Healing Across Cultures: A Global Engagement Experience in China  
May 21, 2014 – May 31, 2014

Hotels: 
Beijing: Bamboo Garden Hotel  
Shanghai: Astor House Hotel  
Hangzhou: Jinxi Hotel

Itinerary

Day 1 Beijing Arrival
Meet your guide and driver at the airport (with guide)  
Back to your hotel

Day 2 / Beijing B - L - D
Temple of Heaven - see morning activities and learn Taichi  
Taichi Theory briefing by an expert  
Peking Duck lunch  
Forbidden City and Tiananmen Square  
Dinner

Transfer back to your hotel

Day 3 / Beijing B - L
Peking University Medical Center  
Visit Peking University School of Nursing (can possibly arrange a meeting with students)  
Tour of Peking University  
Local lunch  
Introduction to Chinese Herbs  
Tongren Tang Pharmacy  
Visit Qianmen and Dashalan (Stroll and dinner on your own)  
Acrobat Show (side seats. Starts at 7:15pm)

Transfer back to your hotel

Day 4 / Beijing B-L
Visit a traditional Chinese Hospital with acupuncture introduction/demonstration (Beijing Zhongyi Hospital)  
Lama Temple  
Vegetarian lunch  
Foot reflexology introduction  
Foot massage at Qinghua Spa

Transfer back to your hotel
Day 5 / Beijing B-L
Great Wall Mutianyu (fees for the cable cars and toboggans are included)
Fresh trout lunch
Drive back to city
Olympic Venues (outside view)
Dinner on your own around Houhai Lake
Transfer back to your hotel

Day 6 Beijing - Shanghai B
Pick you up from your hotel at 8am
Take the bullet train to Shanghai (departs at 10 am 5.5 hours)
Lunch by yourself on the train
Meet your Shanghai guide and driver at the train station
Drive to your Shanghai hotel
Xintiandi (can get dinner on your own)

Day 7 Shanghai B
Yuyuan Garden
Lunch in Tianzifang on your own
French Concession
Shanghai Museum
Nanjing Road
the Bund
Transfer back to your hotel

Day 8 Shanghai B-L
Pick you up from your hotel
Visit to Shanghai Institute of Preventative Medicine (Shanghai City Disease Prevention and Control Information Platform) They are the same organization which is a government organization. We will try to get visiting permission. If not, I will arrange another hospital for you.
Local Lunch
Liujiangui Business area
Drinks at Cloud 9 bar at the top of the Jinmao Tower
Transfer back to your hotel

Day 9 Shanghai - Hangzhou B-L
Pick you up from your hotel
Drive to Hangzhou
Check into hotel
Lingyin Temple
Lunch
West Lake Cruise
Free time around the West Lake
Day 10 Hangzhou B-L
Check out the hotel
National Museum of Chinese Traditional Medicine
Hefang Street
Lunch in a tea farmer's house
Learn about the properties of Lu Cha & "tea cooking"
Zhejiang Hospital of Traditional Chinese Medicine
Drive back to Shanghai

Transfer to your hotel in Shanghai

Day 11 Shanghai departure
Check out
Transfer to the airport
End of Tour