



IN PARTNERSHIP WITH PROJECT HOPE

The People's Republic of China
PROJECT HOPE/JIAO TONG SCHOOL OF NURSING
NURSE EDUCATORS DELEGATION
Shanghai-Wuhan
Nov 15-22, 2008



TOPICS

The three primary themes for the delegation are: 1) Leadership & Collaboration; 2) Innovations & Outcomes; and 3) Maximizing Health Through the Global Development of APN Roles. Final topics are determined based on delegates areas of expertise. As each team member enrolls, we will request a CV with areas of expertise, and presentation topics, thereby forming the final agenda two months prior to the meeting based on participants.

- Innovation and/or collaboration in practice (e.g., APN interventions, models of care delivery, program innovations)
- Innovation and/or collaboration in education (e.g., APN curricula, continuing education, teaching/learning strategies in APN education)
- Innovation through research and knowledge transfer (e.g., practice guidelines, evidence-based practice, continuous quality improvement innovations)
- Leadership in APN role development and implementation (e.g., new and emerging APN roles, practice patterns, role support strategies, role development issues)

PROFESSIONAL HIGHLIGHTS

- A. Professional Exchange with Nurse Educators over two days
- B. Site visits to Schools of Nursing and training Hospitals in both Shanghai and Wuhan
- C. Opportunities to interact and build mentoring relationships with Chinese colleagues

CULTURAL DISCOVERIES:

In depth briefing on language, customs and your program
Bund exploration and River Cruise in Shanghai
Chinese Acrobat Show
Jade Buddha Temple and Old Shanghai
Chinese Foot Massage Explore Wuhan

SHANGHAI

Day 1: Nov 15 -Shanghai (D)

- Arrive Shanghai
- Welcome Dinner
- Briefing on Chinese language, governmental structure, history, etiquette, and culture

Day 2: Nov 16 - Shanghai (B, L, D)

- Shanghai Museum
- Yu Garden
- Jade Buddha Temple and Old Shanghai
- Evening entertainment, Shanghai Acrobatic Show

Day 3: Nov 17 - Shanghai (B, L, D)

- **PROFESSIONAL EXCHANGE**
- **JIAO TONG UNIV SCHOOL OF NURSING**
- Evening entertainment: Bund River Cruise and Dinner

Day 4: Nov 18 - Shanghai (B, L)

- **PROFESSIONAL EXCHANGE**
- **SHANGHAI CHILDREN'S MEDICAL CENTER**
- Evening free to explore Shanghai

WUHAN

Day 5: Nov 20 - Wuhan (B, L, D)

Tai Chi in the Park before flight to Wuhan

- Arrival and check into hotel
- Chinese Foot Massage (reflexology)
- Dinner together in specially picked local restaurant

Day 6: Nov 21 - Wuhan (B, L)

- **PROFESSIONAL EXCHANGE**
- **WUHAN UNIVERSITY HOPE SCHOOL OF NURSING**
- Evening dinner at local restaurant with walking tour through Old Town and shopping excursion

Day 7: Nov 22 - Wuhan (B, L, D)

- **PROFESSIONAL EXCHANGE**
- **WUHAN UNIVERSITY HOPE SCHOOL OF NURSING**
- Break out into areas of specialty for bilateral question and answer sessions

FAREWELL DINNER

Day 8: Nov 23 - Wuhan (B)

- Depart for Shanghai or on to Optional Extension to Three Gorges River Cruise

TUITION

**\$1970 per person based on double occupancy
Single Room Supplement \$640.**

Tuition Inclusions:

- First Class Hotel accommodations (double occupancy)
- Hotel room local surcharges and taxes
- Domestic flights from Shanghai – Wuhan – Shanghai (if not taking extension to Tibet)
- Baggage handling and transfers to/from hotels
- A delegated English speaking National Guide will travel with the delegation throughout the whole trip
- First Class Motor Coach Transportation to/from hotels, excursions & included meals
- Professional local English speaking guide service on all tours
- Meals as indicated in the above description including soft drinks and local beers when appropriate
- Admission to the scenic excursions and special events specified in the program
- Gratuities are included to city guides and bus drivers in all cities, this does not include tips to the national guide
- Professional Meetings, transportation, and continuing education credits as specified

Optional Extension to Beijing and Xi'an Details on Next Page

BEIJING-XI'AN
OPTIONAL PRE-CONFERENCE EXTENSION
NOV 9-15, 2008

PROFESSIONAL EXPERIENCE:
Beijing Guanganmen Traditional Chinese Medicine Hospital

HUMANITARIAN EXPERIENCE:
Orphanage in Xi'an
Rural Village in Xi'an

CULTURAL HIGHLIGHTS:
Forbidden City
Great Wall of China
Summer Palace
Family visit in Beijing
Terra Cotta Warriors
Big Wild Goose Pagoda in Xian
Peking Roast Duck Dinner
Legend of Kung fu in Beijing
Everyday day Chinese lesson on the bus

BEIJING



Located in the North, is the capital of China and home to over 14 million people, 10 million bicycles and 3 million vehicles. It is China's most important political, cultural and financial center. As the seat of power of Chinese emperors throughout the centuries, Beijing is steeped in history. Nowhere else can you get a more concentrated impression of the old and new China? While your minds are still lingering with architectural miracles of Forbidden City and Great Wall of China, your eyes are also shocked by the rising constructions of the Olympic Village for the 2008 Summer Olympic Game.

Day1: Beijing (D)

Arrival in Beijing, transport to Beijing International Hotel, welcome dinner, and briefing by your Chinese National Guide



Day 2: Beijing (B, L, D)

In the morning, delegates will visit **Guang Anmen Hospital of Traditional Chinese Medicine**, learning about theories as well as clinical practices adopted by this great alternative medicine with thousands of years of history.

Lunch at local restaurant

In the afternoon, a visit to the world-renowned **Forbidden City** will have you overwhelmed by this largest imperial palace complex no comparable by the rest of the world. Strolling among the courtyard, seeing those incredibly engraved pillars and roof ceilings, your minds will be racing with the history of many rises and downs of Chinese dynasties.



Following an authentic Chinese local dinner, you will be delighted by the great stage performance “ **Kung fu**”, a panorama combining martial art, acrobatic and many other artistic forms. As Metropolis Magazine put it: *‘The legend of Kungfu takes Beijing into a new era of modern theatrical performance’*

Day 3: Beijing (B, L, D)

The morning visit to the **Great Wall of China** will absolutely perfect your Beijing trip. A defensive work of thousands of miles, a historical wonder of Chinese people’s essence, your dream of climbing the wall will be turned into reality. Reach the highest tower and appreciate the beauty, you are on the wall!!



Lunch at local restaurant



In the afternoon, will pay a visit to the **Summer Palace**. Summer Palace is the largest and most significant imperial garden in China. Its first construction could be dated back to 800 years ago, and its latest reconstruction was in 1903. It was the most favorable summer resort for Chinese Emperors and the Empress Dowager Cixi in the last dynasty.

The **Peking Duck Banquet** is absolutely a perfect ending to today’s all events. As the locals say that you never claim to have been in Beijing without trying the Peking duck. With a history of over 200 years, the duck meal used to be served only to the royals families. From raising the ducks to the cooking methods, a restrictive process is practiced. Eating is believing. You are never aware of being full while till gets shocked by everything served.

Day 4: Beijing (B, L, D)

In the afternoon, delegates will visit to a **traditional local neighborhood** in Beijing. This is a great chance for delegates to get have a close interaction with Chinese families, chat with local people to learn about their everyday life and observe disparities and similarities that are exist between the nations. Delegates will also be invited to learn how to cook Chinese foods, while it’s more for friendship than just a lesson. Understanding each other, finding the best and most out of each other, it is a real people to people moment. Dinner will be served at the local families.



Fly to Xi’an and lunch on board the plane

XI'AN

Upon arrival, pay a brief visit to the **City Wall**

The city wall, 14 kilometers long, is one of the only two 600-year-old city walls still in good shape in China.

Check into the **Bell Tower** hotel and Fresh up
Dumpling Dinner at local

restaurant <http://www.travelchinaguide.com/images/map/shaanxi/shaanxi.gif>

Xian, meaning the Western Peace, records the great changes of the Chinese nation just like a living history book. Called Chang'an in ancient times, Xian is one of the birthplaces of the ancient civilization of the Yellow River Reaches. During Xian's 3,100 year development, 13 dynasties such as Western Zhou (11th century BC - 771 BC), Qin (221 BC - 206 BC), Western Han (206 BC - 24 AD) and Tang (618 - 907) placed their capitals here. So far, Xian enjoys equal fame with Athens, Cairo, and Rome as one of the four major ancient civilization capitals. Within the country, the cultural and historical significance of the area, as well as the abundant relics and sites, help Xian enjoy the laudatory title of 'Natural History Museum'.



Day 5: Xi'an (B, L)

Morning visit to the **Big Wild Goose Pagoda** that is a 1200-year-old functioning Buddhism temple. Dayan Pagoda is also known as the Big Wild Goose Pagoda. This seven-story, 211 foot structure, built in 652 AD and offers a spectacular view of the ancient city wall.



Lunch at the Terra Cotta Warriors Museum restaurant

Afternoon visit to the **Terra Cotta Warriors Museum**

The Terra Cotta Warriors and Horses are the most significant archeological excavations of the 20th century. Work is ongoing at this site, which is around 1.5 kilometers east of Emperor Qin Shi Huang's Mausoleum, Lintong County, Shaanxi province. It is a sight not to be missed by any visitor to China. On the way back to the city, delegates will visit a **local farmer's family**. A great opportunity for you to learn the rural life of China! Delegates will have an **open evening** today.

Day 6: Xi'an (B, L, D)

In the morning, delegates will visit **Xian Children's Welfare Institute (An Orphanage)**. People said that the "one child family policy" has spoiled a whole generation of people born after 1978. But we do have kids who need more care and love from the whole society, such as those living in the orphanages. This is going to be a heart-touching experience for all of you!

In the afternoon, you will have a visit to the **Great Mosque and Market**. The Great Mosque in Xian is one of the oldest, largest and best-preserved Islamic mosques in China and its location is northwest of the Drum Tower (Gu Lou) on Huajue Lane. Following the visit, will also have some bargaining shopping opportunities at the market nearby.



Lunch and Dinner at local restaurant

Day 7: Xian – Shanghai (B)

Check out of hotel to fly to Shanghai and Begin Your Conference

OPTIONAL PRE-EXTENSION COST:

\$1860 per delegate based on double occupancy
Single Room Supplement \$495

Tuition Inclusions:

- First Class Hotel accommodations (double occupancy)
- Hotel room local surcharges and taxes
- Domestic flights from Beijing-Xi'an & Xi'an on to Shanghai
- Baggage handling and transfers to/from hotels
- A delegated English speaking National Guide will travel with the delegation throughout the whole trip
- First Class Motor Coach Transportation to/from hotels, excursions & included meals
- Professional local English speaking guide service on all tours
- All meals as indicated in the above description including soft drinks and local beers when appropriate
- Admission to the scenic excursions and special events specified in the program
- Gratuities are included to city guides and bus drivers in all cities, this does not include tips to the national guide
- Professional Meetings, transportation, and continuing education credits as specified

OPTIONAL POST DELEGATION EXTENSION

THE PEOPLE'S REPUBLIC OF CHINA YANGTZE RIVER POST-DELEGATION OPTIONAL EXTENSION NOVEMBER 22-27

Cultural Highlights including:

Chong Qing

General Stillwell Museum's World War II
Panda Bear Garden of Chong Qing Zoo
Three Gorges Dam Museum
People's Square

Yangtze River Cruise

Shore excursion at "Ghost" City
Small Gorges Excursion
Visit the Three Gorge's Dam

Day 1, Nov 22, Saturday, Wuhan-Chong Qing

Delegates will have a leisure morning, then drive to the airport and fly to Chong Qing
Upon your arrival in Chong Qing, met by the local guide and check into the luxury hotel. Dinner at hand selected local restaurant.

Day 2, Nov 23, Sunday, Chong Qing

Today, delegates will have a wonderful day trip in Chong Qing, including **General Stillwell Museum's World War II**, the lovely **Panda Bear Garden** where you will see the cute Panda Bear, "National Treasure of China"!

Last but not least, will be a visit to the **Three Gorges Museum**, a great place for you to get a better understanding of this world-famous project before you actually see it.

Lunch and dinner at local restaurant.

Board **Victoria Cruises' Katarina** to begin your down stream cruise in your outside cabin with private balcony.

Day 3, Nov24, Monday, Yangtze River Cruise

Enjoy a leisure trip in the morning, and then have the shore excursion at the **Feng Du "Ghost "City**. A scenic spot actually known for its rich history, terrific view of Yangtze River! Lunch and dinner on board the ship.

Day 4, Nov 25, Tuesday, Yangtze River Cruise

Unforgettable scenery unfolds as you cruise through the first of the fabled Three Gorges: Qutang Gorge. At Wuhan, transfer to a cruiser for an excursion up the Daning River to view its **splendid Small Gorges**. Continue by Sampan to the picturesque mini-gorges of the Ma Du River. Alternatively, your excursion may be on **Shennong Stream** with impressive small gorges. Finally, sail through the dramatic Three Gorges ship lock. Lunch and dinner on board the ship.

Day 5, Nov 26, Wednesday, Yangtze River Cruise, Yi Chang to Shanghai

Today, will visit the **Three Gorges Dam**, the world's largest hydroelectric project. Cruise ends at Yi Chang city, then board a flight to Shang Hai.

Upon your arrival in Shanghai, get transferred to the **Bund Riverside Hotel**, open evening. Dinner own your own.

Day 6, Nov 27, Thursday, flying home

Check out of the hotel, and depart for the airport, catch your flight home!

The cost of the Optional Extension **USD \$1880 per person** based on double occupancy; single room supplemental fee is **USD745**

Quotation includes:

1. Hotel accommodations at Shanghai Bund Riverside Hotel (4*), Chong Qing Holiday Inn Hotel (4*)
2. Yangtze River Cruise tour with arrangements as specified in the above program. Excluding the tipping to the ship staff.
3. Flight tickets from Wuhan-Chong Qing & Yichang-Shanghai
4. All city based transportations
5. English speaking guide services
6. Tips to city guides and bus drivers in Chong Qing, Yichang and Shanghai.

A national guide will travel along with the delegation throughout the whole trip if over 10 people join the extension, otherwise top local guides will be utilized

Tuition Rates are subject to minimal change based on air fuel surcharges or unforeseen taxes and expenses