



Tai Chi & Qi Gong Cultural China Trip 2018

1st-18th April 2018



Part of briefing documents

Q/A sheet – updated on 12/03/2018

You should all have now got your visa to China...

1. Vaccination - do I really need it or not?

Vaccination should have been done as Master Tary Yip has advised on his video clips sent to you a while back. Some people asked about whether it is really needed for China - our answer as the organiser of the trip is we strongly recommend everyone to get jabs.

Although in the past twenty odd years of trips have organised, there were people decided not to get any jabs, went and came home safely (not one had problems without the jabs so far) **but it is not a chance we would suggest you not to take.**

2. Travel insurance – do I really need it?

If you haven't got your travel and medical insurance, you must get it now. This is not optional although we won't check your purse or wallet for it. We would like to make it absolutely clear, once again, that any accidents, illnesses, delay or cancellation during the trip, you could potentially lose out heavily. Please don't take a chance.

3. Are we always travelling early morning, say at 7:30am? I cannot cope with it and I am worried...

We have to travel early sometimes due to our tight schedule, transport or avoiding heavier traffic at certain time. But whenever possible, we will strike a reasonable balance. In addition you can opt out early morning Tai Chi training and/or a few other activities, if it is too much for you. Just talk to us on the road and we will help you prioritise, if needed.

4. Any overnight train journey? If yes, on which leg and how long?

The good news is... No overnight train ☺

A few of the group travelled to Tibet in October 2017. They would love telling you what it was like travelling 48 hours by train into Tibet from Beijing via Xi Ning...

5. Shall I check in online or shall I do it in a group when I get to the airport?

Please do it individually online or offline as soon as you get to the airport. Meet your peers at the boarding gate or on the airplane. Don't waste time to wait just in case - get in safely first and meet inside!

Also please check your flight information at least two week and then one week before departure and check in online if possible the night before. Don't worry if you are not able to check in online, you can still check in at the airport. Please make sure **you are at the airport at least 3 hrs before departure**, not setting off from your house 3 hrs before.

6. How can we book vegetarian meals for the flight? Or have they been booked for us already?

Please send your dietary requirement to Aileen by 17th March as she is pulling together a final list for people's latest dietary information.

In terms of informing respective airliner:

1. If you travel on your own and you can do your online check in, you can do this as part of your online check in, or tell them when meals are being served.
2. If you travel in a big group, you may or may not do an online check in (in most cases, you can). To be on safe side, Master Tary Yip will receive the list from Aileen and inform respective airliner.

7. I think I am on my own (booked after the early bird period) and on an earlier flight. Will someone meet me off the flight?

Yes everyone will be met by someone at the airport and bring you into the big group and/or to the hotel.

8. We would like to know if our Mount Wudang hotel is actually up the mountain and if we'll have to carry cases up as we were warned in the initial briefing info of July 2017. We haven't been able to find any information about the Mount Wudang hotel by searching online.

Yes Mount Wudang Hotel is actually up the mountain. Master Tary Yip is finalising practical luggage arrangements with the Hotel. They may be able to dispatch a car and help with big luggage with a small cost for each delegate.

We are preparing ourselves with no help (so "less is best"!). For those who are not able to carry cases, help will be provided.

9. Do we need walking boots, or are sturdy trainers sufficient?

Sturdy trainers are sufficient. Insoles are fantastic for trips like this – so you can air and clean your shoes more easily.

10. Now that the itinerary has been fixed, can you confirm how many long bus or train journeys will be involved?

Below is a rough guide of major journeys:

| From | To | Approximate hours | Transport mode | Notes |
|-----------------|-----------------|-------------------|----------------|---|
| Beijing | Xi'an | 4 | Train | |
| Xi'an | Wudang Mountain | 6 | Coach | Difficult roads with speed strictly limited |
| Wudang Mountain | Deng Feng | 5.5 - 6 | Coach | |
| Zhen Zhou | Shanghai | 5-6 | Train | |

11. Some of us haven't yet booked optional extras such as Wudang Qi Gong /meditation, Kung Fu show, Tang Dynasty Dance performance. Can we do this before we leave or when we're in China? (It would be good to find out what others in our group are planning to do.)

Most people have booked Wudang workshops (£40) and Shaolin Zen Music Performance (£35, live outdoor). We highly recommend them. Please book before 17th March, as per Aileen's e-update on 12th March, and make your payment directly to Tai Chi Link:

Bank: HSBC

Account Name: Tai Chi Link Management Ltd

Sort Code: 404450

Account Number: 71800329

For other activities, you may decide there and then so you have greater flexibility.

Master Tary Yip

Organiser at Tai Chi Link & Deyin Taijiquan Institute

and

**Ai-Ling (or Aileen) Sun Hamdan
Co-ordinator at Dao Lu CIC**