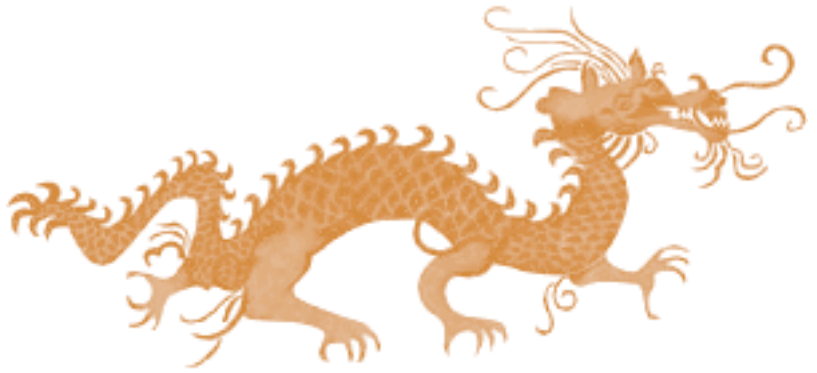


IIQTC

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The IIQTC Qi of Lifetime Tour

Travel and Experience in the Homeland of Qigong and Tai Chi

The IIQTC is thrilled to make it possible for Teachers of Qigong, close family members and a select group of Qigong enthusiasts to witness the slice of China that is the Mother to Qi Cultivation. We will purposefully be visiting sites that are associated with refining and potentizing your Qi, wellbeing, virtue and spirit.

Your fee includes:

- Round Trip Airfare from the United States (Los Angeles International) Unless You Have Specified 'Ground Only' Travel Within China
- Bus and Air Transportation within China
- Lodging
- Scheduled Group Meals
- Teaching and Lectures
- Tour Site Entry Fees
- Gratuities
- "Basic" travel insurance

Your fee does not include transportation to and from the embarkation point in Los Angeles for those travelers flying from the U.S. **or** transportation to and from the meeting location in China for those passengers who have specified 'Ground Only' Travel Within China; additional nights of lodging in the U.S. or China, either before or after the China trip; passport or visa services; wellness and laundry services; personal shopping; taxis outside of scheduled tour bus times; tipping over the amount included in trip price; one or several shows, in Hangzhou (West Lake), in Beijing (Chinese Acrobats); additional bottled water; supplementary travel and international health insurance; and fuel surcharges due to increases in the world price of oil at the time of travel.

We are glad you are familiarizing yourself with this IIQTC program in China. The following information will answer many questions you might have about IIQTC China, travel arrangements, your schedule, and what to bring. If you have additional questions, please call IIQTC Registration at 805.617.3390, Monday through Friday from 9:00 a.m.– 12:00 p.m. PST, or e-mail us at info@iiqtc.org.

Travel

Required Travel Documents Passport and Visa

For entry into China, United States citizens must present a valid passport that will not expire for at least 6 months after arrival, and a round trip/outbound ticket. China authorities generally permit United States citizens to stay up to 30 days; to stay beyond the period granted, travelers must submit an application for an extension to the Office of Temporary Permits in the China Department of Immigration.

For additional details about traveling to China, visit the United States Department of State's Bureau of Consular Affairs at:

http://travel.state.gov/travel/cis_pa_tw/cis/cis_1089.html

A visa is required to enter the People's Republic of China. Visas can be obtained in person at the Chinese Embassy or Consulate-General in your area. If visiting the Chinese Embassy or Consulate is not convenient or possible for you, travel and visa agencies also handle the visa process for a fee.

<http://www.mychinavisa.com>

Travel, Arrival and Departure

Travel to China is lengthy. Rest up before the trip. Build in some ease on the outbound segment by arriving a day in advance for departure. Allow for rest and recovery on return.

The China program begins with travel on Sunday, April 7 for those embarking from Los Angeles, CA, USA and returns on Thursday, April 25, 2013 to Los Angeles, CA, USA. Trip fees include airfare from the embarkation point to Shanghai, China and returning flights from Beijing, China to embarkation point. It is the responsibility of the traveler to be at the embarkation point on the day of travel. It is recommended that travelers arrive at the embarkation point the day before to be ready for travel.

The Ground Only Travel Within China program begins with meeting the arriving group from the U.S. in Shanghai Pudong International Airport on Monday, April 8 at the time of arrival and ends on Thursday, April 25, 2013 in Beijing. It is the responsibility of the traveler to be at the arrival location on the day of travel. It is recommended that traveler arrive at the embarkation point in China the day before to be ready for travel.

Embarkation Point – Los Angeles International Airport

IIQTC departs from Los Angeles International Airport (LAX) to China on April 7, 2013. Staying overnight on April 6th in Los Angeles is highly recommended. Meeting the

group the night of April 6th in Los Angeles the night before departure to China is optional.

Arrival in China – Shanghai Pudong International Airport

Shanghai Pudong International Airport (PVG) is the primary international airport serving Shanghai, China, and a major aviation hub in Asia. Located about 30 kilometers (19 miles) east of the city center, Pudong Airport occupies a 40 square kilometers (15 square miles) site adjacent to the coastline in eastern Pudong. IIQTC travels by charter bus from the airport to the first stop, Hangzhou.

If you would like additional information about traveling to or from Shanghai Pudong International Airport, please visit:

<http://www.shairport.com>.

Departure from China – Beijing Capital International Airport

Beijing Capital International Airport (PEK) is the main international airport serving Beijing, China. It is located approximately 27 kilometers (17 miles) northeast of Beijing's city center in an enclave of Chaoyang District that is surrounded by rural Shunyi District. It is currently the second busiest airport in the world (after Hartsfield-Jackson Atlanta International Airport) and the busiest in Asia. After renovations for the 2008 Olympics, the airport now boasts three terminals, with Terminal 3 being one of the largest in the world. Most domestic and nearly all international flights arrive at and depart from Capital Airport.

If you would like additional information about traveling to or from Beijing Capital International Airport, please visit:

<http://en.bcia.com.cn>

Ground Transportation in China

IIQTC offers bus service during your visit to China. It is approximately a 2-hour drive from the Shanghai Pudong International Airport to the first destination in Hangzhou.

- Your registration for the trip assures your space on the bus.
- Bus travel times are based on flight arrival and departure times.
- The cost of the bus service is included in your registration.

Exit Tax

There is a charge of approximately \$12.00 U.S. dollars (90 Yuan) at the airport upon departure; this is best paid in cash.

Immunizations and Health Concerns

You are unlikely to encounter any serious diseases in China. Sanitary standards are high and the health system is excellent. No vaccinations are required to enter China as epidemic diseases have been all but eradicated throughout the country. However, some immunizations and vaccinations are recommended. You will want to consult with your doctor or a travel medicine clinic. Ask about routine vaccinations and vaccinations for preventable diseases. Asia is considered a region where certain diseases are possible to be transmitted.

You can get the latest information on health-related issues in China from the Center for Disease Control at:

<http://wwwnc.cdc.gov/travel/destinations/china.htm>

Water

The bottled water and water in restaurants in China are typically drinkable, however outside the cities and in China hotels, it is recommended that tap water be boiled before drinking. Many options are available for travelers.

Many people drink beer and tea, which are typically available as a part of the meals. We will have ample opportunity to buy water. Many have just used boiled tap water. You will figure out how to do this in a way that is suitable for you. Water has never been problematic in the past. If you want to use boiled tap water, do not use a plastic water bottle as the boiled water is hot. Bring a metal water bottle or a thermos.

Healthy Travel Assurance – Frequent Hand Washing Recommended, Favorite Supplements, and Our New Friend Jet Lag

You can reduce your risk of getting ill by 30 to 50 percent with frequent hand washing. Use **alcohol gel hand sanitizers**, if you can't always get to a sink with soap while traveling. When purchasing gels, look for bottles that say 'sanitizer'—because that label is FDA-approved—and that have at least a 70 percent alcohol content."—*Dr. Charles P. Gerba, microbiologist, University of Arizona*

- **Digestive difficulties.** If you tend to digestive difficulty, remember your digestive enzymes purchased at your natural health food store. It is not unusual to have some *transition fun* with bowel function, as the many hours on the airplane can contribute. The time change and unfamiliar lodging can also contribute. Be sure to proactively prepare if this is an issue for you.
- **Earplugs.** You may want to bring earplugs if you are a light sleeper or bothered by the sleep sounds of others.
- **Colds and flu.** Airplanes are notorious for circulating germs through the recycled air. Jet cabins are unnaturally dry and suck moisture out of the mucous membranes in your mouth and eyes, whose immune cells and enzymes otherwise help break down invading pathogens. Staying hydrated keeps your mucous membranes functioning well and protects your natural defenses against

colds and the flu. *Wipe down your arm rests, tray and any hard surfaces with an antibacterial wet wipe; also wipe your hands when you are finished.* The best immune system boosters are NutriBiotic Defense Plus (grapefruit seed extract with added immune support), Airborne (Vitamin C + zinc), and the homeopathic remedy Boiron Oscillocochinum. My favorite is ASAP Colloidal Silver Solution.

- **Jet lag.** Get plenty of rest before your trip. Starting out sleep-deprived makes jet lag worse. Sleep on the plane if possible. Get up and walk the aisles, drink lots of water, massage ears, hands and feet. Avoid alcohol and caffeine consumption during your flight.

Money

U.S. dollars can be exchanged for Yuan (China currency) at the airport. You are advised to save receipts when you exchange USD to Yuan, you will need these if you want to exchange Yuan back to USD at the end of your trip.

We will do a bank stop to change money before we depart from Hangzhou.

Credit cards are not universally accepted, so it's best to travel with some cash, preferably in small denominations (\$1, \$5, \$10, and \$20). China accepts Visa, MasterCard, American Express, JCB and Diner's Card. The IIQTC recommends that you inform your bank that you will be using your card in China. Cardholders can withdraw cash from the Bank of China.

Your Home in China

You will stay in various locations throughout China that are comfortable and closely located near activities. Lodging in China is far less an adventure these days. We will be in a number of remote areas, so the chance for lodging adventure does exist.

Your trip is tightly packed with carefully chosen sites and experiences. There is some opportunity for "off tour" excursion however, you may miss something already planned and already paid if you go on any side adventure. Check with trip organizers for schedules. Extra activities are not included in your package and require additional fees.

Nearby Store

Stores are often nearby and offer a variety of essential items in case you forget something. In the larger cities, Western stores carry products familiar to Americans and offer snacks, books, and souvenirs.

Security

A safe is available to travelers at some hotels and overnight stays at no extra charge. Be very protective of your passport and your cash. It is not necessary, but you may want to have a couple of places to keep these valuables when you are out

of your hotel room. After many trips to China and never one incident, it remains reasonable to remind you that proactive caution is always preferred over post crisis reactivity.

Gratuities

A number of people work hard—organizing, leading, and administering this trip—to make your stay in China a pleasant one. The tips for drivers and regional guides are included in the fee. The lead guide may deserve a special gratuity. Such an added gratuity is something that we can discuss near the end of your trip.

Meals

China has a bounty of fresh food that forms the basis of the delicious, primarily vegetarian cuisine at all the locations where you will stay. There are many options and lots of variety. Chinese cuisine is rich and colorful and full of flavor. In almost any Chinese dish, taste can be divided into five classes - sweet, sour, bitter, hot and salty. Seasoning such as soy sauce, sugar, vinegar and salt in proper amount make up the taste of the dish. In the vast land of China, there are eating habits of "South-Sweet, North-Salty, East-Hot and West-Sour," according to the different tastes of the people.

Many find Chinese breakfast very odd. Some say, you can't get breakfast in China. Some venues will have American style breakfast, but some will have classic morning carbohydrates of rice conge (rice soup) and buns.

Dining experiences in China are the great place to mingle and trade stories about your journey with other travelers.

Laundry and Wellness Services

Services like laundry or massage will be available in some locations where the group will stop. When the group is in the mountains, these may be limited.

Computers and WiFi

Wireless Internet connection is available at most hotels at no cost. The connection is typically strong enough for use of Skype or other Internet-based telephone applications. IIQTC cannot guarantee a connection for all computers and does not provide a technician for troubleshooting. There is a public computer with Internet access available to guests at some of the hotels no cost.

Telephone

Telephones are available for guests in the lobby at most hotels in China. It varies according to the regulation of the hotel. Usually, the five-star and the four-star hotel is free for the local call while the international call and the long distance call is charged according to the rate of the carrier.

Extra service fee will be charged. With the purchase of an IC card (at most newsstands and convenience stores), phone booths and public phones can be easily found on the roadside, hotels, railway stations, airports and large-scale emporium stores.

Cell phone service is supported only for international mobile phones or for phones purchased in China. Check with your cell phone provider regarding the cost and availability of phone service in China; international calls can be expensive.

If it is important for you to make regular calls home, you will become oriented. One of the ways to make the calling especially easy is to let you family know that no news is good news. While it is possible to make international calls, it is not always easy especially when out of the metropolitan areas. Check the itinerary and, perhaps, let you family know that you will call when we are in certain places like Hangzhou (early in the trip) and Beijing (late in the trip).

Shopping

It is quite common for travelers who cultivate and who want to penetrate in to the cultivation mood and mindset to think that shopping is a distraction from the inner focus. This is true of course. However, you may only be in China once and there are places along the long bus routes where we make a bathroom stop that have adjacent shops. We will also go to a number of places – tea fields, herbal shops, the night market in Hangzhou, the Song Dynasty market in Tunxi, temples – where there will be the classic Chinese items available – tea, silk, jade, scrolls, chops/seals.

It is inevitable that you will want something as a reminder of your trip. We will have some shopping counseling so you know where we will be going and some ideas on best places for tea, say, or scrolls. There have been those who, on realizing that the prices are compelling, end up over-shopping and needing extra luggage. In the end this will be your decision. This note helps you prepare in advance.

Sample Daily Schedule

With an IIQTC learning vacation, you get the best of both worlds—time in training with world-class teachers, and time to rest and explore. Begin your day with movement or meditation, or a stroll in vibrant surroundings.

During your free time, roam the streets, villages, and natural settings. *Schedules may vary depending on locations you are visiting and activities you pursue while you are there.*

This schedule must necessarily be very flexible.

7:00 a.m.	8:00 a.m.	Morning Practice
8:00 a.m.	9:00 a.m.	Breakfast
10:00 a.m.	Noon	Training and Discussion or Touring
12:30 p.m.	1:30 p.m.	Lunch
2:00 p.m.	4:00 p.m.	Training and Discussion or Touring
6:00 pm	7:30 p.m.	Dinner
8:00 p.m	10:00 p.m.	Entertainment, Training or Free Time

Cancellation, Refund and Payment Policies

Given the intense organization, work, business connections, deposits, and details involved in this journey, there are many considerations before you travel. You have a right to cancel your journey and receive refunds within the appropriate time frames. Cancellations and requests for refunds must be submitted in writing to the IIQTC at email address refunds@healthaction.net.

Read the terms and conditions document carefully in the Traveler's Agreement which is sent to you when you register and available for download at the China Trip webpage:

<http://feeltheqi.com/China-Trip/>

IIQTC reserves the right to cancel a program at any time.

If IIQTC cancels a program, you will receive a full refund.

Please read the Traveler's Agreement for more detailed information on the cancellation policy.

What to Bring

Travel with the *essentials*. Note, China has the same power voltage as the U.S. however you will need a power adapter. You will want to bring the following:

- Clothing you can layer
- Insect repellent
- Sunscreen
- Hat (for sun protection)
- Raincoat or poncho
- Walking/hiking shoes
- Camera/batteries/charger
- Alarm clock
- Toiletries
- Prescription medications. The U.S. Department of State suggests that travelers to China bring enough medication to cover the duration of a trip, since medications dispensed in the U.S. are often different or unavailable in China.
- Over-the-counter medications. Travelers should pack over-the-counter medications that might not be readily available in China, such as anti-diarrhea pills, painkillers e.g. ibuprofen or acetaminophen, or first aid creams. A handy reference can be found at <http://www.lonelyplanet.com/china/practical-information/health>.

Helpful Links

The following helpful links will answer many of your travel questions:

<http://www.china.org.cn/>

Comprehensive information about travel, tours, car rentals, nightlife, hotels, activities, and more.

<http://www.chinatravel.com>

Maps and travel information on the many different regions in China.

About China

China is old and big, majestic and mysterious. There are many ways to experience China. This tour focuses on the history and culture of China related to Tai Chi and Qigong. The country itself is rich in natural wonders.

Here are some additional facts about China you may or may not know.

Area: 9.6 million square km (3.7 million sq. mi)

Population: 1,347,350,000 as of December 31, 2011. This is 19.2% of the world population.

Capital: Beijing (the population is approximately 20,058,761. (Extrapolated from a population of 17,430,000 in 2007 and a population of 19,612,368 on August 11th 2011.))

Language: Mandarin Chinese

Location: Asia

Currency: Yuan (\$1.00 U.S.= approx. 7 Yuan, rate varies)

Religion: Officially atheist; Daoism (Taoist), Buddhist, Christian 3%–4%, Muslim 1%–2%.

Time Zone: 15 hours ahead of Pacific Time

Climate

Temperatures vary a great deal throughout the regions. In April, temperatures in Beijing and Shanghai will begin to warm up compared to previous months, but it is considered "long sleeves" weather most of the time. You should wear layers or carry a light coat for the evenings. April is a good season to see flowers in Beijing and Shanghai, with peach blossoms particularly in bloom.

Geography

China is amazing land of hills, plains, mountains and deserts. Seas surround the entire country, so some of its geography is influenced by wind and water. In the general regions that the IIQTC Journey will cover, you will see the famous mountainous regions known as Wu Dang which runs east-west along the southern edge of the Hanshui River valley, crossing several county-level divisions of Shiyuan Prefecture-level city. Among these peaks is a group of mountains known as a Daoist gathering place, considered by many to be a *power center*. The high mountains in the clouds are the place where the IIQTC group will spend the longest segment of the trip.

Contact Information

To reach IIQTC, contact us by:

Mail

IIQTC
5276 Hollister Avenue, Suite 257
Santa Barbara, CA 93111

Phone (Registration)

805.617.3390
Monday–Friday from 9:00 a.m.–12:00 p.m. P.S.T.

Fax

805.617.3372

Email

info@iiqtc.org

Upon your arrival, you can be reached on the IIQTC China Journey by:

Phone

In the event of an emergency, your family and friends may call and leave a message, which will be delivered to your room.

+86-137-3221-1025

This is the mobile line of Dana Xu, your China Guide

Please be aware that while you are attending the China 2013 Journey, IIQTC will be taking photographs of participants and faculty. Some of these photographs will be used by IIQTC for promotional or informational purposes in its catalogs, brochures, website, newsletters, and third party publications. By attending IIQTC events, you agree that IIQTC may take photographs that include your image and that such photographs may be used by IIQTC for promotional and informational purposes and that IIQTC may authorize third party publishers to publish and use photographs that include your image. Participants are not allowed to make any audio or video recordings while at an IIQTC event.