



Chinese Cultural Tour for SPIRAL Host Families and Friends

a 14-day exploration of five Chinese cities from April 15 to April 29, 2017

organized by SPIRAL International

SPIRAL International has some very exciting news! We would like to invite you to spend two weeks with us in China, a huge country with 5,000 years of recorded history.

Explore five of China's most important cities, see its historical monuments and buildings; learn about its culture and education system; and taste a variety of its renowned dishes.



The cost of the trip (which includes round-trip airfare from Burlington, VT to Beijing, domestic airfare and travel in China, accommodations and meals, and the visa application fee) is \$3,500 per person. You will be accompanied by an American teacher or summer camp coordinator and a bilingual SPIRAL staff member.

Our cultural tour includes stops in Beijing, Xi'an, Chongqing, Chengdu and Guangzhou where you will gain first-hand experience of contemporary Chinese society and culture. We will admire world-famous historical sites such as the Forbidden City, the Great

Wall, the Temple of Heaven and the Terracotta Soldiers, and enjoy a first-hand experience of the splendor of fifty centuries of civilization. And we will enjoy genuine Chinese cooking including Hot-Pot and dumplings. While in Chongqing, we will visit some of the Chinese students and teachers hosted during previous SPIRAL Summer Camps and spend time in their schools and families.

Highlights of the tour

Experience Chinese language and culture

- ✧ Gain a personal understanding of the Chinese education system thanks to three four-hour Chinese language classes taught by local teachers.
- ✧ Taste authentic Chinese food and interact with local people.

Tour five significant Chinese cities

- ✧ **Beijing:** the center of China's cultural and the national capital for more than 800 years. The tour will include the Forbidden City, Tiananmen Square, the Temple of Heaven, the Summer Palace and the Great Wall.
- ✧ **Xi'an:** the ancient capital where the Terracotta Soldiers display the historical splendor of China. We'll visit a local market and the unique swimming pool of the royal family of the Tang Dynasty, and we'll have time to chat with residents and learn about their daily life.
- ✧ **Chengdu:** the capital city of Shu State in the Warring States Period. We'll discover Wuhou Temple, traditional marketplaces, and the Giant Panda Center, and you will dine at the Old Tea House of Chengdu.
- ✧ **Guangzhou:** a modern city which combines high-speed economic development and a strong Chinese Buddhist tradition. We'll explore the downtown, enjoy the night scene of Pear River, and visit a Buddhist temple with a thousand-year history.

Visit Chinese friends

- ✧ Spend time with students and teachers who attended SPIRAL Summer Camps, and visit their families.
- ✧ Make new friends who can offer you a unique opportunity to experience contemporary Chinese daily life and deepen the understanding and friendship between people of the U.S and China.

SPIRAL's China Study Tour fee: \$3,500

Covers: round-trip airfare from Burlington, VT to Beijing, domestic airfare and travel in China, accommodations and meals, all entertainment and activities, the tour guide, the visa application fee, and travel insurance while in China.

Does not cover: international travel insurance and personal expenses.



How to join SPIRAL's Study Tour

Contact Michele Hirsch at SPIRAL's head office for further information or to sign up: admin@spiralinternational.org or 802-540-0305.

- Deadline for registration and \$500 deposit: **December 15, 2016**. The deposit will be applied to the China Paths to Spirituality Tour fee or reimbursed if the trip has to be cancelled due to insufficient number of participants. The final decision about the trip based on the number of applicants will be January 15, 2017.

Itinerary: Chinese Cultural Tour for SPIRAL Host Families and Friends – April 15 to April 29, 2016

Date	Morning	Afternoon	Evening
D1	Leave for China		
D2: Beijing		Arrive in Beijing. Check into the hotel, have dinner and rest	
D3: Beijing	9:00 – 10:30: Temple of Heaven 10:30 – 11:30: Tiananmen Square 11:30 – 12:30: Lunch	1:00 – 4:00: Forbidden City 4:30 – 6:30: Summer Palace and the Temple of Longevity	6:30 – 8:00: Dumpling dinner 8:30: Return to the hotel
D4: Beijing	8:30: day trip to the Great Wall, Spiritual Road, and tombs of Ming Dynasty emperors		6:30: Beijing Roast Duck dinner
D5: Beijing and Xi'an	6:00 – 9:00: observe Beijing's morning activities: a farmer's market or street dancing in a park 9:00 – 11:30: go back to the hotel and pack	11:30 – 12:30: lunch 1:00 – 2:00: leave for the airport	Check into the hotel in Xi'an
D6: Xi'an	7:00 – 8:00: breakfast 8:30 – 11:30: Terracotta Soldiers	1:30 – 4:00: Swimming Pool of the Tang Dynasty Royal Family 4:30: leave for the train station	Dinner and rest
D7: Chengdu	Train ride 12:00: arrive in Chengdu and check into the hotel	12:30 – 1:30: lunch 2:30 – 5:30: Jinli, the traditional marketplace	5:30 – 8:30: visit downtown Chengdu and have dinner in small groups with Chinese students. 8:30: Return to the hotel
D8: Chengdu	8:30 – 11:30: Panda Nursery Center 12:00 – 1:00: lunch	2:30 – 4:00: Wuhou Temple 4:00 – 6:00: visit local shopping area	Dinner and rest
D9: Chongqing	8:30 – 10:30: leave for Chongqing Noon: arrive in Chongqing and check into the hotel	Afternoon: get-together with Chinese students and meet their families	Enjoy time with Chinese friends and their families
D10: Chongqing	8:30 – 12:30: visit schools	2:00 – 3:00: Stilwell Museum, a historical site from World War II	Dinner and rest
D11: Chongqing	8:30 – 12:30: Ciqikou Traditional Cultural area	1:30 – 4:30: Daoist Temple on Nan Mountain	Hotpot dinner
D12: Chongqing	8:30 – 5:00: hike in the Wulong Mountain area		Dinner and rest
D13: Guangzhou	8:30: leave for Guangzhou Noon: arrive in Guangzhou and check into the hotel	Afternoon: visit downtown Guangzhou	Dinner and cruise on the Pear River
D14: Guangzhou	7:00 – 8:00: breakfast 8:30 – 12:30: visit Xiang Jiang Secondary School	1:00 – 4:00: visit Guangda Buddhist temple	Dinner and rest
D15:	After breakfast, go to the airport and fly back to the U.S.		

