

Centennial Regional High School  
*Secondary V*  
*China 2014- 12 day trip*

***Presenter:***  
***Mr. C. Tam***



# Guides and Groups

- Make sure you are **ALWAYS** wearing your **NAME TAGS**
- **SUITCASE TAGS** are to be placed on your luggage
- When arriving in each city, you will be given the cell phone number of the local guide
- We will also supply you with the business card to each hotel.



# IF YOU GET SEPERATED...

- While sightseeing, if you become separated from the group... **STAY WHERE YOU ARE**
- The guide and chaperones will retrace their steps and come back to get you.
- Each chaperone is responsible for 9 - 10 students



# Flight information

- The time zone difference between Shanghai and Montreal is 13 hours
- The total flight time is 16 hours, including connections in Toronto
- Once luggage is checked on departure flight from Montreal, transfer will be automatically done; you will not have to retrieve checked luggage when arriving in Toronto.



# Passports

- KEEP YOUR PASSPORT SAFE AT ALL TIMES
- Give your passports to chaperone at hotels for safekeeping
- A COLOUR photocopy of your passport must given to your chaperones (in case of loss of passport)



# Language

- All guides will speak English and Chinese.
- We recommend that all students learn a few basic words and numbers to better communicate while in China.



# Checked Luggage

■ Departure: max weight **20 kg** / 44lb

■ Total dimension (length + width + height) max.158cm/62po

■ Return: max weight **23 kg** / 46lb

■ Total dimension (length + width + height) max.158cm/62po

*(For the second bag under 23 pounds or if your bag is overweight, \$ 100 USD will be required by the airport).*



# Hand Carry Luggage

## ■ One standard article

- 10 kg/22lb max weight

- Max size: 23cm x 40cm x 55cm

- 9 in x 15.5 in x 21.5 in

## ■ One personal article

- Max size: 16 cm x 33 cm x 43 cm  
(6 in x 13 in x 17 in)

■ DO NOT PACK ITEMS OF VALUE IN CHECKED LUGGAGE





# Liquids, Gels and Aerosols

- You must abide by ALL rules concerning liquids, i.e. Creams, shampoo
- All containers CANNOT exceed 100mL
- They MUST be placed in a clear plastic bag or ziplock bag.
- All containers in violation of these restrictions will be confiscated by security officials.



# Hotels and Rooms

- For your comfort, all hotels are 5 star luxury hotels or the best locally.
- In the bathrooms you will find almost everything you need for your comfort including: shampoo, soap, towels, hair dryer, slippers, pajama, etc.



# Hotels and Rooms

- All personal appliances such as iPods or laptops can be charged by having a universal adapter. China uses 220V plugs.
- Please bring your own toilet paper to sightseeing areas as paper is not available at most washrooms.
- Most toilets are Turkish style toilets (Squaters)



# SQUATERS



# Meals

- Your excursion includes 3 meals per day.
- DO NOT eat watermelons
- DO NOT drink tap water
- Water bottles are sold at small convenience stores and on the buses.  
~3 bottles for 10 RMB



# Food safety

- Drink only bottled water
- Eat fruits that can be peeled such as oranges or wash them with bottled water
- Bring medications such as Tylenol, Imodium, Peptol Bismol.





# Food safety

- Diarrhea: the change of food, water or climate is enough to provoke it.
- **GO EASY ON THE FOOD!**



# Medications

- If you have prescription meds, please see your doctor or visit a travel clinic before leaving to obtain a prescription.
- If you are not carrying the proper papers, security at the airport will confiscate medication.





# Tipping in China

- Most gratuities will have been paid in your excursion fee.
- Tipping in public bathrooms is not included. (~1 RMB)



# Currency

- No exchange necessary prior to arrival
- All hotels and banks will change USD (and CAD) at the rate of government.
- To convert, you must present passport and hotel key.
- ***Remember to bring new bills in good condition, otherwise it will be refused to exchange.***
- All hotels, restaurants, and shops accept major credit cards, but you will have to convert our money into RMB or US / CAN, if you want to buy on the street.



# Theft – Be Careful!

- Beware of pickpockets!
- They are everywhere! Do not FLASH your money!



# Calling home

- Reasonable price from hotel in China
- Canada to China: 011-86-area code (10 or 571 or 21) + hotel number in China,
- China to Canada: 001-514 or 418 or 819 + telephone number.



# Internet

- Internet in hotel in China
- Business center: 2-3 dollars for 30 minutes; Your room: 20 dollars / 24 hour.



# Weather in China

- Shanghai weather – 5 C to 15 C
- Guilin - 10 C to 16 C
- Hong Kong weather – 17C to 21 C



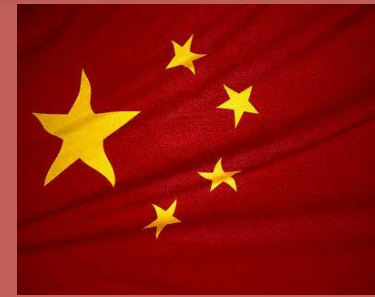
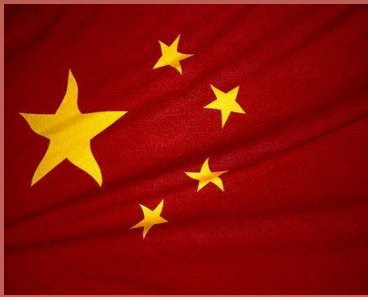
# Flight information

Departure : AC 405 – YUL→YYZ :  
9:00 - 10:26  
AC 087 – YYZ→PVG:  
12:35 – 16:00 (Local)

Return # 1 : AC 008 - HKG → YVR:  
19:50 – 16:10  
AC 182– YYZ → YUL :  
23:30 – 07:20

Return # 2: AC 008 - HKG → YVR:  
19:50 – 16:10  
AC 156 – YVR → YYZ:  
22:30 – 05:54  
AC 486 – YYZ → YUL:  
07:30 – 8:48





Thanks for your interest in our  
trip!

Let's make this the best  
grad trip ever!

