

14-DAY ART EXPLORATION & CULTURAL IMMERSION TRIP TO CHINA SUMMER 2025

Join SPIRAL International's Fourteen-day Art Exploration & Cultural Immersion Trip to China! Embark on an inspiring journey across China's most vibrant cultural hubs—Beijing, Xi'an, Chengdu, and Shanghai. This immersive experience takes you through renowned museums, art communities, and historical landmarks, offering deep insights into Chinese art, traditions, and local cultures.

Through engaging, hands-on activities, students will expand their understanding of China's artistic heritage and witness how cultural diversity shapes local communities' lifestyles, thoughts, and harmonious living. Don't miss this unique opportunity to explore, learn, and grow in one of the world's oldest civilizations!

PROPOSED ITINERARY



DAY 1 : DEPARTURE

- Depart for China

DAY 2 : BEIJING

- Arrival in Beijing and check into the hotel
- Enjoy a local dinner and rest for the evening

DAY 3: BEIJING

- Visit the Capital Museum
- Enjoy a specialty meal of Peking Duck for lunch at Siji Minfu
- Visit the Forbidden City
- Spend the evening exploring and dining on Nan Luogu Xiang Culture Street 南锣鼓巷



DAY 4: BEIJING

- Visit the Art Department of Beijing University of communication
- Enjoy a Tea Ceremony and tasting at Wangfuchalou
- Have lunch at farmer's house in the New Town Beijing
- Participate in a hands-on workshop on traditional arts and crafts at Beijing Song Zhuang Art Village

DAY 5: BEIJING

- Depart for a day trip to the Mutianyu section of the Great Wall
- Take the cable car up to the Great Wall and descend using the slide!
- Enjoy lunch at the bottom of the Great Wall
- Drive back to Beijing to visit the Summer Palace, the Temple of Longevity
- Visit Qianmen Dazhalan shopping street
- Have dinner at the Xianyukou night market



DAY 6: XI'AN

- Travel to Xi'an by high speed train or fly
- Check into a hotel
- Visit the Terracotta Warriors and the local market
- Enjoy a specialty banquet of Xi'an Dumplings
- Walk on the Ancient City Wall



DAY 7: XI'AN

- Enjoy a Cosplay of the Longest Day in Chang'an
- Share a Xi'an specialty lunch of Biangbiang Noodles
- Visit the Xi'an Muslim Quarter and explore the market
- Northwestern Chinese Style Dinner
- Visit the Great Tang Ever Bright City (Datang Buyecheng)

DAY 8: CHENGDU

- Take the high-speed train to Chengdu
- Have lunch and check into a hotel
- Visit the Jinli marketplace in downtown Chengdu
- Share a specialty meal of Sichuan Hotpot



DAY 9: CHENGDU

- Spend the morning visiting a Panda Sanctuary
- Visit the Old Street of Chengdu and enjoy tea at a Chengdu tea house
- Enjoy dinner and watching the famous Sichuan "Face Changing" performance

DAY 10: CHENGDU

- Depart for a day-trip to Qingcheng Mountain to visit the famous Taoist Sanctuary
- Spend the day learning and exploring at the Daoist Sanctuary
- Enjoy a local Sichuan dinner



DAY 11: CHENGDU

- Visit the People's Park and enjoy Chengdu morning exercise and snacks
- Relax by watching a tea ceremony with locals
- Visit Kuanzhai Street and shop for souvenirs
- Have lunch before traveling to the airport and flying to Shanghai
- Check into a hotel, have dinner and rest for the evening

DAY 12: SHANGHAI

- Visit the Temple of the City Gods, the Yu Gardens, and Liberation Street
- Have lunch and visit Tianzifang - an arts and crafts enclave
- Enjoy a dinner of local Shanghai cuisine
- Experience the light show at the Bund in Shanghai



DAY 13: SHANGHAI

- Day trip to Zhouzhuang, a water village in the suburbs of Shanghai, that is one of China's oldest and most famous water townships.
- Return to the hotel to pack and prepare to return home

DAY 14: DEPARTURE

- Travel to the airport and return home

Includes:

- All domestic travel expenses in China
- International airfare
- Accommodations (double-occupancy) and meals
- Expenses for all activities and cultural experiences (as on the itinerary)
- Domestic China travel insurance

Does Not Include:

- Visa application fee
- Personal expenses

Further Information & Questions:

- Please contact Alex via email at alexandra@spiralinternational.org or call 802-540-0305 to speak with a SPIRAL representative

