



Fall China Trip to Hangzhou

October 13-27, 2018

Hangzhou-city surrounded by countryside

Detailed Travel Map of Hangzhou West Lake



Internship in China with emphasis on Ba Gua and 9 Palace Acupuncture

- 1. 2 weeks of TCM school/hospital rotations
- 2. Daily schedule (M-F)
- 8am-11:30am, lunch break, 1:30pm-4:30pm
- Rotation topics:
- 2 main: Acupuncture (pain management) and Herbal Medicine (internal med)
- 1. Acupuncture: orthopedics, chronic conditions, silver needle and classical techniques and tuina
- 2. Herbs: TCM Cosmology, gynecology, dermatology, gastrointestinal
- **RECOMMENDATION:** determine your focus- acupuncture or herbal medicine
- Extras:
- Field trip to the Dragon Well Tea mountain, botanical herb farms, Lingyin Buddhist temple, Yellow mountain, Shanghai, etc. is arranged separately as a group or individually.

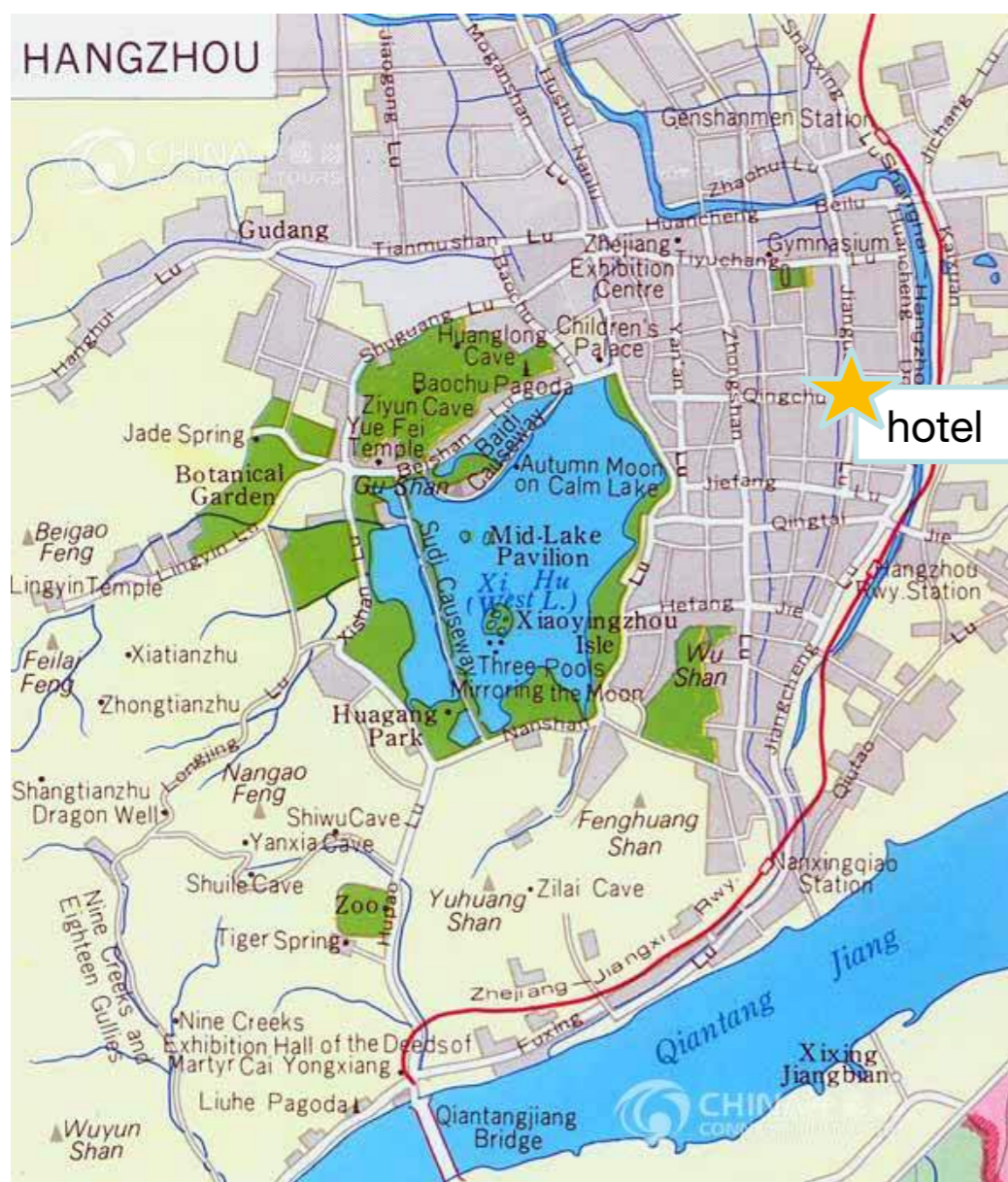


Trip Details

- Dates: October 13-27, 2018 (14 days)*
 - Check into B&B on Saturday Oct 13 and check out Saturday Oct 27.
- Nights and weekends off
- Acupuncturists: 50 CEUs approved with CA Board (category 1).
- Transportation to and from clinics on your own (bus, bike, taxi, walk)
- Group size: ~4 per 1 translator per shift.
- Minimum group size for trip to proceed is 8 people
- * We will try to coordinate flights to make sure we arrive together

Clinics

- Most are around our hotel and some around the lake



Trip Details

- Welcome ceremony and graduation ceremony at the school
- Organized group tour of organic herb farm
- Organized group event during the evening, one per week



- Night market/street food tour
- Tour of West Lake
- Local tea tasting



- Nice hotel accommodations (4 star China rating)



Caves at fuyang 1.5 hours away



TCM Museum at the University



Linyun temple- 30 min away

Nearby attractions for day trips*

XiXi wetlands- 30 min away



*to be arranged separately but most of the sites are just a bike or taxi ride within the city



Clinic in town at Hefang street



Shen long at Tonglu- 1.5hours away



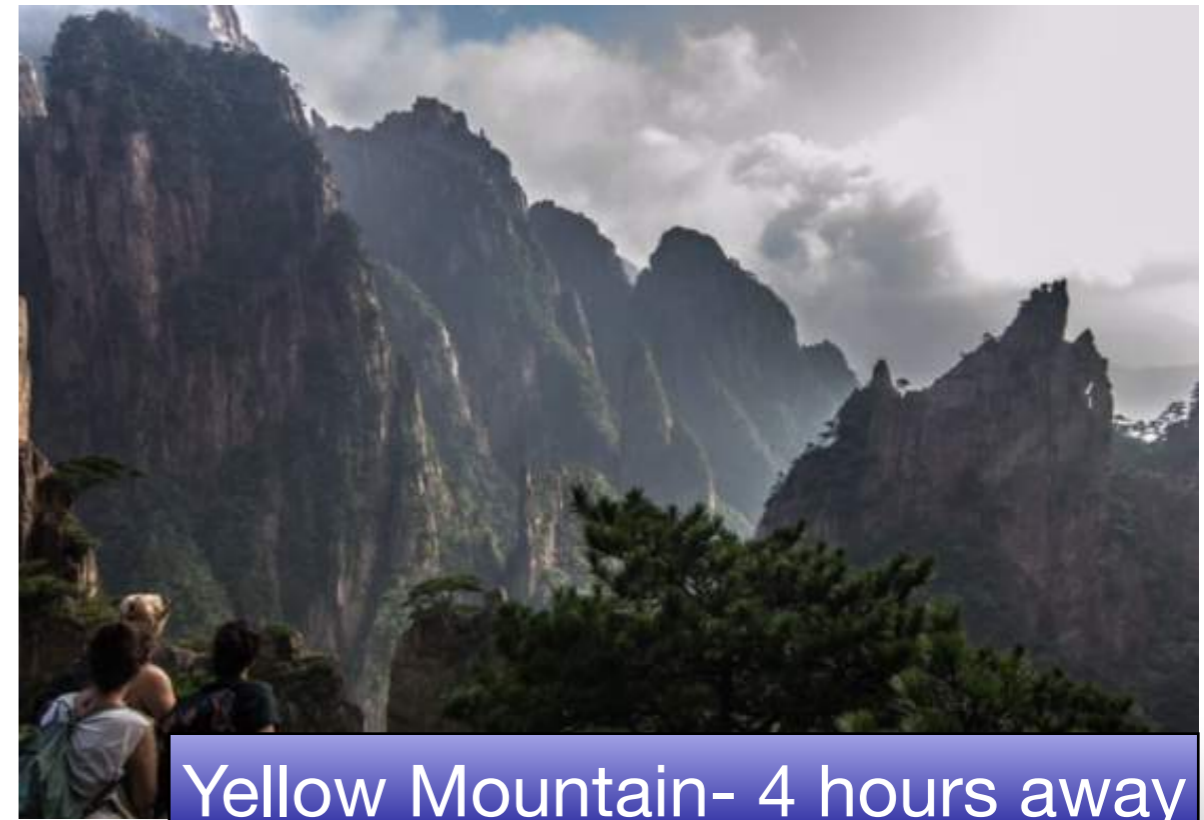
Ling zhi farm in Tonglu - 1.5hours away



Golden Ox at West Lake



Best Hot pot in town- HaiDeLao



Yellow Mountain- 4 hours away



Outside the caves at Fuyang



Shi hu farm in Tong lu - 1.5 hours away

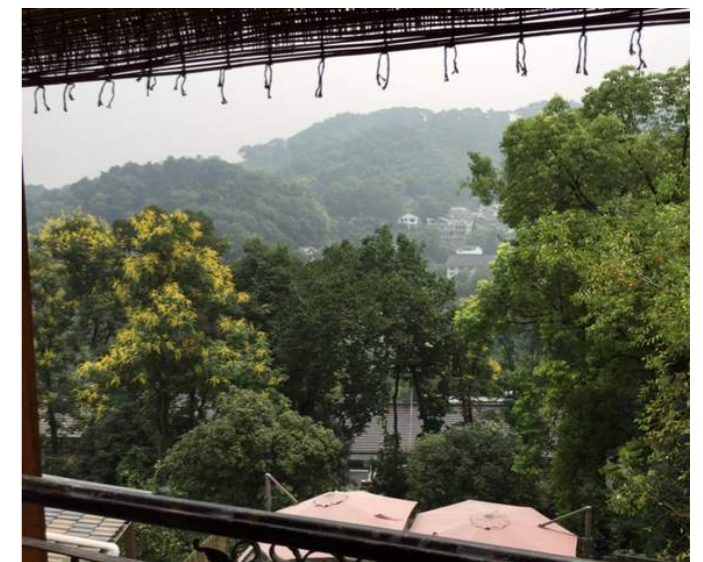
Hangzhou

- Famous for the West Lake and Dragon Well (green tea) Mountains
- Many Buddhist Temples in the mountains- LingYin Temple
- Surrounded by lush mountains and bamboo forests
- Night markets



First weekend in China: 2 night stay in B&B

- A nice way to ease into China by spending a relaxing weekend in the mountains surrounded by the famous Dragon Well (Longjing) Tea fields.
- Go on hikes to explore the caves or walk among the tea



First weekend in China: 2 night stay in B&B

- Need to coordinate arrival at Hangzhou airport on Saturday
- Transport will be included only from Hangzhou airport (HGH)
- 2 nights at the bed and breakfast with breakfast included
- Transportation to school and hotel in town included
- Transport from the B&B to Hangzhou city Hotel

Itinerary: October 13-27, 2018

- Oct13- Saturday: Arrive at Hangzhou airport and check into B&B in the Dragon Well Mountains
- Oct15- Check out of B&B, welcome ceremony at Zhejiang University, check into hotel in the city, free time to explore
- Oct16- First day in clinic: 8am-11:30, 1:30pm-4:30
- Oct 16-19- Week 1 in clinic, 2 shifts per day with 1-2 lectures during the week.
- Oct20-21- Weekend off to explore
- Oct22-26- Week 2 in clinic. New rotations with 1-2 lectures
- Oct24- All day field trip to herbal farm
- Oct26- closing ceremony and receive certificates of completion
- Oct27: Saturday: check out of hotel

Deadlines

- **1. June 8, 2018- \$600 Non refundable deposit to reserve your spot,**
- **2. July 8, 2018 - Full payment due, you will receive internship applications upon payment. Internship applications and topics of study completed.**
- **Make sure your passports are up to date and does not expire until April 2019.**
- *Deposit is nonrefundable if you decide to cancel. In the event that the trip is cancelled, deposits will be returned.*
- *Full payment must be made by the deadline to guarantee your spot. Due to arrangements with our accommodations and the internship program in Hangzhou, payments will not be refundable so please make all necessary arrangements before signing on for this trip. There will be no refunds or exchange credit after your full payment unless the trip is cancelled.*
- ***It is also a good idea to get airline tickets around mid July.*** *A good price for round trip tickets from SFO to HGH (Hangzhou) is around \$800. DO NOT fly into Shanghai.*

Price*:

- \$2800 single occupancy-student rate*
- \$3000 single occupancy-practitioner*
(50 ceus provided, CA state board Category 1)
- Other expenses:
 - \$140 for Visa Fee- you will need your airline ticket to apply for your China Visa. Allow 30 before the trip to apply for your visa. Make sure your passports are up to date and does not expire until April 2019.
 - Airfare, meals, ground transportation is NOT included.

* Rate quoted may change due to availability.