



CHINA TRIP AT A GLANCE

SAMPLE ITINERARY

*Please note that Me to We Trips is happy to customize trips to fit the needs of your group. Dates and activities will be determined together with your coordinator. Please also note that this is a sample itinerary but that we often travel to different provinces in China depending on the time of year. Other provinces include Sichuan and Guangdong.

Day 1: Travel

Arrive in Beijing and meet your fellow participants!

Days 2-4: Urban Exploration

The week will be spent exploring a bustling urban center and the surrounding area, including local temples and historical and cultural sites. Evening sessions include discussions on local history and current challenges, guest speakers on various issues, teambuilding games and Mandarin lessons.

Days 5-9: Hebei

Hebei province is home to many Free The Children schools. Participants teach English and cooperative games, volunteer with local organizations and practice Mandarin as they get to know their Chinese peers.

Day 10-16: Gansu

Visit the Gansu province and delve into community action through volunteer activity.

Days 16-20: Henan

Travel to the Shaolin temple, where participants will watch monks display martial arts skills and even learn a few techniques themselves. They will also learn about an ancient form of Buddhism and meditation.

Day 21: Travel
Depart from China—get ready to change the world!

HIGHLIGHTS

- » Community development: Volunteer at schools and teach English.
- » Cultural education: Get to know your peers overseas.
- » Environmental education: Examine the costs of rapid economic growth.
- » Local travel: Experience bustling urban centers and remote rural regions.

COST

The total cost of Volunteer and Leadership China will be determined by your Me to We Trip coordinator based upon your group's desired itinerary. Your trip cost will include:

- » All travel expenses within China
- » All meals and accommodations during the trip
- » Curriculum materials and tailored leadership training
- » Facilitation and coordination by qualified staff

Me to We Trips can include your airfare and travel medical insurance as well! Ask your coordinator about different quote options. Detailed information on costs, payments and procedures will be provided by Me to We Trips. Trip capacity is approximately 26 individuals. Since space is limited, group applications are considered on a first-come, first-served basis.





THE CHINA EXPERIENCE

ENVIRONMENT

Volunteer and Leadership China gives youth the chance to get a first-hand look at China's rapid and extreme transformation. While parts of China's culture are deeply tied to ancient traditions and communist philosophies, the economy is hurtling forward into the world of global commerce.

The world's fourth-largest country in terms of land area, China's landscape is incredibly diverse, ranging from the hot and humid South to the chilly tundra in the North to the world's tallest peak, Mount Everest, in the West. Beijing is China's bustling capital city, where bicycles fill the streets and everyone always seems to be going somewhere in a hurry. Free The Children's schoolbuilding projects are located in the Gansu, Hebei and Guangdong provinces, all of which are rural, impoverished areas home to cultural relics and breathtaking natural beauty.

ACCOMMODATIONS

Accommodations are safe, pre-arranged by Me to We Trips facilitators and are predominantly hotels and guest houses frequented by westerners. Participants always share hotel rooms with one or more participants, and male and female participants sleep in separate quarters. Participants are supervised at all times and always have facilitators staying nearby at night.

Washroom facilities vary from hotel to hotel. Some will have private washrooms with showers and western-style or Asian-style toilets, while others will

have shared washroom facilities. Showers are available on a daily basis. All accommodations will have sinks with running water.

LANGUAGE

Mandarin is spoken across northern China and is the primary language spoken by the local people that participants will meet on their trip. Your Lead Facilitator who travels with the group will be fluent in Mandarin and will act as a translator. Participants will also have frequent opportunities to learn and practice conversational Mandarin or Cantonese.

FOOD AND WATER

The group will eat primarily at restaurants that have been visited in advance by our China facilitation team. Participants will have the opportunity to sample a range of Asian and traditional Chinese cuisines, from spicy Szechuan to Thai to Mongolian. As tap water is generally unsafe, Me to We Trips facilitators will provide bottled water for participants to drink.

