



*Forming new friendships*

*Putting the needs of others first*

*Exploring our host country*

Culture, Service, Adventure

TriBES—  
Educational Travel  
Sept 20–27, 2019



**Concordia**  
INTERNATIONAL SCHOOL SHANGHAI  
HIGH SCHOOL

# 2019 China TriBES Map



- 1 YEP Service & Storytelling - Left Behind Children
- 2 YEP Service & Storytelling - Water Project Impact
- 3 Inner Mongolia Culture & Service Camp
- 4 Sanya Bright Connection Service Camp
- 5 Zhangjiajie Service Camp
- 6 Water, Life, and Development

- 7 Nomads of Ningxia
- 8 Religions in China
- 9 Culture Through the Lens: Visual Story Telling
- 10 Utopia Shanxi
- 11 Sichuan Expedition
- 12 Yunnan Bike Adventure
- 13 Master Chef, Beijing
- 14 Yunnan Abujee Tea Trail Trek

- 15 Silk Road Merchants Challenge
- 16 Sichuan Wildlife Conservation: Pandas
- 17 Sanjiang Minority Culture Project (Wild China)
- 18 Moganshan Sustainability & Service
- 19 Western Sichuan Expedition
- 20 Inner Mongolia: Hulanbier
- 21 Public Health-Hangzhou

Concordia students enjoy the annual opportunity to experience their host country through TribES. With thousands of years of history, the world's largest national population, and an energy that is at the forefront of the global economy, the Middle Kingdom is the focus of TribES's week of experiential learning.

*Each TribES trip is designed to support expectations that Concordia students will become:*

- Insightful learners
- Effective communicators
- Reflective spiritual beings
- Principle-centered leaders and team members
- Active global citizens

While each TribES trip is unique there are common elements used to help frame the student experience. Each trip promotes active engagement along four dimensions: Physical Activity, Community Engagement, Cultural Enrichment, and Service to Others. Students should carefully consider all dimensions of the TribES trip when making their selections. Trip summaries include a subjective rating, 1 to 5, as to the intensity of these dimensions student may experience on the trip. The greater the number the greater the intensity.

*Four dimensions of TribES experiences*

- **Physical Activity:** Physical activity is an integral part of a healthy lifestyle. Kinesthetic learning experiences can aid students in retaining a higher level of knowledge. This knowledge can help them to make wise decisions concerning their safety, health, and wellbeing.
- **Community Engagement:** Includes the development of skills that contribute to the process of working collaboratively with internal and external groups to address issues that impact the well-being of those groups. It describes a process of skill development and application to improve working relationships and community functioning such as problem solving, collaborative decision making and conflict resolution that enables the group to overcome goal blocking barriers.
- **Cultural Enrichment:** Cultural enrichment activities that enable exchange of differing ideas, beliefs, rituals, customs and traditions between people with different or similar ethnic or social backgrounds. It is part of a process that goes beyond awareness to help learners build capacity to relate and work effectively in culturally diverse situations.
- **Service to Others:** Engaging in projects designed to have a lasting impact in the lives of others and our environment. In service to others, students discover its' transformative nature, foster a sense of gratefulness, and realize that often the most important things they have to offer are not things at all but our time, presence, and attention stemming from heart and mind.

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<i><b>TITLE</b></i>	<i><b>SUPPLEMENTAL FEE</b></i>
1 YEP Service & Storytelling - Left Behind Children (CWEF)	0 RMB
2 YEP Service & Storytelling - Water Project Impact (CWEF)	0 RMB
3 Inner Mongolia Culture & Service Camp (Insight Adventure)	0 RMB
4 Sanya Bright Connection Service Camp (Insight Adventure)	0 RMB
5 Zhangjiajie Service Camp (Insight Adventure)	0 RMB
7 Nomads of Ningxia (JUMP!)	4050 RMB
9 Culture Through the Lens: Visual Story Telling (JUMP!)	0 RMB
10 Utopia Shanxi (JUMP!)	2650 RMB
11 Sichuan Expedition (JUMP!)	3400 RMB
12 Yunnan Bike Adventure (The Hutong)	2100 RMB
13 Master Chef, Beijing (The Hutong)	0 RMB
14 Yunnan Abujee Tea Trail Trek (Wild China)	1300 RMB
15 Silk Road Merchants Challenge (Wild China)	3500 RMB
20 Inner Mongolia: Hulanbier - Far North (Wild China)	300 RMB
21 Public Health - Hangzhou (Wild China)	0 RMB

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Notes:

- Fees vary for each trip and are based on tour and travel costs associated with each trip.
- Base fee for all trips is 9000 RMB. Total cost for each student equals BASE FEE + SUPPLEMENTAL FEE, if applicable.
- The actual number of trips offered will be based upon total number of student participants.
- Changes to TRIBES trips can occur as a result of program or logistical reasons such as changes in train/flight schedules, traffic conditions, weather conditions, or government policies.

# T-Shirt Size Chart

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All TriBES participants will receive a TriBES T-shirt. Please use this size chart from the vendor to identify the correct shirt size and indicate your requested shirt size on the registration form.

<i>Unisex T-shirt Sizes</i>	<i>Chest</i>	<i>Length (middle back)</i>
Adult XXS	92 cm	62 cm
Adult XS	98 cm	65 cm
Adult S	104 cm	67.5 cm
Adult M	110 cm	70 cm
Adult L	116 cm	72.5 cm
Adult XL	122 cm	75 cm
Adult 2XL	128 cm	77.5 cm
Adult 3XL	134 cm	80 cm

# TriBES Guidelines and Policies

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TriBES is an **academic requirement** for all Concordia High School students. This Pass/Fail grade is recorded on the student's transcript. Each High School student must participate in and meet the requirements of his/her specific TriBES course to receive academic credit. Each student will also create a post-TriBES reflection project to fulfill the academic requirement. Concordia parents and students are expected to thoroughly read the TriBES descriptions and follow the guidelines and policies.

## **Registration Process**

- Students are expected to provide four TriBES selections, **without** ordinal preference. Each TriBES selection will be viewed with equal weight. See page 49 for TriBES Selection Form.
- Current Concordia students should submit the selection forms to the High School office by **April 29**. Failure to return the TriBES Selection Form may result in placement without student input.
- Concordia's High School administrators, counselors, and Experiential Learning Coordinator will approve TriBES group rosters, taking into consideration a mix of grade levels, balance of genders, and stated student interest in TriBES selection.
- Once TriBES lists are posted, students will not be reassigned to another TriBES course. All placements are final.
- TriBES courses will have several spaces available that will be held for new students to Concordia.
- A parent signature is required on the TriBES Selection Form. Parent signatures are needed next to any change a student makes on the TriBES Selection Form. Parents are asked to discuss interest, fitness level, and health issues with their child when selecting TriBES courses.

## **Payment Details**

- The semester 1 tuition bill includes a separate 9,000RMB fee for TriBES expenses, which include travel, lodging, food, and program expenses.
- Some TriBES courses have a supplemental fee, which **must be paid** before September 9. Students who do not pay the supplemental fee will not be allowed to participate in the TriBES course, and will be reassigned to a TriBES without a supplemental fee.
- Questions about TriBES payment or related details should be directed to Concordia's Finance Office, jane.sheng@concordiashanghai.org.

## **Passport and Visa Documentation**

- Each family is expected to keep passports and visas up-to-date, and provide Concordia with current copies of these documents. Failure to do so may result in a student's inability to travel and participate in TriBES.
- Passports should be valid for six months from the Sept 20 date of travel.
- Families should not renew passports or visas after August 15. Flight purchases are made with passport numbers and visa details. Accurate details are needed to make travel arrangements for TriBES.
- In the case of dual-citizenship, a student is expected to use his/her passport that includes the China visa.
- Taiwan, Hong Kong, and Macau citizens should use *taibaozheng* or *huixiangzheng* for in-China travel.

## **Medical Needs, Insurance**

- Health concerns must be considered when selecting TriBES courses during registration. Any questions or concerns should be directed to the Experiential Learning Coordinator. Parents are encouraged to check their child's immunization records, ensuring that all boosters are current, including tetanus.

- If a student is unable to attend TrIBES as a result of illness or injury, a doctor's letter is required indicating reasons for the student's inability to go on the original TrIBES assignment. The student will be placed on the local Shanghai TrIBES if extended travel cannot take place.
- Any student who suffers an injury or illness so severe that prevents TrIBES participation, including local TrIBES, may complete an alternative project during the First Semester, as approved by the High School Administration and Experiential Learning Coordinator.
- Should a student's health or well-being be in question prior to TrIBES, a doctor's letter may be requested by the school in order to verify that the student is fit to participate in the original TrIBES assignment.
- All students should be enrolled in a personal health insurance plan. Concordia's liability insurance does not provide medical coverage for students when accidents occur during school or school-related travel/activities. If your child is not covered by health insurance, Concordia recommends that families consider travel insurance, which offers short term coverage for emergencies or accidents.
- As part of each TrIBES course, Concordia provides each participant an insurance rider that includes 24-hour emergency medical evacuation. This policy does not take the place of personal medical insurance.
- Local medical facilities will be identified per TrIBES course, in the event that a student must seek medical attention. TrIBES leaders will be in contact with parents regarding medical needs; appropriate treatment is the main priority. It cannot be guaranteed that the nearest medical facility is approved by a family's medical insurance provider. Any costs associated with medical treatment during TrIBES will be settled by the student's family with Concordia's Finance Office following TrIBES.

### *TrIBES Participation*

- Students are expected to participate in all pre-TrIBES and post-TrIBES meetings at Concordia, as well as scheduled activities during TrIBES.
- Students are expected to travel on the group itinerary as distributed and posted by the TrIBES course sponsor. No changes will be made to the itinerary for individual students.
- All school rules apply throughout TrIBES, including dress code standards. Students are expected to obey the laws of the host country, follow the instructions of the sponsors, be sensitive to the culture of the host country, and abstain from alcohol and drugs.
- TrIBES participation is contingent on completing all forms (behavior, health) and providing accurate information to Concordia regarding passport and visa details.
- Sponsors will not allow the students to engage in any activity while on TrIBES that is not covered under the parameters of the TrIBES description. Some examples of these activities are, but not limited to: hang gliding, parasailing, bungee jumping, motorized ski equipment and motorbikes usage.
- Teachers will report any violations of school rules to the High School administrators. Sponsors are required to telephone the administrator on duty at Concordia should a major discipline matter occur. The High School administration will make disciplinary decisions.
- Any student with an excessive disciplinary record may lose the privilege of traveling outside of Shanghai on TrIBES.
- Photos and videos downloaded by students and leaders onto the school network may be used for print, public and/or school advertising purposes. Photos and videos not appropriate for such matters should not be downloaded to the school network.
- Every student is required to complete a post-TrIBES reflection project under the guidance of TrIBES leaders.
- All students are expected to attend school on Sept. 27, which is a required half-day. TrIBES debrief and celebration will take place.
- Due to limited flight availability and the reality of return flight delays or cancellations, **parents should not make any travel plans to leave Shanghai on Sept 27 for holiday travel.**

## 1. YEP Service & Storytelling—Left-Behind Children CWEF (Yunnan Province)

Supplemental Fee:  
0 RMB

\* Dimensions Scale(1-5), the greater the number the greater the intensity of the dimension.

Physical Activity	Community Engagement	Cultural Enrichment	Service to Others
3	3	3	5

Itinerary:	
Fri 9/20	Travel to Kunming, Drive to Wuding county
Sat 9/21	Introduction to projects for left-behind children, Orientation with Zhengxin Community Service Center
Sun 9/22	Lead activities at Community Center or local schools, Capture photos, video, and stories
Mon 9/23	Lead activities at Community Center or local schools, Capture photos, video, and stories
Tue 9/24	Lead activities at Community Center or local schools, Capture photos, video, and stories
Wed 9/25	Return to Kunming, Visit Bird & Flower Market, Finish story projects
Thu 9/26	Return to Shanghai
Fri 9/27	Debrief and celebration at Concordia International School Shanghai.

### Concordia Welfare & Education Foundation (CWEF)

Since 2002, Concordia Shanghai has been partnering with CWEF, a Hong Kong-based non-profit organization dedicated to improving lives through education and service. Concordia's flagship service program, YEP, directly connects with CWEF projects in rural China. Over the years CWEF has sponsored many educational projects, including scholarships, resiliency curriculum, school library projects, and programs to support left-behind children.



## Left-Behind Children

Throughout rural areas of China, one or both parents need to move to an urban area to find work to support their families. Parents leave their village and may return only during the Lunar New Year festival. As a result, children are left in the care of elderly relatives (who may be illiterate) or in some cases in the care of an older sibling. These “left-behind” children are in need of additional care and support.

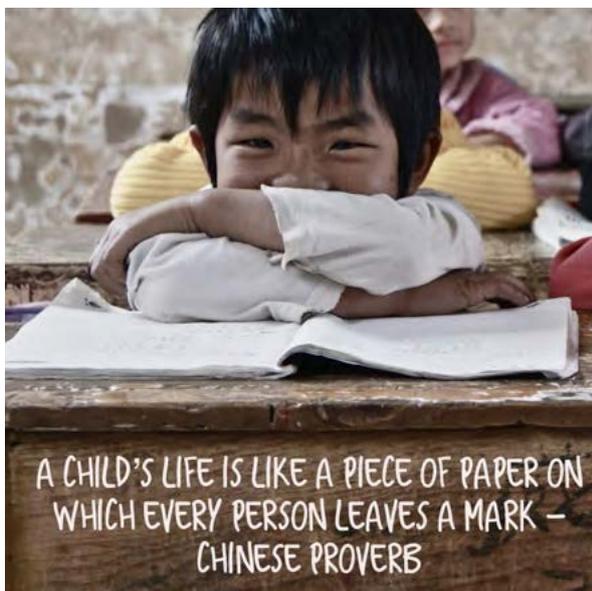
CWEF works with local partner NGOs/and non-profit organizations to support these children, and their caregivers, by developing adult mentorship opportunities, tutoring, education and health lessons and other enrichment programming. A growing number of local organizations and programs are being designed to support this social need.

## Community Connection

Zhengxin Community Service Center serves left-behind children and elderly residents in the village and surrounding area. Director Li Jun returned to his hometown near Chuxiong city to serve the needs of others thereby founding the community center. CWEF has partnered with this community center for three years and is able to enhance the projects organized by Zhengxin Community Center through teaching, activities, and social programs. Concordia students will engage with children served by Zhengxin and lead activities and lessons.

## Service and Storytelling

Through this TriBES week, Concordia students have the opportunity to directly serve left-behind children and can contribute meaningful communication resources to tell about the projects and people served. By the end of the week, Concordia students can create short, simple media projects that can be used to communicate about the needs of left-behind children and also how they are being served by programs provided by Zhengxin Community Center and CWEF.



## 2. YEP Service & Storytelling—Water Project Impact CWEF (Yunnan Province)

Supplemental Fee:  
0 RMB

\* Dimensions Scale(1-5), the greater the number the greater the intensity of the dimension.

Physical Activity	Community Engagement	Cultural Enrichment	Service to Others
3	3	3	5

*“When you drink the water, remember the spring.”  
—Chinese proverb*

Itinerary:	
Fri 9/20	Travel to Kunming, Travel to Lufeng county
Sat 9/21	Village project tour and orientation
Sun 9/22	Health training activities with village children
Mon 9/23	Home visits, Monitoring & evaluation of water project, Capture photos, video, and stories
Tue 9/24	Home visits, Monitoring & evaluation of water project, Capture photos, video, and stories
Wed 9/25	Home visits, Monitoring & evaluation of water project, Capture photos, video, and stories
Thu 9/26	Visit Lufeng Dinosaur Museum, return to Shanghai
Fri 9/27	Debrief and celebration at Concordia International School Shanghai.

### Concordia Welfare & Education Foundation (CWEF)

Since 2002, Concordia Shanghai has been partnering with CWEF, a Hong Kong-based non-profit organization dedicated to improving lives through education and service. Concordia’s flagship service program, YEP, directly connects with CWEF projects in rural China. Tragically, for many people living in rural poverty, the lack of basic health knowledge and sanitary services can result in disease, chronic illness, and even death. CWEF’s programs include community health and hygiene training, sanitary toilets, and drinking water systems. Guided by local needs, these programs allow communities to identify risk factors and equip themselves to improve long-term quality of health for themselves and their communities.



## What is the impact of a fresh water system?

Village administrator Li Zihua recalls the health and wellbeing impact from a fresh water system in his village. “Before it took a total of two hours a day per family to get water. The villagers walked 20 minutes downhill and carried water back uphill to their homes. Each family would have to make this trip several times a day.... The entire village was only able to raise about 215 pigs and 60 water buffalo—we now raise over 300 pigs and about 75-80 water buffalo. The water system has really improved sanitary conditions.... Now we’re able to wash our hands, bathe, brush our teeth, and wash our clothes. Everyone is much cleaner and healthier. We’re also able to spend more time farming instead of collecting water... All of this results in more income to buy more rice and other things for our families.”

## Drinking Water Projects

The goal of CWEF’s drinking water projects is to provide a convenient and reliable source of drinking water for families. Many villages are in need of replacing old and outdated water systems. CWEF holistically serves villages through health education programs that provides improved access to clean water, sanitation, and or hygiene resources in rural communities. This combination of improved facilities and healthier habits results in a stronger and healthier community. Concordia students will work with CWEF staff and local health advocates to train village children on proper hand washing, teeth brushing and other related hygiene topics.

## Seeing Results, Telling the Story

Concordia students will have the chance to see a CWEF project site in Lufeng county. Students will engage with health programs from various angles, including analyzing baseline surveys of health/sanitation needs, review of program activities, and follow-up evaluation work. Through this TriBES week, Concordia students have the opportunity to directly connect with villagers and can contribute meaningful communication resources to tell about the projects and people served. By the end of the week, Concordia students can create short, simple media projects that can be used to communicate about the impact made through project activities and services.



## Lufeng County Highlight--Lufengosaurus

Did you know that sauropod fossils were discovered and identified in Lufeng county? The “lufengosaurus” ranges in size from 2.4-9 meters. The Lufeng Dinosaur Museum contains many fossils, including a big collection of its namesake.

### 3. Inner Mongolia Culture & Service (West) Insight Adventures

Supplemental Fee:  
0 RMB

\* Dimensions Scale(1-5), the greater the number the greater the intensity of the dimension.

Physical Activity	Community Engagement	Cultural Enrichment	Service to Others
4	3	5	2

#### Itinerary:

Fri 9/20	Fly to Hohhot, Mongolian Hot Pot lunch, Art School Exchange
Sat 9/21	Mongolia Museum, Hohhot Lamasery Visit, Drive to Grasslands, Yurt Experience and Camping
Sun 9/22	Grassland Exploration, Orienteering & Teambuilding Games, Drive to Engebei Desert
Mon 9/23	Visit the exhibition house for eco project, tree planting
Tue 9/24	Engebei Country School Exchange Program, Tree planting, BBQ Dinner, Camp Fire Party
Wed 9/25	Transport to Baotou, Local shopping for souvenirs/Visit the Genghis Khan Park, Swimming at Baotou hotel
Thu 9/26	Transport to Airport, return to Shanghai.
Fri 9/27	Debrief and celebration at Concordia International School Shanghai.



## Description:

This educational adventure begins in Hohhot, the capital city of the Inner Mongolia Autonomous Region of northern China, and is the gateway to one of the last of the world's truly wild frontiers. The province is made up of terrain varying from lush grasslands to rolling sand dunes. This trip provides a glimpse into the nomadic roots of the people of Inner Mongolia. During the week, students will have the opportunity to take in Mongolian culture and history as well as experience diverse ecosystems, performing arts, and ecoservice.

These vast grasslands have long been the symbol of Inner Mongolia and are an essential component to the regions cultural identity. Yurts are portable tent like structures used by the nomads of Central Asia. Students will have the opportunity to experience yurt living by constructing and camping in these dwelling as well as meeting the nomads. Two nights camping in these traditional structures is a great cultural experience for students.

Students are introduced to the Mongolian culture's historic "Three Manly Skills", wrestling, archery, and horsemanship. In addition, student activities will include:

- Traditional Wrestling. Not only do students learn about the history behind the sport, they'll also have a chance to try it out themselves, having to adhere to the sport's strict rules.
- Archery. Used for both hunting and combat in China for thousands of years, this activity allows students to not only practice their skills with a bow and arrow, but it also teaches them about patience, breathing techniques, and stress management.



Students will have the opportunity to learn about Inner Mongolia's traditional food and specialised preparation techniques. And of course, get to eat what they make! Inner Mongolia is home to some of the world's largest wind energy farms. This workshop gives students a hands-on insight into the inner workings of these wind-powered structures.

Baotou is the gateway to Inner Mongolia's vast desert. Only a short drive from this large industrial city lies an endless sea of hot golden sand and the perfect place for an adventure.

- Orienteering. Working as a team, students use a map & compass set out into the desert sands to find checkpoints amongst the dunes.
- Camel Riding. Students will have the opportunity to ride these incredibly resilient, docile animals across the desert planes to the campsite.
- Sand Sliding. Every now and then we encourage students to just get out there and have some fun. Sand sliding is one of those activities.

## 4. Sanya Bright Connection Service Camp Insight Adventures

Supplemental Fee:  
0 RMB

\* Dimensions Scale(1-5), the greater the number the greater the intensity of the dimension.

Physical Activity	Community Engagement	Cultural Enrichment	Service to Others
3	5	2	5

### Itinerary:

Fri 9/20	Travel to Hainan, Transport to Sanya, Team Building & TBC Goals/Expectations, Introduction to the Bright Connection Volunteer Program
Sat 9/21	Volunteering at the Center, Children Physiotherapy Session
Sun 9/22	Volunteering at the Center, Children Physiotherapy Session
Mon 9/23	Volunteering at the Center, Children Physiotherapy Session
Tue 9/24	Surf Session or SUP, Beach Games & Free Time
Wed 9/25	Volunteering at the Center, Children Physiotherapy
Thu 9/26	Return to Shanghai
Fri 9/27	Debrief and celebration at Concordia International School Shanghai.



## Description:

Students have the opportunity to learn about the needs of children with cerebral palsy, autism, and other physical or mental delays. Daily activities include assisting the staff with duties in the kitchen, laundry, making beds, sweeping, disinfecting toys and equipment, etc. Students will also have opportunities to feed some of the children and take them to their

beds for afternoon nap. In addition, students will be instructed how to assist children with physiotherapy. Working with the same child throughout the week will help offer personalized care and a greater understanding for the child's needs.

One of Insight's longest running community service projects, The Bright Connection is a foundation helping children with autism and cerebral palsy. Program participants helping at the center have an opportunity engage with its students in physical and often a very emotional way.



With thick jungles, rainforests, rivers, and the Pacific Ocean at your doorstep, Sanya programs are activity rich and can be tailored to suit a large range of learning outcomes.

Surfing: Other than being possibly one of the most fun activities we offer, Insight's surf program teaches how to learn from failure and quickly progress to being able to ride waves completely unassisted.

Beach Audit: Explore the coastline, logging and collecting foreign objects whilst learning about the ones that belong there. Students present their findings to the group in the evening.

After learning basic navigation skills campers will immediately put their new knowledge to the test as they navigate around the hotel on a search for local Hainan specialty items, sweets and surprises.

## 5. Zhangjiajie Service Camp Insight Adventures

Supplemental Fee:  
0 RMB

\* Dimensions Scale(1-5), the greater the number the greater the intensity of the dimension.

Physical Activity	Community Engagement	Cultural Enrichment	Service to Others
3	4	3	5

Itinerary:	
Fri 9/20	Travel to Zhangjiajie, Meet the local guides
Sat 9/21	Zhangjiajie National Forest Park, Hike up to Yellow Stone Village, Hike through the Golden Whip Stream Canyon
Sun 9/22	Sightseeing elevator to Yuanjiajie, Transport to Tianzi Mountain & Lunch, Hike through valley walk in Ten-mile Natural Gallery
Mon 9/23	Community Service
Tue 9/24	Community Service
Wed 9/25	Community Service, Thanks giving Ceremony, back to Zhangjiajie
Thu 9/26	Visit Tianmen Mountain by longest cable car, Sandstone painting, Transport to airport
Fri 9/27	Debrief and celebration at Concordia International School Shanghai.

### Zhangjiajie

Listed as a UNESCO Heritage Site in 1992, this scenic area is made up of three adjoining subtropical parklands, with quartzite peaks and pillars to rival Guilin's scenery. There are plentiful rare plants and insects, swarms of butterflies, a large cave of calcite deposits, and stunning views through bamboo, pine and oak forests.

### From UNESCO's World Heritage

A spectacular area stretching over 26,000 hectares in China's Hunan province, the site is distinguished by more than 3,000 narrow sandstone pillars and peaks, many over 200 meters high. Between the peaks lie ravines and gorges with streams, pools and waterfalls, some 40 caves, as well as two large natural bridges. In addition to the striking beauty of its landscape, the region is also noted for the fact that it shelters a number of endangered plant and animal species.

## Lua Ta Pin Primary School

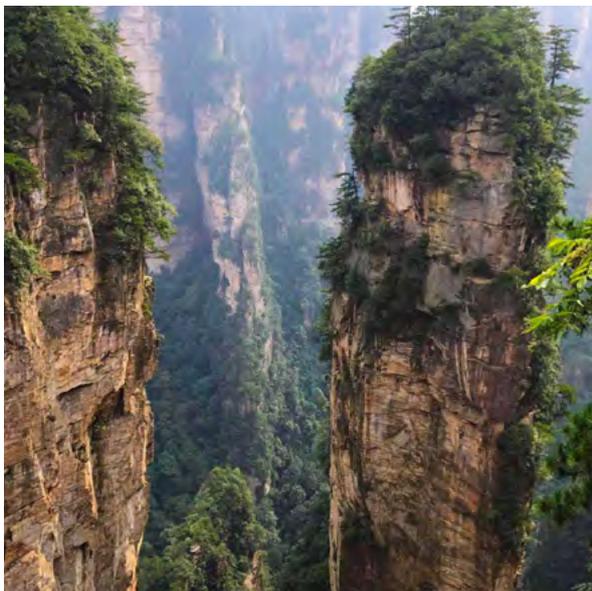
Yuan Gu Ping Primary School is a town level school for 13 villages nearby. There are over 400 students in the school from Kindergarten to Years 6. About 200 of them are boarders.

The school building donated by a Taiwan company, was built in 2006 and has been used for nearly 13 years without any maintenance. There are only two teachers for each class, and they need to teach everything that is required by the government.

## School Service Project

At the school, we will engage in several projects:

- Paint the walls of the classrooms
- Donate and assemble desks and chairs.



7. Nomads of Ningxia  
JUMP!

Supplemental Fee:  
4050 RMB

\* Dimensions Scale(1-5), the greater the number the greater the intensity of the dimension.

Physical Activity	Community Engagement	Cultural Enrichment	Service to Others
4	3	4	3

\*2-day nomadic desert trekking through Tenggeli.

Itinerary:	
Fri 9/20	Hui Minority Exploration - Mu Ming Village & Wuzhong Students explore the Hui minority in by making traditional bread and local tea, participating in a musical performance, and conducting interviews in Hui homes in a cultural village.
Sat 9/21 – Sun 9/22	Ningxia History around Yinchuan. Students get a historical background of Ningxia by visiting the 13th Century Western Xia Ruins, the Helanshan Rock Carvings, and the Ningxia Provincial Museum.
Mon 9/23 – Tue 9/24	Exploring the Desert - Tenggeli Desert. Students hike into the desert searching the for water, creating sand paintings, sand sledding, and searching for fossils. They will set up camp near Swan Lake.
Wed 9/25	Combating Desertification - Alxa Village. Students learn about the desertification of China and trial some of the more basic practices.
Thu 9/26	Closing and Sharing - Sand Lake. Students reflect where the water and the desert meet on their journey. Travel to Shanghai
Fri 9/27	Debrief and celebration at Concordia International School Shanghai.



## Description:

Our story of Ningxia is a story of convergence. Ningxia has been a location where diverse landscapes, peoples, and cultures have met for over a millennia. Students will be challenged to explore this historical interplay between the geography and its impact on its inhabitants and their culture. With the 3500m Helanshan peaks towering over the ever encroaching Tenggeli desert and the Yellow River carving through the barren valley to the east, giving life to robust agriculture it was an oasis and a key pass to penetrate into the heart of China. The Ningxia of now is a semi-autonomous region home to the Muslim Hui minority, but has also historically been a hub of cultural diversity.

Students will be challenged to trace the historical migrations of people in the area, from the Hui settling into the region after following the Silk Road from the west, to the Xia Dynasty and their minority dynasty utilizing their geographic position to carve out their kingdom on the western outskirts of the Tang and Song Dynasties, and finally to Genghis Khan's army marching south into the core of China. Thus, this program will explore the many convergences in historic and modern Ningxia, focusing on the relationship between the land, the people that inhabit them, and the ways they have shaped culture in the region.



## 9. Culture through the Lens: Visual Story Telling JUMP!

Supplemental Fee:  
0 RMB

\* Dimensions Scale(1-5), the greater the number the greater the intensity of the dimension.

Physical Activity	Community Engagement	Cultural Enrichment	Service to Others
2	3	4	2

Itinerary:	
Fri 9/20	Adjusting the Lens: People's Park Explore a location, its history, and its development via city adventure; Learn about story-telling and basic photography; Create the first story as prompted.
Sat 9/21 – Sun 9/22	The Past & The Presence: Relics & Establishments - Vintage Camera Museum & French Concession Explore modern establishments on the historic land; Learn about basic film camera and film development; Install and wash film in the darkroom.
Mon 9/23 – Tue 9/24	The Past & The Presence: The Trail Blazers - British Concession; Jewish Refugee Neighborhood; The Bund Learn about multiple known figures associated with Shanghai; Visit their homes; Dine at the restaurant they used to go; Develop small sample black & white photos from the film.
Wed 9/25	The Past & The Presence: The New Comers - Yu Garden; South Bund Park Observe people who are creating the modern story for Shanghai now; Seek stories of people and the city via interview; Enlarge selected photos from the film in the darkroom.
Thu 9/26	The End: Connecting the Scenes - Shanghai Film Museum Finalize the flow of the story by group; Print out selected photos; Unveil the story.
Fri 9/27	Debrief and celebration at Concordia International School Shanghai.



## Description:

Inspired by the BBC Series, "Through the Lens:", this program explores the relationship between visual representation and culture. Participants will be challenged to tell the stories of local culture via the lens of a camera. Each participant will learn and practice various techniques of visual story telling throughout this experience, observing, capturing, and recreating the stories of individuals for communities: Like a Visual Anthropologist, participants will be challenge to frame a story around conversations with local residents, to the history of a city, a district, or a road, and simply the composition of personal sensations and surroundings. Learn the foundational knowledge of photography, from composition, exposure triangle to film development, along with photo shooting from various aspects of local culture. Together, the participants will create unique perspectives of a culture via vivid photos journals, video blogs or short films captured by the camera and the heart.



## 10. Utopia Shanxi JUMP!

Supplemental Fee:  
2650 RMB

\* Dimensions Scale(1-5), the greater the number the greater the intensity of the dimension.

Physical Activity	Community Engagement	Cultural Enrichment	Service to Others
4	3	3	2

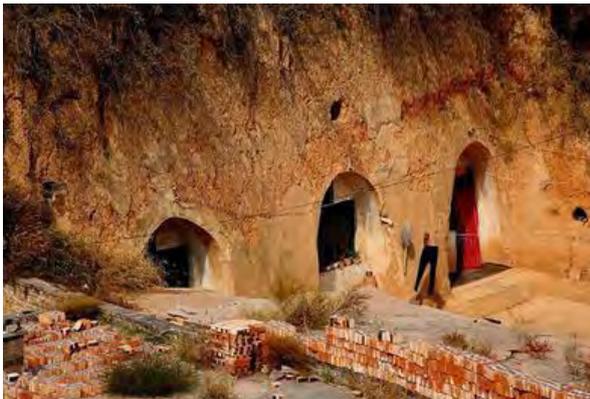
\* 2-days of 8-hours of backcountry navigation with significant physical challenge. Extended periods of walking through city.

Itinerary:	
Fri 9/20 – Sat 9/21	Travel to Da Tong The Mayor: the New Old Town - Da Tong “Old Town” Students will be challenged to communicate effectively while exploring the “old town” through the Gucheng Amazing Race, developing a media project along the way.
Sun 9/22	The Fuel for the Development - Coal Mine Museum Coal mine visit to inquire the impact of coal mining industry.
Mon 9/23 – Tue 9/24	Time Travel to the Past - Yungang Grottoes & Pingyao Old Town Inquiry of the history of the UNESCO heritage site and to build a modern grotto structure and a photo and Interview investigation of modern development culture perseverance of Pingyao old town.
Wed 9/25	Mt. Wutai Trekking on the Mt. Wutai while contemplating on one’s ideal world and its distance to the reality.
Thu 9/26	Mt. Wutai Trekking on the Mt. Wutai while contemplating on one’s ideal world and its distance to the reality. Depart to Shanghai.
Fri 9/27	Debrief and celebration at Concordia International School Shanghai.



## Description:

Datong, or “Utopia” in Mandarin, embodies different versions of Chinese dreams. Once the capital of a nomadic dynasty 1500 years ago, it features some of China’s oldest and grandest Buddhist grottoes, and a breathtaking hanging temple that honors Lao-tzu, Buddha and Confucius in one of China’s “Five Famous Mountains.” Those historical sites expose students to “utopia” through many different eras of Chinese history. In the 20th century, Datong was defined by coal mining and as the capital of coal, it powered the industrialization and modernization of the “New China” post 1949. Datong has developed a reputation as one of China’s most polluted cities, also with mass and indiscriminate rebuilding alongside. Students explore how people have tried to make ideal societies in the past and how that relates to the present and future of our communities.



# 11. Sichuan Expedition JUMP!

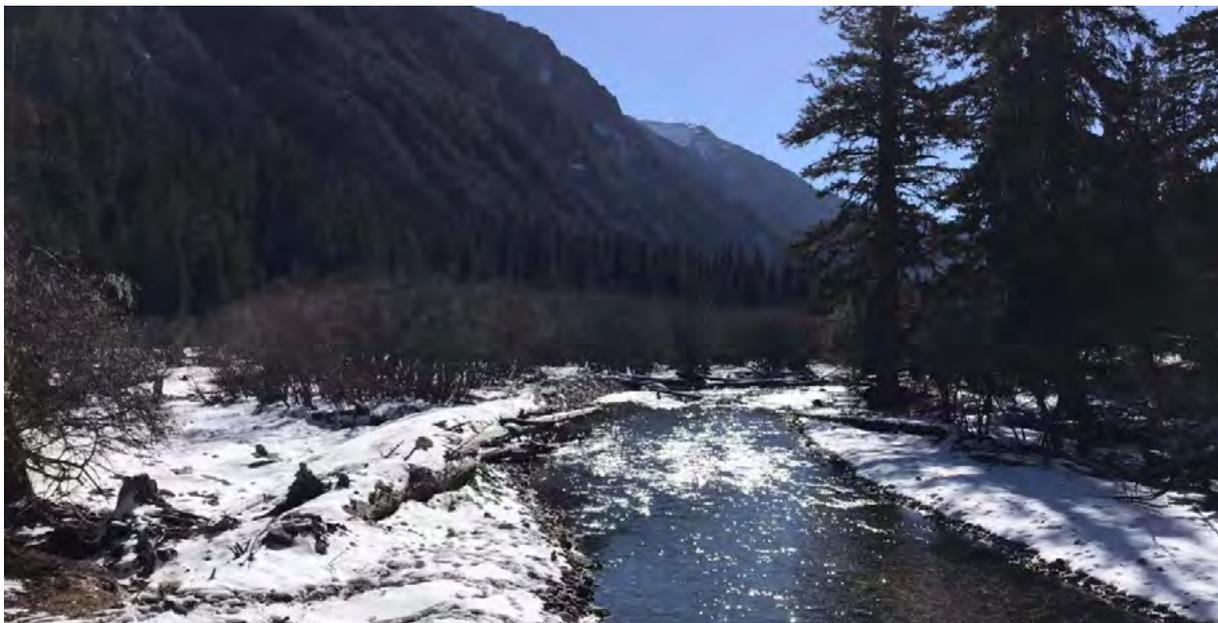
Supplemental Fee:  
3400 RMB

\* Dimensions Scale(1-5), the greater the number the greater the intensity of the dimension.

Physical Activity	Community Engagement	Cultural Enrichment	Service to Others
5	4	2	2

\* 8-hours of purposeful activity including backcountry navigation with significant physical challenge. Extreme weather variation. Hiking at elevation.

Itinerary:	
Fri 9/20	Travel from Shanghai Acclimatization to Shuangqiao Valley Students practice their navigation, camp setting, and documentation skills while they acclimate to the elevation.
Sat 9/21	Hike in Shuangqiao Valley Teams explore the flora, fauna, and human impacts with a focus on safety and acclimatization.
Sun 9/22 – Tue 9/24	Exploration Days - Haizi Valley Teams conduct research in mapping local trails, flora, fauna or other project over the course of the three-days. Reflections each night.
Wed 9/25	Finalize Explorations - Dajianbao Teams hike out from the Haizi valley and finalize their projects.
Thu 9/26	Project Sharing and Reflection - Dajianbao Students share the learning and the progress of their projects. Travel to Shanghai.
Fri 9/27	Debrief and celebration at Concordia International School Shanghai.



## Description:

Siguniang National Park is part of the Qinghai-Tibetan Plateau in Sichuan Province. It was founded in 1994 and became World Heritage Site in 2006 as part of larger conservation area. The park is home to animals such as Sichuan golden monkeys, white-lipped deer, clouded leopards, snow leopards, Chinese monal pheasants and the bearded vultures.

Over 5 days students will have the opportunity to further develop and demonstrate the skills required to independently complete a journey that includes an exploration component. Students will complete a project of their choosing, such as mapping new trails, documenting plant and animal life or examining human impacts on the landscape.



## 12. Yunnan Bike Adventure The Hutong

Supplemental Fee:  
2100 RMB

\* Dimensions Scale(1-5), the greater the number the greater the intensity of the dimension.

Physical Activity	Community Engagement	Cultural Enrichment	Service to Others
4	3	3	2

\* Multiple days of cycling between 30+ – 60+ kilometers.

Itinerary:	
Fri 9/20	<b>Morning: Fly from Shanghai to Jinghong</b> Program Introduction and snacks. Trip to local bike shop for safety overview, maintenance, gear workshop, and route review. Urban practice ride & visit to Mekong River. Visit to Jinghong Night Market.
Sat 9/21	<b>Jinghong - Manfeilong</b> Bike ride through tropical lowlands to the Dai village of Manfeilong. Pottery workshop with local expert in Manfeilong Village. Dinner and discussion with local family. Homestay in contemporary Dai Home.
Mon 9/23	<b>Manbo - Weidong -Bulangshan</b> Morning Qi Gong at village temple. Ride uphill through lush scenery to the top of Bulang mountain and the village of Weidong. Afternoon: Arrive in famous tea-producing village and enjoy lunch with local family. Trek to local waterfall (conditions permitting). Cycle to Bulangshan village. Fireside chat with local Bulang Buddhist monks. Reflections.
Tue 9/24	<b>Bulangshan - Manzhao</b> Ride through virgin rainforest and gorgeous tropical scenery. Ride on rolling hills to Jieliang. Board bus and transfer to Manzhao Village. Traditional paper-making workshop Dai minority cooking activity. Homestay in contemporary Dai home.
Wed 9/25	<b>Manzhao – Wild Elephant Valley - Jinghong</b> Bus Transfer to Wild Elephant Valley (WEV). National Reserve Introduction Activities:- Elephant museum visit- Rainforest canopy walk. Lunch at WEV canteen and free time to explore the Butterfly Garden, Bird Aviary, and Elephant show area. Afternoon: Elephant Interaction Activities:- Elephant walking, washing, feeding and cage cleaning. Evening: Final Celebration Dinner. Visit to Jinghong night market.
Thu 9/26	<b>Jinghong - Shanghai</b> Morning: Breakfast. Final Reflections. Visit to local tea shop. Tea ceremony activity with Yunnan teas and local snacks. Return flight to Shanghai.
Fri 9/27	Debrief and celebration at Concordia International School Shanghai.

## Description:

The Hutong's Yunnan Bike Journey is an adventure through the tropical jungle hills and lush rainforests of Xishuangbanna, the southernmost prefecture of Yunnan Province and China's most southwestern province. Bordering Northern Laos, Myanmar, and Vietnam, Yunnan is one of the most ethnically diverse and ecologically rich places in the world. Sharing many similarities with its tropical neighbors, Yunnan boasts the highest degree of diversity in China, both in people and landscape. More than half of the country's ethnic minority groups reside here, providing a glimpse into the cultural medley that is China.

Our adventure will have students trekking through virgin rainforests and cycling between different Hill Tribe villages where they will encounter a variety of ethnic groups and savor their unique specialties. Each day, students will also have the opportunity to participate in carefully designed culture based activities that focus on authentic, primary components of each groups' culture. The secluded villages and homestays each night are sure to bring new flavors, new recipes, new stories, and new friends. From the area's most populous minority, the Dai, to the region's most remote ethnic groups like the Jinuo or Lahu, The Hutong's Yunnan Bike Journey explores one of the last virgin lands where one can find undisturbed but welcoming cultures.

We will be cycling with a fully supported crew under the direction of a veteran cycle master as well as have local guides to assist students within each village. Mountain bikes will serve as a mode of transportation and accommodation consists of both homestays and guesthouses. Students will be cycling at all times in small groups under the direction of our cycle master who will be providing instruction throughout the week.

## Important Information

Parts of our ride will take us to elevations beyond 5,000 feet (over 1,000 meters). This isn't terribly high, but it means there are some serious hills - be ready and keep this in mind when training. Jinghong, our starting and ending point, is at approximately 600 meters; the highest point on the trip is approximately 1,600 meters, which should give you an idea of the hills involved. All in all, it's a fun ride, but fitness will be an asset.



## 13. Master Chef, Beijing The Hutong

Supplemental Fee:  
0 RMB

\* Dimensions Scale(1-5), the greater the number the greater the intensity of the dimension.

Physical Activity	Community Engagement	Cultural Enrichment	Service to Others
2	3	3	2

Itinerary:	
Fir 9/20	Afternoon: Arrival in Beijing. Transfer to The Hutong. Knife Skills, Spices, and Basics Cooking Class. Evening: Group Dinner - Student Prepared at the Hutong Venue. Transfer to Hotel. Check-In and Reflections.
Sat 9/21	Morning: TooToo Organic Farm Introduction. Organic Farm Activities and Veggie Picking. Afternoon: Organic Farm Lunch. Pickling Class. Transfer to Hotel. Evening: Peking Duck Dinner. Reflections
Sun 9/22	Morning: Food Carving + Plating Workshop. "Learn to Love Your Veggies" Cooking Class. Afternoon: Vegetarian Lunch. Blind Tasting Activity. Evening: Dinner at Provincial Government Restaurant.
Mon 9/23	Morning: Street Food Breakfast. Professional Kitchen Tour. Afternoon: Lunch at Professional Kitchen Location. Culinary Business Incubator Activity. Evening: Beijing Dinner Story. Reflections
Tue 9/24	Morning: Service-Oriented Cooking Activity. Afternoon: Group Lunch. Transfer to Hutong Courtyard. Master Cook-Off Introduction, Rules and Group Recipe Brainstorm. Evening: Upscale Restaurant Dinner. Reflections
Wed 9/25	Morning: Food Panel Discussion with F&B Experts. Afternoon: Lunch. Local Market Tour. Purchase Cook-Off Ingredients. Hutong Hook & Cook. Evening: Presentations, Dinner, Voting + Prizes. Final Trip Reflections.
Thu 9/26	Morning: Breakfast and Check-Out. Transfer to train station. Return to Shanghai.
Fri 9/27	Debrief and celebration at Concordia International School Shanghai.



## Organic Farming

This course begins with a visit to a sustainable organic farm located just outside Beijing. This farm produces a wide variety of fresh, healthy, organic produce from the community. Students will be given an in-depth tour as well as participating in activities to learn how and where our food begins, and then how it moves along the supply chain from sales to packaging to distribution. From plant identification, to cultivation, to pickling their own produce, students will gain first-hand experience on the farm necessary for improving their culinary consciousness.

## Cooking Lessons

Throughout the week, student will participate in a variety of engaging and creative cooking lessons ranging from Chinese regional cuisine to vegetarian. Led by a host of local culinary experts, chosen from The Hutong's extensive network of master chefs, each lesson and workshop will introduce different cooking techniques, how to use culinary equipment safely, and tricks of the trade that will help students develop their own culinary prowess.

Chinese markets can be confusing and overwhelming at first glance, but our knowledgeable chefs will help students navigate through the chaos and discover the wealth of exciting ingredients found there as well as tips on how to buy them. Students will shop for all the necessary ingredients for the days' classes while also trying to get to know some of the vendors and where they get their produce from. This is the next step of the chain from farm to market, which will be followed next to the kitchen and finally to the table.

## Exploring the Beijing Regional and Street Food Scene

Lead by one of our resident street food experts, students will be taken on a breakfast tour sampling some of Beijing's best kept culinary secrets. From steaming baozi to fresh noodles and all 并 in between, we'll explore the city's bustling hutong eateries and local favorites.

We'll exchange our aprons for smart casual as we spend an evening at one of Beijing's most traditional regional restaurants, observing professional wait staff, peeking into the kitchen, and enjoying an authentic meal in a traditional setting.



## 14. Yunnan Abujee Tea Trail Trek Wild China

Supplemental Fee:  
1300 RMB

\* Dimensions Scale(1-5), the greater the number the greater the intensity of the dimension.

Physical Activity	Community Engagement	Cultural Enrichment	Service to Others
5	3	3	2

*\*Five to seven hours of hiking daily for four days of experience. High elevation.*

Itinerary:	
Fir 9/20	<p>Travel Day Shanghai Hongqiao to Zhongdian via Kunming</p> <ul style="list-style-type: none"> <li>Take flight (recommended flight MU5806 (15:10/22:30) from Shanghai Hongqiao to Zhongdian via Kunming</li> <li>Your WildChina Shangri-la guide will meet you at the arrival hall of the airport and will be your host while you are in Shangri-la</li> <li>Your WildChina guide, driver, and vehicle will take you to your guesthouse to check in and relax.</li> </ul>
Sat 9/21	<p>Shangri-La - Dragon Cloud Guesthouse</p> <ul style="list-style-type: none"> <li>Early morning visit to Songzanlin Monastery</li> <li>Transfer to Tangdui village to explore and learn about Nixi Minority black pottery making</li> <li>Dinner with Tibetan family in nearby Village; dinner followed by Tibetan singing and dancing</li> </ul>
Sun 9/22	<p>Abujee – Camping</p> <ul style="list-style-type: none"> <li>Transfer to Abujee Mountain trailhead (1.5 hours)</li> <li>Hike into the hull of the mountain range (approx. 3-4 hours) through Tibetan and Yi herder camps; enjoy the beautiful mountain views; learn about the history and culture of Tibetan muleteers, learning how to properly back a mule and how to tie simple knots</li> <li>Overnight at first campsite in the mountain meadow</li> </ul>
Mon 9/23	<p>Abujee – Camping</p> <ul style="list-style-type: none"> <li>Begin an ascent into Abujee, taking breaks for rests and lunch as necessary</li> <li>Hike to the lake Tsonak (or “Black Lake”) along the kora path</li> <li>Descend into valley below</li> <li>Overnight at the second campsite</li> </ul>
Tue 9/24	<p>Abujee - Dragon Cloud Guesthouse</p> <ul style="list-style-type: none"> <li>Descend into the valley to our pick-up point (3-4 hours)</li> <li>Transfer to Shangri-La (1 hour)</li> <li>Free time to relax and freshen up</li> </ul>
Wed 9/25	<p>Shangri-la - Dragon Cloud Guesthouse</p> <ul style="list-style-type: none"> <li>Transfer to Gonjo village to explore and learn about the traditional Tangka Painting</li> <li>Community Service work at a local village near Gyalthang Town</li> </ul>
Thu 9/26	<p>Shangri-la - Shanghai</p> <ul style="list-style-type: none"> <li>Take flight (recommended flight MU5932 (08:50/15:15)) to Shanghai via Kunming</li> </ul>
Fri 9/27	<p>Debrief and celebration at Concordia International School Shanghai.</p>

## Organic Farming

Led by guides, students will hike and camp for three days among the stunning peaks and alpine scenery, while discussing the mountain's history and the religious practices of the local people.

Along the trails on Abujee Mountain, students will pitch tents and camp under the stars at elevations 4000 meters above sea level. The trail leads through nomadic camps, pine forests, and up into a stunning alpine environment.

## Tea Horse Road

From National Geographic Magazine:

This "ancient passageway once stretched almost 1,400 miles across the chest of Cathay, from Yaan, in the tea-growing region of Sichuan Province, to Lhasa, the almost 12,000-foot-high capital of Tibet. One of the highest, harshest trails in Asia, it marched up out of China's verdant valleys, traversed the wind-stripped, snow scoured Tibetan Plateau, forded the freezing Yangtze, Mekong, and Salween Rivers, sliced into the mysterious Nyainqentanglha Mountains, ascended four deadly 17,000-foot passes, and finally dropped into the holy Tibetan city."

"Today the trail lives on in the memories of men like Luo Yong Fu, a watery-eyed 92-year old whom I met in the village of Changheba, a ten-day walk for a tea porter west of Yaan. When I first arrived in Sichuan, I was told no tea porters were still alive. But as I walked the last remnants of the Chamagudao, the Chinese name for the ancient trade route, I met not only Luo, but also five others, all eager to share their stories. Stooped but still surprisingly strong, Luo Yong Fu wore a black beret and a blue Mao jacket with a pipe in the pocket. He had worked on the Tea Horse Road as a porter, carrying tea to Tibet from 1935 to 1949. Luo's load of tea always weighed 135 pounds or more. At the time, he weighed less than 113 pounds." (Mark Jenkins)



## 15. Silk Road Merchants Challenge Wild China

Supplemental Fee:  
3500 RMB

\* Dimensions Scale(1-5), the greater the number the greater the intensity of the dimension.

Physical Activity	Community Engagement	Cultural Enrichment	Service to Others
3	3	4	3

*\*2 nights of desert camping, some trekking*

Itinerary:	
Fir 9/20	Travel Day, Shanghai to Suzhou. Explore Suzhou Silk Museum, Boat tour on Grand Canal. Visit Suzhou Silk Factory where people can experience the whole process of silk-making. Travel via high speed train to Xi'an.
Sat 9/21	Xi'an. Explore Silk Road Museum which is the iconic building of Hancheng Lake, Biking on the ancient city wall, Visit the Great Mosque
Sun 9/22	Visit Shaanxi Museum, Visit Big Goose Pagoda, Explore Muslim Street and Bazaar. Transfer to Xi'an Xianyang International Airport for travel to Dunhuang
Mon 9/23	Visit Mogao Grottoes, which is one of the most important Buddhist heritages. Dunhuang History Museum and White Horse Pagoda. Transfer to Mingshashan Dunes, Camel riding into Mingshashan Dunes
Tue 9/24	Camel riding at Mingshashan Dunes while appreciating sunrise views. Explore Yumenguan area and visit the heritage of Han Great Wall. Explore Yardan National Park and landforms. Visit the Night Market.
Wed 9/25	Travel to Jiayuguan. Explore Jiayuguan Great Wall Museum. Visit a local school and interact with students. Camping
Thu 9/26	Camping clean-up and transfer to Dunhuang Airport.
Fri 9/27	Debrief and celebration at Concordia International School Shanghai.



## Description:

In our fast paced and interconnected world, it is valuable to look back on our common history and study examples of when civilizations meet and trade both goods and ideas. The Silk Road program is designed to introduce the legendary trading route to the students both by physically travelling along it and by studying, in detail, the forms of trade, religion and languages that were exchanged across cultures. In addition, WildChina has prepared a Merchant's Challenge, which enables the students to jump back in history and become traders, explorers, administrators who once travelled the very same path.

**Suzhou.** Suzhou is an ancient city of graceful canals, old residences, and rich cultural heritage. Built in 514 BCE, Suzhou's wealth, founded on trade, benefited sophisticated merchants and educated literati who supported the arts and commissioned private gardens that are preserved today.

**Xi'an.** Though Beijing has stolen its thunder as China's new capital, its history and prestige are nothing compared to the old capital of Xi'an, where emperors ruled China for thousands of years. The eastern end of the Silk Road, Xi'an is a city filled with history.

**Dunhuang.** Located on the edge of the Gobi Desert in China's northwestern Gansu Province. Once a frontier garrison on the Silk Road, it's known today for the Mogao Caves, a complex of 492 grottoes adorned with Buddhist statuary and frescoes. Carved into the cliffs above the Dachuan River, the caves were created between the 4th and the 14th centuries.



\* Dimensions Scale(1-5), the greater the number the greater the intensity of the dimension.

Physical Activity	Community Engagement	Cultural Enrichment	Service to Others
4	3	3	3

### Itinerary:

Fri 9/20	Travel to Hailar, the capital city of Hulunbuir. Visit the Hulunbuir National Minority Museum.
Sat 9/21	Hailar-Hulunbuir Mongolian Yurt. Students begin their Day as a Mongolian Nomad. Students will get hands on with milking cows, making milk tea, herding sheep, setting up yurts. Lessons from the locals on Grassland Conservation.
Sun 9/22	Student exploration with reindeer herders of the Aoluguya Reindeer Tribe. Evenk Minority exploration.
Mon 9/23	Transfer to Shiwei China and Russia border town. Stroll through the Shiwei ancient town. Transfer to Mengwushiwei Nature Reserve followed by hike through the nature reserve. Stargazing at night.
Tue 9/24	Transfer from Shiwei to Hailar. visit the Jalainur Museum. Local community service day.
Wed 9/25	Local community service day.
Thu 9/26	Travel from Hailar to Shanghai.
Fri 9/27	Debrief and celebration at Concordia International School Shanghai.



## Destination: Inner Mongolia

Mongolia. The name alone conjures up images of grasslands, yurts, horses, and the remnants of a kingdom ruled by "The Great Khan". Inner Mongolia is the third largest province in China, but also being the widest province, it has plenty of space between its bustling cities that are covered in endless spans of rolling, yurt-dotted grasslands. Inner Mongolia is home to nearly five thousand ethnic Mongolians, who fill the air with the sounds of horse head fiddle, traditional Mongolian songs, and the smell of fresh milk tea.

Travelers that get to see this wild side of China can see the young, vibrant cities like the capital city, Hohhot, or go into the grasslands. Through the constant, lighthearted battles for who has the most pristine grasslands, local Mongolians can all agree that some of the greenest, freshest spans of grasslands lay in Hulunbuir, near the boarder with Mongolia and Russia.



\* Dimensions Scale(1-5), the greater the number the greater the intensity of the dimension.

Physical Activity	Community Engagement	Cultural Enrichment	Service to Others
2	3	3	2

Itinerary:	
Fri 9/20	Travel to Hangzhou. Introduction to the Hangzhou Public Health Program
Sat 9/21	Travel to Qiandaohu. Visit Nongfu Spring Water Plant. Learn the process of purifying and bottling drinking water. Travel to Qiandao Lake. Make your own water purifier project
Sun 9/22	Travel to the rural village to learn about public health in rural area. about local public health project in the Huang village. TNC introduce the Qiandao Lake water resource protection project to students. Help with local water resource protection project at Qiandaohu (the ecological balls). Transfer back to Hangzhou
Mon 9/23	Visit a local market to learn the general environmental health, and try to test the pesticide residue samples. Visit the animal clinic and learn about animal health. Go to Longjing village to taste tea and learn more about tea.
Tue 9/24	Visit local office for disease control and prevention and learn about Public Health management in Hangzhou. Visit a local community vaccine center afterward. Visit a local high school and exchange with local students, share and discuss public health ideas, take part in typical Chinese eye relaxation exercises etc.
Wed 9/25	Travel to a Zuming Tofu Factory. Learn the process of food-production and food hygiene. Visit local clinic to learn about disease prevention. Learn more about Chinese acupuncture & massage. Learn about the importance of mental health and participate in a yoga class in the park, followed by GuaSha. Boat riding on Jinghang can
Thu 9/26	Travel from Hangzhou to Shanghai.
Fri 9/27	Debrief and celebration at Concordia International School Shanghai.

## What is Public Health?

Public health promotes and protects the health of people and the communities where they live, learn, work and play.

While a doctor treats people who are sick, those working in public health try to prevent people from getting sick or injured in the first place. They also promote wellness by encouraging healthy behaviors.

From conducting scientific research to educating about health, people in the field of public health work to assure the conditions in which people can be healthy. That can mean vaccinating children and adults to prevent the spread of disease or educating people about the risks of alcohol and tobacco. Public health sets safety standards to protect workers and develop nutrition programs to ensure kids have access to healthy food.

Public health works to track disease outbreaks, prevent injuries and shed light on why some of us are more likely to suffer from poor health than others. The many facets of public health include speaking out for laws that promote smoke-free indoor air and seatbelts, spreading the word about ways to stay healthy and giving science-based solutions to problems.

Public health saves money, improves our quality of life, helps children thrive and reduces human suffering.

Some examples of the many fields of public health:

- First responders
- Restaurant inspectors
- Health educators
- Scientists and researchers
- Nutritionists
- Community planners
- Social workers
- Epidemiologists
- Occupational health and safety professionals
- Public policymakers



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<i>TITLE</i>	<i>SUPPLEMENTAL FEE</i>
1 YEP Service & Storytelling - Left Behind Children (CWEF)	0 RMB
2 YEP Service & Storytelling - Water Project Impact (CWEF)	0 RMB
3 Inner Mongolia Culture & Service Camp (Insight Adventure)	0 RMB
4 Sanya Bright Connection Service Camp (Insight Adventure)	0 RMB
5 Zhangjiajie Service Camp (Insight Adventure)	0 RMB
7 Nomads of Ningxia (JUMP!)	4050 RMB
9 Culture Through the Lens: Visual Story Telling (JUMP!)	0 RMB
10 Utopia Shanxi (JUMP!)	2650 RMB
11 Sichuan Expedition (JUMP!)	3400 RMB
12 Yunnan Bike Adventure (The Hutong)	2100 RMB
13 Master Chef, Beijing (The Hutong)	0 RMB
14 Yunnan Abujee Tea Trail Trek (Wild China)	1300 RMB
15 Silk Road Merchants Challenge (Wild China)	3500 RMB
20 Inner Mongolia: Hulanbier - Far North (Wild China)	300 RMB
21 Public Health - Hangzhou (Wild China)	0 RMB

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Notes:

- Fees vary for each trip and are based on tour and travel costs associated with each trip.
- Base fee for all trips is 9000 RMB. Total cost for each student equals BASE FEE + SUPPLEMENTAL FEE, if applicable.
- The actual number of trips offered will be based upon total number of student participants.
- Changes to Tribes trips can occur as a result of program or logistical reasons such as changes in train/flight schedules, traffic conditions, weather conditions, or government policies.

# TriBES 2019 Selection Form



This original form, along with a copy of your passport or travel document, is due to the HS office by **April 29, 2019**.

Student's full name (printed): \_\_\_\_\_

Gender: \_\_\_\_\_ Grade in 2019-20 \_\_\_\_\_ T-shirt size (see chart on page 3) \_\_\_\_\_

*Students must select four TriBES courses.* High School Administration will consider selections equally when TriBES rosters are created.

Course # \_\_\_\_\_ Supplemental Fee \_\_\_\_\_

Student: I agree to accept any of my four TriBES course selections without complaint. I understand that Concordia's High School Administration finalizes all TriBES group rosters.

STUDENT SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

Parent: I have discussed my son/daughter's TriBES choices with him/her. I give my child permission to participate in any of these four TriBES courses and support any financial obligations required for participation. **I understand that flights may be delayed or canceled and September 27 is an official school day. I will not make plans for my child to travel on September 27, 2019. I will not request changes to my child's itinerary.**

PARENT SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

This original form is due to the HS office by **April 29** along with a copy of your passport or travel document. Any alterations to the choices must be countersigned by the parent next to the change. Standard TriBES fees are billed with Semester 1. Concordia's Business office will invoice supplemental fees in September.



# 2019 China TribES Map



- 1 YEP Service & Storytelling - Left Behind Children
- 2 YEP Service & Storytelling - Water Project Impact
- 3 Inner Mongolia Culture & Service Camp
- 4 Sanya Bright Connection Service Camp
- 5 Zhangjiajie Service Camp

- 7 Nomads of Ningxia
- 9 Culture Through the Lens: Visual Story Telling
- 10 Utopia Shanxi
- 11 Sichuan Expedition
- 12 Yunnan Bike Adventure
- 13 Master Chef, Beijing
- 14 Yunnan Abujee Tea Trail Trek

- 15 Silk Road Merchants Challenge
- 20 Inner Mongolia: Hulanbier
- 21 Public Health-Hangzhou

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