Mainland Exchange Programme for Junior Secondary and Upper Primary Students (2023/24-2024/25)

Briefing on An Exploration into the History, Traditional Culture and Ecology in Chengdu

Departure Date: 7 January 2025

Sponsored by the Education Bureau of the Government of HKSAR

Organizer: Huachang Oriental Culture International Exchange Co., Ltd.



1. Learning Objectives

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3. Instructions & Precautions

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Itinerary Arrangement & Introduction of the Attractions



Contact List of the school & Organizer



Learning Objectives

Learning Objectives

- > Learn about Sichuan's rich history and cultural heritage
- Appreciate and understand local traditional arts, understand the customs, life and culture of Sichuan people; and understand the responsibility of protecting and inheriting Chinese culture
- > Understand the characteristics of Sichuan's natural ecology and consider the importance of conservation

Learning Activities

Before the tour

Browse relevant websites and read books or journals before departure

During the tour

- Take a photo each day to record your feelings that day and share it with your teachers and friends on Padlet
- After dinner every day, share your experiences from the trip and consolidate what you have learned with your schoolmates



Itinerary Arrangement

Details of Gathering & Dismissal

Gathering	Date:	7 January 2025 (Tuesday)	
	Time:	6:15 a.m.	
	Venue:	LCU	
Dismissal	Date:	10 January 2025 (Friday)	
	Time:	About 6:30 p.m. (Subject to the arrival time of the flight)	
	Venue:	LCU	

Remarks:

★ Please **be punctual** and make sure you have **brought all relevant travel documents**

★ Latecomers have to go to the airport by themselves

★ No fees will be refunded if you miss the flight

 \star Please keep your mobile phone switched on

Day 1 (7 January 2025)

6:15 a.m.	• Meet at LCU	
6:30 a.m.	Coach to HK International Airport (Flight: CX986 10:00-12:35)	
	Lunch on the plane	
	• Visit Chengdu Research Base of Giant Panda Breeding	
PM	• Have dinner while watching a Sichuan Opera face-changing performance	
	Reflection and sharing session	

Day 2 (8 January 2025)		
6:30 a.m.	• Breakfast	
AM	Visit a local primary school	
12:00 noon	• Lunch	
	 Visit Sichuan Science and Technology Museum Visit Wu Hou Shrine & Jinli Street 	
PM	• Dinner	
	Reflection and sharing session	

Day 3 (9 January 2025)

- **Breakfast (3 hours from Chengdu to Zigong)** 6:30 a.m. AM Visit Zigong Salt Industry History Museum 12:00 noon Lunch Please bring your own medicine to prevent carsick Visit Shenhaijing Visit Zigong Dinosaur Museu PM Dinner
 - Reflection and sharing session

	Day 4 (10 January 2025)
6:30 a.m.	• Breakfast
AM	Visit Chengdu Museum
11:00 a.m.	Simple Lunch
PM	 Back to Hong Kong (CX987 13:55-16:55)
6:30 p.m.	Dismissal at LCU

Introduction of Sichuan & Attractions

香港初中及岛 外內地交流計劃 四川歷史文

Chengdu Research Base of Giant Panda Breeding

• Understand the unique ecology of giant pandas and the importance of panda conservation

Overview

• The Chengdu Research Base of Giant Panda Breeding was established in 1987. Through years of research, it has worked to protect giant pandas. Through science and technology, artificial breeding will be strengthened to increase the population of giant pandas. Giant panda rewilding training will be carried out to release them into the wild to replenish and rejuvenate the wild giant panda population.



Sichuan Opera Face Changing

• Understand the characteristics of traditional Chinese drama and its importance to life and culture, and pay attention to protecting national culture and heritage

Overview

• Face-changing in Sichuan Opera is one form of Sichuan Opera performance. It is used to reveal the inner thoughts and changes in thoughts and feelings of the characters in the play and to turn abstract emotions and psychological states into concrete images—facial makeup. Face-changing in Sichuan Opera is a stunt used to create characters in the art of Sichuan Opera.



Sichuan Science and Technology Museum

• To popularize the knowledge of science and technology, understand the STEAM field and the application of modern technology and its impact on people's livelihood

Overview

• The Sichuan Science and Technology Museum's permanent exhibition area is 25,000 square meters. The museum has 20 exhibition areas, including aerospace, robotics, virtual world, mathematics, youth science and technology park, and robot studio, with more than 600 exhibits. The exhibits use modern display methods such as sound, light, and electricity to popularize scientific and technological knowledge to the public.

Wu Hou Shrine

• Understand the deeds of Zhuge Liang, a historical figure in the Shu-Han Dynasty; appreciate the effectiveness of traditional Chinese architecture and the revitalization of Wuhou Shrine

Overview

• Wuhou Shrine is a temple that commemorates the emperor Liu Bei of the Shu Han Dynasty, Prime Minister Zhuge Liang and other heroes of the Shu Han Dynasty during the Three Kingdoms period in ancient China. It is the only temple in China with ancient architectural construction and design for the emperor and his ministers to worship the emperor and his ministers together. It is one of the best temples in the world. The largest museum of Three Kingdoms relics. Wuhou Temple was first built in AD 223. A museum was established in 1984. In 2008, it was rated as a national first-class museum and enjoyed the reputation of "Holy Land of the Three Kingdoms"

Jinli Ancient Street

• Understand the life and culture of people in Chengdu, Sichuan

Overview

• Jinli Ancient Street is 550 meters long, covers an area of more than 30,000 square meters, and has a construction area of 14,000 square meters. On both sides of the street are residential houses in western Sichuan in the late Ming and early Qing dynasties, integrating food, housing, transportation, travel, shopping and entertainment. Teahouses, theaters, restaurants, handicraft workshops, handicraft stalls, and gourmet shops are all over the street. While expanding the extension of the Three Kingdoms' culture, integrated into western Sichuan's folk customs.

Zigong Salt Industry History Museum

• Understand the development history of China's salt industry and its impact on social development

Overview

• The Zigong Salt Industry History Museum is in Zigong City, Sichuan Province. It was a museum jointly built by Shaanxi businessmen who came to Ziliujing area to operate the salt industry in the first year of Emperor Qianlong of the Qing Dynasty (1736). It is one of the earliest professional museums established in China. The museum has an exquisite design and complex structure, integrating palace architecture and folk architecture. It is known as a treasure of ancient Chinese architecture.





• Understand ancient Chinese drilling technology; appreciate ancient Chinese leading science, technology and inventions

Overview

• The Shenhaijing was dug in 1835 (the fifteenth year of Daoguang's reign in the Qing Dynasty) with a depth of 1,001.42 meters. It was dug using the traditional Chinese percussion (drilling) drilling method. It is a symbol of the maturity of ancient Chinese drilling technology and comprehensively embodies China's development, which is an important milestone in the history of world science and technology. Its drilling technology is known as ancient China's "fifth greatest invention" and the "father of world oil drilling."



• Appreciate dinosaur ruins and fossils, learn about dinosaur knowledge and history

Overview

• The Zigong Dinosaur Museum is located in Zigong City, Sichuan Province. It is one of the three largest dinosaur sites in the world and the first specialized dinosaur museum in Asia.

Chengdu Museum

• Appreciate dinosaur ruins and fossils, learn about dinosaur knowledge and history

Overview

- Established in 1958, the Chengdu Museum is the largest comprehensive city museum in Southwest China and a national first-class museum.
- The museum covers an area of about 11,333 square meters with a total floor area of around 65,000 square meters, of which about 20,000 square meters are devoted to exhibitions. There are three permanent exhibitions including "Full Bloom of the Brocade City: History and Culture Display of Chengdu (Ancient Times, Recent Historical Period and Folk Customs)", "Shadow Play and Puppetry of China", and "Man and Nature: Donations from Kenneth E. Behring".



Instructions & Precautions



1) Entry and Exit Instructions



Please check and bring all your documents on the departure day

- If students fail to bring their documents, they will be refused entry
- Please double-check whether you have brought all relevant documents before the trip, for example:

Age	Hong Kong Permanent Resident	HK Resident (Residing for less than 7 years)
Students reach the age of 11	 Hong Kong Juvenile Identity Card (with photo) Mainland Travel Permit for Hong Kong and Macau Residents 	 (1) Hong Kong Juvenile Identity Card (with photo) (2) HKSAR Document of Identity for Visa Purposes (DI) (3) Mainland Travel Permit for Hong Kong and Macau Residents
Students under the age of 11	 Hong Kong Juvenile Identity Card (without photo) Or HKSAR Re-entry Permit Mainland Travel Permit for Hong Kong and Macau Residents Identification document with photo issued by the HK Immigration Department (such as SAR passport) 	 (1) Hong Kong Juvenile Identity Card (without photo) or HKSAR Re-entry Permit (2) HKSAR Document of Identity for Visa Purposes (DI) (3) Mainland Travel Permit for Hong Kong and Macau Residents (4) Identification document with photo issued by the HK Immigration Department (such as SAR passport)

Students without Chinese nationality

- (1) a valid passport (at least six months before expiration) (If you hold a new passport, please bring your old passport with a Hong Kong visa at the same time)
 (2) a China Visa or
 (3) Mainland Travel Permit for Hong Kong and Macau Residents (NCS)
- Parents should keep copies of travel documents
- Teachers will keep the original and copies of students' travel documents during the trip
- Please submit your travel documents to your teacher <u>on or</u> <u>before 2 January 2025 (Thursday)</u>

- Students must follow the tour leader and teachers throughout the trip and abide by the safety rules of each activity.
- If any students need a long time to complete entry and exit procedures, the teacher in charge should accompany the relevant students to complete the procedures.
- If special circumstances arise, the teacher in charge should immediately report to the General Office of the Hong Kong school so that the school can grasp the latest situation and respond to parent inquiries.

- Do not bring prohibited items into mainland China, such as weapons, ammunition, imitation weapons; counterfeit currency, banknotes; drugs, cough drops (containing codeine) and other additive psychotropic drugs; meat, plants, fruits and vegetables
- Avoid bringing newspapers, magazines, and books with sensitive content
- Do not carry counterfeit and copyright-infringing pirated items into and out of the Mainland and Hong Kong
- No cigarettes or alcoholic beverages may be purchased or consumed





2) **Boarding Instructions**



Luggage Recommendation (Cathay Pacific)

1 piece (checked luggage) 23kg + 1 piece (hand-carried luggage) 7kg



The umbrella should not be put into hand-carried luggage when travelling on the flight. Please put a name tag on the suitcase with a luggage lock.

- Spare lithium battery: backpack
- Power Bank, camera batteries (not more than 2) backpack
 - Rated energy value must not exceed 100Wh (watt hours)
 If it exceeds 100Wh but does not exceed 160Wh, it must be approved by the airline in advance
- Liquids not exceeding 100ml: backpack
 Contained in containers not exceeding 100 ml
 and place the container inside a clear resealable bag
- Liquids/sprays over 100ml: Checked luggage
- Containers that are not full but have a capacity greater than 100 ml: Checked luggage
- Compressed Spray: Checked luggage
- Various sharp or bladed objects: Checked luggage
 Table knife, scissors, razor blade, pointed comb or cross-key











- 1. Participants should abide by laws and social ethics while travelling or staying in Mainland China.
- 2. If you lose your Hong Kong Identity Card or Home Return Permit, you must immediately notify the tour leader and accompanying teachers.
- 3. If students need assistance during the trip, they should immediately notify the teacher or the tour leader and call the 24-hour helpline (852) 1868 of the Immigration Department's Assistance to Hong Kong Residents Unit and contact the Education Bureau for assistance.
- 4. If you encounter accidents such as traffic or fire, emergencies such as robbery or attack, or casualties. In that case, you should immediately report to the local public security agency and seek for assistance.
 - Mainland police hotline: 110
 - Medical emergency hotline: 120
 - Fire alarm number: 119
 - Traffic accident alarm number: 122



5. You can call the insurance company's support centre for assistance if you have purchased relevant insurance.

- 6. Personal safety:
 - Do not disclose your personal information to strangers
 - Always follow the team and do not leave the event location without authorization or act alone.

- 7. Traffic safety:
 - Pay special attention to the movements of vehicles around you before getting on and off the bus
 - You must wear a seat belt when driving and do not walk around in the car at will
 - Strictly follow the traffic light instructions when crossing the road.

- 8. Food safety:
 - Do not eat food and drinks given by strangers
 - Do not buy cold food or snacks on the street
 - People with food allergies must follow the doctor's instructions
 - Pay attention to dietary taboos
 - Tell the staff in advance the type of food or drug they are allergic to.
- 9. Health guidelines
 - You must work and rest according to the prescribed time
 - Maintain physical strength and a good mental state
 - Carry medicines ordered and prescribed by your doctor with you
 - Bring safety medicines, such as antipyretics or antidiarrheal medicines, in case of emergencies.

10. Visit and exchange

- Follow the instructions and do not touch items that should not be touched
- Listen carefully to the instructions, pay attention to what is said, and ask questions politely
- When interacting and communicating, be proactive, friendly, and open
- 11. Property security:
 - Students are responsible for keeping valuables safely, such as wallets, mobile phones, electronic devices, etc. (Mobile phones should be hung on the body by a mobile phone lanyard.)
 - Always carry valuables with you and do not leave them in the room or on the seat of the vehicle or airport waiting room
 - Do not bring too much cash (RMB300).

Student Code

- Stay safety
- To unite, cooperate and help each other
- Follow the instructions and pay attention to etiquette while participating in activities
- Report to your parents about the itinerary, accommodation location phone number before going to bed, etc.
- Keep personal belongings and documents carefully
- Do not leave the team without teachers' permission
- Keep the contact numbers of teachers and team leaders with you
- Use the washroom before all rides
- Must bring along safety medicines and prescribed medicine from the doctor
- Mobile phones are mainly used for photography and communication. Students should not play mobile games during the trip. Teachers reserve the right to confiscate mobile devices if students do not follow teachers' instructions



4) Meal Arrangement



• To ensure that public funds are well spent, meals and accommodation arrangements are based on "safety", "hygiene" and "simplicity". The organizer will choose a licensed restaurant with good hygienic conditions and arrange nutritional and balanced meals. Dishes and cooking methods from different places have their characteristics, students should have a balanced diet.

Etiquette Tips

- Experience the cultural customs of different regions, and treat others with courtesy
- Respect the living habits of classmates/roommates, accommodate and help each other
- Cherish food and avoid wasting it
- Protect the environment, save water and energy, and bring your cleaning supplies
- Keep the place tidy at all times and care for the environment
- Keep your personal belongings and clothing tidy and clean

Location: Restaurant

Dining table arrangement

11-12 people per table (the organizer will arrange the number of dining tables according to the overall number of people in the school)

Note:

The coach/group list may not be the same as the dining table arrangement

(5) Bad Weather Arrangements

- Pay close attention to weather forecasts /special reports from radio or television stations on the day of departure.
- The tour leader or staff will maintain communication with the school. If a change or cancellation is decided, the teacher will notify the students.
- Check the weather forecast online: Hong Kong Observatory <u>http://www.hko.gov.hk</u> China Weather Network <u>http://www.weather.com.cn</u>
 - Approximate temperature range in Chengdu: $3^{\circ}C 7^{\circ}C$ (Subject to the actual temperature of the weather forecast)

(5) Bad Weather Arrangements

In the following circumstances, the Education Bureau announces the suspension of all morning schools and full-time schools in Hong Kong, the study tour will be cancelled and the school will arrange the departure date with the sponsoring organization if possible.

The Hong Kong Observatory issues warning signal No. 8/tropical cyclone warning signal No. 8 or above, or issues a red or black rainstorm warning signal, and the Education Bureau announces the suspension of classes.

If within 2 hours before the gathering time	 Cancel the tour Agree on another departure date
If after the gathering time starts	We will consult with the Education Bureau and notify all accompanying teachers as soon as possible. The teachers will inform each student of the relevant arrangement.



6) Accommodation Arrangement







Holiday Inn Express Chengdu Wuhou New City Address: No. 188, Wuke West 2nd Road, Wuhou District, Chengdu City Tel: +86-028-68058888

成都武侯新城智選假日酒店 地址:成都市武侯區武科西二路188號 電話:+86-028-68058888 Students should check the facilities in the room immediately after check-in. If there is any damage or malfunction, please notify the tour leader or hotel staff to follow up for repair or replacement.

- To ensure personal safety, <u>students are not allowed to leave the</u> <u>hotel during their stay</u>.
- If a stranger knocks on the door, do not open the door and call the front desk, tour leader, or accompanying teacher immediately.
- Take good care of public property and keep it clean and intact (damage or loss of items requires compensation).
- Keep the room card carefully (you will have to compensate if lost).
- Remember to take away all luggage and personal belongings before checking out. Lost properties cannot be retrieved.
- Additional expenses, such as long-distance calls, drinks, and luggage handling fees, are at the student' s own expense.
- The "PAY" sign on the hotel TV is a paid channel; if you use this channel, please pay by yourself when checking out.

7) Clothing

- The average daily high temperature of Chengdu in January is around 10°C and the average nightly low temperature is 3°C.
- Prepare yourself and bring warm clothing such as a coat, gloves and a hat to stay warm outdoors.

Date	Outerwear	Accessories	Change of Clothes
7/1/2025	School Winter PE Uniform, School Winter Jacket with fleece jacket	Things to bring with you: 1. A scarf, a	 casual wear (1 set) Underwear (3 sets) Thermal long underwear (2
8/1/2025	Light brown or green down jacket, School winter jacket with fleece jacket, school winter PE uniform	knitted hat, gloves (use a small bag to keep	 sets) 4. Pajamas (1 set) 5. Long socks (3 pairs) 6. Slippers (1 pair)
9/1/2025	Light brown or green down jacket, School winter jacket with fleece jacket, school winter PE uniform		8. A Bath Towel
10/1/2025	School Winter PE Uniform, School Winter Jacket with fleece jacket		

8) Personal care products

Participants should bring some commonly used medicines in case of emergency. If you have food allergies, please inform the tour guide in advance and avoid contact with allergens. If you need to take medicine for a long time, please prepare enough medicine prescribed by a doctor. Do not take medicines provided by others at will

- Prepare additional safety medicines (such as colds, vomiting, stomachache, dizziness, etc.)
- Masks and vomit bags for personal use (Please bring your own medicine to prevent carsick)
- Light bag, water bottle, notepad, pencil or pen

9) Heath

- Declaring health conditions (such as heart disease, asthma and other diseases, food allergies)
- Please measure your body temperature before departure. If students feel unwell or have symptoms of illness on the day of departure, they should seek medical advice as soon as possible and obtain a doctor's note for that day, and rest at home. They should not travel with the group.
- Maintain a balanced diet, get adequate rest, and pay attention to personal hygiene before departure and during the journey
- If you feel unwell, please tell your teacher, the group leader or tour guide in time
- Injuries:
 - Processing: Seeing a doctor, retaining medical fee receipts, and returning to Hong Kong to apply for insurance compensation
 - Prevention: declare health, pay attention to safety, eat carefully, avoid contact with Allergens, get adequate rest, and inform the teacher/the tour leader immediately if you feel unwell

10) Telecommunication services

- WiFi may be provided in the hotel lobby and rooms (weak and cannot use WhatsApp); or you can download WeChat in advance to facilitate instant contact (Some hotels' WiFi requires you to log in through WeChat)
- If necessary, you can purchase a mainland phone card before departure to reduce long-distance calls and roaming charges
- Local emergency hotline number:

Emergency telephone number: 110

Emergency center telephone number: 120

Fire alarm telephone number: 119

The Immigration Department's 24-hour helpline to assist Hong Kong residents abroad (852) 1868

11) Voltage





11) Voltage

When visiting museums, a "Wireless navigation receiver" might be used. If it is lost or damaged, a compensation of HK\$200 will be required. Teachers and students can bring their own 3.5mm earphones





3.5mm頭

12) Travel Insurance

The organizer has purchased comprehensive group travel insurance for each participant, including:

- 1. Medical insurance (maximum coverage is HK\$300,000)
- 2. Global emergency rescue services (including evacuation and repatriation)
- 3. Accident protection (maximum coverage is HK\$300,000)
- 4. Personal liability protection (maximum coverage is HK\$500,000)
- 5. Personal property protection (maximum coverage is HK\$1,000) (excluding communication equipment)
- 6. Cancel the trip (the maximum amount of protection is the tour fee of the group)

The coverage of the above-mentioned comprehensive travel insurance only covers the basic needs of participants. Teachers and students accompanying the tour can <u>purchase additional personal comprehensive travel insurance</u> according to their personal needs to deal with emergencies, such as shortening the trip, loss of luggage and personal belongings, etc.

13) Withdrawal arrangements

If a student requests to withdraw before departure, the school should immediately negotiate with the host organization to arrange a substitute student. Even if there is a substitute student, the student who withdraws will have to pay the additional fees incurred due to the withdrawal. If the time is too urgent and there is no substitute student, the student who temporarily withdraws will not be refunded the fees paid (including the visa application fee), and the Education Bureau may also withdraw the student's subsidy, and the student will have to pay additional withdrawal fees.

 If you are absent without a reasonable excuse and cannot depart as scheduled, you must bear all tour fees.

13) Withdrawal arrangements

Only under special circumstances, if the student is ill (a medical certificate is required) or is unable to join the group as scheduled due to other important incidents, the Education Bureau will consider not revoking the student's financial aid.

Note:

- The medical certificate must be a sick leave certificate issued by <u>a registered Chinese or Western medicine practitioner in</u> <u>Hong Kong</u>, and the sick leave recommended by the doctor must include the day of departure;
- 2. All medical attendance papers, medical records, and receipts will not be accepted as withdrawal documents, and the student must pay the full tour fee.

14) Memo List

	Туре	Items	
1	Valid documents	Hong Kong ID card Home Return Permit or passport	
2	School supplies	□Itinerary manual □name tag □Pen, notebook	
3	Communication equipment	Mobile phone Mainland phone cards and batteries	
4	Luggage	Backpack Suitcase	
5	Clothing	Outer Coat 2 sets of School PE Uniforms Pajamas	
6	Daily necessities	a Knitted Hat a scarf gloves a Bath towel an umbrella a water bottle Personal care products (hand cream, lip balm, etc.)	
7	Wallet	Bring not more than RMB300	
8	Medicines	Bring your medicine bag (cold medicine, carsick medicine, painkillers, flu medicine and any others).	
9	Valuables	Power bank Battery and charger	



Emergency Contact

LCU

(852) 2386 8049



Teacher in charge

Ms Cheung (852) 5376 1038 WeChat ID: wxid_ci0a4am39bz022



Ms Leung (852) 2116 3775 (852) 3962 2803





Have a Pleasant Trip

