great way to get to know Hong Kong Island and its famous landmarks and history. 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	\$37	\$36
Child	\$18.50	\$18
TIME		
	Date	Time
Depart	February 7	0900
Return	February 7	1315
HIGHLIGHTS		
<ul style="list-style-type: none"> • Peak Tram & Victoria Peak • Stanley Market 		

HKG 102-101

BUDDHIST MONASTERY/LANTAU ISLAND

Full day



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.

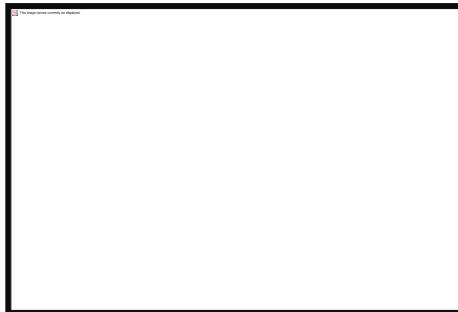
STANDARD PRICE		Early Booking
Adult	\$90	\$86
Child	\$45	\$43
TIME		
	Date	Time
Depart	February 7	0900
Return	February 7	1700
HIGHLIGHTS		
<ul style="list-style-type: none"> • Tai O fishing village • Po Lin Monastery and Giant Buddha • Vegetarian lunch at monastery • Ngong Ping Village • Ngong Ping 360 cable car ride 		

HKG 103-101

PORTUGUESE MACAO

Full day

As part of their growing sea-going empire, the Portuguese established a foothold in China in the mid- sixteenth century on the southern peninsula of Macao. For the next four-hundred years the Portuguese traded with India, southeast Asia, the Philippines, China and Japan from these shores. Old Macao is rich with Portuguese art, architecture and maritime history. Your walking tour of the area will include the Church of Sao Paolo, Fortaleza (fort) do Monte and museum, the Luis de Camoes Museum, the Macao Maritime Museum and the Chapel of St. Francis Xavier. This chapel has relics of the massacres of Jesuit priests and Christian followers in Japan around 1600.



STANDARD PRICE		Early Booking
Adult	\$178	\$171
Child	\$89	\$85.50
TIME		
	Date	Time
Depart	February 7	0900
Return	February 7	2030
HIGHLIGHTS		
<ul style="list-style-type: none"> • Visit of monuments and historical sites in Macao • Buffet lunch at Café 360 of Macao Tower • Ferry travel between Hong Kong and Macao 		

HKG 104-101**POON CHOI LUNCH & HONG KONG CULTURE****Full day**

Built in the architectural style of traditional Chinese courtyard houses, Hong Kong Heritage Museum is a structure joining 12 different exhibition halls and each a treasure house of relics of the history, culture and arts of early Hong Kong and the nearby South China region.



As the biggest museum in Hong Kong, it features a wide selection of exhibits: such as the colorful Cantonese Opera Hall and some first-class Chinese art and many of them interactive. In addition, the museum also runs a number of themed exhibitions that frequently rotate.

After the museum you will enjoy a “Poon Choi” lunch at a special restaurant. Poon Choi is popular among villagers in the New Territories. This custom of eating food communally originated about 600 years ago, and is known as a basin feast, a traditional type of Chinese food served in wooden basins. It is special in the way that it is composed of many layers of different ingredients. It is eaten layer by layer instead of “stirring everything up”. Poon Choi is often served during religious rituals, festivals, special occasions and wedding banquets in open area of villages.

It's considered a Hong Kong culinary relic, said to capture the distilled soul of the land. These days, though most lifelong Hong Kongers have heard about poon choi, many have never tasted it.

STANDARD PRICE		Early Booking
Adult	\$62	\$59
Child	\$31	\$29.50
TIME		
	Date	Time
Depart	February 7	1000
Return	February 7	1500
HIGHLIGHTS		
<ul style="list-style-type: none"> • Visit of Hong Kong Heritage Museum • Traditional “Poon Choi” lunch 		

HKG 105-101**SAILING TRIP TO LAMMA AND FISHERFOLK'S VILLAGE****Full day**

Guests will embark the boat from Victoria Harbour and sweep past some of Hong Kong's most famous landmarks. Comprising some of Hong Kong's most dramatic vistas, this cruise also takes you to Shau Kei Wan typhoon shelter where local fishermen moor their fishing boats and it concludes with the firing of the

legendary Noon Day Gun at Causeway Bay. Then continue to Lamma Island for a seafood lunch. After lunch guests can visit The Fisherfolk's Village, which is situated in Sok Kwu Wan and where they will see the local fisherman's traditional culture. In the village student will see how the fishermen raise the topgallant and put up sails, cast the net to catch fish, repair the nets and fix the fishing boats.

STANDARD PRICE		Early Booking
Adult	\$127	\$122
Child	\$63.50	\$61
TIME		
	Date	Time
Depart	February 7	1000
Return	February 7	1600
HIGHLIGHTS		
<ul style="list-style-type: none"> • Chinese junk sailing on Victoria Harbor • Firing of Noon Day Gun • Seafood lunch on Lamma Island • Fisherfolk's village 		

HKG 106-101

FAMILY INSIGHT TOUR w/ Professor Frölander-Ulf

Full day



Join Professor Monica Frölander-Ulf and Hong Kong resident M.C. Tsoi to gain real insight



into the daily life of Hong Kong residents. About three million people (50% 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 family duty in relation to the elderly.

STANDARD PRICE		Early Booking
Adult	\$62	\$59
Child	\$31	\$29.50
TIME		
	Date	Time
Depart	February 7	1300
Return	February 7	1700
HIGHLIGHTS		
<ul style="list-style-type: none"> • Visit of social centre for the elderly • Visit of youth centre and communicate with local student in Chai Wan area • Visit a local middle-class home • Professor Monica Frölander-Ulf 		

HKG 107-101

MAI PO MARSHES

Half day



Wetlands are being lost worldwide at an alarming rate. In addition to habitat for plants and animals and nurseries for fish, shrimp and other shellfish, wetlands also 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) is a shallow bay with intertidal mudflats and mangrove trees. According to the Ramsar website, thousands of migratory water birds visit Mai Po as a refueling stop-over during long migrations. The Black-faced Spoonbill is a critically endangered species that spends the winter in the Mai Po and Inner Deep Bay Ramsar Site. 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'll learn about gei wai shrimp farming practiced in the area.

STANDARD PRICE		Early Booking
Adult	\$50	\$47
Child	\$25	\$23.50
TIME		
	Date	Time
Depart	February 7	1300
Return	February 7	1800
HIGHLIGHTS		
<ul style="list-style-type: none"> • Visit of Mai Po Marshes • Free time to explore area 		

Day 2: Friday, February 8

HKG 108-201

SUNRISE TAI CHI

Half day

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 the early Tai Chi session, you will have time to take a break at Serenade Chinese Restaurant for a de-briefing on what has been learned this morning whilst warming up with a hot cup of Chinese tea and a few dumplings.

STANDARD PRICE		Early Booking
Adult	\$31	\$30
Child	\$15.50	\$15
TIME		
	Date	Time
Depart	February 8	0800
Return	February 8	1100
HIGHLIGHTS		
<ul style="list-style-type: none"> One hour Tai Chi Class Light Dim Sum Breakfast 		

HKG 112-201

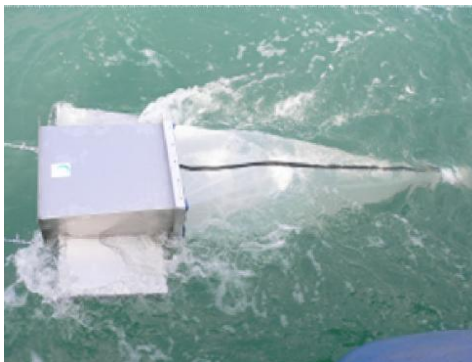
SAS EXCLUSIVE: OCEAN RECOVERY JUNK BOAT

Half day


According to the United Nations Environment Programme, more than 4,000,000 tons 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!



Join Professor Frank von Hippel on this unique, hands-on educational experience that goes beyond a typical beach cleanup. 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, Project Kaisei and 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

STANDARD PRICE		Early Booking
Adult	\$136	\$131
Child	\$99	\$89
TIME		
	Date	Time
Depart	February 8	0930
Return	February 8	1630
HIGHLIGHTS		
<ul style="list-style-type: none"> Junk boat trip with Ocean Recovery Alliance Trawl for plastic debris and hear presentation on the 'Plastic Vortex' Seafood lunch at Lamma Island 		
		
<ul style="list-style-type: none"> Professor Frank von Hippel 		

HKG 112-201**SAS EXCLUSIVE: OCEAN RECOVERY JUNK BOAT****Half day**

coordination of large-scale clean-up initiatives in the ocean, and proactively educating citizens on prevention and conservation.

HKG 109-201**TAI CHI, TEA, AND DIM SUM****Half day**

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 Shanghai Street prior to returning to the ship.

STANDARD PRICE		Early Booking
Adult	\$77	\$74
Child	\$38.50	\$37
TIME		
	Date	Time
Depart	February 8	0930
Return	February 8	1345
HIGHLIGHTS		
<ul style="list-style-type: none"> • One hour Tai Chi Class • One hour tea appreciation class at local tea house • Dim Sum lunch at local restaurant 		

HKG 110-201**DIM SUM COOKING CLASS****Half day**

The Dim Sum Cooking Class brings you an unforgettable cooking experience with a team of professional chefs and instructors. To create an intimate cookery atmosphere, each student has an individual worktop, cookware and stove. In addition, the most common kitchenware items are



deliberately used during the classes, so that students can cook just as proficiently when they return home to their own kitchens.

STANDARD PRICE		Early Booking
Adult	\$101	\$96
Child	\$50.50	\$48
TIME		
	Date	Time
Depart	February 8	1130
Return	February 8	1530
HIGHLIGHTS		
<ul style="list-style-type: none"> • Dim Sum cooking class • Dim Sum lunch 		

HKG 111-202**DRAGON'S BACK HIKE****Half day**

STANDARD PRICE		Early Booking
Adult	\$90	\$86
Child	\$45	\$43
TIME		
	Date	Time
Depart	February 8	1200
Return	February 8	1715



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.

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

HIGHLIGHTS

- Hike up Dragon's Back