

HONG KONG, P.R.C.

ARRIVE:	THURSDAY	06 NOVEMBER	0800
DEPART:	FRIDAY	07 NOVEMBER	2000
ON-SHIP TIME:	FRIDAY	07 NOVEMBER	1800

The Semester at Sea Field Program has a strong academic component. Faculty members develop field requirements that constitute 20% of the contact hours for each course they are teaching. As part of these field requirements, all Semester at Sea faculty design and lead field trips that integrate with their course work. The Faculty-Directed Practica (FDPs) for Hong Kong are listed below.

HKG03 ENVIRONMENTAL ATTITUDES & VALUES IN CHINA [FDP: ROSENCRANZ] (1000-1130 Thursday, 06 November, On Ship) Minimum 15 /Maximum 35 (PRICE: \$7.00)

Professor Paul Harris, of Lingnan University, Hong Kong, will talk about environmental attitudes and values in China. Harris is a professor of international and environmental studies and director of the Environmental Studies Program. He has conducted research on environment and climate change in China for many years. He is particularly interested in how energy production in China and East Asia is intensifying global threats to human well-being. He is also the director of the Project on Environmental Change and Foreign Policy. Harris has served for many years on committees of the Environmental Studies Section of International Studies Association and he has been a referee for a range of professional journals. His research on global environmental politics, foreign policy, international ethics and other aspects of international affairs has been published widely in academic journals. During the 2007-2008 academic year he is the guest editor of a special issue of the Cambridge Review of International Affairs on “The Politics of Climate Change.” A question-and-answer session will follow the lecture.

HKG04 HONG KONG, THE ASIAN CRISIS AND THE PATH FORWARD [FDP: WARNOCK, F.] (1015-1230 Thursday 06 November) Minimum 10/Maximum 20 (PRICE: \$ OOPEX)

We will take the Star Ferry and walk to the Hong Kong Monetary Authority building (HKMA). During this practicum, we will hear from one of the leaders of the HKMA on what it was like during the Asian financial crisis, when the HKMA had to ruthlessly and effectively deal with an attack on its currency to get Hong Kong back on track. We will also discuss the opportunities and challenges facing Hong Kong today. We will have a chance to ask questions to the speaker and spend some time in HKMA's information center. (Out-of-pocket-expenses include transportation on the Star Ferry.)

HKG06 CENTRAL TO HONG KONG PARK: A WALKING TOUR OF HONG KONG [FDP: WARNOCK, V.] (1200-1700 Thursday, 06 November) Minimum 15/Maximum 20 (PRICE: \$10.00 + OOPEX)

Hong Kong boasts a sophisticated, efficient and affordable transport system. Participants on this practicum will experience firsthand the functioning of different pedestrian and transport systems—including elevated walkways, footbridges, the Midlevels escalators, tunnels, trams, and trains—that are designed to support the city's urban and economic growth.



Participants will take the Star Ferry from Tsim Sha Tui in Kowloon across Victoria Harbor to Central. We will then make our way across major thoroughfares and through the heart of the business district and finish with a view of the city from Victoria Peak. We will stroll through SoHo and Lan Kwai Fong and cut through prominent buildings linked by a series of footbridges. Along the way we will see lively markets, stands and swanky malls, from the IFC to Pacific Place. We will wander through Hong Kong Park, where we will take the tram to Victoria's Peak. Please note: This trip involves extensive walking. Please make sure to wear comfortable walking shoes and bring water with you. A boxed lunch will be provided. (Out-of-pocket expenses will include all public transportation fares which will be approximately \$4.00USD.)

HKG08 SEXUALITY IN HONG KONG [FDP: STEWART] (1300-1500 Thursday, 06 November, On Ship) Minimum 15/No Maximum (PRICE: \$75.00)

We will meet with Professor Petula Sik-ying Ho, who is one of the few recognized experts in the relatively uncharted territory of gender and sexuality studies in Hong Kong and China and also one of the very few critical voices for the promotion of an open discussion of sexuality and intimacy issues in Hong Kong society. She received her Bachelor's and Master's degrees in Social Sciences at the University of Hong Kong before pursuing her Ph.D. in Ideology and Discourse Analysis at the University of Essex (UK). Her main research and teaching interests are in the area of homosexuality, gender and sexuality issues.

HKG10 PLANT BIOTECHNOLOGY [FDP: TIMKO] (1400-1700 Thursday, 06 November) Minimum 15/Maximum 25 (PRICE: \$22.00)

China's strong economic development of recent decades is built on its success in agricultural research and development. To meet its burgeoning needs, China has become a leader in the development and use of transgenic technologies. This FDP will introduce you to the production and use of transgenics for crop production. It will integrate discussions of science and technology with agricultural policy, economics, and world trade issues.

We will travel to the Chinese University of Hong Kong to meet with Dr. Sam Sun, one of the first individuals to genetically engineer a novel protein into plant seeds. Dr. Sun's presentation will focus on plant biotechnology in China and Chinese University of Hong Kong's work in this area. The University's work is carried out, in close collaboration with mainland China, by their Excellence Centre for Plant and Agricultural Biotechnology (CPAB), Institute of Plant Molecular Biology and Agricultural Biotechnology IIPMBAB) and National Key Laboratory for Agrobiotechnology (SKL-AB). The focus of their research is on improving the yield, quality and stress tolerance of rice, especially Chinese hybrid rice. Following the presentation, there will be time to ask questions and to visit the laboratory facilities and greenhouse.

HKG22 VISIT TO THE HONG KONG SCIENCE MUSEUM [FDP: SOBEY] (1230-1630 Friday, 07 November) Minimum 20/Maximum 40 (PRICE: OOPEX)

We will walk to one of the newest, largest and most modern science museums in the world, located in Hong Kong. We can enjoy the exhibits and see how Hong Kong students and families use the museum, and compare this to our experiences in the U.S. and other countries. The visit will be a study of learning philosophies, cultures and science all while having some fun. (Out-of-pocket expenses include admission to the museum (HK\$25), which is approximately US\$4.00)

The remaining trips in the Semester at Sea Field Program provide a variety of opportunities for students to enhance their overall study abroad experience. Students can visit sites of historical and cultural interest; learn about local environmental, political, economic and social issues; interact with local university students and other residents; become involved in community service; explore what is unique in each country; and enjoy some recreational activities.

HKG00 DIPLOMATIC BRIEFING (On Arrival, Thursday, 06 November, On Ship) Attendance is mandatory.

A representative from the U.S. Embassy in Hong Kong will present a briefing in the Union shortly after our arrival. Information regarding the current political and economic situation in Hong Kong and China will be presented. Safety and security considerations for traveling in Hong Kong and China will also be discussed.

HKG01 NEW TERRITORIES (0930-1830 Thursday, 06 November) Minimum 16/No Maximum (PRICE: \$62.00)

The island of Hong Kong accounts for only a small part of the Special Administrative Region's land area, most of which is on the Chinese mainland in the New Territories. This area was leased from the Chinese at the end of the 19th century. Possession reverted back to China on July 1, 1997. The itinerary for this practicum begins with a visit to the Airport Core Exhibition Center to learn about the rather controversial Hong Kong Airport. Considered one of the world's largest civil-engineering projects, the airport was constructed at a cost of US\$20 billion. Continue to Green Pine Monastery to tour the temple complex and peaceful gardens before enjoying a vegetarian lunch. Enjoy a stop at the Lok Ma Chau Lookout to view the skyline of the Shenzhen Special Economic Zone. Next visit a food market in Tai Po where the local people purchase a wide variety of fresh food. After a brief stop at the Make-a-Wish Tree in the village square, make a final stop at Tsang Uk Walled Village which is a remnant of more opulent days.

BEIJING

Beijing's history dates back thousands of years. It is where ancient Peking Man (*Sinanthropus Pekinensis*) lived some five hundred thousand years ago. Primitive communities developed in the Beijing area over three thousand years ago. The city of Beijing was founded more than two thousand years ago. From the beginning of the 10th century, Beijing served as the second capital of the Liao Dynasty and as the capital of the Chin, Yuan, Ming and Manchu Dynasties. Beijing is known as the birthplace and center of modern Chinese culture. Today it is a flourishing metropolis with many historical monuments, precious artifacts, world-famous architectural examples and scenic spots.

On your trip to Beijing you will not only learn about one of the world's ancient civilizations but will also have the opportunity to observe the daily life of the people in the capital of the world's most populous nation. You will visit the Temple of Heaven, which is situated in the largest of Beijing's parks. The main temple and other buildings of the complex comprise one of the most beautiful architectural achievements in the world and are outstanding masterpieces of traditional Chinese architecture. The sites of surrounding Tiananmen Square include Chairman Mao's Memorial Hall and the Imperial Palace (referred to as the Forbidden City of the Ming and Chin Dynasties). This palace



complex is the largest and most complete of China's existing imperial palaces and the former residence of 24 emperors.

Outside the city proper is one of the world's most awesome sights – The Great Wall of China. The Great Wall snakes its way from east to west for nearly 4,000 miles (6,350 kilometers). The Wall was first built in shorter pieces, starting in the 5th century BCE, as a defensive and boundary wall around the smaller states of Yen, Chao, and Wei. The first Qin emperor, who unified China for the first time, linked up and extended the Wall from Liaoning in the east to Gansu in the northwest as protection from the Huns and other nomadic tribes to the north. The Wall was subsequently repaired and extended by succeeding dynasties, especially the Ming.

For the Fall 2008 voyage, Semester at Sea is offering the following seven trips to Beijing: Beijing/Xi'an, Renmin University, Tsinghua University, Peking University, University of International Business and Economics, and Beijing – Groups A and B.

PLEASE NOTE: For all trips in the People's Republic of China, you must take your passport with you! Also note that the Beijing trips are quite physically demanding. They involve long days, a fair amount of walking (often over uneven surfaces) and dealing with crowded spaces.

HKG02 BEIJING/XI'AN (0945 Thursday, 06 November – 1830 Monday, 10 November) Minimum 30/Maximum 90 (PRICE: \$1,449.00; CHILD PRICE (ages 3-12): \$1,149.00)

Xi'an is one of the principal cities of northwest China and an important cradle of Chinese civilization. Of all the cities on the itinerary of visiting Westerners to China, Xi'an and its history most clearly and vividly exemplify the extraordinary continuity of Chinese civilization. It was once the largest city in the world and the capital of the Chinese Empire for 1,000 years. Today it attracts visitors because of the important archeological finds in the area. The famous Silk Road began here, promoting economic and cultural interchanges between Han and post-Han China with countries in West Asia and Europe. Among the important attractions in Xi'an are the Shaanxi Provincial Museum, the Terra Cotta Army of 5,000 figures, the Big Wild Goose Pagoda and the excavations of the Banpo Neolithic village.



Day 1: Transfer to the airport for your three-hour flight to Beijing. Upon arrival, check into your hotel, then transfer to a local restaurant for dinner; tonight's dinner features traditional Peking Duck. The rest of the evening is at your leisure. (L on plane, D; Jianguo Garden Hotel)

Day 2: Today is the day for your long-awaited visit to the Great Wall. In the afternoon, visit the Summer Palace. Dinner and the evening are on your own. (B, L; Jianguo Garden Hotel)

Day 3: Enjoy a visit to Tiananmen Square and then the Forbidden City (with tape and headset). In the afternoon, visit the Temple of Heaven before departing on your two-hour flight to Xi'an. Dinner on arrival followed by hotel check-in and overnight stay. (B, L, D; Tianyu Gloria Plaza in Xi'an)

Day 4: Participate in a full day of "sight-thinking" which includes visits to the Lesser Wild Goose Pagoda, the Xi'an History Museum and Terra Cotta Warriors Museum. The evening's entertainment includes a Tang Dynasty Dinner and Show, a magnificent display of songs, dances and costumes of the period. (B, L, D; Tianyu Gloria Plaza in Xi'an)

Day 5: After breakfast, participate in a calligraphy lesson in the Museum of the Forest of Stele or enjoy free time to explore Xi'an on your own. Following lunch at a local restaurant, visit Bell Tower and the People's Square and then on to the Yang Tombs of the Han Dynasty. In the afternoon, transfer to the airport for your flight to Shanghai. (B, L)

HKG05 CITY ORIENTATION: HISTORIC HONG KONG (1100-1745 Thursday, 06 November) Minimum 20/Maximum 80 (PRICE: \$41.00; CHILD PRICE: \$29.00)

Although Hong Kong was governed by Great Britain for decades, it retained many traditional Chinese images. This practicum visits some of the monuments, heritage buildings and historical sites that help give Hong Kong its unique atmosphere. Proceed to Cat Street, once notorious for seamen's lodging houses, brothels and hideouts for criminals. The Man Mo Temple in the Hollywood Road/Cat Street antique and curio area dates back to 1847 and is the oldest temple in the city. Continue your orientation to Hong Kong with a visit to Aberdeen, home to hundreds of people living on fishing junks, juxtaposed against a modern high-rise community. Enjoy a sampan ride to get a close-up look at this unusual way of life. Then, take a tram ride up to Victoria Peak for a birds-eye view of the city and harbor before taking the funicular tram downhill. End your orientation of Hong Kong with a walking tour that passes by some of the major historical buildings, including St. John's Cathedral, one of Hong Kong's oldest Western-style buildings. Also visit the Court of Final Appeal (Old French Mission Building), the Legislative Council Building (Old Supreme Court) and the Museum of Tea Ware. (Please note: The order of the visits may be altered depending on traffic conditions. Box lunches from the ship will be provided.)

HKG07 INTERNATIONAL STUDENT EXCHANGE: CHINESE UNIVERSITY OF HONG KONG (1200-1715 Thursday, 06 November) Minimum 14/Maximum 34 (PRICE: \$26.00)

Here is an opportunity to make some new friends in Hong Kong! We will travel by motorcoach to the Chinese University of Hong Kong where we will be met by student members, some of whom have recently completed overseas exchange programs. Our visit will begin with a traditional dim sum lunch followed by a round-table discussion that will focus on stereotypes held by SAS students and CUHK students about the other, and what is held in common in everyday life and common interests. Later, we will tour the campus with the CUHK students and visit the Art Museum.

HKG09 ANIMAL ED-VENTURE AT OCEAN PARK (1330-1630 Thursday, 06 November) Minimum 20/Maximum 40 (PRICE: \$79.00; CHILD PRICE: \$58.00)

Education Specialists of Ocean Park will guide you through the mazes behind the exhibits to discover fascinating facts about animals, plants and Ocean Park. You will see the HK Jockey Club Giant Panda Habitat, home of An-An and Jia-Jia, as well as new pair of pandas named Le Le and Yin Yin, and learn about the basic biology of the giant panda. You will go behind the exhibit where the bamboo is dished up for dinner and you can help make the treats. You will visit Dolphin University and the veterinary hospital to watch the baby dolphins play and to discover what a true seafood diet is. At the Bird House you will learn the mystic daily life of birds from the back office. After the tour, you may choose to remain at the park and enjoy the facilities like the Atoll Reef, the giant aquarium, and the exciting mechanical rides. If you choose to stay, transportation back to the ship is on your own.

HKG11 BEIJING – GROUP A (0600 Friday, 07 November - 2100 Monday, 10 November) Minimum 30/Maximum 50 (PRICE: \$1,116.00; CHILD PRICE (ages 3-12): \$850.00)

The university-hosted trips to Beijing give you the unique opportunity for interaction with Chinese students; this Beijing trip does not. This is a standard trip, including the services of professional tour guides and accommodations in tourist hotels. (Note: Group A includes an acrobatic show; Group B does not.)

ITINERARY:

Day 1: Transfer to the airport for your three-hour flight to Beijing. Upon arrival, you will have lunch at a local restaurant. You will then proceed to visit the Summer Palace before checking into your hotel. Peking duck is featured at tonight's dinner, and the remainder of the evening is at your leisure. (L, D; Jianguo Qianmen Hotel)

Day 2: After breakfast, visit the Great Wall of China. After enjoying a packed lunch, you will return to your hotel. Dinner will be on your own and you will have the evening at your leisure. (B, Packed L; Jianguo Qianmen Hotel)

Day 3: Enjoy a full day of “sight-thinking” which includes visits to the Forbidden City (with tape and headset), Tiananmen Square, and the Lama Temple. After dinner at a local restaurant, enjoy a spectacular acrobatic show. (B, L, D; Jianguo Qianmen Hotel)

Day 4: Following breakfast at the hotel visit the Temple of Heaven, then proceed to a local restaurant for a Chinese lunch. Enjoy a scenic cruise across the lake in Beihai Park. Explore *hutong* lanes by trishaws followed by a home visit and a visit to Bell Tower. There will be a buffet dinner at a local restaurant before proceeding to the airport for your flight to Shanghai and return to the ship. (B, L, D)

BEIJING: UNIVERSITY-HOSTED TRIPS

One of the main goals of the Semester at Sea Field Program is to provide opportunities for you to interact with people, especially university students. From Hong Kong, we are pleased to offer several trips to Beijing that include the opportunity to meet Chinese students. Although the Chinese students will probably not be able to accompany you on your sight-thinking adventures (since they must attend classes), there will be opportunities to meet and interact with university students/faculty in the evenings. There will be several chances for in-depth personal and intellectual exchanges. Former Semester at Sea students have reported that participation in a university-hosted visit in the People’s Republic of China was a highlight of their voyage. If you are interested in meeting and getting to know some Chinese students, then this is the trip for you.



These university-hosted trips to Beijing all include visits to essentially the same sites (Great Wall, Forbidden City, Tiananmen Square, etc.) visited on the other Beijing trips. Professional tour guides are not provided at these sites; your university hosts serve as guides. Accommodations are usually in university guest houses or nearby hotels and are not as luxurious as the hotels used on the Beijing and Xi’an/Beijing trips. Please realize that the university accommodations are representative of foreign-student living in China and are superior to the facilities for Chinese students. The food you are served will be Chinese; do not expect Western food. Some of the food may be strange to you, but all of it is edible – and you will probably find some dishes that you really like. Be adventuresome!

HKG12 BEIJING: UNIVERSITY OF INTERNATIONAL BUSINESS AND ECONOMICS (0600 Friday, 07 November – 2330 Monday, 10 November) Minimum 30/Maximum 75 (PRICE: \$892.00; CHILD PRICE (ages 3-12): \$714.00)

The University of International Business and Economics, formerly known as the Beijing Institute of Foreign Trade, is under the direct administration of the Ministry of Foreign Economic Relations and Trade. One of China’s major national institutions of higher learning, UIBE is distinctive because of its full-fledged programs of study in the field of international business and economics. Early in 1951, after the founding of the People’s Republic of China, the Ministry of Foreign Trade established a business school to cope with the development of China's foreign trade. The University boasts a highly competent teaching and research staff of 812, including 215



professors and associate professors, 280 lecturers and 317 instructors and assistants. As a national university, it enrolls students from all parts of the country. In recent years, enrollment has been expanded to include students majoring in liberal arts and natural sciences.

ITINERARY:

Day 1: Depart the ship for your three-hour flight to Beijing. Upon arrival, transfer to the hotel for check-in. After dinner, transfer to the University to meet with UIBE students for an orientation and a campus tour. (D; Ying Hua Hotel)

Day 2: In the morning, visit Tiananmen Square and the Forbidden City. After lunch, visit Temple of Heaven and Hong Qiao Pearl Market. After dinner, another get-together with UIBE students is planned for this evening. (B, L, D; Ying Hua Hotel)

Day 3: Following breakfast in the hotel restaurant, depart for the Great Wall where you will spend several hours and also have lunch. In the afternoon, visit Wangfujing Street and the Silk Market in the bustling downtown area. Following dinner at a local restaurant, attend an acrobatic show at Tiandi Theater. (B, L, D; Ying Hua Hotel)

Day 4: Early risers can enjoy a session of Taiji or Kungfu; after breakfast, check-out of your hotel. Your day will include a visit to the Summer Palace, Lama Temple, and to several 2008 Beijing Olympic venues before proceeding to the airport for your return flight to Shanghai. (B, L, Snack on flight).

HKG13 BEIJING – GROUP B (0730 Friday, 07 November - 2200 Monday, 10 November) Minimum 30/Maximum 50 (PRICE: \$1,076.00; CHILD PRICE (ages 3-12): \$818.00)

The university-hosted trips to Beijing give you the unique opportunity for interaction with Chinese students; this Beijing trip does not. This is a standard trip, including the services of professional tour guides and accommodations in tourist hotels. (Note: Group A includes an acrobatic show and dinner; Group B does not.)

Day 1: Transfer to the airport for your three-hour flight to Beijing. Upon arrival, check into your hotel. Peking duck is featured at tonight's dinner, and the remainder of the evening is at your leisure. (Lunch on flight, D; Jianguo Dong Fang Hotel)

Day 2: Enjoy a full day of "sight-thinking" which includes visits to Tiananmen Square and the Forbidden City (with tape and headset), and the Lama Temple. Dinner and the evening are on your own. (B, L; Jianguo Dong Fang Hotel)

Day 3: Spend the morning visiting the Great Wall of China. Return to the hotel around 1600. Dinner and the evening are free to explore Beijing on your own. (B, Packed L; Jianguo Dong Fang Hotel)

Day 4: After breakfast at the hotel, proceed for a tour of the Temple of Heaven. Lunch will be at a local restaurant followed by a visit to the Summer Palace. There will be a buffet dinner at a local restaurant before proceeding to the airport for your flight to Shanghai. (B, L, D)

HKG14 BEIJING: PEKING UNIVERSITY (0815 Friday, 07 November - 2200 Monday, 10 November) Minimum 30/Maximum 75 (PRICE: \$892.00; CHILD PRICE (ages 3-12): \$714.00)

Founded in 1898, Peking University was originally named the Imperial University of Peking. It was China's first comprehensive national university, where people of great talent gathered in a rich academic atmosphere of dynamic intellectual pursuit. The campus was once the royal garden in the Qing Dynasty and stands near the Yuan Ming Gardens and the Summer Palace. Peking University has now developed into a large-scale institution of higher learning with a comprehensive range of disciplines. It has a sound academic structure and diverse forms of education, advanced scientific research and a spirit of service to society, from which talented scholars are cultivated. An all-comprehensive university, Peking University has become a leading force of modernization in China as an important center of research and education.

International exchange and cooperation are important components of the University's development plans for the 21st century. Currently, the university has exchange relations with 220 distinguished institutions from over 50 countries and regions, and receives over 4,000 international students each year. Since 1998, 40 Nobel Laureates and 33 Heads of State have spoken at the university.

With the challenges of the 21st century, the university's mission is to contribute to the nation through education and science, inheriting the tradition of the past while forging ahead into a bright future.

Day 1: Depart the ship for your three-hour flight to Beijing. Upon arrival, check into your hotel and enjoy dinner on Peking University's campus. After dinner, there will be time to mingle with PKU students. (L on flight, D; Youdian Hotel)

Day 2: In the morning, visit a cloisonné factory and the Ming Tombs on your way to the Great Wall. After lunch, you will have several hours to explore the Great Wall. In the evening, enjoy dinner and a party with students from the university. (B, L, D; Youdian Hotel)

Day 3: After breakfast, enjoy some free time to explore Tiananmen Square, the Great Hall of the People, and the old city. After lunch at a local restaurant, visit the Forbidden City and Jingshan Park. After dinner, enjoy an acrobatic performance at Chaoyang Theater. (B, L, D; Youdian Hotel)

Day 4: After breakfast, check out of the hotel and head to the Summer Palace. Enjoy lunch at a local restaurant and then proceed to the Temple of Heaven. Depart for the airport and your flight to Shanghai. (B, L, Snack served on flight)

HKG15 BEIJING: TSINGHUA UNIVERSITY (0815 Friday, 07 November – 2300 Monday, 10 November)
Minimum 30/Maximum 75 (PRICE: \$892.00; CHILD PRICE (ages 3-12): \$714.00)

Tsinghua University is a comprehensive university incorporating science, engineering, liberal arts and management departments with special emphasis on engineering. It was founded in 1911 and is situated around a beautiful villa of the Ching Dynasty in a northwestern suburb of Peking. The campus area has been expanded to more than 800 acres with over 2,400,000-square meters of floor space.

ITINERARY:

Day 1: Depart the ship for your three-hour flight to Beijing. Upon arrival, transfer to the university and check into your hotel. In the evening, attend a reception dinner with your Chinese hosts. Dinner will feature Peking Roast Duck. In addition to time for socializing, there will be a lecture about the Great Wall, Beijing Zoo (home of the giant pandas), Tiananmen Square, the Forbidden City, the Temple of Heaven and the Summer Palace – all of the sites you will be visiting. (D; Jinchunyuan Guest House)

Day 2: Start your day early and head to the famed Great Wall of China. After a few hours at the Wall, proceed to the Summer Palace. In the afternoon, take part in *Taiji* training, a kind of traditional Chinese shadow boxing that will be held on campus in Green Garden. Enjoy dinner and social activities with Tsinghua University students. (B, L, D; Jinchunyuan Guest House)

Day 3: Today's visits include Tiananmen Square, the Forbidden City, the Temple of Heaven, and the downtown area (Silk Street). In the evening, attend an acrobatic performance. (B, L, D; Jinchunyuan Guest House)

Day 4: Check-out of your hotel in the morning and then head to the Beijing Zoo to view the giant pandas. After lunch, visit the National Stadium (*aka* "Bird's Nest"), which is the main track and field stadium for the 2008 Summer Olympics. Also visit the "Water Cube" – the National Aquatics Center – before departing for the airport and your flight to Shanghai. (B, L, Snack served on flight)



HKG16 DOLPHIN WATCHING CRUISE (0830-1315 Friday, 07 November) Minimum 25/Maximum 50 (PRICE \$63.00; CHILD: \$ 33.00)

Transfer to the pier to board the vessel that will take you on a 2 ½-hour cruise in search of pink dolphins. These dolphins live within a few kilometers of the world's busiest shipping center and one of the most densely populated urban areas! Chosen as the official mascot of the 1997 hand-over ceremony, the dolphins are threatened by pollution, over-fishing and reclamation. A brief talk about these lovely mammals and informative handouts will be provided. This trip is designed to minimize disturbance to the dolphins so they are pretty comfortable with the boats being used, and they sometimes come quite close.

HKG17 TAI CHI, TEA, AND DIM SUM (0830-1430 Friday, 07 November) Minimum 15/No Maximum (PRICE: \$67.00)

Tai Chi is a graceful exercise that combines thought and action and is developed from an ancient martial art that reflects the concept of Taoism – an idea of stabilizing cosmic energy. The essence of *Tai Chi* is a combination of control and balance. After a lesson under the guidance of a *Tai Chi* master, visit a Chinese teashop to learn more about Chinese tea-drinking traditions and customs and the secrets of making and drinking Chinese tea. A Tang Dynasty scholar devised the first definitive treatise on tea-making more than 1,200 years ago, and it remains a thriving tradition in China today. Complete your morning by enjoying a delicious dim sum meal at a renowned restaurant followed by a stroll on the historical Shanghai Street prior to returning to the ship. (This practicum is not recommended for children.)

HKG18 BUDDHIST MONASTERY/LANTAU ISLAND (0830-1630 Friday, 07 November) Minimum 26/Maximum 40 (PRICE: \$87.00; CHILD PRICE (ages 3-12): \$69.00)

Travel by motorcoach (via the expressway) to Lantau Island, the largest outlying island of Hong Kong. Make a brief stop at the Tsing Yi viewing platform for a view of the Tsing Ma Bridge, the longest suspension bridge in the world. Upon arrival in Tung Chung New Town, change to a franchised coach for your tour of Lantau Island. Visit Cheung Sha Beach, noted for its white sand. Next stop will be Tai O fishing village. Built on stilts on the river, Tai O was the center of Hong Kong's salt-panning industry for 100 years. Travel through the beautiful mountain scenery to Po Lin Monastery, the principal center of Buddhism in Hong Kong. See the world's largest outdoor bronze Buddha (26 meters high) and visit the museum. After a vegetarian lunch at the monastery, there will be free time to explore the Ngong Ping Theme Village prior to taking the cable car to Tung Chung town. Return to ship.

HKG19 HEALTHY LIVING HONG KONG STYLE (0845-1445 Friday, 07 November) Minimum 16/No Maximum (PRICE: \$67.00)

This practicum is designed to follow the ancient Chinese philosophy of good food and good exercise for optimum health. Begin by practicing *Qi Gong*, a system of exercises involving the mind, eyes, movement, and breathing. *Qi* is your invisible life force and body energizer. Calm and unhurried moves help cultivate *Qi*, and that leads to an improvement in overall health and longevity. This exercise is suitable for people of all ages and is an ideal antidote to the stresses of the modern world. Then visit a renowned Chinese medicine shop and savor a tonic lunch as well as a sweet Chinese tonic. Chinese-tonic food was developed by imperial dieticians more than 1,600 years ago. Meals are delicious and use natural prescriptions. Foods of different restorative and cleansing qualities are combined to restore the body's depleted resources. From entrees to desserts, the modern version of ancient medicinal recipes will enrich your dining experience. (This practicum is not recommended for children.)

HKG20 MAI PO MARSHES (0900-1400 Friday, 07 November) Minimum 15/Maximum 50 (PRICE: \$22.00)

Wetlands are being lost worldwide at an alarming rate. In addition to habitat for plants and animals and nurseries for fish, shrimp and other shellfish, wetlands also provide free ecosystem services. For example, wetlands that include mangrove trees provide a buffer between the ocean and the land. This buffer zone stabilizes the shore by



reducing the effects from wave and wind action during storms. Hong Kong has only one wetland designated to have international importance, Mai Po. The Mai Po Marshes Wildlife Education Center and Nature Reserve (supported in part by the World Wide Fund for Nature Hong Kong) is a shallow bay with intertidal mudflats and mangrove trees. According to the Ramsar website, thousands of migratory waterbirds visit Mai Po as a refueling stop-over during long migrations. The Black-faced Spoonbill is a critically endangered species that spends the winter in the Mai Po and Inner Deep Bay Ramsar Site. We will walk the boardwalk and use the birding blinds to see how these areas are used by wildlife, observe kingfishers and other common species, and keep our eyes out for any rare birds, such as spoonbills. Additionally, as an example of sustainable management, we'll learn about *gei wai* shrimp farming practiced in the area.

HKG21 BEIJING: RENMIN UNIVERSITY (0945 Friday, 07 November –2130 Monday, 10 November) Minimum 30/Maximum 30 (PRICE: \$892.00; CHILD PRICE (ages 3-12): \$714.00)

Renmin University is a politically-oriented Chinese university in Beijing. It is renowned for its specialty in the areas of politics, economics, law, and philosophy. Formerly known as the People's University of China, Renmin University is one of the major universities in China. We are pleased to be able to offer Semester at Sea students an opportunity to visit this fine institution.

ITINERARY:

Day 1: Depart the ship for your three-hour flight to Beijing. Upon arrival, you will be met by the University representatives for lunch followed by a visit to the Temple of Heaven. The evening will include dinner on campus and an informal meeting with students from the university, followed by check-in at the hotel. (L, D; Longdu Hotel)

Day 2: Today you will spend several hours at the Great Wall followed by a visit to the Ming Tombs. Enjoy a Peking roasted duck dinner at a local restaurant and an evening gathering with students from the university. (B, L, D; Longdu Hotel)

Day 3: Today you will visit Tiananmen Square and the Forbidden City. After lunch, visit Beijing's Hutong district. Hutongs are narrow streets or alleys, most commonly found in Beijing. Surrounding the Forbidden City, many were built during the Yuan (1206-1341), Ming (1368-1628) and Qing (1644-1908) dynasties. Return to campus for dinner; then enjoy a performance of Beijing Opera. (B, L, D; Longdu Hotel)

Day 4: After breakfast and check-out, visit the Summer Palace. After lunch, transfer to the airport for your return flight to Shanghai. (B, L, Snack served on flight)



HKG23 FAMILY INSIGHT TOUR (1300-1700 Friday, 07 November) Minimum 18/Maximum 22 (PRICE: \$58.00)

This practicum is designed to provide insight into the daily life of Hong Kong residents. About three million people (50% of Hong Kong's population) live in public housing. In 1953, a tragic fire broke out in a squatter area in Kowloon leaving 53,000 people homeless. Seven-story housing blocks were built to accommodate the displaced

residents. These well-known resettlement housing estates laid the foundation for public-housing development. Today, more spacious housing estates offer lower-income groups comfortable and well-designed homes. Visit a social center for the elderly, a temporary housing estate, a youth center or a nursery. This trip provides opportunity to gain insight into how this culture is living compatibly under common yet unusual circumstances. You will witness the education policies at work and the role of familial duty in relation to the elderly.

HKG24 GUILIN (1700 Friday, 07 November – 1615 Monday, 10 November) Minimum 30/Maximum 60 (PRICE: \$972.00; CHILD PRICE (ages 3-12): \$782.00)

Guilin is world famous for its gumdrop-shaped hills. The scenery of Guilin has the landscape of a classical Chinese painting. Strangely-shaped karst formations, shrouded in mist and reflected in the winding Li River, give Guilin a wondrous watercolor feel. These karst formations were thrust up from the limestone seabed which covered the region some 300 million years ago. Eroded over the centuries by the area's unique wind and water conditions, this 'stone forest' with its many subterranean caves and rivers, creates a haunting atmosphere. A six-hour journey on the Li River reveals the beauty of Guilin's lush green valleys, bamboo grottoes, and hundreds of fairylike rock formations. Guilin's many wonders include the Reed Flute Cave named for the reeds at its entrance that were once used to make flutes. In this cave, a 500-meter path winds past unusual stalactite and stalagmite formations which colored lights cause to resemble coral, agate, amber and jade. First discovered during the Tang Dynasty (618-907 CE), the cave was a frequent refuge for the local population to escape bandits and the ravages of war.

ITINERARY:

Day 1: Depart for the airport and your flight to Guilin. Upon arrival, transfer to a local restaurant for a late dinner and then check in to your hotel. (D; Universal Hotel)

Day 2: Transfer (about one hour) to the Li River for a spectacular four-hour, 30-mile journey down the winding river to Yangshuo. View the famous rock formations, caves, and rapids as you learn some of their names and associated legends. In Yangshuo, visit a local market and Moon Hill with its 1200-year-old Banyan Tree. Return to Guilin by coach where you will proceed to the Chinese traditional Medical Institute followed by dinner at a local restaurant. (B, L on the boat, D; Universal Hotel)

Day 3: Early risers can enjoy a session at 0630 of *Tai Ji* Boxing (shadow boxing), with a Master of *Tai Ji*, in the public park. Today's activities include visits to Seven Star Park and Camel Hill with its bonsai garden before proceeding on a cable car ride to the top of Yao Mountain. After lunch visit Guangxi Teachers' University, where you may learn Chinese painting. (B, L, D; Universal Hotel)

Day 4: Visit the "Palace of Natural Art" at Reed Flute Cave with its stalactites and stalagmites. Enjoy an early lunch at the airport restaurant prior to check-in for your flight to Shanghai. (B, L, Snack on flight)

