

China

Walls, Warriors and Women



With mountains worthy of worship, man-made wonders to marvel at and cities that will take your breath away, this educational journey to China offers you and your students a unique opportunity to discover a rapidly developing country, with a deeply traditional heart. Interspersed amongst China's classic highlights are unique opportunities to explore the differences between rural Chinese villages and the ultra-modern megacities. You'll come face to face with Pandas, visit the Forbidden City and meet female entrepreneurs to hear about the impact of the one child policy on a woman's social status.



Recommended Itinerary:

Culture shock rating: 

Physical rating: 

Day 1 / 2: Arrive Beijing, Summer Palace

Leave UK and fly to Beijing, China on an overnight flight. We are met on arrival and after a transfer to the hotel, we drive to the Summer Palace. It is an immense park containing some Chinese traditional architectures and arts. This evening we will have a welcoming dinner at a Peking Duck Restaurant and learn about its preparation and the complexity of food transportation and storage in ancient times.

Day 3: Tiananmen Square, The Forbidden City, The Temple of the Heaven, Beijing Opera

We will visit Tian'anmen Square and the Forbidden City where the emperors of Qing dynasty used to live. We continue to explore Beijing with a visit to the Temple of Heaven where the emperors worshipped and prayed for harvest in the Ming & Qing Dynasties. We will spend the rest of the afternoon learning about Beijing Opera, painting masks, and then go to see an opera in the evening.

Day 4: The Jinshanling Great Wall, 798 Art Center

In the early morning, we drive directly to Jinshanling Great Wall, known for its well-maintained watch towers. Upon arrival, we hike eastward from Jinshanling toward the Simatai section of the Wall. Our hiking on Jinshanling stops at Wuyan Tower where we will enjoy a good view of Simatai Great Wall and the surrounding areas – a stunning spectacle. After lunch in a local restaurant, we transfer to 798 Art Centre, where Chinese artists display their modern art in an old converted factory complex. Finally we will be transported to the train station for the overnight train to Xi'an.

Day 5: Xi'an City Wall, Museum of Stone tablets, Wild Goose Pagoda, the Great Mosque

On arrival in Xi'an, we have breakfast at a local restaurant, before visiting the City Wall and Museum of Stone tablets. After some free time for shopping we have a local dumpling lunch and visit the Wild Goose Pagoda and the Great Mosque in the Muslim Quarter. Dinner will be in a typical Qin Dynasty Style Restaurant.

Day 6: Tai Chi lesson, Terra Cotta Army Museum, Han Yang Ling Mausoleum

This morning starts with a Tai Chi lesson, followed by a lesson on Chinese Culture (Philosophy and religion) ending in a short session of Chan Meditation. After Lunch we visit the incredible Terra Cotta Army Museum –

an extraordinary example of craftsmanship and extravagance. After our visit here we drive to the Han Yang Ling Mausoleum before departing for our overnight train to Chengdu.

Day 7: Pandas and Sichuan cooking school

Chengdu, the capital of Sichuan province, is the home of the Giant Panda Breeding Research Base. We visit the centre and learn about their struggle for survival in modern China, and the environmental issues that are affecting much of China as a whole. After lunch, we visit a local family and learn about the role that Chinese housewives traditionally follow. We will have a distinctive homemade cooking class of Sichuan cuisine which will take us step-by-step through the process of preparing a traditional Sichuan meal.

Day 8: Life of business woman in China, Hotpot & Face-changing Show

In the morning, we have a small discussion/presentation by a local business woman about her life in China and her standing within society. This will give us a great insight into women's lives in China and comparing women's experiences in China's changing society. After the discussion, we will have hot pot for dinner at the same time as enjoying the unique Sichuan face-changing opera.

Day 9: The World Financial Centre, panoramic view of Pudong, Shanghai History Museum

We take an early morning flight to Shanghai and arrive around 10:30 a.m. We visit the financial centre and take in the famous panoramic view of Pudong new area, followed by a trip to the Shanghai History Museum. Here, we literally walk through Shanghai's history, with life-size exhibits reflecting the historical evolution of the politics, economy, culture, society and people's life in Shanghai. Finally we will drive 84km to Suzhou and overnight there. In many ways, Suzhou is an antidote to the excesses of Shanghai, with canal scenes, pagodas and hump-backed bridges, but don't be fooled – it's still a busy Chinese city and a popular tourist spot.

Day 10: The Humble Administrator's Garden, Pan Gate, Walking the Bund

We have most of the day to explore Suzhou and visit the Humble Administrator's Garden, a classic example of Chinese medieval gardens during the Ming period for which Suzhou is so famous. We move on to Pan Gate, an ancient city gate with land and water entrances again typical of medieval China, (the Pan Gate is the only one left). In the afternoon, we return to Shanghai and have a walk around the Bund, soaking up the atmosphere.

Day 11:

Fly home from Shanghai back to the UK.

Important information:

It is important to realise that the itinerary needs to be flexible. While every effort will be made to follow the above schedule, in the event of political problems, airline schedule changes or natural events, we will do our best to make your trip as enjoyable and hassle-free as possible, but it is important to EXPECT THE UNEXPECTED and be prepared to accept some slight changes. Relax and have faith in your guides.



DAYS FOR GIRLS This trip can include a session working alongside Days for Girls, a grass roots organisation aimed at giving every woman and girl access to proper feminine hygiene products and health advice. For more information look on our website: www.thestc.co.uk/travel/days-for-girls



The School
Travel Consultancy

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