



CASTrips

*Creativity,
Activity,
Service*

China Sample Itinerary





CAS Trips

Creativity, Activity & Service

China Sample Itinerary

Please note, this is a sample itinerary - all destinations, activities and timeframes can be adapted. CAS Trips are 100% customizable to your needs. Contact us to find out more.

Carbon Neutral CAS Trips



Carbon Offsetting

The process of compensating for carbon dioxide emissions arising as a result of travel, by participating in schemes designed to make equivalent reductions of carbon dioxide in the atmosphere.

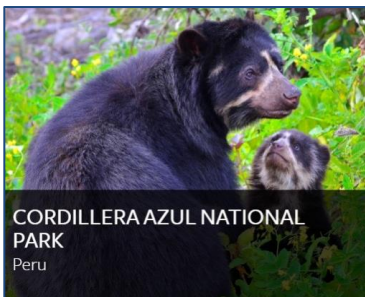
carbon neutral

Being Carbon Neutral

Means you do things, such as carbon offsetting, to reduce carbon dioxide by the same amount as you produce while traveling.

CAS Trips calculate each participant's carbon footprint using the  **south pole** emissions calculator and offset your trip's carbon output by protecting rainforests around the world in partnership with **STAND FOR TREES**

Click to find out more about the incredible projects you will be supporting:





CAS Trips

Day 1 – Arrival

Activity	Description
Arrival to Shanghai	Your dedicated CAS Trips China tour guide will greet you at Shanghai Pudong International Airport before boarding private transport for the drive to your accommodation for check-in.
Check-in and relax	Check-in to your rooms, relax and freshen up following the long journey.
Lunch	Try Shanghai's famous & delicious Xiao Long Bao dumplings.
Tour of Shanghai's Financial District	During this introductory walking tour of Shanghai's famous Lujiazui district, we gain an in-depth understand of the heartbeat of the city that serves as one of the world's financial capitals.
Evening Meal	Eat traditional Chinese cuisine.
The Bund & Evening River Cruise	After a wonderful meal we walk down the electrifying "bund", the centerpiece of the former International Settlement.



Day 2 – Creativity & Culture

Activity	Description
China: Communist History & Traditional Garden Art	<p>After breakfast we make our way to the nearby Propaganda Poster Museum. Using political posters as catalyst students will learn about China's unique and at times terrifying modern history.</p> <p>After the museum we will wander through the Yu Yuan Gardens and learn about the concept of Chinese Garden Art.</p>
Lunch	We sample traditional cuisine at the market.
Afternoon flight to Guilin and transfer to Yangshou	We head to the airport for our regional flight to Guilin before a private coach transports us to Yangshou and local accommodation check-in.
Evening Meal	After a long day we have dinner at the hotel restaurant.



Day 3 – Activity & Culture

Activity	Description
Cooking Workshop	Students participate in this hands on cooking workshop, under the watchful eye of skilled local chefs, mastering a range of regional dishes.
Lunch	You better cook well as lunch will be dishes we prepared during the workshop.
Hike to Moon Hill	Located a few kilometers outside of Yangshou, Moon Hill is the region's most distinct natural landmark. A two-hour hike through the valley lets us enjoy the tranquility of the countryside, offering a sharp juxtaposition to the frantic nature of China's cities.
Relaxation: Mud baths & Hot springs	After traveling two kilometers into the heart of the mountain we are rewarded by natural mud baths & hot springs located at the back of the cave.
Evening Meal	We return to Yangshou for our evening meal.
Chinese cupping & massage	After a physically demanding day we experience a Chinese cupping session.



Day 4 – Service

Activity	Description
Service Challenge: Visit to a local high school	We attend the morning assembly at a local school. After an ice-breaking game where we get to know our hosts, visiting students will be tasked with collaborating with local students to develop lesson plans for the visit to the Yangshou Special Needs Education School.
Lunch	We have a traditional Chinese school lunch.
Service Challenge: Visit to the Yangshou Special Needs Education School	Upon arrival we will receive a short tour of the school learning of its history, curriculum and the goals of the program. In this testing and fulfilling service activity students will deliver and engage in language & arts lessons with the local students.
Evening Meal	We have a traditional Chinese banquet.
Reflections Workshop	Ahead of our evening activity students will have time to reflect on their day, thinking about the differences in the local school to their own as well as considering the benefits and lessons learned from their classes.
Chinese Karaoke Night	Get those vocal chords ready as we experience an evening of song and laughter with a Chinese Karaoke Night.



Day 5 – Activity & Nature

Activity	Description
Bike Tour	We strap on our helmets and fill our water bottles as we embark on a bike tour down the Yulong River.
Lunch	Lunch will be eaten en route.
Bamboo Rafting	We take traditional bamboo rafts down the river as we soak in the beautiful karst scenery that the valleys have to offer.
Service Challenge: UN Changemakers Challenge	<p>In this unique CAS Trips workshop, students will learn about the UN Sustainable Development Goals, investigate how they could impact their own communities and receive the tools and frameworks to plan, organize and implement a long-term collaborative CAS Project that will have a positive impact back home.</p> <p>Teams can submit their projects for a chance to win an all-expenses paid CAS Trip to Prague, Medellin or New York!</p>
Evening Meal	We return to Yangshou for a meal at a local restaurant.
Shopping in West Street	<p>Yangshuo West Street is renowned for its ancient architectures, memorable tourist souvenirs, special tasty snacks and beautiful night scene with an exotic style.</p> <p>We spend our final evening in Yangshuo taking in all that the cities most bustling street has to offer.</p>



Day 6 – Service in the Environment

Activity	Description
Service Challenge: Organic Farming	<p>This morning, students meet the local environmental representative and learn about Yangshou's new organic farming initiative.</p> <p>Following this, students will help local farmers with reforestation projects, seasonal cultivation, planting or harvesting.</p>
Lunch	<p>We will also eat lunch at the farm.</p>
Bullet Train to Guangzhou	<p>Traveling at speeds of over 200 km/h we make the two-hour journey to Guangzhou.</p>
Evening Meal	<p>We eat dinner at a wonderful local restaurant in Guangzhou.</p>
Reflections Workshop	<p>Reflection is a key core feature of IB pedagogy and in this innovative workshop, students will be tasked with analyzing their own CAS Trips experiences – individually and in a group symposium - in relation to the 7 Learning Outcomes and creating their own personal reflections using innovative and creative mediums.</p>



CASTrips

Day 7 – Departure

Activity	Description
Check-Out & Transfer to Airport	After breakfast and check out, we take a bus to Guangzhou Baiyun airport for our flight home.

Have questions or need further information?

Get in touch



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