



THE BRITISH SCHOOL
OF BEIJING, SHUNYI
A NORD ANGLIA EDUCATION SCHOOL



LET'S GO!

Year 9 Residential

Fujian - 2019



- Bring in your travel documents on Friday
- Give to your form tutor
- They will be stored safely for Monday
- Your group leader will hold onto them



ITINERARY & DAILY SCHEDULE

DAY	LOCATION	ACTIVITIES
1 10/14	Beijing - Xiamen	<p>Morning Flight from Beijing to Xiamen Arrival and transfer to Lunch</p> <p>Afternoon Program Introduction Xiamen Epic Beach Games - Team challenges Day 1 Goal-Setting</p> <p>Evening Hakka Dinner Check into hotel and Lights Out</p>
Meals: L, D		
Accommodation:	Xiamen Bailuzhou Hotel	
2 10/15	Xiamen - Fuyulou	<p>Morning Wake-up and Breakfast Transfer to Tea Plantation Tea Picking and Tea Tasting</p> <p>Afternoon Lunch at Tea Plantation Bus Transfer to Fuyulou (2.5 hours) Walk to Fuyulou homestay Check-in at Fuyulou</p> <p>Evening Dinner Tulou Introduction, Q&A with host family Reflections and Lights Out</p>
Meals: B, L, D		
Accommodation:	Fuyulou Changdi Inn	

3 10/16	Fuyulou - Chuxi	<p>Morning Wake-up and Breakfast Bike Safety Briefing Nanxi Valley Bike Ride - Choose between Intermediate OR Advanced Routes</p>
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DAY	LOCATION	ACTIVITIES
Meals: B, L, D	Split Group A & Group B	<p>Afternoon Hakka lunch in Yanxiang Tulou Rotational Activities: - Tulou Mud Design Workshop - Tulou Sketching Workshop</p>
Accommodation:	Fuyulou Changdi Inn	<p>Evening Dinner at Fuyulou Post-Dinner Performances</p>
4 10/17	Fuyulou - Chuxi - Zhangzhou	<p>Morning Wake-up and Breakfast Chuxi Lookout Hike Chuxi Rotational Activities - Tulou Storytelling Workshop - Tulou Museum Visit</p> <p>Afternoon Hakka Lunch in Chuxi Chuxi Cluster Scenic Hike Transfer to Zhangzhou</p> <p>Evening Dinner en route to Zhangzhou Check in to hotel</p>
Meals: B, L, D	Rotate Day 3 & Day 4	
Accommodation:	Zhangzhou Diamond Hotel	
5 10/18	Zhangzhou - Xiamen - Beijing	<p>Morning: Breakfast and check-out Zhangzhou Chill Challenge activity</p> <p>Afternoon Chill Challenge Lunch in small groups Transfer to Xiamen Airport (1.5 hours) Flight from Xiamen to Beijing</p>
Meals: B, L		



Flight information

- 3.30am – Meet at BSB

- Do not be late, we will not wait

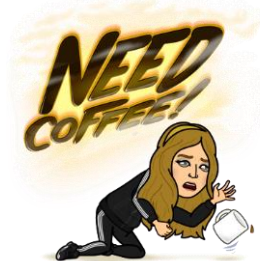
- Eat breakfast or bring some cash for a snack at the airport



- 3.45am – Bus to the airport

- 4.30am- check into the airport

- Look after your passport and return it to your leader ASAP





What can you do to make sure you get to school on time?

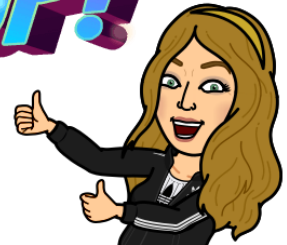
Make a group of 4 people and discuss what you can do to make sure you will be on time.

1. Think about things you can do a few days before the trip.
2. Think about things you can do the day before the trip.
3. Think about things you can do on the day of the trip.

Try and make a list of 5 things for each of the above.

Feedback to the class and make a class list for everyone to use

**#TURN
UP!**





DO NOT FORGET YOUR TRAVEL DOCS

- Passport (old and new)
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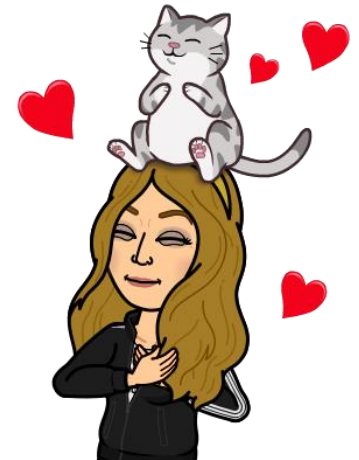
Flight information



- 6.40am – fly
- 11.30am – Arrive in Xiamen
 - Head for lunch



- **18th Oct** – Arrive back at BSB around 9.15pm





CLIMATE AND PACKING LIST

CITY	MONTH	AVERAGE HIGH	AVERAGE LOW
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Xiamen	October	26	16
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By October, the weather in Fujian may vary quite a bit, but fortunately without too much threat of rain. Your recommended packing list is below: please bear in mind that clothes may get dirty and wet and that expensive items are brought at your own risk (and are not encouraged).

Please be aware that you will be responsible for your own gear and will be required to walk up to 1km with your own gear. Please pack light! This will also be helpful when boarding transportation.

RECOMMENDED PACKING LIST

- 1 x medium-large back pack (Medium size should be sufficient 35L – 45L)
- 1 x smaller day pack that can be squashed into bigger bag
- 1-2 x pair comfortable shorts
- 1 x lycra cycling shorts with padding or padded bicycle seat (optional)
- 1-2 x pair of long trousers
- 4 x short and long-sleeve t-shirts (synthetic is preferable as it dries quicker and wicks moisture away from the body)
- 1 x Lightweight fleece
- 1 x Breathable Waterproof jacket or Poncho (Hikes will proceed rain or shine and you want to be able to vent body heat)
- 5 x Underwear
- 5 x Pairs of Socks
- 1 x Pajamas

- 1 x Light weight towel
- 1 x Sun Hat/Cap
- 1 x Pair of trainers/sneakers (suitable for cycling/hiking)
- 1 x pair of flip flops/sandals/comfortable shoes for night

- 2 x Reusable Water bottles (min. 750 ml each)
- 1 x Camel-back water bag (optional for cycling)
- 1 x Bike Helmet (well fitting)
- 1 x pair of biking gloves with padding on palms (optional - weight lifting gloves also work)
- 1 x small torch/head light with batteries (optional)
- 1 x Small personal first aid kit (optional)

- Notebook, pens
- Camera
- Sunglasses
- Small bottle of insect repellent
- Sunscreen
- Pocket Money (suggestion: 300 RMB per person)
- Plastic bag for dirty clothes
- Toiletries (keep this light and to a minimum)
- Toothpaste and toothbrush
- Any required medication
- Power bars/Energy Snacks
- **A Big Smile!**

This is not intended to be an exhaustive list, please use your own judgment when packing. **PLEASE KEEP PACKING TO A MINIMUM.**

All of the above should fit into a rucksack or a small suitcase on wheels. Again, *you will have to carry your own bag for at least 1 KM so please make sure that your bags are neither too big nor too heavy!*



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Packing

- A refillable LARGE water bottle is essential
- If you have a helmet, bring and attached it to your bag
- Do not bring unnecessary valuables – we will not be responsible for any losses
- Mobile phone usage will be LIMITED
- Bring appropriate clothing – no short shorts or low cut tops
- Snacks – also LIMITED
- Any medicine you normally require
- **PACK LIGHT !!!!!**



feelin' fine



Can I bring my.....?

Mobile phone

✓



MP3 player

✓



Handheld Electronic game (e.g. Nintendo Switch)

X



Laptop / iPad / Tablet

X



Parents / Pets / Life partner

X



Week's supply of Snickers

X



Spending money (up to 400rmb Max)

✓



Knives / pen knives

X



Mr. Cuddles, my bedtime pal who I've had since I was 1 year old and goes everywhere with me and I can't sleep without him

X - he can buy his own ticket





How to be a good egg

- What is a good egg?
- What can you do to be a good egg?
- What makes a good residential experience?
- What rules do you think should exist? Why?
- Can you come up with three goals for yourself to be a good egg?
- Can you think of another slogan you can use for residential?





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Rules



Anyone unable to follow the rules or behaving inappropriately will be removed

Mobile phone rules should be adhered to or it will be confiscated

Be prepared on time each day (prepare your day bag etc the night before)

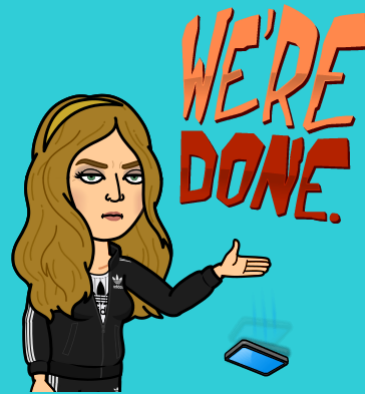
Be respectful – to teachers, hutong staff, equipment, environment and each other



Room Rules

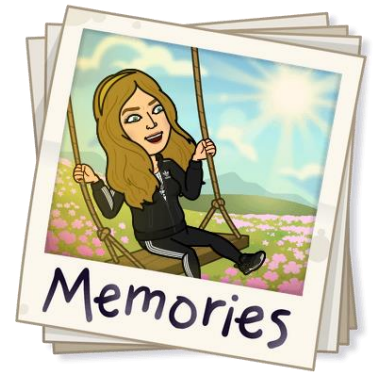
- Each day there will be a small time where you will be able to go into each others room (invite only)
- Each day we will give you a time that you should be in your own room
 - Half and hour later will be lights out
- Anyone found in another room or outside their own room after these times will face serious consequences
- Be a good room-mate
 - Keep the room tidy
 - Wash your self
 - Phones off at lights out
 - Make sure you wake your room-mate up and say good morning!





Mobile Phone Rules

- You are only allowed to use your phones at designated times
 - Whilst travelling or during free time
 - Check with the teacher to make sure
- You may take photos at appropriate times BUT you must have permission if you are taking photos of people
- Do not share posts on social media until we are home and you must not share photos of anyone without their permission
- Phones off after lights out
 - Be fair to your room-mate
 - and rest! The days will be tiring if you do not get enough sleep





Snack Facts

- Dry noodles are not permitted – you will not have a kettle in your room
 - This is for safety reasons and to allow you to be openminded to try new foods
- There will be plenty of food on offer including some healthy snacks throughout the day
- You are welcome to bring your own snacks but please ensure you do NOT have lots and lots of junk food
- You will be permitted to by snacks on occasion but only when the teachers allow it
- We will monitor your consumption and confiscate if necessary





- Never wander off on your own
- If you feel unwell let a teacher know
- Look after your buddy

- Embrace a new experience
- Try to mix with different people
- Good vibes only!





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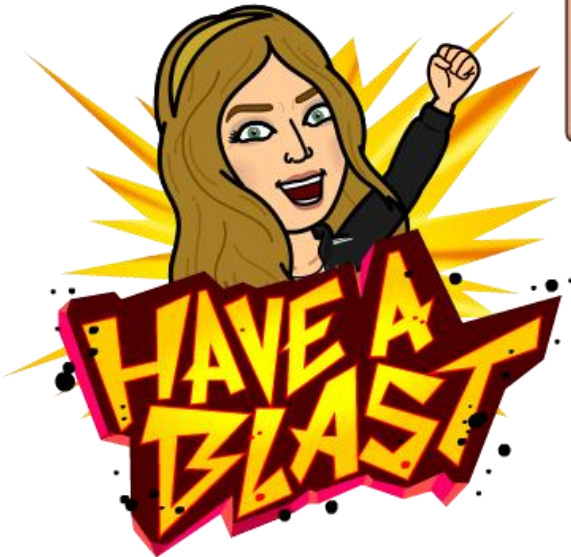
Photo Awards

- When we return to school you can submit your best photos to your form tutor
- Form tutors and HOY will chose their top 3 and house points will be reward





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WE GOT THIS!





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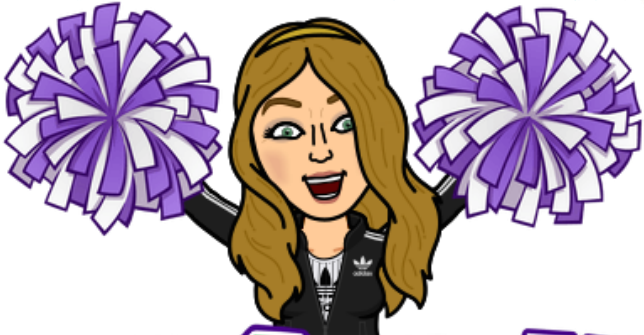
Gold Star



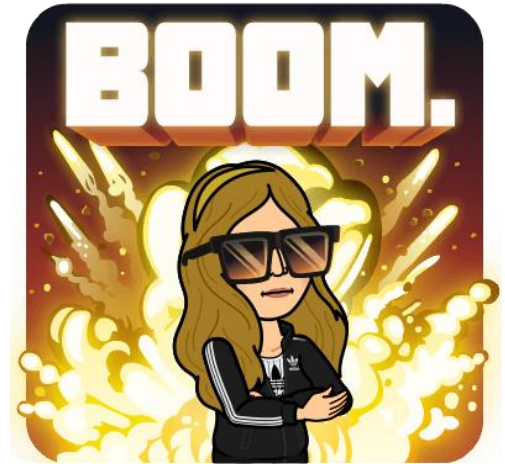
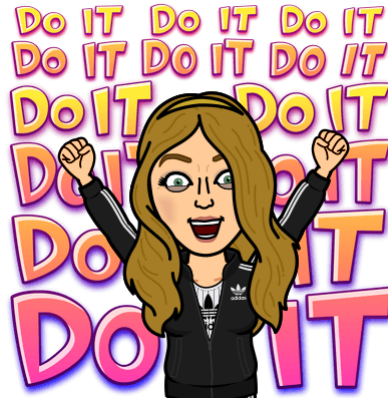
T-E-A-M



DREAM TEAM



W-O-R-K





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So tired





Remember!!!



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