

HONG KONG

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 following is a representative sampling of the types of Faculty-Directed Practica (FDPs) that may be offered during this voyage:

ARCHITECTURAL WALKING TOUR [FDP: FINE ARTS]

Hong Kong's architecture is a reflection of its complex cultural, political and economic history. Hong Kong has assembled a significant array of contemporary buildings by notable architects of the world, including Norman Foster's (British) Bank of Shanghai and Hong Kong (1979-85), I.M. Pei's (Chinese-American) Bank of China (1991) and as many as a dozen prime design examples in this cosmopolitan city. We will visit some of these colonial and modern monuments of the Central District, viewing interior spaces whenever possible. We will also walk through residential neighborhoods, markets and business areas and visit some temples. For our grand finale, we will take the cable car to Victoria Peak for a spectacular view of Hong Kong. For lunch, we will stop at an outdoor venue or street vendor somewhere along the way. (PRICE: \$8.00 + OOPEX)



NEW TERRITORIES [FDP: HISTORY]

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 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 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 Tao 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. (PRICE: \$59.00)

FOLK CULTURE VILLAGE: SHENZHEN, CHINA [FDP: SOCIOLOGY]

You can catch a glimpse of China while visiting Hong Kong by joining this tour. Spend a day in Shenzhen, the first Special Economic Zone of China. There are many places of Chinese culture and historic ruins to be discovered in this area. Futian Mangrove Natural Protection Area is the only county-level urban natural protection area in China at present and owns unique ecological tourism resources integrating woods, birds, water, fish and beaches as a whole. China Folk Culture Village reflects China's traditional culture and customs. The architecture of China's vast and varied landscape has been faithfully reconstructed with life-size villages featuring architectural styles of 21 selected provinces. Your ticket for "Folk Culture Village" is also good for admission to "Splendid China," a garden depicting China's 5000-year history. A Chinese dinner will be served at a local restaurant. After dinner, enjoy the "Dancing with Dragon & Phoenix" open-air show that blends cutting-edge technology with traditional dance, acrobatics and opera. (PRICE: \$115.00)

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. The following is a representative sampling of standard field trips that may be offered during this voyage:

CITY ORIENTATION: HISTORIC HONG KONG



Although Hong Kong was governed by Great Britain for decades, it retained many traditional Chinese features. 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. (PRICE: \$35.00)

INTERNATIONAL STUDENT EXCHANGE: CHINESE UNIVERSITY OF HONG KONG

This is an opportunity to meet Chinese students. 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 focusing on stereotypes held by SAS students and CUHK students about each other, as well as their mutual interests. Later, we will tour the campus with the CUHK students and visit the Art Museum. (PRICE: \$20.00)

FAMILY INSIGHT TOUR

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 crowded circumstances. You will witness education policies at work and the role of familial duty in relation to the elderly. (PRICE: \$58.00)

TAI CHI, TEA, AND DIM SUM

Tai Chi is a graceful exercise that combines thought and action and is developed from an ancient martial art that reflects the Taoist approach to 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 local restaurant followed by a stroll on the historical Shanghai Street. (PRICE: \$65.00)



BUDDHIST MONASTERY/LANTAU ISLAND

Travel by motorcoach (via the new 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 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, depart for Cheung Sha Beach, noted for its white sand. There is time for walking on the beach, before departing at 1530 for your return to the ship. (PRICE: \$83.00)

HEALTHY LIVING HONG KONG STYLE

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 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. (PRICE: \$65.00)

INTERNATIONAL STUDENT EXCHANGES IN BEIJING - FOUR DAYS/THREE NIGHTS (Various universities in Beijing are hosts for these visits.)

Former Semester at Sea students have reported that participation in a university visit in the People's Republic of China was a highlight of their voyage. The cooperation of these universities provides valuable opportunities to interact with Chinese students and to experience life on a Chinese campus. In addition, you will visit the major sights of historical and cultural interest in Beijing. All lodging (in university housing for foreign visitors), meals and activities are arranged by the universities.

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 surrounding Tiananmen Square include Chairman Mao's Memorial Hall and the Imperial Palace (referred to as the Forbidden City of the Ming and Qing 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 famous sights – The Great Wall of China. The Great Wall snakes its way from east to west for nearly 4,000 miles (6,350 km). 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. (PRICE: \$714.00)



BEIJING (FOUR DAYS/THREE NIGHTS)

Unlike the International Student Exchanges in Beijing, which give you the unique opportunity for interaction with Chinese students, this Beijing trip includes the services of professional tour guides and accommodations are in tourist hotels rather than in university housing. The same major sites are visited on both this trip and the International Student Exchanges. (PRICE: \$744.00)

GUILIN - FOUR DAYS/THREE NIGHTS

Guilin is world famous for its eroded limestone mountains. The scenery of Guilin inspired classical Chinese landscape 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. 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. (PRICE: \$644.00)



XI'AN/BEIJING - FIVE DAYS/FOUR NIGHTS

Xi'an is one of the principal cities of northwest China and is the cradle of Chinese civilization. Of all the cities on the itinerary, 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.

You will spend two days in Xian (visiting the sites listed above) and three days in Beijing. During your stay in Beijing, you will visit the same major sites as participants on the International Student Exchanges in Beijing (see above description). However, there will be no planned interaction with university students, and accommodations will be at a hotel rather than a university guesthouse. (PRICE: \$1,023.00)

From the time this Sample Field Program is posted until the time the Final Field Program is available, a number of changes will occur.