Day 1: Fly to China
Meet your group and board your flight to Beijing.

Day 2: Beijing
Arrive in Beijing: Welcome to Beijing, capital of the People’s Republic of China and the nation’s second largest city to Shanghai. Beijing has long been considered the political, educational, and cultural center of China, with state institutions, ancient sites, and embassy areas dominating the city’s broad boulevards. Tonight, join your group for a cultural dinner.

Day 3: Beijing
Sightseeing tour of Beijing: An expert guide will introduce you to life in Beijing as you take a tour of the city.
Visit the Forbidden City: Cross a moat and protective wall on your way into the Forbidden City, whose grandeur was once accessible only to the emperor. Venture inside and see the palatial, golden-roofed Imperial Palace.
Visit Tiananmen Square: Stand in Tiananmen Square, the world’s largest public square and a site of frequent political protests. Images of the 1989 protests, which led to the death of hundreds of Chinese citizens, still hold a somber place in popular consciousness.
Visit the Summer Palace: Explore the tiered pagodas on the magical garden grounds of the Summer Palace. Cross nearby Kunming Lake on your dragon boat ride (seasonal) and see man-made Longevity Hill rise up off the water.
Learn Taiji: Discover the basics of Taiji—a martial art, meditation system, and health practice—as you participate in a gentle series of stretching exercises.
University campus tour: Get a glimpse into higher education in China as you tour a local school.

Day 4: Badaling | Beijing
Great Wall of China: Travel north to Badaling to view one of the Seven Wonders of the World—the Great Wall of China. Its construction began in the 5th century B.C. as a defense against the Mongols, and 300,000 people (many of whom are buried in the wall) labored on it over several centuries. The Great Wall extends across mountains and valleys for more than 3,000 miles—perhaps only a tenth of its former length.
Olympic Sports Complex: Stop for a photo at the home of the 2008 Summer Olympics, whose stunning design implemented steel beams in order to hide supports for a retractable roof—giving the stadium the look of a bird’s nest.

Day 5: Beijing
Temple of Heaven Park: See Tiantan, or Temple of Heaven Park, a huge outdoor complex adorned with Ming and Qing relics.
Visit the Beijing Zoo: Observe some 450 species and over 5,000 animals—including giant pandas—as you explore one of China’s oldest zoological parks.
Rickshaw tour of hutong: A hutong is an ancient city alley or lane. Explore Beijing’s labyrinthine network of hutongs by rickshaw.
Dinner with a local family: Get a taste of Beijing’s culinary tradition as you enjoy a homemade dinner with locals, the perfect opportunity to gain unique insight into life in China today. This is your chance to learn more about their world—where weChat is the most popular social network and the college admissions process is based on a single entry exam—and compare it to your own.

Day 6: Beijing
Visit the Yonghe Lamasery Temple: Explore a temple and monastery of the Gelug school of Tibetan Buddhism. Commissioned in 1694, the temple originally served as an official residence for court servants under the Qing dynasty before its conversion into a residence for Prince Yong, the fourth son of the Kangxi Emperor. After Prince Yong’s ascension to the throne in 1722, half of the building was converted into a lamasery while the other half remained an imperial palace.
Visit the 798 Dashanzi Modern Art Zone: This complex of decommissioned factory buildings is home to a unique collection of galleries, boutiques, and thriving artistic community. Once an extension of the “Socialist Unification Plan” between the Soviet Union and China, the factory came under pressure during government reforms during the 1980s, undergoing gradual decline and eventually being rendered obsolete at a time when the city’s contemporary artist community was looking for a new home. In 1995, Beijing’s Central Academy of Fine Arts set up in the complex, followed in 2000 by sculptor Sui Jiaqiu, and in 2001, Robert Bernell, founder of Timezone 8 Publishing. From here, more artists and designers trickled in, attracted to the vast cathedral-like spaces and Bauhaus-inspired style. Today, the galleries include art by Chinese and foreign artists alike, with past shows including work from Freud, Ai Wei Wei, Andy Warhol, and Yoko Ono.
Free time in Beijing: The day is yours to revisit your favorite spots throughout the city or discover new ones. Not sure where to start? Feel free to ask your Tour Director for suggestions.

Day 7: Beijing
Free day: Beijing is yours to explore as you wish. Grab some friends to enjoy the many dazzling array of dishes this gourmet city has in store, relax in one of Beijing’s many green spaces, or pick up some souvenirs to remember your adventure.
Peking Duck dinner: Share a regional specialty and traditional side dishes with your group at a delicious Peking Duck dinner.

Day 8: Depart for home

For the most recent itinerary and a full list of everything included in your program, visit efcst.com/beja