Inspired by PlanetWalker Dr. John Francis, who spent 17 years silently walking instead of taking motorized vehicles, this program challenges students to listen and observe. Dr. Francis, during his 17 years of silence, learned through listening to the world around him instead of talking. Students will aim to do the same, alongside activities with Coastline Kayaks, founded by entrepreneur Nick Dong. Like many rural villages, most of the younger generations have left their family homes to look for work in the big cities, leaving behind the elderly, children, and dilapidated development in their wake. Students will be challenged to listen, observe, and engage with the environment and community around them in a way that challenges their perspectives while exploring Tongzhou Island through kayaking, cycling, and walking.

**MIN # OF STUDENTS** 24

**MAX # OF STUDENTS** NA

**PHYSICAL CHALLENGE**

Day Kayaking, Cycling, Long Silent Walks on roads or varied terrain.

**COMMUNITY CHALLENGE**

Learning about the local area by navigating as a team with limited resources. Communicating without verbal language.

**PRE-JOURNEY COMMITMENT**

Research to understand background of John Francis and the connection to the UN Sustainable Development Goals.

**Navigation Challenge**

Hangzhou East to Tongzhou
Groups independently navigate to self-selected destinations while Planetwalking.

**Guesthouse or Camping**

**Kayaking Tongzhou**

Fuchun River, Tongzhou Island
Groups paddle around Tongzhou Island, observing the island and exploring local villages.

**Guesthouse or Camping**

**Cycling Tongzhou**

Tongzhou Island
Groups camp and live in the Tongzhou Island, using bicycles to explore the area.

**Guesthouse or Camping**

**Planetwalk**

Tongzhou Island
Students reflect through a self-guided Planetwalk around Tongzhou.

**On Hard Sleeper Overnight Train**

Beijing

**Return Friday Morning**
Yunnan, or “south of the clouds,” is described in the 1933 book Lost Horizon by British author James Hilton as the location of Shangri-La, or paradise on earth. It is the location of China’s highest diversity of flora, fauna, people, and terrain. As a result, tourism has exploded and environmental issues have become increasingly serious. In this program students will examine what it means to be responsible tourists as they explore local communities and markets, visit with local NGOs and activists, and hike and climb a Via Ferrata in Laojunshan National Park. As a final challenge, students will design a way to promote responsible tourism in their local communities.

**MIN # OF STUDENTS** 24
**MAX # OF STUDENTS** 100

**PHYSICAL CHALLENGE**
- Flat water kayaking. Day hike Turtle Mountain. Via Ferrata

**COMMUNITY CHALLENGE**
- Learn about impacts of tourism on local culture and environment and promote steps towards more responsible travel

**PRE-JOURNEY COMMITMENT**
- Research on Naxi, Bai, and other local minorities

**Local Ethnic Naxi Culture**
- **Zhongyi Market**
  - Students experience Naxi people’s daily life and observe how tourism has reshaped Lijiang.
- **Baisha There international Youth Hostel**

**Environmental Challenges**
- **Village near Shigu Town**
  - Students learn from local community leaders about how they empowered local villagers to block the building of a dam.
- **Shigu Shihong Inn**

**Eco- & Community- Building**
- **Laojunshan National Park**
  - Groups hike beautiful Thousand Turtle Mountain, witnessing both the beauty and the carbon footprint left by modern society.
- **Liming Holiday Inn**

**Personal Adversity**
- **Laojunshan National Park**
  - Students will be challenged to overcome physical and psychological challenges of Via Ferrata.
- **At Home - Flight back to Beijing**

Return Thursday Evening
Cultural Sketchers: Yunnan

How does sketching impact how you experience culture?

Inspired by the “Urban Sketchers” movement and artists Tommy Kane and Danny Gregory, students will have the opportunity to slow down and learn about the process of artistically capturing the essence of a location. Utilizing a variety of medias, students will explore the dialogue between place, art, and people while being immersed in the location they are illustrating. In Lijiang, students will have the opportunity to draw famous and picturesque sites such as Jade Dragon Snow Mountain, Baisha Village, Shaxi Old Theatre, Shibaoshan Grottoes and Lashihai Lake. They will also experience Dongba calligraphy class, cycling, cooking class and market challenge among other culture and adventure activities.

| MIN # OF STUDENTS 24 |
| MAX # OF STUDENTS 60 |

### Physical Challenge
Walking with art materials. Cycling and short hiking.

### Community Challenge
Complete market challenge in teams.

### Pre-Journey Commitment
Building website to display work. Research to understand local and historical context.

| Depart Sunday Night |
| Lijiang |
| 2600km |
| Beijing |

- **Jade Dragon Snow Mountain**
- **Jade Pond Village**
  - Students can experience Naxi traditional culture in Baisha while sketching Jade Dragon Snow Mountain in the distance.
  - **Baisha There international Youth Hostel**
- **Shaxi Cycle and Draw**
  - **Shaxi Old Town**
  - Students cycle around Shaxi Valley and have cooking class at the Pear Orchard Temple, drawing along the way.
  - **Determined by Accommodation Group**
- **Artists in Yunnan**
  - **Zhiyun Tibetan Buddhist Temple**
  - Students draw at the Zhiyun Temple by the Lashihai Lake and visit a local villager’s home that hosts artists from around the world.
  - **At Home - Flight back to Beijing**

| Return Thursday Evening |
| Beijing |
Photography, once an exclusive practice of the few, has now become accessible to almost all through the development of smartphones and the mass production of digital cameras. However, few understand basic tenants of photography like “The Exposure Triangle” and the art behind taking photos. This program will provide students with essential and foundational knowledge on photography, from composition and picture-taking techniques, to the chance to operate vintage twin-reflex cameras, develop and enlarge film and to practice their learning in varying environments. As an ultimate challenge, students will be working together as a group to exhibit their art work in the heart of Shanghai.

MIN # OF STUDENTS 24
MAX # OF STUDENTS 40

PHYSICAL CHALLENGE
Extended periods of walking around the city

COMMUNITY CHALLENGE
Manage total food budget. Organize exhibition in Shanghai and/or ISB.

PRE-JOURNEY COMMITMENT
Locate local restaurants. Locate potential sites for photographs.
Learning History: Nanjing Massacre

How does the Nanjing Massacre continue to impact the lives of those who learn about it?

Learning History is the practice of telling the stories and events of others in a collaborative audiovisual format. This storytelling practice is the inspiration for this program. Students will conduct research at the Nanjing Massacre Memorial, viewing exhibitions, reading archives, visiting some of the most famous massacre sites, and meeting researchers who have conducted extensive interviews with massacre survivors. Through this research process, students will gain an overview of the Nanjing Massacre and this dark period of Chinese History. Students will also discover the important role of foreigners like John Rabe, Minnie Vautrin, and Bernhard Arp Sindberg’s who protected locals in Safety Zones and collected war crime evidence. Finally, students will construct a Learning History, providing different perspectives, including that of Japanese soldiers in a documentary or multimedia format.

MIN # OF STUDENTS  24
MAX # OF STUDENTS  36

PHYSICAL CHALLENGE
Extended periods of walking around city as main form of transportation. Short hike.

COMMUNITY CHALLENGE
Creating a safe space for respectful debate and for learning about emotional parts of history. Constructing a Learning History related to this event.

PRE-JOURNEY COMMITMENT
Research to understand local and historical context.

Depart Sunday Evening
Nanjing
1200km
Beijing

Sharing Hike
Dr. Sun Yat-sen Mausoleum
Students hike the purple mountain while sharing their knowledge of the Nanjing Massacre in order to prepare for the emotional conversations and debates.

Determined by Accommodation Group

Women in War
Memorial Hall & Comfort Women Museum
Students will explore the impact and use of comfort women by the Japanese in World War II.

Determined by Accommodation Group

Hypocrisy of War
John Rabe Home/Nanjing University
Students learn about the controversial John Rabe from local professors while also meeting local students.

Determined by Accommodation Group

Comfort with Peace
Nanjing City Museum
Students share their key learnings and reflections with the museum director after touring the museum.

At Home - Train back to Beijing

Return Thursday Evening
Human Trafficking still affects 20 million people each year according to the International Labour Organization. Students will dive deep into the intricacies of the human trafficking challenge, examining the factors that make this part of the black market run. Students will work alongside the Blue Dragon Children’s Foundation, an organization dedicated to saving children who fall prey to human trafficking, by going out into the streets of Hanoi to find or rescue trafficked children, whose basic needs are unmet in Hanoi. Additionally, students will work with the workers to assess the children’s needs and to deliver joint workshops. The Human Trafficking program will provide the chance for students to explore the complexity of social and global issues, to realize their potential impact through individual and collective action, and that many factors are intricately woven together to create this extreme issue.

**MIN # OF STUDENTS** 24  
**MAX # OF STUDENTS** 28

**PHYSICAL CHALLENGE**  
Extended periods of walking in hot and humid weather and in dense traffic areas.

**COMMUNITY CHALLENGE**  
Creating a safe space for empathy towards children from another culture. Project to raise awareness.

**PRE-JOURNEY COMMITMENT**  
Fundraising for Blue Dragon. Research on Human Trafficking.

Human T rafficking still affects 20 million people each year according to the International Labour Organization. Students will dive deep into the intricacies of the human trafficking challenge, examining the factors that make this part of the black market run. Students will work alongside the Blue Dragon Children’s Foundation, an organization dedicated to saving children who fall prey to human trafficking, by going out into the streets of Hanoi to find or rescue trafficked children, whose basic needs are unmet in Hanoi. Additionally, students will work with the workers to assess the children’s needs and to deliver joint workshops. The Human Trafficking program will provide the chance for students to explore the complexity of social and global issues, to realize their potential impact through individual and collective action, and that many factors are intricately woven together to create this extreme issue.

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**MAX # OF STUDENTS** 28

**PHYSICAL CHALLENGE**  
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**COMMUNITY CHALLENGE**  
Creating a safe space for empathy towards children from another culture. Project to raise awareness.

**PRE-JOURNEY COMMITMENT**  
Fundraising for Blue Dragon. Research on Human Trafficking.
Datong, or “Utopia” in Mandarin, embodies different versions of Chinese dreams. Once the capital of a nomadic dynasty 1500 years ago, it features some of China’s oldest and grandest Buddhist grottoes, and a breathtaking hanging temple that honors Lao-tzu, Buddha and Confucius in one of China’s “Five Famous Mountains.” Those historical sites expose students to “utopia” through many different eras of Chinese history. In the 20th century, Datong was defined by coal mining and as the capital of coal, it powered the industrialization and modernization of the “New China” post 1949. Datong has developed a reputation as one of China’s most polluted cities, also with mass and indiscriminate rebuilding alongside. Students explore how people have tried to make ideal societies in the past and how that relates to the present and future of our communities.

**MIN # OF STUDENTS** 24

**MAX # OF STUDENTS** 120

**PHYSICAL CHALLENGE**

Moderate hike up steps of Hengshan. Extended periods of walking through the city.

**COMMUNITY CHALLENGE**

Learning about the local area by navigating urban spaces as a team with limited resources.

**PRE-JOURNEY COMMITMENT**

Locate Datong and Mt. Heng accommodation. Find restaurant locations.

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**Old Datong**

Yungang Grottoes

Students will be challenged to discover the history of the UNESCO heritage site and to build a modern grotto structure.

Determined by Accommodation Group

**Gucheng Amazing Race**

Datong “New” Old Town

Students will be challenged to communicate effectively while exploring the modern city through the Gucheng Amazing Race.

Determined by Accommodation Group

**Resilience Hike**

Mount Heng

Students have the opportunity to explore ways to build resilience through hiking one of China’s Great Mountains.

Determined by Accommodation Group

**Diversity**

Hanging Temple

Students explore the value of diversity while visiting the Hanging Temple, an UNESCO World heritage site.

On Hard Sleeper Overnight Train

Return Friday Morning

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**Utopia Shanxi**

What happens when people try to create the perfect society?
Surf and Service
How can we love and protect marine ecosystems?

50 - 80% of life on earth is located underwater, but very little effort is taken to protect that life. This program will combine adventure and service in San Juan, La Union, Philippines to raise awareness about ways in which we can better protect life located in and around the ocean. Combining surfing and a service project, students will be challenged to learn the physical skills involved in surfing while being culturally immersed in the local area through a service project. All instructors are WAFA Certified.

MIN # OF STUDENTS  24
MAX # OF STUDENTS  50

PHYSICAL CHALLENGE
Multiple days of surfing practice. Potential physical taxing service component.

COMMUNITY CHALLENGE
Collaborating to select, plan, and deliver service project with local organization.

PRE-JOURNEY COMMITMENT
Fundraising and developing service project.

La Union, Philippines
Depart Sunday Morning
2600km
Beijing

Intro to Surfing & Service
La Union Surf School
Students are introduced to surfing techniques and the service component of the trip.

Surfmaid Resort

Surfing and Service Project
La Union Surf School
Students continue to learn and practice surfing and to deepen their local connection through the service project.

Surfmaid Resort

Waterfall Hike
La Union Surf School
Students will spend their final day hiking up a local waterfall and having free time to spend swimming at the local beach.

Surfmaid Resort

Depart Friday Morning
Beijing
Survival Skills
Extinction is the rule. Survival is the Exception. How will you survive?

During the Survival Skills Program, students learn the necessary tools and know-how’s that will get them through their first ‘stranded in the woods alone’ experience. Switching between both team and individual scenarios, students practice basic first-aid with their peers, learn how to evacuate a hurt friend and respond to common wilderness emergencies. After preparing for emergencies, students will journey into the mountains for a hands on day of making shelters, fires, tools and rafts. This prepares them for their final challenge - navigating to a wilderness campsite where they will use all of the skills that they have learned on their last night in the wilderness.

MIN # OF STUDENTS 24
MAX # OF STUDENTS 50

PHYSICAL CHALLENGE
Hiking, camping, tool-making, swimming and raft building

COMMUNITY CHALLENGE
Navigating in a mountainous environment as a team. Complete shelter and tool building team challenges.

PRE-JOURNEY COMMITMENT
Prepare meal plans and food for the journey.

Essential Survival Skills

ISB
Practice first aid and emergency survival scenarios to learn what to do if you need to provide care immediately or need to evacuate Your Home

Shelters, Fire, Rafts and Tools
Shimenshan or Miyun
Learn how to make a fire, build a shelter, make tools and construct a raft to cross a river

Wilderness Camp Site
Navigation

Yunmengshan
Use your survival skills to navigate to a campsite, make a shelter and prepare food for the final night in the wilderness

Wilderness Camp Site
Hiking
Yungmengshan
Navigate to the highest peak in the area before beginning the descent back to civilization.

At Home - Bus back to Beijing

Return Thursday Evening
The Duke of Edinburgh’s International Award is an internationally-recognized youth achievement award. This program provides participants with the opportunity to learn more about the wider environment, as well as to develop their self-confidence, teamwork, and health. Students will complete their Bronze Level - Adventurous Journey component on this trip. This requires that two-days of your journey are completed as a team with minimal support from teachers and facilitators.

**MIN # OF STUDENTS** 24  
**MAX # OF STUDENTS** 42

**PHYSICAL CHALLENGE**  
6-hours a day of hiking with backpacks on a self-navigated hike with significant ascents and descents.

**COMMUNITY CHALLENGE**  
Navigating across mountainous terrain as a team with minimal support. Team decision-making.

**PRE-JOURNEY COMMITMENT**  
Learn backcountry navigation, camping, cooking and safety skills. Plan food. Complete a practice journey.

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**JUMP! Experiences**  
Beijing to Cuandixia

**Depart** Monday Morning  
145km  
Beijing to Cuandixia

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**the Journey Begins**  
Cuandixia to Huangciaoliang

**Student-led teams navigate to the first campsite, high up in a mountain meadow**  
**Meadow Camp Site**  
**Qualifying Journey: Day 1**  
Huangciaoliang Area

**Students will use the skills from the practice journey to self-navigate to the next campsite.**  
**Wilderness Camp Site**  
**Qualifying Journey: Day 2**  
Huangciaoliang Area

**Students will face the steepest and most rugged ascents and some of the most stunning views.**  
**Wilderness Camp Site**  
**Journey’s End**  
Lingshan Scenic Area

**A look back on the journey and the descent back to civilization**  
**At Home - Bus back to Beijing**

**Return** Thursday Evening  
Beijing

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**International Award: Bronze**  
Answer the call to journey in the wilderness  
Experience transformation in yourself and in your team
The Duke of Edinburgh’s International Award is an internationally-recognized youth achievement award. This program provides participants with the opportunity to learn more about the wider environment, as well as to develop their self-confidence, teamwork, and health. Students will complete their Silver or Gold Level - Adventurous Journey component of the journey on this trip. All students on this journey will be challenged to meet the requirements for the Gold Level of the award. This requires a four-day, three-night Adventurous Journey with a minimum of 8 hours purposeful effort each day, or a minimum of 32 hours. Along the way students practice wilderness navigation and backcountry skills.

The final journey location and mode of travel (hiking, kayaking, canoeing, etc) will be decided by students, teachers and JUMP!

MIN # OF STUDENTS 24
MAX # OF STUDENTS 35

PHYSICAL CHALLENGE
8-hours of purposeful activity including backcountry navigation with significant physical challenge. Extreme weather variation.

COMMUNITY CHALLENGE
Navigating across unknown terrain with a team and minimal adult support. Team decision-making on campsite locations, etc.

PRE-JOURNEY COMMITMENT
Review backcountry navigation, camping, cooking and safety skills, plan food. Complete a practice journey. Provide input on program location and mode of travel.

*Example itinerary based on a journey to Wutaishan
Depart Sunday Afternoon or Monday Morning

The Journey Begins: Day 1
- Students begin their journey by self-navigating to their first campsite, appreciating the natural wonder around them.

Qualifying Journey: Day 2
- Students continue to brave the elements as they independently navigate challenging terrain.

Qualifying Journey: Day 3
- Students continue to use the skills from the practice journey to self-navigate to the next campsite.

Journey’s End: Day 4
- Student’s look back and appreciate the journey as they return to civilization

At Home - Bus back to Beijing
Return Thursday Evening
In this program, students are challenged to use technology design and test a completely new creation. To accomplish this task, they will dive deep into one or more of the following skills: computer programming, app or web design, UX design, computer security, programming micro-controllers and 3D design and printing. Each skill will be introduced using a short interactive workshop. Students will then practice using the skill to complete a mini-project. Now, having had a taste of different tech skills students will use a design process to create and test a tech product of their choice. These projects may be completed individually or as a team.

*Note: The final list of topics may change based on the research and interests that students share during the pre-program planning sessions.

**Skills: Building**

TBD

Skill-workshops and mini-projects: computer programming, computer security, micro-controllers

**Skills**

TBD

Skill-workshops and mini-projects: UX design, App & Web Design, 3D Design

**Design and Build**

TBD

Design & build a unique tech creation that meets the need of a group of users: a program, app, website, computer, 3D printed object

**Finish Build, Test, Present**

TBD

Finish building and test project ideas. Present projects and receive feedback from other teams.

**MIN # OF STUDENTS** 24

**MAX # OF STUDENTS** 50

**PHYSICAL CHALLENGE**

Fine motor skills for micro-controllers and computer assembly. Pushing keys on a keyboard.

**COMMUNITY CHALLENGE**

Learning new tech skills and designing and building a new product/solution for users using those skills.

**PRE-PROGRAM COMMITMENT**

Research tech materials needed. Provide input on the specific topics for the workshops and mini-projects
Learning History: Hiroshima
How does the bombing of Hiroshima continue to impact the lives of those who learn about it?

The first atomic bombing in Hiroshima on August 6, 1945 altered the course of history and redefined the city. Once a military base for the Empire of Japan, Hiroshima is known today as the city of Peace after its complete and total destruction from the atomic bomb. Walking on the streets of Hiroshima, one feels compelled to witness the reconstruction of Hiroshima to preserve memories of this human tragedy and underscore the role of peace in the city and its people’s healing process. By anchoring this program to Hiroshima’s unique past, students will explore concepts of destruction, reconstruction, and healing globally, communally, and personally.

MIN # OF STUDENTS  24  
MAX # OF STUDENTS  50

PHYSICAL CHALLENGE
Extended periods of walking around city as main form of transportation. Optional day hike on Miyajima Island.

COMMUNITY CHALLENGE
Creating a safe space for empathy building towards victims while looking to create authentic interactions.

PRE-JOURNEY COMMITMENT
Research to understand local context.

Deconstruction
Hiroshima Castle, Peace Museum Han
Students explore the history of Hiroshima, understanding what was lost with the atomic bomb.
Omotenashi Hostel Hiroshima

Reconstruction
Hiroshima Bank, the Dome
Students visit the remaining buildings post-atomic bomb and how citizens immediately coped in the aftermath.
Omotenashi Hostel Hiroshima

Healing
Miyajima Island
Students head to Miyajima island to hike the mountain and reflect on how Hiroshima re-developed over the last 70 years.
Omotenashi Hostel Hiroshima

Exploring
To be Determined by Students
Small groups will have the opportunity to explore deeper a specific area or place of interest.
Omotenashi Hostel Hiroshima
China is the 2nd-largest country by land area in the world. Amid the rapid development of high-speed trains and the proliferation of airports and airplane travel, much of the country is missed as we shuffling between the rapidly developing urban centers or UNESCO heritage sites. This program aims to challenge students to re-discover the less explored areas of China, or to get off the beaten path via traditional slow-train travel. Students will select Urumqi, Dandong, or Xiamen and then be challenged to maximize their time and budget to get “Off the Beaten Path.” Students will work in small groups to arrange their own transportation, location, accommodation, activities, and food.

The final journey location and travel route will be decided by students, teachers and JUMP!

MIN # OF STUDENTS 24
MAX # OF STUDENTS 50

PHYSICAL CHALLENGE
Entire group will determine the level of physical challenge.

COMMUNITY CHALLENGE
Collaborate to plan a program that allows you to experience less traveled parts of China.

PRE-JOURNEY COMMITMENT
Sub-groups will be responsible for planning each component of the trip.
Yangshou is an outdoor enthusiast’s paradise. Get past the tourist streets and you will also find rich local culture. This program will bring students to the rivers, stunning karst formations, and small towns around Yangshuo in the Guangxi Province. Along the route, participants will explore the culture and outdoor activities in this dramatic landscape. Here they will have a chance to get a deeper glimpse into local people’s history and lives. Activities will include hiking, cycling, rafting, and cooking local food.

**MIN # OF STUDENTS** 24  
**MAX # OF STUDENTS** 50

**PHYSICAL CHALLENGE**  
Multiple days of day hiking, cycling near river, rafting.

**COMMUNITY CHALLENGE**  
Engaging authentically in local people and each other; practicing responsible tourism.

**PRE-JOURNEY COMMITMENT**  
Research to understand local context.

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**Local Cooking Culture**  
**West Street Yangshuo**  
Students spend the afternoon learning local cooking techniques before exploring West Street near Yangshuo.

**Finding Nature**  
**Yulong River Bank**  
Students cycle and raft the Yulong River Bank while observing and learning new ways to describe the environment near Yangshuo.

**Empathy Trek**  
**Yangdi Village to Laozhai Hill**  
As students trek through local villages, students learn about the different histories of the villages near Yangshuo.

**Closing**  
**West Street Plaza**  
Students will have a final opportunity to explore West Street in Yangshuo to reflect on their experience at Home - Train back to Beijing.

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**Depart Sunday Evening**  
1800km to Beijing

**Return Thursday Evening**  
Beijing