

# **Qingdao No.1 International School of Shandong**



## **Henan Trip**

**September 22<sup>nd</sup> – 26<sup>th</sup>, 2014**

**Pre – Departure Information**

## The Program

*The itinerary is for your reference. Your guide will provide final confirmation of assembly times as itinerary may change depending on your interests and circumstances.*

<b>Sept 22, Mon</b>	<b>Qingdao/Zhengzhou/Dengfeng</b>	<b>Meals: L, D</b>
06:25	Arrive at Qingdao airport to meet teacher chaperones	
07:55	Take flight SC4755 (0755/0920) from Qingdao to Zhengzhou	
09:55	Arrival, meet your guides at the airport of Zhengzhou	
10:40-11:20	Drive to the Zhongyuan TV tower	
11:30-12:40	Visit Zhongyuan TV tower	
12:40-13:00	Drive to restaurant	
13:00-13:45	Lunch	
13:50-15:30	Drive to Dengfeng	
15:35-16:00	Check-in the hotel and refresh	
16:20-18:00	Learn Kungfu at Martial Arts School	
18:10-19:00	Dinner	
19:00-20:30	Watch Martial arts performance	
20:30-21:00	Drive to the hotel	
<b>Sept 23, Tue</b>	<b>Dengfeng/Luoyang</b>	<b>Meals: B, L, D</b>
07:00	Morning wake-up call	
07:00-08:00	Breakfast and check out	
08:10-08:40	Drive to Shaolin Temple	
09:00-13:30	Visit Shaolin Temple and Forest of Pagoda	
13:00-13:40	Lunch	
16:30-18:30	Drive to Luoyang	
18:30-19:30	Check into hotel and refresh	
19:40-20:30	Dinner	
20:30-21:00	Luoyang night market	
<b>Sept 24, Wed</b>	<b>Luoyang/Yuntai Mountain</b>	<b>Meals: B, L, D</b>
07:30	Morning wake-up call	
08:00-09:00	Breakfast at hotel and check out	
09:00-10:50	Luoyang local park tour and morning Taiji exercises	
11:00-12:50	Visit Longmen Grottoes	
13:00-13:50	Lunch	
14:00-17:00	Drive to Yuntai Mountain	
17:00-17:30	Check-into hotel and refresh	
18:00-19:10	Dinner	

<b>Sept 25, Thu</b>	<b>Yantai Mountain /Zhengzhou</b>	<b>Meals: B, L, D</b>
07:30	Morning wake-up call	
08:00-09:00	Breakfast and check out	
09:00-13:00	Visit Hong Shi Valley and climb Zhuyu Mountain (Yantai Mountain Scenic area)	
13:20-14:00	Lunch	
14:00-16:00	Visit Xiao Zhai Gou (Yantai Mountain Scenic area)	
16:00-18:00	Drive to Zhengzhou	
18:00-19:00	Dinner	
19:30-20:30	Check-into the hotel	

<b>Sept 26, Fri</b>	<b>Zhengzhou/Qingdao</b>	<b>Meals: B, L</b>
08:00	Morning wake-up call	
08:30-09:30	Breakfast and check-out	
10:00-11:30	Visit Henan Museum	
11:45-12:30	Lunch	
13:00-14:30	Visit Huangdi Guli Museum	
14:40-15:40	Drive to the airport	
18:05	Take flight SC4848 from Zhengzhou to Qingdao	
19:25	Arrive in Qingdao to meet parents	

## Program Contacts

### Main contact

Name	Role	Mobile No.
Mary	Local guide	189 3719 8360

Mobile phone coverage is available in most of the places we plan to visit.

### Hotel contact

English name	Location	Tel. No.
Dengfeng Chanwu Hotel(4 star)	DaYu Road, ErPo Ling, Dengfeng	0371-62808888
LuoYang Xinyuan Hotel (4 star)	No.300 Jiudu Dong Road, Luoyang	0379-63957888
Yutai Tianjie International Hotel (4 star)	Yutai Mountain Scenic District, Jiaozuo	0391-7705777
Zhengzhou Guangzhou Hotel (4 star standard)	No. 5 De Hua Street, Er Qi District Zhengzhou	0371-60308888

Please note that last minute changes in hotel might occur due to unforeseen circumstances.

### Hospital

Location	English name	Address	Tel. No.
Dengfeng	Dengfeng People's Hospital 登封市人民医院	No.2 Zhongyue Street, Dengfeng 河南省郑州市登封市 中岳大街 2 号	0371-6289 0703
Luoyang	Luoyang Central Hospital 洛阳市中心医院	No. 288, Zhongzhou Zhong Road, West Luoyang 河南省洛阳市西工区中州中路 288 号	0379-6389 2130
Jiaozuo	Jiaozuo People's Hospital 焦作市人民医院	No. 267, Jiefang Zhong Road, Shanyang District, Jiaozuo 焦作市山阳区解放中路267号	0391-266 2210
Zhengzhou	Henan Province People's Hospital 河南省人民医院	No. 7 Weiwu Road, Zhengzhou 河南省郑州市纬五路七号	0371-65580014

### What is the weather like?

Location	Sept. High	Sept. Low	Weather
Dengfeng	27	14	Might rain
Luoyang	27	17	Might rain
Yuntai Mountain	20	13	Might rain
Zhengzhou	28	18	Might rain

### How difficult is the trip?

This trip is ranked as a culture experience trip. The pace of the tour will be moderate. It includes 2 to 4 hours driving on some days. It further includes physical activities such as hiking. You can expect to hike/walk up to 3 hours a day along marked tracks. We will take frequent stops along the way. Most of the path is easy to follow, and the hills are partly gentle, partly steep. If at any time you feel uncomfortable, please inform the guide as backup plans allow you to terminate the walk/hike and continue by bus instead. Teachers are recommended to bring first-aid kits.

### Comfort level:

We will stay in local 4 star hotels on this trip, 24-hour hot water, with private bathroom.

### Food and drinks

All meals are included as stated in the itinerary.

For lunches and dinners, we strive to dine local traditional food.

We provide bottled water during the bus ride and hiking.

### Health

Bug spray

As we will have many outdoors activities, there will be different kinds of insects, such as mosquito... Be sure to protect yourselves to the greatest extent.

### Caution

You should avoid contact with domestic or stray dogs and cats as it is unlikely they are vaccinated and they may carry dangerous diseases such as rabies.

### Safety

Your safety is important to us, so we encourage you to stay alert and be aware of your surroundings. Keep a close eye on cameras, purses, and wallets, all favorite targets of thieves and pickpockets. You should be responsible for your own valuable items, make sure you keep your valuable things always with you.

## **What do I need to bring?**

### Documents:

- Passport with valid visa

### Clothes

- Windproof jacket!!!
- Fleece or sweater
- 3 sport long pants
- 3 short pants
- T-shirts & underwear (5 pairs)
- One pair of comfortable walking shoes (broken in)!!!
- One pair of indoor shoes
- Cotton socks (5 pairs)
- Rain coat

### Other

- **Flashlight or Headlamp!!**
- Personal toiletries
- Hand towel
- Bug spray
- Camera
- Wet antiseptic wipes
- Cards, other games
- Notebook and pen
- Small day- pack for water, fruit, wallet, etc.
- Alarm clock (or mobile)

## **Background Info:**

Experience famous sites in a dynamic way: travel to legendary Shaolin Temple, sketch the gorgeous Longmen Grottoes and visit the Yuntai Mountain. The trip extends beyond the trail, however, and could include a training session with students learning martial arts at the home of Shaolin Kung Fu.

School exchange program with local Martial Art school

The Shaolin philosophy is one that started from Buddhism and later adopted many Taoist principles to become a new sect. Thus even though a temple may have been Taoist or Buddhist at first, once it became Shaolin, it was a member of a new order, an amalgamation of the prevailing Chinese Philosophies of the time.

Situated next to Shaolin temple are many martial art schools. Students in these schools range from 5 to 17 years old. We will organize a 3 hours activity where our students can interact with local students from the martial art schools. Activities include martial arts performance and training where students will learn some basic martial arts steps.

Study Buddhist arts at Longmen Grottoes

The strong collection of Buddhist grottoes situated just outside Luoyang is an exceptional treasury and gallery of Chinese Buddhist art.

The peaceful Luo River meanders its way through the south of the town here, cutting across steep cliffs on both sides. Above, thousands of Buddhist statues stand, peering out of the cliff side. Standing in front of the magnificent statues to try to draw a sketch of their favorite one, however, helps students imagine how the artists have done this amazing work thousands of years ago and appreciate the real value of ancient Chinese art.

## **One day excursion to Mountain Yuntai**

Yuntai Mountain, located in Jiaozuo, Henan Province, made the China National Natural Heritage Candidate List because of its unique geological land formations, rich natural resources and cultural relics. UNESCO bestowed World Geo-park status upon the site in 2004.

## **City TV tower**

Zheng Zhou city TV Tower in Chinese is called Zhong Yuan Fu Ta, in English is called Tower of Fortune. It is a 388-metre tall steel tower in ZhengZhou city. It is used as a television tower, nowadays becomes a symbol of ZhengZhou city. On clear days, it provides a great bird-view of the city from the observation deck. Students will take the lift and have some free time walk around observation deck and enjoy the view from the top.

## **Morning exercise in LuoYang Park**

It is getting popular for local people to do group morning exercises in the parks. Fan-dancing, folk dancing, Taiji and ground calligraphy painting are some of the common morning activities. As a Chinese culture trip, the local park visit in the morning can give students a vivid experience of local life. We will also prepare some Shuttlecocks or badminton for students to play in the park to join the morning exercise group.

## **LuoYang Night Market**

LuoYang has a very active nigh-life thanks to its colorful local markets. Snack food, clothes and souvenirs can be found every corner of the markets. We believe it is part of the culture experience for students to explore the night market and a small range of treasure hunt game might be arranged during the visit.