



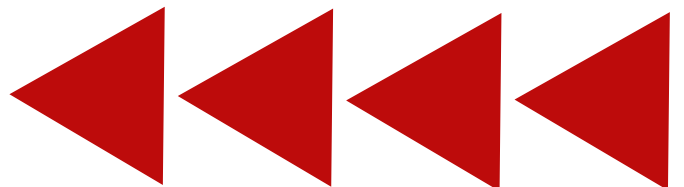
CHINA

2019

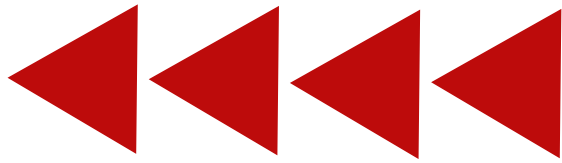


AN IB CULTURAL
EXPLORATION

JOURNAL



ITINERARY



DAY 01

AM DEPART ROME

11:30

PM DEPART HELSINKI

18:20

AM ARRIVE BEIJING

(+1) 06:55

DAY 02

AM ARRIVE

at the Wuhuan Hotel.

AM SIGHT-SEEING

and chill.

PM TEMPLE OF HEAVEN

and the Qing & Ming Dynasties.

DAY 03

AM GREAT WALL OF CHINA

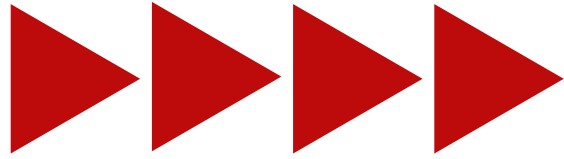
and a chance to experience 600 BC.

PM CHANGLING

a.k.a. The Ming Tombs.

PM FLYING ACROBAT SHOW

performed by Beijing Acrobatic Troupe.



AM BEHAI PARK

and the Imperial Gardens.

PM TIANANMEN SQUARE

and a visit to the Forbidden City.

PM COOKERY CLASS

and a chance to taste Chinese culture.

DAY 04

AM SUMMER PALACE

or The Garden of Clear Ripples.

PM CALLIGRAPHY SESSION

and a chance to master an ancient art.

PM PEKING DUCK BANQUET

a.k.a. The Ultimate Taste of Beijing.

DAY 05

AM DEPART BEIJING

10:55

PM DEPART HELSINKI

15:15

PM ARRIVE ROME

17:40

DAY 06

TAKING NOTES

Clear and meaningful notes are essential in the learning process. Your ability to efficiently take notes determines both your comprehension and knowledge, and your ability to connect ideas and concepts. Note taking also helps us to store knowledge in a retrievable manner.

Always follow the 80/20 principle. 80% active engaged listening / 20% note taking. Think first, then write!

TIPS

- consider using abbreviations, symbols and shortcuts to streamline your notes.
- use lots of colours to differentiate.
- idea maps are effective visual ways to make meaningful notes.
- be prepared by reading ahead. What is discussed will have more meaning and you can be prepared with questions.
- concentrate, listening for emphasis, inference, bias and for main points likely to be assessed.

ACTIONS

What two things can you start doing to improve how you take notes?

1. _____
2. _____

SELF ESTEEM & CONFIDENCE

Being a student requires a healthy sense of self-esteem and self-confidence.

You develop these attributes by believing in your worth and value. If you don't believe in yourself, it is harder for others to do so. It is also important to place value on your capacity to be a successful learner.

With the intensity of study ever-present, it is perfectly natural to experience self-doubt. This is why you need to find a balance between using your areas of strength and developing areas you perceive as less resilient.

Be vigilant and on the look out for warning signs that your self-esteem is declining. As soon as you begin to notice any of the following, tell someone. Ask for help. Remember, it is ok not to be ok.

Look out for:

- a reluctance to try new things.
- losing your assertiveness or presence.
- feeling that your best isn't good enough.
- focusing on unimportant or irrelevant things.
- becoming temperamental and thinking inconsistently.
- not enjoying the challenge of being your best self.
- preferring to be alone more than usual.

**U OK
HUN?**



DAY 1



FINDING HUMOUR

Learner Profile Attribute:

Balanced

Being able to appreciate others' humour helps you to be more creative and think at a higher level. It is also important to be able to laugh at yourself rather than focusing on negatives such as others weaknesses and differences.

Ask yourself:

- ▶ when have I really enjoyed my learning & why?
- ▶ what things can I do to make my learning more fun & enjoyable?
- ▶ who has impressed me with his/her enjoyment in his/her learning & having fun in a positive way?

REFLECTION SPACE:

TOK

Identify one situation you have experienced today:

Explore this situation through one area of knowledge:

Which perspectives would align with this and which would differ?

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DAY 2



OPEN TO CONTINUOUS LEARNING

Learner Profile Attribute:
Reflective

Consider that there could be a better way to do and to learn something and investigate this. Try to see problems and challenges as opportunities to develop and improve your thinking, and yourself. Accepting that you don't know means not being afraid to find out. Ask yourself:

- ▶ when things are going well in my learning what do I feel like & why?
- ▶ what are you really keen to learn and do & why?
- ▶ who has impressed me with his/her willingness to want to learn more & why?

REFLECTION SPACE:



TOK

Identify one situation you have experienced today:

Explore this situation through one area of knowledge:

Which perspectives would align with this and which would differ?

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DAY 3

QUESTIONING & POSING PROBLEMS

Learner Profile Attribute:
Thinkers

Being able to ask the right questions to fill in the gaps of what you don't know is crucial. Ask questions that begin with "what if", "why do" and "how". Work towards being able to recognise the reasons behind why and how questions are asked. Ask yourself:

- ▶ how does my understanding improve when I ask questions?
- ▶ what things can I do to feel confident to ask more questions?
- ▶ who has impressed me with his/her thoughtful questions & why?

REFLECTION SPACE:

TOK

Identify one situation you have experienced today:

Explore this situation through one area of knowledge:

Which perspectives would align with this and which would differ?

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DAY 4



THINKING INDEPENDENTLY

Learner Profile Attribute:

Open-minded

As human beings, we seek to be part of groups and teams, drawing energy and feedback from each other. Together, we have much more thinking power than you have when alone. It is important to understand this as well as accepting openness and feedback from others. Ask yourself:

- ▶ what things have I learned when in a group & why?
- ▶ when in a group, what role do I play & why?
- ▶ who has impressed me with his/her willingness to share his/her learning with others & why?

REFLECTION SPACE:

TOK

Identify one situation you have experienced today:

Explore this situation through one area of knowledge:

Which perspectives would align with this and which would differ?

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DAY 5

GATHERING DATA WITH ALL SENSES

Learner Profile Attribute:

Inquirer

Being able to gain a feeling for a situation through taking in messages from all your senses is a complex and worthwhile intuition. Investigate how considering aspects such as colours, sounds and patterns improves your capacity to communicate.

Ask yourself:

- ▶ when and how have I used my senses in my learning?
- ▶ what are my favourite senses to use & why?
- ▶ who has impressed me with his/her using of his/her senses & why?

REFLECTION SPACE:

TOK

Identify one situation you have experienced today:

Explore this situation through one area of knowledge:

Which perspectives would align with this and which would differ?

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DAY 6



THINKING ABOUT THINKING*

Learner Profile Attribute:

Reflective

Do you understand what you do and what you need to learn? Being able to plan, reflect on and assess your own thinking skills and strategies will help you to grow as a successful learner. Take the time to think about thinking. Ask yourself:

- ▶ when have I considered how I was thinking & why?
- ▶ what things can I do to think more clearly about how I think?
- ▶ who has impressed me with his/her controlled thinking & why?

*Metacognition

REFLECTION SPACE:



TOK

Identify one situation you have experienced today:

Explore this situation through one area of knowledge:

Which perspectives would align with this and which would differ?

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NOTES

A series of 22 horizontal grey lines for writing notes. On the left side of the page, there is a large red circular graphic element that is partially cut off by the edge of the page.

NOTES

NOTES



NOTES



NOTES

A series of 20 horizontal grey lines spaced evenly down the page, providing a template for handwritten notes.