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IN PARTNERSHIP WITH PROJECT HOPE

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



**TOPICS**

Mother to Child Transmission  
Emerging Populations  
Women and Adolescents  
Symptom Management  
New Treatment Modalities  
Treatment Experienced Patients  
Co-morbidities (cardiac, renal, etc.)  
Multi-drug resistance Tb  
Hepatitis

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PROFESSIONAL HIGHLIGHTS

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- 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
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## CULTURAL DISCOVERIES:

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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

## **BEIJING-XI'AN**

### **OPTIONAL PRE-CONFERENCE EXTENSION**

**NOV 9-15, 2008**

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#### **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

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

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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 \$1860 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