

APPENDIX I: ITINERARY

Date	Operational Itinerary	Meals Included
Thursday March 05, 2020	Fly from the U.S. to Beijing, China	
Friday March 06, 2020	Arrive in Beijing, China. Airport arrival. Participants will be met by a chartered bus and transported to their hotel. Check-in at hotel with a little time to settle in. Dinner will be provided	D
Saturday March 07, 2020	Breakfast will be provided each morning at the hotel Morning: Temple of Heaven Visit (including Taichi Class) Lunch will be provided Afternoon: Tiananmen Square and Forbidden City Visit Return to the Hotel and Refresh Evening: Welcome Dinner & Program Orientation	B/L/D
Sunday March 08, 2020	Morning: Great Wall Visit (Mutianyu Section) Lunch will be provided Afternoon: Summer Palace Visit Late Afternoon: Silk Market Visit Dinner will be provided	B/L/D
Monday March 09, 2020	Morning: University Visit in Beijing Lunch will be provided at the University Afternoon: Company Visit in Beijing <i>Great Leap Brewery (Dinner on your own)</i>	B/L
Tuesday March 10, 2020	Early Morning: Hotel Check-out & Travel to Beijing South Railway Station Morning/Noon: Travel to Suzhou by High Speed Train Train Information: G107 Beijing South Station - Suzhou South Station, 08:05 AM - 01:19 PM Packed Lunch will be provided Train station arrival. Participants will be met by a chartered bus and transported to their hotel. Check-in at hotel with a little time to settle in. Afternoon: Tiger Hill Pagoda Visit Dinner will be provided	B/L/D
Wednesday March 11, 2020	Morning: Company Visit in Suzhou Lunch will be provided Afternoon: Company Visit in Suzhou Evening: <i>Karaoke near the participant's hotel (Optional)</i> Dinner On Your Own	B/L

Thursday March 12, 2020	<p>Hotel Check-out</p> <p>Morning: Canal Boat Tour and Silk Factory Visit</p> <p>Afternoon: Company Visit in Suzhou</p> <p>Lunch will be provided</p> <p>Late Afternoon: Travel to Shanghai by Bus and Hotel Check-in</p> <p>Evening: The Bund Visit with Huangpu River Cruise (Dinner will be provided)</p>	B/L/D
Friday March 13, 2020	<p>Morning: Company Visit in Shanghai (Port)</p> <p>Lunch will be provided</p> <p>Afternoon: University Visit in Shanghai</p> <p>Dinner On Your Own</p> <p>Evening: <i>Chinese Acrobatics Show (Optional)</i></p>	B/L
Saturday March 14, 2020	<p>Morning: Shanghai Urban Planning Museum Visit</p> <p>Late Morning: Yu Garden</p> <p>Lunch On Your Own</p> <p>Afternoon: <i>Unstructured free time</i></p> <p>Evening: Farewell Dinner & Program Conclusion</p>	B/D
Sunday March 15, 2020	Fly from Shanghai, China to the U.S.	B