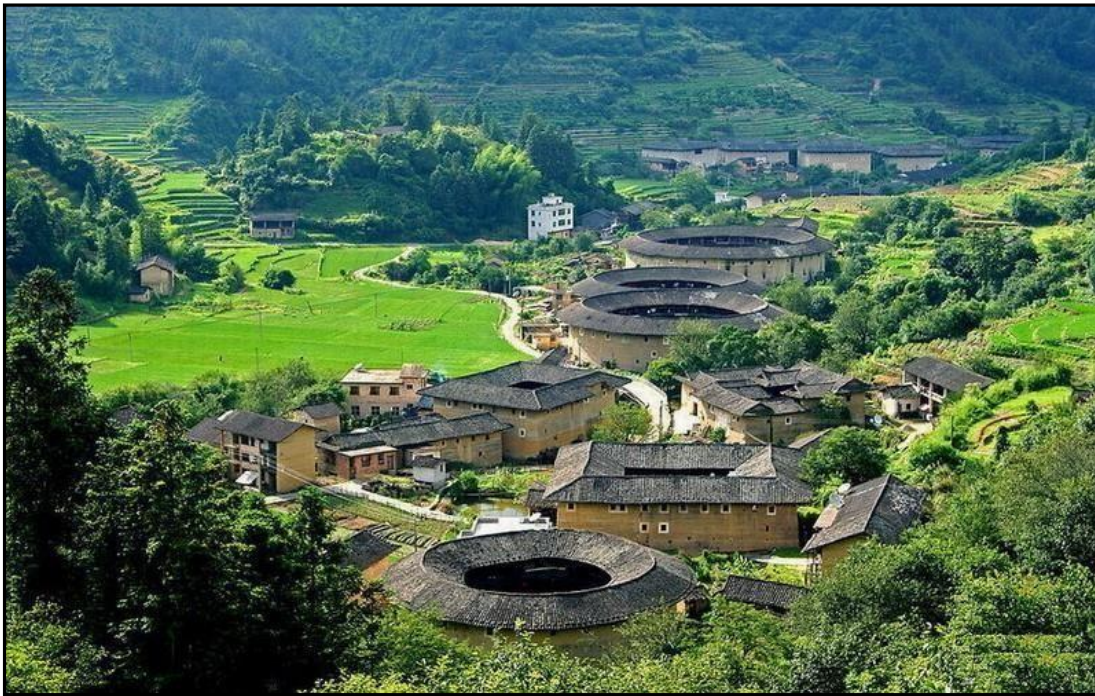


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Fujian Culture and Outdoors Itinerary for ISD Dongguan
(G8-G12)



Location: Xiamen / Yunshuiyao, Fujian (福建厦门, 云水谣)

Dates: November 18-22, 2019

Overview: Our itinerary will involve a variety of different activities in Fujian Province. 2 days will be spent in Yunshuiyao Scenic Area, whose landscape is dominated by the unique “Tulou” dwellings. Students will learn about the Hakka culture through participatory EOTC experiences and supporting materials, as well as through hikes and a bike ride. The other half of the trip will be spent in and around the city of Xiamen, doing cultural and outdoor activities, including a scavenger hunt on Gulangyu Island and a via ferrata course.

Accommodation: Tulou guesthouse (2 nights), Urban Hotel (1 Night), Dorm Accommodation (1 night), Hot Springs (1 night): ensuite twin rooms for students, ensuite private rooms for teachers



Total price :

Transportation — 500 RMB

Tour Agency –3960 RMB

Insurance – included in trip cost

Chaperone costs – 50

Misc- transaction fees and emergency funds- 850 RMB

Deposit and air fare – 2360 RMB paid to the Financial Office by Sep. 6th

Remaining Amount- 3000 RMB paid to paid to the Financial Office by Oct. 18th

Total – 5360 RMB

*excess funds will be returned to the student's family

Program Highlights



Hakka “Tulou” Roundhouses: Beginning as early as the 12th century, the people of southern Fujian first built communal strongholds on top of mountains, which ultimately evolved into so-called Tulou (土楼) earth dwellings. While they are commonly associated with the Hakka, they were actually utilized by all people in the area. Students will spend two nights in an old tulou that has been converted into a guesthouse. They will get a chance to see a variety of tulous in their original condition (on foot and on two wheels), and even help restore one as part of a community service project.

Oolong Tea Culture: Oolong (乌龙) is a traditional Chinese tea that originated in Fujian province. Just as varying fermentation processes produce different wines, tealeaves are processed in different ways to develop into three distinctive types of tea: Green, Oolong and Black. This process was developed in China during the Ming Dynasty (1368-1644 AD). Chinese growers were challenged to preserve the delicate qualities of tea while it was shipped on long journeys (to Europe) as it was becoming an important commodity. Students will learn all about Oolong tea, by hiking into the mountains to pick it, followed by processing and tasting!



Via Ferrata & Zipline: A via ferrata (Italian for "iron road") is a protected climbing route found in the Alps and certain other locations. The essence of a modern via ferrata is a steel cable which runs along the route and is periodically (every 3 to 10 meters) fixed to the rock. Using a via ferrata kit, climbers can secure themselves to the cable, limiting any fall. As part of the trip, students will have the opportunity to complete a via ferrata course, as well as a zipline, in the forested mountains outside





Xiamen: Gulangyu Scavenger Hunt: The trip will conclude in the city of Xiamen, specifically on Gulangyu Island, whose well preserved buildings stand in stark contrast to the rest of the city, which is modernizing rapidly. We will experience some of the different cultural forces that shaped the architecture and history of Xiamen by doing a cultural scavenger hunt. The activity will also involve a DIY lunch, and free time for exploring and souvenir shopping.

Itinerary

Day 1: Arrive / Hike / Zengcuo'an Night Market

9:30am – 1:30pm: High-speed train from Shenzhen to

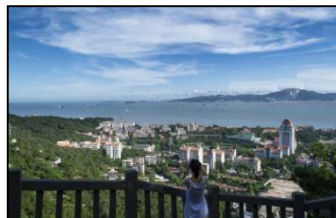
Xiamen:

1:30pm: Arrive, rendezvous with KA guides, introduction snack.

2:30pm: Team-building games in nearby park or brief hike in the hills above Nanputuo Temple.

6:30pm: Transfer to *zengcuo'an* pedestrian area for DIY dinner and free time.

8:30pm: Transfer to hotel, check-in



Day 2: Scavenger Hunt on Gulangyu / Transfer to Xiaohuangshan / Bonfire

7:30am: Breakfast at hotel, check-out

8:30am: Transfer to pier, ferry to Gulangyu Island

9:00am: Educational scavenger hunt, which will enable

the students learn about its history, with free time to explore the island.

12:00pm: DIY lunch on Gulangyu Island or in nearby restaurant, followed by return ferry to Xiamen

2:00pm: Conclude activities, return ferry, transfer to Xiaohuangshan

4:00pm: Check into on-site guestrooms (dormitory-style), shower, rest

6:30pm: BBQ dinner

7:30pm: Bonfire, evening games



Day 3: Via Ferrata and Zipline / Transfer to Yunshuiyao

8:30am: Breakfast at on-site restaurant, check-out

9:30am: Brief hike, followed by zipline and via ferrata course, with cables, ladders, and bridges.

1:00pm: Lunch in on-site restaurant



2:00pm: Bus to Yunshuiyao Village (云水谣), location of several clusters of UNESCO Tulou earth dwellings, each of which can house 50 families and which form the focal point of Hakka society.

5:00pm: Check into guesthouse, inside of a real tulou, discussion of tulou history and culture

6:00pm: Dinner, introduction to tulou history





Day 3: Bike Ride / Community Service Project / Hakka Puppet Show

8:30am: Breakfast at guesthouse

9:00am: Group A: Advanced biking group:
distribute bikes and helmets, safety
briefing, begin bike ride

Group B: Transfer to dilapidated
tulou, begin community service project
(repairing tulou)

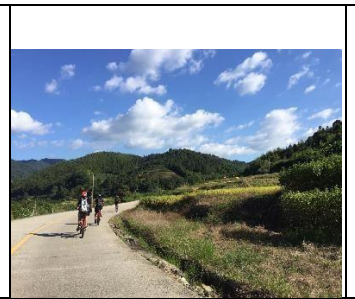
12:00pm: "Local flavor" lunch in tulou area,
rest

1:00pm: Switch groups/activities (beginner
cycling group)

4:30pm: Conclude activities, return to
guesthouse, discussion of community
service, prepare for puppet show.

6:00pm: Dinner in nearby restaurant

7:30pm: Traditional Fujian puppet show,
performed by Hakka puppeteers.
Afterwards, students will take turns acting
out their own scenes.



Day 5: Hike / Post-card Making / Tea Culture / Hot Springs

8:30am: On-site breakfast

12:30pm: Hike to local Oolong tea Plantation
for lesson in tea culture, including tea
picking

4:30pm: Conclude hike, return to base.

5:00pm: Learn about tea processing, sample



Oolong Tea

6:00pm: Return to guesthouse for shower
and rest, 7:00pm: Dinner





Day 6: Return to Dongguan		
8:30am: Buffet breakfast at hotel, pack-up, check-out 10:00am: Transfer to Longyan Station, distribute packed lunches. 12:00pm – 4:00pm: Return train to Shenzhen		

ISD 福建户外文化之旅 (G8-12)



地点:福建-厦门,云水谣

日期:2019年11月18-22

概览:我们的行程活动丰富多彩。其中 2 天将在云水谣风景区度过，风景区的景观以独特的“土楼”建筑为主。学 生将通过参与式的课堂外体验和辅助材料，徒步旅行和骑自行车来了解客家文化。另一半的旅程将在厦门市内及周边地区进行，进行文化和户外活动，包括在鼓浪屿进行寻宝活动以及攀岩活动。

住宿：2 晚土楼民宿，1 晚市区酒店，1 晚集体宿舍，1 晚温泉酒店，学生入住双人房，教师入住单人房。

总花费：

- 交通费 — 500 RMB
- 旅行公司—3960 RMB
- 保险 – 旅费已包含
- 陪同老师花费– 50
- 其他- 交易费 和应急基金- 850 RMB

定金和交通费用-2360RMB 请于9月6号前交至财务室。

余额3000 RMB 请于 10月18号前交至财务室。

总价- 5360 RMB

*excess funds will be returned to the student's family

多余费用将退还给家长。

活动介绍

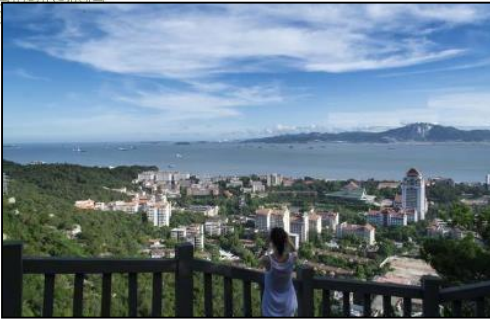


客家土楼建筑: 从 12 世纪开始, 闽南人民首先在山上建立了公共据点, 最终演变成今天所谓的土楼住宅。虽然它们通常与客家人有关, 但实际上他们被该地区的所有人使用。学生们将会在已经改建为民宿的旧土楼上度过两晚。他们将有机会看到原始状态下的各种土楼(徒步和骑自行车), 甚至帮助恢复其中一处土楼作为社区服务项目的一部分。

乌龙茶文化: 乌龙(乌龙)是一种传统的中国茶, 发源于福建省。正如不同的发酵过程产生不同的葡萄酒一样, 茶叶以不同的方式加工成三种不同类型的茶: 绿茶, 乌龙茶和红茶。这个过程是在明朝(公元 1368-1644)在中国发展起来的。由于中国种植者致力于保存技术使其成为一种重要的商品, 目的是运输到欧洲等地。学生们将学习乌龙茶的所有知识, 徒步进入山区采摘, 然后加工和品尝!



铁索攀岩及高空滑索: 现代攀岩的本质是钢缆设立在攀登的路线, 并每 3 至 10 米固定在岩石上。使用钢缆套件, 登山者可以将自己固定在缆绳上, 限制任何坠落。作为旅行的一部分, 学生将有机会在厦门外的一个森林中完成一个铁索攀岩课程和一个高空滑索。



厦门鼓浪屿寻宝:这次旅行将在厦门市鼓浪屿结束，其保存完好

的建筑与城市的其他地方形成鲜明对比，厦门正在迈向现代化快速发展。我们将通过文化寻宝活动来体验一些塑造厦门建筑和历史的不同文化力量。活动还包括DIY 午餐，以及探索和纪念购物的空闲时间。

日程安排

第一天: 到达/徒步/曾厝垵夜市

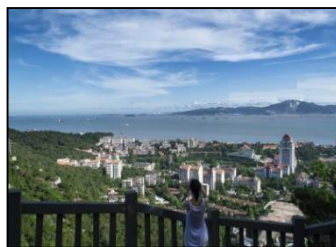
9:30am-1:30pm: 从深圳到厦门的高铁

1:30pm: 到达目的地, 与导游汇合, 小吃

2:30pm: 南普陀寺团队活动

6:30pm: 曾厝垵夜市 DIY 晚餐和自由活动

8:30pm: 酒店入住



第二天: 鼓浪屿寻宝/ 小黄山/ 篝火

7:30am: 酒店早餐, 退房

8:30am: 乘坐渡轮前往鼓浪屿

9:00am: 教育性的寻宝游戏, 学习文化的同时探索这座岛屿

12:00pm: 午餐, 乘坐渡轮返回厦门

2:00pm: 结束活动, 返回小黄山

4:00pm: 入住集体宿舍, 洗漱, 休息

6:30pm: BBQ

7:30pm: 篝火派对



第三天: 铁索攀岩及高空滑索/ 云水谣

8:30am: 酒店早餐, 退房

9:30am: 铁索攀岩及高空滑索

1:00pm: 午餐

2:00pm: 前往云水谣

5:00pm: 入住土楼

6:00pm: 晚餐, 讲述土楼文化



第四天:自行车/社区服务/客家人偶秀

8:30am: 早餐

9:00am: A 组-自行车之旅

B 组-前往受破坏的土楼，开始
公益服务

12:00pm: 在土楼享用当地菜

1:00pm: 小组活动交换

4:30pm: 总结活动，回到宾馆，讨论
活动感受,准备人偶秀

6:00pm: 附近餐馆就餐

7:30pm: 观看专业人偶秀，学生有机会
表演自己的人偶秀



第 5 天：徒步/明信片制作/茶文化/温泉

8:30am:早餐

12:30pm:徒步前往当地乌龙茶种植园，学习
茶文化，采摘茶叶

4:30pm:回到基地

5:00pm:学习茶加工，品尝乌龙茶

6:00pm:回宾馆，稍后用餐





第 6 天: 回东莞

8:30am: 自助早餐, 收拾行李, 退房

10:00am: 前往龙岩火车站, 派发午餐

12:00pm-4:00pm: 坐火车回深圳

