

Time/Date	Sunday, 9th September	Monday, 10th September	Tuesday, 11th September	Wednesday, 12th September	Thursday, 13th September	Friday, 14th September
6:00						
6:30						Breakfast or packed breakfast by hotel
7:00						Transfer to airport(10mins drive from hotel)
7:00						
7:30						Check in
8:00						
8:00		Breakfast	Breakfast	Breakfast	Breakfast	
8:30						
8:30	Gather at the hotel	Gather at the guesthouse	Gather at the guesthouse	Celebration: dance with the local villagers		
8:30	Head to zhonglu					
8:30	Health & safety briefing on the bus	Visit Forest School	Trek to the local temple	Getting ready to come down at the LiLong bridge.		
9:00						
9:00						MUS037 FRL4SEP 成都酒店08401125
9:30					Take local van and come down at the LiLong bridge.	
10:00						
10:00						
10:30			Introduction about school's background and mission.	Visit to Nyingsma Tibetan Buddhist Shubake temple		
10:30						
11:00						
11:00:00			Introduction about Tibetan house and the tools that you will using for the project.	Get ready to leave for guesthouse.		
11:30						
11:30			Traditional Tibetan wall painting method with local master.	Go back to guesthouse (local van)	Take bus and travel back to Chengdu	
12:00						
12:30		Lunch at wolong				
12:30			Lunch at school	Lunch at the guesthouse		
13:00						
13:00						
13:00				Head to the working place (local van)		
13:30					Lunch at Rilong county.	
14:00						
14:30				Handicraft.		
14:30	Arrive in Hongshao airport and check in	Continue the climb to the Balang pass.				
15:00		Arrive at LiLong bridge.	Start wall painting project			
15:00						
15:30						
15:30						
16:00						
16:30						
16:30						
16:30						
17:00						
17:00						
17:30		Meet with your host family				
17:30						
17:30						
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19:00						
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19:30						
20:00	Pick up from the airport by guide	Rest time	Rest time	Rest time	Transfer to the hotel.	
20:00						
20:30						
20:30	Transfer to hotel and check in.	Introduction to Zhonglu 's history and Tibetan culture.	Tibetan alphabet.	Team Building Activities		
21:00					Dinner	
21:00						
21:00	Pizza dinner					
21:30						
21:30						
22:00						
22:00						
22:30						
