



*Forming new friendships*

*Putting the needs of others first*

*Exploring our host country*

Culture, Service, Adventure

TriBES—  
Educational Travel  
Sept 21–28, 2018



# 2018 China TribES Map



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|---|--|---------------------------------------|
| 1 Ancient Tea Trail Trek                      | 8 Journey of Religion in China           | 14 The Bright Connection              |
| 2 Kayaking Zhejiang                           | 9 Wildlife Conservation: Pandas          | 15 Shaolin Temple Teaching & Learning |
| 3 Ninghai National Trail System               | 10 Inner Mongolia Culture and Service    | 16 YEP Teaching & Learning            |
| 4 Yunnan Bicycle Journey                      | 11 Master Chef Beijing                   | 17 YEP WASH                           |
| 5 Coffee in Yunnan                            | 12 Mosaic Shanghai                       | 18 Zhangjiajie Service Adventure      |
| 6 The Merchant's Challenge: Ancient Silk Road | 13 The Sanjiang Minority Culture Project |                                       |
| 7 Public Health Hangzhou                      |  |                                       |

Concordia students enjoy the annual opportunity to experience their host country through TRIBES. With thousands of years of history, the world's largest national population, and an energy that is at the forefront of the global economy, the Middle Kingdom is the focus of TRIBES's week of experiential learning.

Each of the TRIBES trips is designed with the goals of community building, learning about China, serving others, and pushing students outside of their comfort zones. Each trip accomplishes these goals through different methods. While all trips have a little bit of each of these methods, the trips can generally be categorized into four types:

- Physical Challenge: Testing your limits in some of the world's most beautiful landscapes
- Intellectual Challenge: Thinking deeply about ideas introduced in the classroom
- Cultural Immersion: Experiencing the food, music, clothing, arts, and traditions of the people
- Dedicated Service: Engaging in projects designed to have a lasting impact

Students should carefully consider all aspects of the TRIBES trip when making their selections.

TITLE	SUPPLEMENTAL FEE
<b>PHYSICAL CHALLENGE</b>	
1 Ancient Tea Trail Trek	1350
2 Kayaking Zhejiang	2000
3 Ninghai National Trail System	0
4 Yunnan Bicycle Journey	3200
<b>INTELLECTUAL CHALLENGE</b>	
7 Public Health Hangzhou	0
8 Journey of Religion in China	0
9 Wildlife Conservation: Pandas	3250
<b>CULTURAL IMMERSION</b>	
10 Inner Mongolia Culture and Service	0
11 Master Chef Beijing	0
12 Mosaic Shanghai	0
<b>DEDICATED SERVICE</b>	
16 YEP Teaching & Learning	1000
18 Zhangjjajie Service Adventure	500

# TRIBES Guidelines and Policies

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TRIBES is an **academic requirement** for all Concordia High School students. This Pass/Fail grade is recorded on the student's transcript. Each High School student must participate in and meet the requirements of his/her specific TRIBES course to receive academic credit. Each student will also create a post-TRIBES reflection project to fulfill the academic requirement. Concordia parents and students are expected to thoroughly read the TRIBES descriptions and follow the guidelines and policies.

## Registration Process

- Students are expected to provide four TRIBES selections, **without** ordinal preference. Each TRIBES selection will be viewed with equal weight. See page 41 for TRIBES Selection Form.
- Current Concordia students should submit the selection forms to the High School office by **March 16**. Failure to return the TRIBES Selection Form may result in placement without student input.
- Concordia's High School administrators, counselors, and Experiential Learning Coordinator will approve TRIBES group rosters, taking into consideration a mix of grade levels, balance of genders, and stated student interest in TRIBES selection.
- Once TRIBES lists are posted, students will not be reassigned to another TRIBES course. All placements are final.
- TRIBES courses will have several spaces available that will be held for new students to Concordia.
- A parent signature is required on the TRIBES Selection Form. Parent signatures are needed next to any change a student makes on the TRIBES Selection Form. Parents are asked to discuss interest, fitness level, and health issues with their child when selecting TRIBES courses.

## Payment Details

- The semester 1 tuition bill includes a separate 8500RMB fee for TRIBES expenses, which include travel, lodging, food, and program expenses.
- Some TRIBES courses have a supplemental fee, which **must be paid** before September 9. Students who do not pay the supplemental fee will not be allowed to participate in the TRIBES course, and will be reassigned to a TRIBES without a supplemental fee.
- Questions about TRIBES payment or related details should be directed to Concordia's Finance Office, [susan.xue@concordiashanghai.org](mailto:susan.xue@concordiashanghai.org).

## Passport and Visa Documentation

- Each family is expected to keep passports and visas up-to-date, and provide Concordia with current copies of these documents. Failure to do so may result in a student's inability to travel and participate in TRIBES.
- Passports should be valid for six months from the Sept 21 date of travel.
- Families should not renew passports or visas after August 15. Flight purchases are made with passport numbers and visa details. Accurate details are needed to make travel arrangements for TRIBES.
- In the case of dual-citizenship, a student is expected to use his/her passport that includes the China visa.
- Taiwan, Hong Kong, and Macau citizens should use *taibaozheng* or *huixiangzheng* for in-China travel.

## Medical Needs, Insurance

- Health concerns must be considered when selecting TRIBES courses during registration. Any questions or concerns should be directed to the Experiential Learning Coordinator. Parents are encouraged to check their child's immunization records, ensuring that all boosters are current, including tetanus.

- If a student is unable to attend TrIBES as a result of illness or injury, a doctor's letter is required indicating reasons for the student's inability to go on the original TrIBES assignment. The student will be placed on the local Shanghai TrIBES if extended travel cannot take place.
- Any student who suffers an injury or illness so severe that prevents TrIBES participation, including local TrIBES, may complete an alternative project during the First Semester, as approved by the High School Administration and Experiential Learning Coordinator.
- Should a student's health or well-being be in question prior to TrIBES, a doctor's letter may be requested by the school in order to verify that the student is fit to participate in the original TrIBES assignment.
- All students should be enrolled in a personal health insurance plan. Concordia's liability insurance does not provide medical coverage for students when accidents occur during school or school-related travel/activities. If your child is not covered by health insurance, Concordia recommends that families consider travel insurance, which offers short term coverage for emergencies or accidents.
- As part of each TrIBES course, Concordia provides each participant an insurance rider that includes 24-hour emergency medical evacuation. This policy does not take the place of personal medical insurance.
- Local medical facilities will be identified per TrIBES course, in the event that a student must seek medical attention. TrIBES leaders will be in contact with parents regarding medical needs; appropriate treatment is the main priority. It cannot be guaranteed that the nearest medical facility is approved by a family's medical insurance provider. Any costs associated with medical treatment during TrIBES will be settled by the student's family with Concordia's Finance Office following TrIBES.

### TrIBES Participation

- Students are expected to participate in all pre-TrIBES and post-TrIBES meetings at Concordia, as well as scheduled activities during TrIBES.
- Students are expected to travel on the group itinerary as distributed and posted by the TrIBES course sponsor. No changes will be made to the itinerary for individual students.
- All school rules apply throughout TrIBES, including dress code standards. Students are expected to obey the laws of the host country, follow the instructions of the sponsors, be sensitive to the culture of the host country, and abstain from alcohol and drugs.
- TrIBES participation is contingent on completing all forms (behavior, health) and providing accurate information to Concordia regarding passport and visa details.
- Sponsors will not allow the students to engage in any activity while on TrIBES that is not covered under the parameters of the TrIBES description. Some examples of these activities are, but not limited to: hang gliding, parasailing, bungee jumping, motorized ski equipment and motorbikes usage.
- Teachers will report any violations of school rules to the High School administrators. Sponsors are required to telephone the administrator on duty at Concordia should a major discipline matter occur. The High School administration will make disciplinary decisions.
- Any student with an excessive disciplinary record may lose the privilege of traveling outside of Shanghai on TrIBES.
- Photos and videos downloaded by students and leaders onto the school network may be used for print, public and/or school advertising purposes. Photos and videos not appropriate for such matters should not be downloaded to the school network.
- Every student is required to complete a post-TrIBES reflection project under the guidance of TrIBES leaders.
- All students are expected to attend school on Sept. 28, which is a required half-day. TrIBES debrief and celebration will take place.
- Due to limited flight availability and the reality of return flight delays or cancellations, **parents should not make any travel plans to leave Shanghai on Sept 28 for holiday travel.**

# 1. Ancient Tea Trail Trek

Yunnan Province

Supplemental Fee:  
1350 RMB



## September 21

- ▶ Fly to Zhongdian
- ▶ Meet Guides

## September 22

- ▶ Visit Songzanlin Monastery
- ▶ Community Service Work
- ▶ Dinner with Tibetan Family

## September 23

- ▶ Abjulee Mountain Hike to Camp 1

## September 24

- ▶ Abjulee Mountain Hike to Camp 2

## September 25

- ▶ Hike to Pick-Up Point
- ▶ Rest in Zhongdian

## September 26

- ▶ Naxi Black Pottery Experience
- ▶ Handmade Wooden Bowl Experience

## September 27

- ▶ Fly to Shanghai

## September 28

- ▶ Debrief and Celebration

**Hardship Level:** Two days camping, rest spent in three star hotels

**Activity Level:** Five to seven hours of hiking daily for four days of experience

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## Tea Horse Road

From National Geographic Magazine:

This “ancient passageway once stretched almost 1,400 miles across the chest of Cathay, from Yaan, in the tea-growing region of Sichuan Province, to Lhasa, the almost 12,000-foot-high capital of Tibet. One of the highest, harshest trails in Asia, it marched up out of China’s verdant valleys, traversed the wind-stripped, snow-scoured Tibetan Plateau, forded the freezing Yangtze, Mekong, and Salween Rivers, sliced into the mysterious Nyainqentanglha Mountains, ascended four deadly 17,000-foot passes, and finally dropped into the holy Tibetan city.”

“Today the trail lives on in the memories of men like Luo Yong Fu, a watery-eyed 92-year-old whom I met in the village of Changheba, a ten-day walk for a tea porter west of Yaan. When I first arrived in Sichuan, I was told no tea porters were still alive. But as I walked the last remnants of the Chamagudao, the Chinese name for the ancient trade route, I met not only Luo, but also five others, all eager to share their stories. Stooped but still surprisingly strong, Luo Yong Fu wore a black beret and a blue Mao jacket with a pipe in the pocket. He had worked on the Tea Horse Road as a porter, carrying tea to Tibet from 1935 to 1949. Luo’s load of tea always weighed 135 pounds or more. At the time, he weighed less than 113 pounds.” (Mark Jenkins)

## Trekking the Ancient Trail

Led by guides, Concordia students will hike and camp for three days among the stunning peaks and alpine scenery, while discussing the mountain’s history and the religious practices of the local people.

Along the trails on Abujee Mountain, students will pitch tents and camp under the stars at elevations 4000 meters above sea level. The trail leads through nomadic camps, pine forests, and up into a stunning alpine environment.

**DUE TO THE MOUNTAINOUS TRAILS AT HIGH ELEVATIONS, THIS TRIBES COURSE WILL BE PHYSICALLY CHALLENGING. INDIVIDUALS WITH BREATHING CONCERNS, HEART PROBLEMS, OR OTHER MEDICAL ISSUES SHOULD NOT CONSIDER THIS COURSE.**



WILDCHINA

## 2. Kayaking Zhejiang Zhejiang Province

Supplemental Fee:  
2000 RMB

### September 21

- ▶ Train to Hangzhou
- ▶ Introduction to kayaking and navigating

### September 22-23

- ▶ 2-day paddle of 55 km
- ▶ Camp at Hulu Waterfall and Luci Bay

### September 24-25

- ▶ 2-day paddle of 30 km
- ▶ Camp at Green Island and Mei Rong

### September 26

- ▶ Paddle 18 km around Green Island

### September 27

- ▶ Paddle 10 km around Tonglu Island
- ▶ Return home

### September 28

- ▶ Debrief and Celebration



**Hardship Level:** Tent camping and outdoor cooking most nights

**Activity Level:** Extremely strenuous, 10-25 km of kayaking daily



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## Program Overview

Embarking on a journey is embracing the experience, challenging and transforming oneself. This program offers that opportunity for every brave and proactive participant.

Participants will learn to kayak, to navigate, and to prepare for an expedition. You'll also learn basic first aid, how to set up a tent, and how to cook a meal outdoors. On a personal level, the program invites individuals to contemplate the relationship between challenges and one's responses to them. Collectively, the TRIBES members will collaborate and solve problems to overcome serial challenges.

Upon completion students will have completed a 7-day kayaking adventure from Thousand Island to Tonglu Island of over 100 km. During the adventure, students are encouraged to connect with nature, the group, and themselves with a minimum of distraction.

## JUMP!'s Philosophy

Our mission for this trip is to answer the call for a journey in the wild and to embark on transformative growth as an individual and team. To accomplish this, we will reflect each night on questions like:

- Why are we here?
- What do other people see in me?
- Who are the people around me?
- How do we deal with challenges?
- What have I learned about myself and my peers?



EMPOWER. INSPIRE. ENGAGE.



# 3. Ninghai National Trail System

Zhejiang Province

Supplemental Fee:  
0 RMB

## September 21

- ▶ Introductions and teambuilding
- ▶ Goal setting

## September 22

- ▶ River ecosystem study
- ▶ Leave No Trace

## September 23

- ▶ National Trail
  - ▶ System hiking
- Camping

## September 24

- ▶ Ancient stone village exploration
- ▶ NTS service project

## September 25

- ▶ High ropes course
- ▶ NTS service project

## September 26

- ▶ Biking
- ▶ NTS service project

## September 27

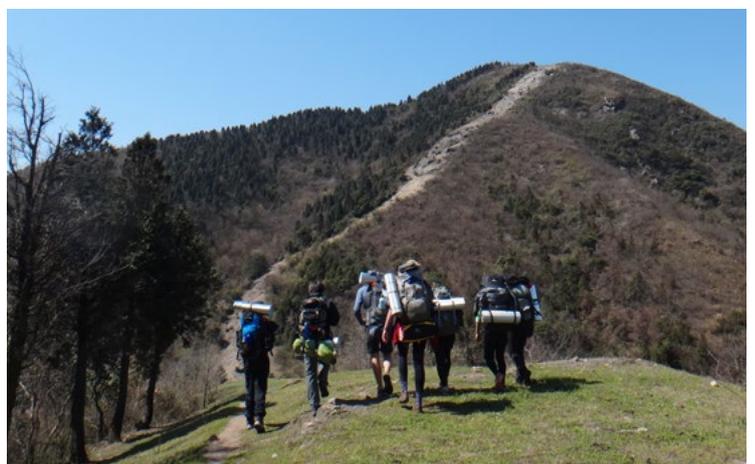
- ▶ Project debrief

## September 28

- ▶ Debrief and Celebration

**Hardship Level:** Local hostels; 1-2 nights of camping

**Activity Level:** Daily physical activity (hiking, biking, kayaking); service project might include trail maintenance



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## Program Overview

Located just south of Ningbo on the coast, Ninghai is a beautiful area that hosts China's first National Trail System (NTS). The National Trail System is the first international standard trail system in China. It is used to promote the development of nation-wide mountain activities and is one of the best locations for hiking in China. In addition to incredible hiking, Ninghai is famous for its annual outdoor festival.

## Wild Cooking

Indier staff will teach a lesson on how to cook in the back country. Students will be divided into cooking groups and will be responsible for cooking their own meals. Instruction will include cooking safety, techniques, nutrition, and consideration for the outdoors.

## Navigation

Navigation is an invaluable skill to learn which will aid in any future endeavors in the backcountry. Students will learn the basic concepts of a map and compass, how to read a topographical map, and how to apply these skills to accurate route planning.

## NTS Service

Students will work closely with the local leaders responsible for the maintenance and oversight of the NTS. Together, they will conduct a needs assessment on the trail system and implement service projects based on those findings.



# 4. Yunnan Bicycle Journey

Yunnan Province

Supplemental Fee:  
3200 RMB

## September 21

- ▶ Fly to Jinghong
- ▶ Outfit for biking

## September 22

- ▶ Bike Ride
- ▶ Pottery Workshop
- ▶ Homestay

## September 23

- ▶ Bike Ride
- ▶ Rubber Cultivation Experience
- ▶ Primary School Service
- ▶ Homestay

## September 24

- ▶ Bike Ride
- ▶ Waterfall Trek
- ▶ Visit Buddhist Monks

## September 25

- ▶ Bike Ride
- ▶ Handicraft activities
- ▶ Dai Minority Cooking Experience
- ▶ Homestay

## September 26

- ▶ Wild Elephant Valley Visit

## September 27

- ▶ Fly to Shanghai

## September 28

- ▶ Debrief and Celebration

**Hardship Level:** Three days in local homestays; rest of trip in guesthouses/ hotels; limited western facilities

**Activity Level:** Daily bike rides of more than 20-60 km



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## Biking in Yunnan

Before getting started, students receive training in proper bicycle safety etiquette and maintenance, and are outfitted for their gear.

Daily biking includes mountain routes along busy streets. It is very important that students are confident bike riders before embarking on this journey. Parts of the tour will be in elevations above 1000m. There are big hills to travel and adventures to be had.

Day 2: 50 km

Day 3: 40 km

Day 4: 20 km

Day 5: 20 km

Students will bike through pristine regions of rainforests, tropical lowlands, mixed agricultural farms, as well as local markets and plantations.

## Along the Way

During this biking experience, students will make frequent stops to interact with the people, culture and history. Highlights of this journey include:

- Visit to Dai Minority Village
- Manbo Village of Bulang Minority (near Myanmar Border)
- Cultural Exchange with local Buddhist monks
- Handicraft workshops
- Cooking lessons

## Elephant Valley Visit

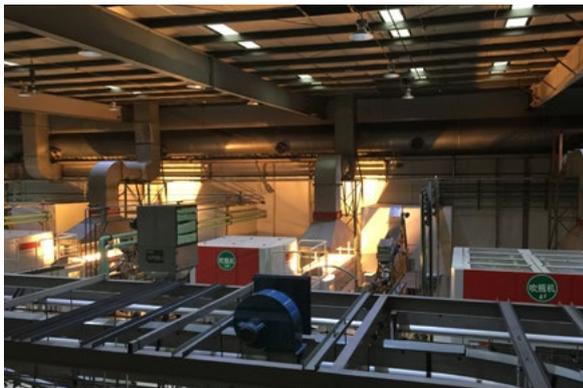
This TRIBES course will end with an opportunity to explore Xishuangbanna's spectacular biodiversity with a visit to the virgin rainforests of Elephant Valley. Here students will have the opportunity to get up close and personal with the flora and fauna of the region, including the native Asian Elephants. Students will tour the elephant hospital and intern as "babbas" where they will clean pens, scout for food, and feed and wash the elephants.

**DUE TO THE MOUNTAINOUS TRAILS AT HIGH ELEVATIONS, THIS TRIBES COURSE WILL BE PHYSICALLY CHALLENGING. INDIVIDUALS WITH BREATHING CONCERNS, HEART PROBLEMS, OR OTHER MEDICAL ISSUES SHOULD NOT CONSIDER THIS COURSE.**

# 7. Public Health Hangzhou

Zhejiang Province

Supplemental Fee:  
0 RMB



## September 21

- ▶ Transfer to Hangzhou
- ▶ Introduction to Public Health

## September 22

- ▶ Local HS health lessons
- ▶ College of Public Health visit

## September 23

- ▶ Clinic visit
- ▶ Wet market survey

## September 24

- ▶ Village public health project

## September 25

- ▶ Nongfu Spring Water plant
- ▶ Water resource protection

## September 26

- ▶ Animal clinic
- ▶ Volunteer at animal organization

## September 27

- ▶ Food factory

## September 28

- ▶ Debrief and Celebration

Hardship Level: 3-4 star hotels

Activity Level: Primarily indoor, low impact activities

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## What is Public Health?

Public health promotes and protects the health of people and the communities where they live, learn, work and play.

While a doctor treats people who are sick, those working in public health try to prevent people from getting sick or injured in the first place. They also promote wellness by encouraging healthy behaviors.

From conducting scientific research to educating about health, people in the field of public health work to assure the conditions in which people can be healthy. That can mean vaccinating children and adults to prevent the spread of disease or educating people about the risks of alcohol and tobacco. Public health sets safety standards to protect workers and develop nutrition programs to ensure kids have access to healthy food.

Public health works to track disease outbreaks, prevent injuries and shed light on why some of us are more likely to suffer from poor health than others. The many facets of public health include speaking out for laws that promote smoke-free indoor air and seatbelts, spreading the word about ways to stay healthy and giving science-based solutions to problems.

Public health saves money, improves our quality of life, helps children thrive and reduces human suffering.

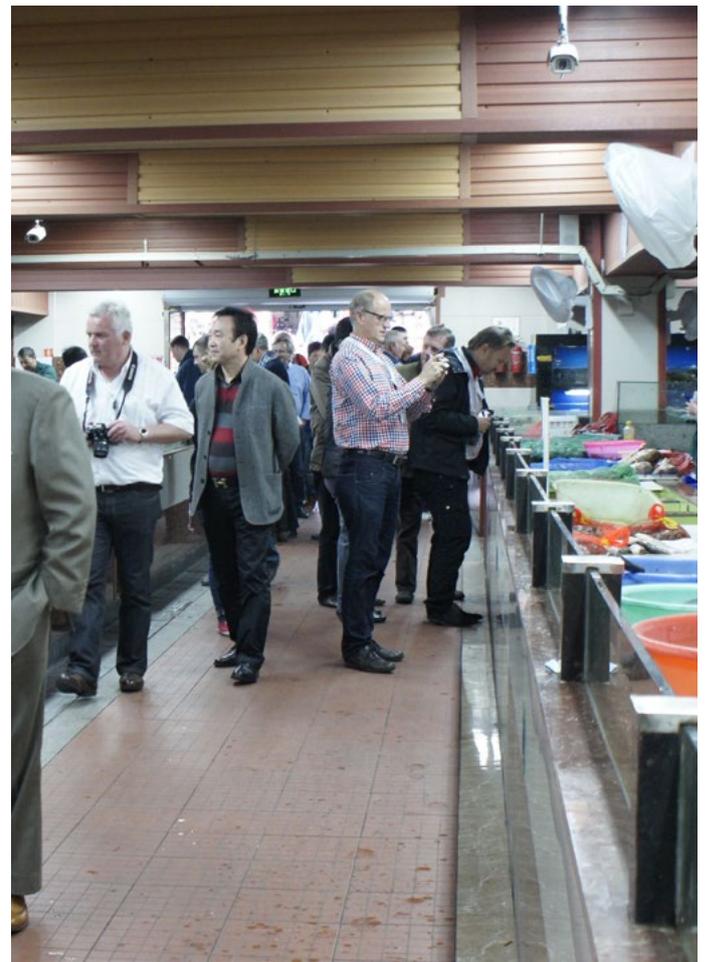
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WILDCHINA

## Some examples of the many fields of public health:

- First responders
- Restaurant inspectors
- Health educators
- Scientists and researchers
- Nutritionists
- Community planners
- Social workers
- Epidemiologists
- Occupational health and safety professionals
- Public policymakers

## From the American Public Health Association



## 8. Journey of Religion in China Shandong Province

Supplemental Fee:  
0 RMB

### September 21

- ▶ Train to Jinan
- ▶ Christianity

### September 22-23

- ▶ Lingyan Temple
- ▶ Ancient and modern Buddhism

### September 24-25

- ▶ Taoism
- ▶ Hike up Mount Tai

### September 26

- ▶ Transfer to Qufu
- ▶ Confucianism

### September 27

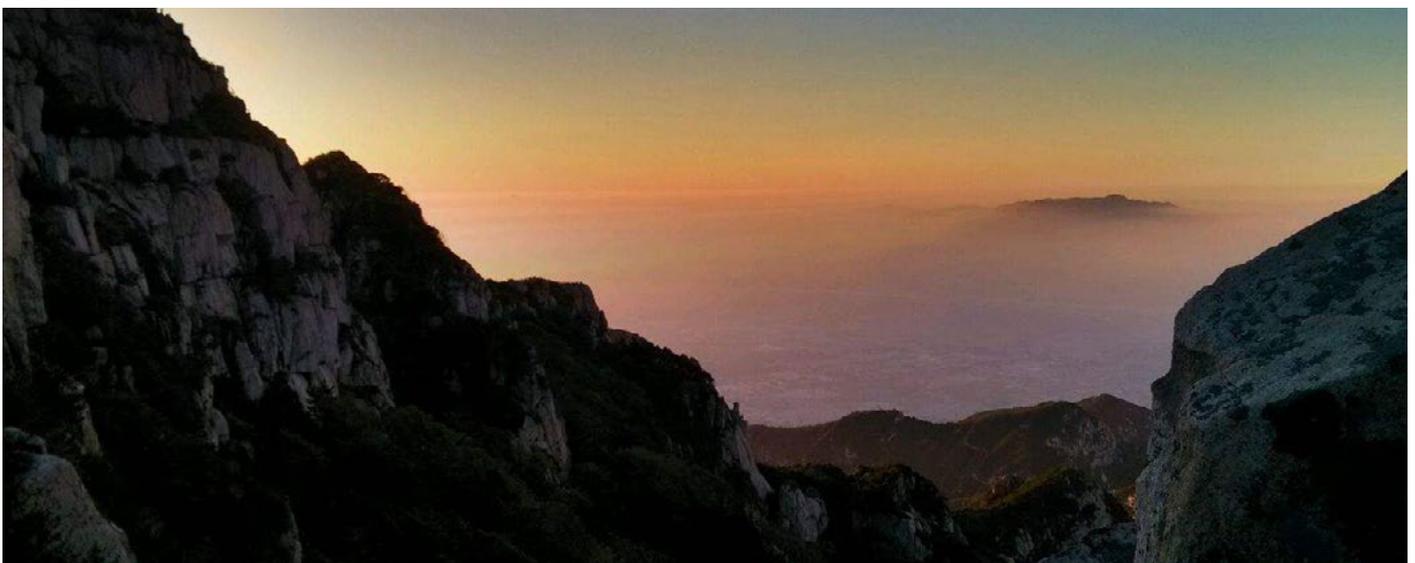
- ▶ Reflection
- ▶ Transfer to Shanghai

### September 28

- ▶ Debrief and Celebration

**Hardship Level:** Local guesthouse; 1 night of camping, depending on weather conditions

**Activity Level:** Day hike up Mt. Tai; primarily city walking



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## Program Overview

Five major religions are officially recognized by the Chinese government: Taoism, Buddhism, Islam, Catholicism, and Protestantism. All have played a significant role at some stage in China's long history. Emperors have utilized religion for cultural unity, political domination, or even to wage war. It is said that to understand China, you must first understand Taoism's philosophy and Buddhism's calmness.

Students will have the opportunity to visit Shandong and investigate some of the oldest philosophies that permeate the minds of many by walking through the halls of Confucius's house and temple and by trekking mindfully through the famous Taoist mountain, Mt. Tai.

## Jump!'s Philosophy

With curious minds, sensitive hearts, and careful investigation, the Journey of Religion in China aims to challenge and empower students to reflect on their values and beliefs and examine the connection to observable behavior and practices, both ancient and modern. To accomplish this, we'll ask questions like:

- How and why is Christianity significant in Jinan?
- Where do we observe the core tenets of Buddhism in modern China?
- How can we improve the connection between our minds and our bodies?
- How would Confucius view the modern world?
- By studying religion in China, what have we learned about ourselves?



**JUMP!**

EMPOWER. INSPIRE. ENGAGE.

## 9. Wildlife Conservation: Pandas Sichuan Province

Supplemental Fee:  
3250 RMB

### September 21

- ▶ Flight to Chengdu
- ▶ Kuan Zhai Xiang Zi Alleys

### September 22

- ▶ Chengdu Panda Base

### September 23

- ▶ Dujiauyan Panda Base

### September 24

- ▶ Tangjiahe Nature Reserve
- ▶ Conservation Trek Day 1

### September 25

- ▶ Conservation Trek Day 2

### September 26

- ▶ Nature Reserve Conservation Project
- ▶ Sichuan Hotpot Dinner

### September 27

- ▶ Flight to Shanghai

### September 28

- ▶ Debrief and Celebration

Hardship Level: Hotels; 2 nights of camping; long bus ride  
Activity Level: Days spent working outdoors; 2 days of trekking



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## Destination: Sichuan

Sichuan is one of China's most distinctive provinces, known for its spicy food and China's national treasure – the giant panda. The capital city of Chengdu is a modern metropolis set on the west end of the fertile Sichuan Basin, a region commonly fought over during ancient times. Sichuan boasts stunning natural beauty, with the mountain forests and fantastic aquamarine lakes of Jiuzhaigou in the north and gorgeous mountain scenery at Minya Gongga in the province's west.

### Chengdu

Located in the heart of eastern Sichuan, Chengdu is the capital of the province. Geographic and political remoteness have always contributed to the free-spirited nature of the Sichuan people, and the modern metropolis of Chengdu reflects this. Chengdu's identity as a fast-growing metropolis, gateway city to Tibet, and source for some of Sichuan's most delicious cuisine, makes it one of the most interesting cities to visit in China.

Once a traditional old Chengdu neighborhood, Kuan Zhan Xiang Zi is now a modern and bustling pedestrian street. Housed in old stone buildings, the restaurants, shops, teahouses and cafes are a modern twist on an ancient town.

### Dujianyan

The Dujianyan Giant Panda Base Conservation and Research Center focuses on the reproduction of the giant panda as well as wild animal rescue and education. We'll spend the day with a ranger to gain a better understanding of the daily life at Dujianyu for this endangered species. With the guidance of the center staff, we will help clean cages, prepare food, and monitor the pandas. Depending on scheduling and availability, we will visit the rescue center, rarely seen by outsiders other than doctors and researchers. Here, local scientists rescue and rehabilitate injured golden monkeys, red pandas, and giant pandas.

### Tangjiahe Nature Reserve

Tangjiahe Nature Reserve is famed as the "Home of Life," and it was designated as a national reserve in 1986. This excellent reserve focuses on protection of giant pandas, but boasts 430 kinds of vertebrate animals, of which 72 are state-protected. Around 60 giant pandas, 1000 golden monkeys, and more than 1200 takins make their homes in the reserve. In this area, there are 2433 kinds of plants, of which 12 are under state protection. Designated as an A-Level nature reserve by the World Nature Fund, it is one of the hot areas for protection of the world's biodiversity.



## 10. Inner Mongolia Culture and Service

Inner Mongolia Province

Supplemental Fee:  
0 RMB

### September 21

- ▶ Fly to Hohhot
- ▶ Mongolian Hot Pot
- ▶ Art School Exchange
- ▶ Dinner Theater

### September 22

- ▶ Mongolia Museum
- ▶ Hohhot Lamasery Visit
- ▶ Drive to Grasslands
- ▶ Yurt Experience and Camping

### September 23

- ▶ Temple Visit
- ▶ Grassland Exploration
- ▶ Drive to Engebei Desert

### September 24

- ▶ Engebei County School Exchange Service
- ▶ Eco Project Exhibition
- ▶ Tree Planting

### September 25

- ▶ Desert Activities
- ▶ Tree Planting

### September 26

- ▶ Wudangzhao Lamasery
- ▶ Dumpling Dinner

### September 27

- ▶ Return to Shanghai

### September 28

- ▶ Debrief and Celebration

**Hardship Level:** Three star hotels, one night desert camping

**Activity Level:** Four to five hours of walking daily; primarily low impact



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## Inner Mongolia

Inner Mongolia is one of the world's last wild frontiers. The province is made up of terrain varying from lush grasslands to rolling sand dunes. This TrIBES will offer students a glimpse into the nomadic roots of the people of Inner Mongolia. During the week, students will have the opportunity to take in Mongolian culture and history as well as experience diverse ecosystems, performing arts, monasteries, and eco-service.

## Fighting Desertification

More than two decades ago a movement began to reverse the desertification that has been taking place in Inner Mongolia. The campaign to turn the desert into an oasis has been led by a Japanese eco-activist and has involved tourists, schools, and companies from around the world. Trees have been planted covering 300,000 acres of land, and Concordia students continue to be a big part of this effort.

## Yurt Living

Nomads across Asia have used yurts for their dwelling and shelter. These circular tents utilize a wooden accordion frame, which is covered with layers of felt and canvas. Marco Polo wrote about yurts in Mongolia, which have been used by Mongols for more than a millennium. Concordia students will have the opportunity to experience yurt living by constructing and camping in these dwelling as well as meeting the nomads.



# 11. Master Chef

Hebei Province

Supplemental Fee:  
0 RMB

## September 21

- ▶ Travel to Beijing
- ▶ Knife Skills, Spices, and Basic Cooking Classes

## September 22

- ▶ TooToo Organic Farm Tour
- ▶ Supply Chain Activity
- ▶ Pickling Class
- ▶ Peking Duck Dinner

## September 23

- ▶ Food Carving and Plating Workshop
- ▶ Vegetarian Cooking Class
- ▶ Professional Kitchen Tour

## September 24

- ▶ Breakfast Street Food Tour
- ▶ Travel to Tianxianyu Village
- ▶ Explore local foods

## September 25

- ▶ Return to Beijing
- ▶ 100 Minute Western Cook-Off
- ▶ Master Chef Challenge Prep
- ▶ Formal Dinner

## September 26

- ▶ Panel Discussion with local experts
- ▶ Local Market Tour
- ▶ Master Chef Cook-Off
- ▶ Mocktail Party

## September 27

- ▶ Return to Shanghai

## September 28

- ▶ Debrief and Celebration

Hardship Level: Three star hotel stays; Hutong facilities meet western requirements  
Activity Level: Primarily indoor and city activities; one to two hours of walking per day



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## Organic Farming

This course begins with a visit to a sustainable organic farm located just outside Beijing. This farm produces a wide variety of fresh, healthy, organic produce from the community. Students will be given an in-depth tour as well as participating in activities to learn how and where our food begins.

## Cooking Lessons

Throughout the week, students will participate in a variety of engaging and creative cooking lessons. Led by a host of local culinary experts, each lesson and workshop will introduce different cooking techniques, how to use culinary equipment safely, and tricks of the trade that will help students develop their own culinary prowess.

Cooking skill lessons include, knife skills, spice identification and uses, basic cooking skills, eastern and western cuisine, nutrition and health discussions, and TCM practices.



## Master Chef Cook-Off

The culminating event of the week will get students working with a partner to show off their new culinary skills. Students will design, source, and prepare multiple dishes to be served to a panel of Hutong chefs. The students will be asked to prepare 3-4 minute presentations about their creation and cooking process. Students will participate in the voting process and receive feedback from each of the judges before the winners are announced.

## Exploring the Beijing Food Scene

Students will spend their evenings exploring the unique food culture of Beijing. This exploration will include a dinner at a famous Beijing Duck restaurant, meeting with local chefs to learn about how the food and beverage industry runs in the Chinese context, and a formal evening out at a high class restaurant.



# 12. Mosaic Shanghai

Shanghai

Supplemental Fee:  
0 RMB

## September 21

- ▶ Improv Workshop
- ▶ 1933 Slaughterhouse and Creative Space
- ▶ Rockbund Art Museum

## September 22

- ▶ Power Station of Art
- ▶ Artlaxy Creative Space

## September 23

- ▶ Shanghai Grand Theatre tour
- ▶ Tianzifang Photo Challenge
- ▶ Local theatre performance

## September 24

- ▶ Screen printing workshop

## September 25

- ▶ Transfer to Suzhou
- ▶ Kunqu Opera Workshop and Mask Painting
- ▶ Return to Shanghai

## September 26

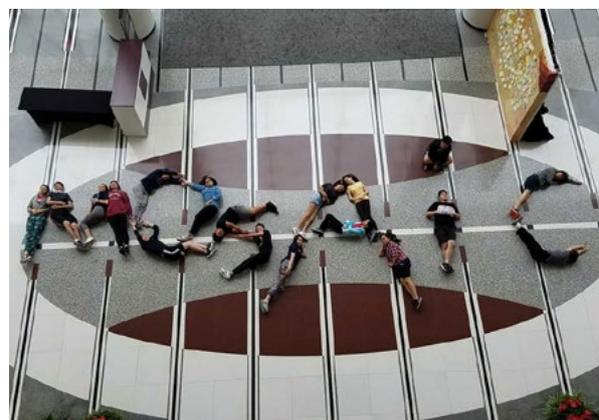
- ▶ Band workshop at Rolling Music
- ▶ Open mic night

## September 27

- ▶ Passion project presentations
- ▶ Fuzhou Lu arts street

## September 28

- ▶ Debrief and Celebration



Hardship Level: 3-4 star hotel  
Activity Level: Primarily low impact activities with some city walking

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## Trip Highlights

### Shanghai's Top Art Museums

The art museum boom is growing in Shanghai, especially with regards to privately owned museums. Students will explore this phenomenon as well as have the chance to visit some of China's best art museums such as the Rockbund, the Yuz, and the Power Station of Art.

### Screen Printing Workshop

Students will visit Idlebeats screen printing to see the process in action as well as join in a beginner's course. A dynamic artist duo from China and Germany, Idlebeats is "dedicated to the creation of soulful screen print art and never stops exploring the nature and possibility of the silkscreen medium."

### Kunqu Theater Workshop

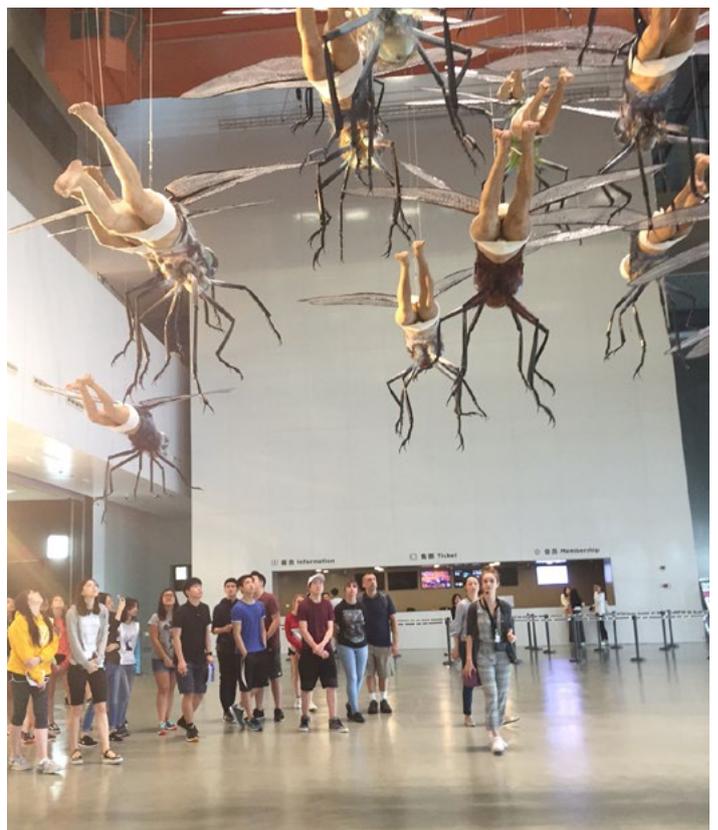
Kunqu Opera originated from the Kunshan region near Suzhou and is one of the oldest forms of Chinese opera. Since 2001, it has been recognized by UNESCO as a "Masterpiece of Oral History and Intangible Heritage of Humanity." On a day trip to Suzhou, students will take deep dive into this rich art form.

### Making A Band

Partnering with an advanced music school, students will learn what it takes to play in a band, from communication, keeping time, the basics of playing an instrument, and performing for an audience. The workshop will culminate in performing a song as a band.

### Passion Project

Each day, students will be asked to incorporate themes and ideas from that day into the "Passion Project," which they will present to the group on the final morning of the trip. This project allows students to hone in on an area of they want to explore more deeply while also encouraging them to cultivate a daily practice of creation.



# 16. YEP Teaching and Learning

Yunnan Province

Supplemental Fee:  
1000 RMB

## September 21

- ▶ Travel to Kunming
- ▶ Drive to Chuxiong county

## September 22

- ▶ Introduction and Orientation
- ▶ Begin work at Zhengxin Community Center

## September 23

- ▶ Community Center Projects

## September 24

- ▶ Teach at local elementary schools
- ▶ Activities at Community Center

## September 25

- ▶ Teach at local elementary schools
- ▶ Activities at Community Center

## September 26

- ▶ Teach at local elementary schools
- ▶ Farewell to students
- ▶ Return to Kunming

## September 27

- ▶ Return to Shanghai

## September 28

- ▶ Debrief and Celebration



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## Concordia Welfare & Education Foundation (CWEF)

CWEF is a non-profit organization founded by Lutheran Christians and dedicated to improving the lives of impoverished rural communities in Asia through education and service. Partnering with local communities, organizations and governments, they identify sources of poverty and implement programs in the areas of education and community health. CWEF believes that education creates opportunities for people to change their lives and create a new future.

### Community Connections

Concordia students will support an ongoing community development program. CWEF is partnering with the Zhengxin Community Service Center founded by director Li Jun, who has returned to his hometown and is reaching out to the left-behind children and elderly residents in an effort to build a stronger, more vibrant community for the people of his village and the surrounding area. During this TriBES experience, students will be able to enhance the ongoing work of Zhengxin and CWEF by helping to complete much needed projects at the community center and by serving the local children through teaching and other activities. They will also be able to learn about the behind the scenes work of NGOs and how projects are proposed, planned, and implemented.

### Left Behind Children

Many of the children of this community are “left-behind children.” Often in these rural villages, one or both parents have to move to larger urban areas to find work to support their families. They leave the village and many return only during the Spring Festival. As a result, children are left in the care of elderly relatives or in some cases are on their own.

CWEF works to support these children by developing adult mentorship, tutoring, education, health, and other programming. YEP participants will be working with left-behind children both at the community center and in their school settings.

### Broadening Horizons

During the Teaching and Learning program, Concordia students will be going into local elementary schools and teaching a variety of lessons. The focus will not only be on English education, but the goal is to introduce local students to topics and ideas they would not otherwise have the opportunity to engage in such as science, technology, music, physical education, or other subjects.

# 18. ZhangJiaJie Service Adventure

Hunan Province

Supplemental Fee:  
500 RMB

## September 21

- ▶ Fly to Zhangjiajie
- ▶ Meet Guides

## September 22

- ▶ Yellow Stone Village
- ▶ Golden Whip Stream Canyon

## September 23

- ▶ Travel to Yuanjiajie (Site of Avatar)
- ▶ Hike Tianzishan
- ▶ Ten-mile Natural Gallery valley walk

## September 24

- ▶ School service project

## September 25

- ▶ School service project

## September 26

- ▶ School service project and farewell
- ▶ Transfer back to Zhangjiajie

## September 27

- ▶ Tianmenshan cable car
- ▶ Return to Shanghai

## September 28

- ▶ Debrief and Celebration

**Hardship Level:** Local hotels/guesthouse; school does not have western facilities

**Activity Level:** Hiking and outdoor exploration; physical labor at the school



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## Zhanghjaijie

Listed as a UNESCO Heritage Site in 1992, this scenic area is made up of three adjoining subtropical parklands, with quartzite peaks and pillars to rival Guilin's scenery. There are plentiful rare plants and insects, swarms of butterflies, a large cave of calcite deposits, and stunning views through bamboo, pine and oak forests.

### From UNESCO's World Heritage

A spectacular area stretching over 26,000 hectares in China's Hunan province, the site is distinguished by more than 3,000 narrow sandstone pillars and peaks, many over 200 meters high. Between the peaks lie ravines and gorges with streams, pools and waterfalls, some 40 caves, as well as two large natural bridges. In addition to the striking beauty of its landscape, the region is also noted for the fact that it shelters a number of endangered plant and animal species.

## Yuan Gu Pin Primary School

Yuan Gu Ping Primary School is a town level school for 18 villages nearby. There are over 600 students in the school from Years 1-6. 188 of them are boarders. The government had a helping program for a synthetic surface playground that will start very soon. There are only two teachers for each class, and they need to teach everything that is required by the government.

### School Service Project

At the school, we will engage in several projects:

- Design and paint the walls of the dormitory
- Draw the lines on the playground for basketball and badminton
- Help the students and teachers with English, music, art and gym classes



# T-Shirt Size Chart

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All TribES participants will receive a TribES T-shirt. Please use this size chart from the vendor to identify the correct shirt size and indicate your requested shirt size on the registration form.

Unisex T-shirt Sizes	Chest	Length (middle back)
Adult XXS	92 cm	62 cm
Adult XS	98 cm	65 cm
Adult S	104 cm	67.5 cm
Adult M	110 cm	70 cm
Adult L	116 cm	72.5 cm
Adult XL	122 cm	75 cm
Adult 2XL	128 cm	77.5 cm
Adult 3XL	134 cm	80 cm

# TriBES 2018 Selection Form



This original form, along with a copy of your passport or travel document, is due to the HS office by **March 16, 2018**.

Student's full name (printed): \_\_\_\_\_

Gender: \_\_\_\_\_ Grade in 2018-19 \_\_\_\_\_ T-shirt size (see chart on page 40) \_\_\_\_\_

Students must select four TriBES courses. High School Administration will consider selections equally when TriBES rosters are created.

Title \_\_\_\_\_ Supplemental Fee \_\_\_\_\_ Course # \_\_\_\_\_

Title: \_\_\_\_\_ Supplemental Fee \_\_\_\_\_ Course # \_\_\_\_\_

Title: \_\_\_\_\_ Supplemental Fee \_\_\_\_\_ Course # \_\_\_\_\_

Title: \_\_\_\_\_ Supplemental Fee \_\_\_\_\_ Course # \_\_\_\_\_

Student: I agree to accept any of my four TriBES course selections without complaint. I understand that Concordia's High School Administration finalizes all TriBES group rosters.

STUDENT SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

Parent: I have discussed my son/daughter's TriBES choices with him/her. I give my child permission to participate in any of these four TriBES courses and support any financial obligations required for participation. **I understand that flights may be delayed or canceled and September 28 is an official school day. I will not make plans for my child to travel on September 28, 2018. I will not request changes to my child's itinerary.**

PARENT SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

This original form is due to the HS office by **March 16** along with a copy of your passport or travel document. Any alterations to the choices must be countersigned by the parent next to the change. Standard TriBES fees are billed with Semester 1. Concordia's Business office will invoice supplemental fees in September.



# 2018 China TrIBES Map



- |   |  |                                       |
|---|--|---------------------------------------|
| 1 Ancient Tea Trail Trek                      | 8 Journey of Religion in China           | 14 The Bright Connection              |
| 2 Kayaking Zhejiang                           | 9 Wildlife Conservation: Pandas          | 15 Shaolin Temple Teaching & Learning |
| 3 Ninghai National Trail System               | 10 Inner Mongolia Culture and Service    | 16 YEP Teaching & Learning            |
| 4 Yunnan Bicycle Journey                      | 11 Master Chef Beijing                   | 17 YEP WASH                           |
| 5 Coffee in Yunnan                            | 12 Ancient Tea Trail Trek                | 18 Zhangjiajie Service Adventure      |
| 6 The Merchant's Challenge: Ancient Silk Road | 13 The Sanjiang Minority Culture Project |                                       |
| 7 Public Health Hangzhou                      |  |                                       |

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