

4-Day Sister School Exchange Tour



Sponsored by the Education Bureau of the Government of HKSAR
Organizer: Huachang Oriental Culture International Exchange Co., Ltd.

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01 Itinerary



Details of Gathering & Dismissal

Gathering

Date:	14 October 2025 (Tuesday)
Time:	6:15 a.m.
Venue:	LCU

Dismissal

Date:	17 October 2025 (Friday)
Time:	About 6:30 p.m. (Subject to the arrival time of the flight)
Venue:	LCU

Remarks:

- ★ Please **be punctual** and make sure you have **brought all relevant travel documents**
- ★ **Latecomers have to go to the airport by themselves**
- ★ **No fees will be refunded if you miss the flight**
- ★ Please **keep your mobile phone switched on**



Flight Information

HK to Chengdu

Date: 14 Oct 2025

Flight: CX986

Departure time: 10:00

Arrival time: 12:40

Chengdu to HK

Date: 17 Oct 2025

Flight: CX987

Departure time: 13:55

Arrival time: 16:50

- The time is estimated and may be advanced or delayed according to the actual situation

Day 1 (14 October 2025)

6:15 a.m.	<ul style="list-style-type: none">• Meet at LCU
6:30 a.m.	<ul style="list-style-type: none">• Coach to HK International Airport (Flight: CX986 10:00-12:35)
	<ul style="list-style-type: none">• Lunch on the plane
PM	<ul style="list-style-type: none">• Visit Sanxingdui Museum
	<ul style="list-style-type: none">• Visit Kuanzhai Alley
	<ul style="list-style-type: none">• Dinner
	<ul style="list-style-type: none">• Check in and familiarize yourself with the fire escape route

**** The itinerary time and order will be adjusted according to the actual situation, and the final arrangement shall prevail.**

Day 2 (15 October 2025)

6:30 a.m.	<ul style="list-style-type: none">• Breakfast
AM	<ul style="list-style-type: none">• Visit Sichuan University Affiliated Experimental Primary School and have exchange activities with local students
12:00 noon	<ul style="list-style-type: none">• Lunch
PM	<ul style="list-style-type: none">• Visit the Sichuan University Museum with local students• Visit Chengdu Art Museum
	<ul style="list-style-type: none">• Dinner & watching a Sichuan Opera face-changing performance

**** The itinerary time and order will be adjusted according to the actual situation, and the final arrangement shall prevail.**

Day 3 (16 October 2025)

6:30 a.m.	<ul style="list-style-type: none">• Breakfast
AM	<ul style="list-style-type: none">• Visit Panda Valley
12:00 noon	<ul style="list-style-type: none">• Lunch
PM	<ul style="list-style-type: none">• Visit Dujiangyan Irrigation System• Visit Guanxian Ancient City, Nan Qiao
	<ul style="list-style-type: none">• Dinner

**** The itinerary time and order will be adjusted according to the actual situation, and the final arrangement shall prevail.**

Day 4 (17 October 2025)

6:30 a.m.	• Breakfast
AM	• Visit Chengdu Ring Ecological Park
11:00 a.m.	• Simple Lunch
PM	• Back to Hong Kong (CX987 13:55-16:55)
6:30 p.m.	• Dismissal at LCU

**** The itinerary time and order will be adjusted according to the actual situation, and the final arrangement shall prevail.**

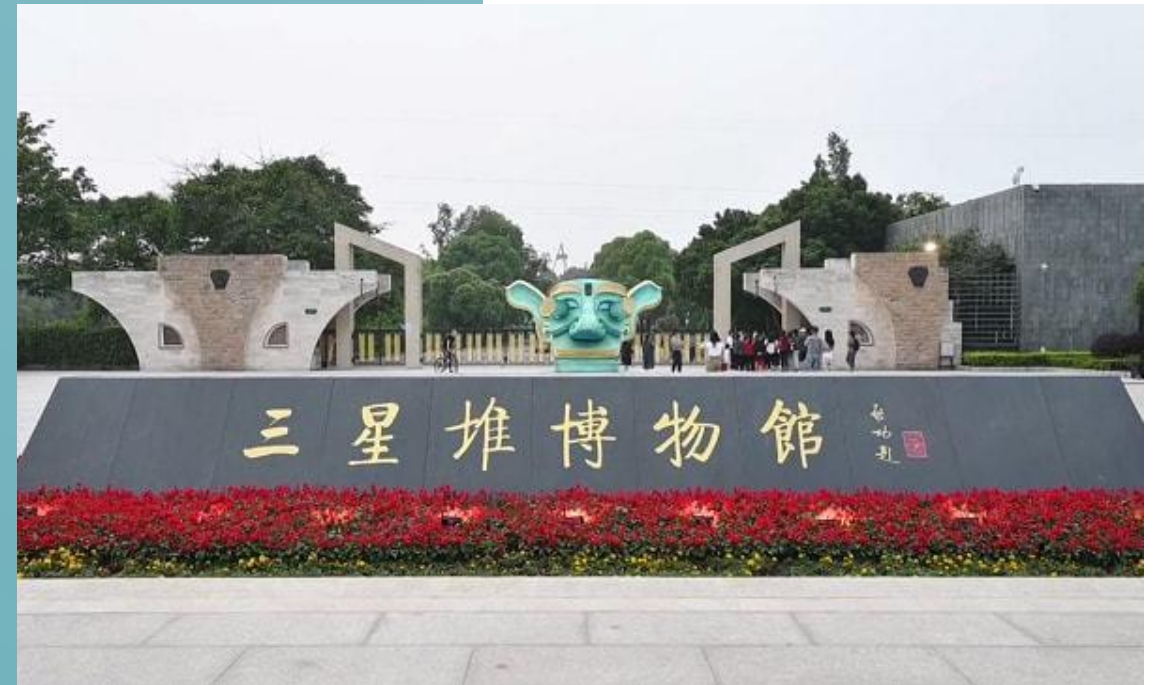
Introduction of Cheungdu

- Chengdu(成都), also known as Rong (蓉), Rongcheng (蓉城), and Jincheng (锦城), is the capital city of Sichuan Province and a megacity under the jurisdiction of the province.
- Located in southwest China, in the western Sichuan Basin and on the eastern edge of the Qinghai-Tibet Plateau, it spans a total area of 14,335 square kilometres. Southwestern Mandarin is the official language.



Sanxingdui Museum

- ◆ The Sanxingdui Museum Park is located in the northeast corner of the Sanxingdui Ruins, covering an area of about 1,000 acres. It is famous both at home and abroad for its four major features: cultural relics, architecture, displays, and gardens. It is one of the first national first-class museums.



Kuanzhai Alley



- ◆ Kuanzhai Alley, also known as “Wide and Narrow Alley” or “Kuanzhaixiangzi Alley”, consists of three historic parallel alleys from the Qing dynasty. Ancient-style buildings, local Chengdu life, delicious Sichuan snacks, exquisite Sichuan handicrafts, etc. make it one of the most attractive places in Chengdu.

Sichuan University Affiliated Experimental Primary School

- ◆ Sichuan University Affiliated Experimental Primary School was founded in 1908 and is located on the campus of Sichuan University. It currently has multiple campuses, including the main campus, the West Campus, and the Dongshan International Campus. It became a sister school with LCU in January 2025.



Sichuan University Museum



- ◆ Sichuan University Museum is the earliest museum established in Southwest China. It was planned and built in 1914.
- ◆ It is now a national first-class museum with more than 80,000 historical and cultural relics, and its collection of animal and plant specimens is also among the best in domestic universities.

Sichuan Museum

- ◆ The Sichuan Museum is the largest comprehensive museum in Southwest China. Founded in 1941, it formerly served as the National Sichuan Museum.
- ◆ It currently houses over 350,000 cultural relics, including over 70,000 precious items.



Chengdu Art Museum



- ◆ Tianfu Art Museum is located in Chengdu's Tianfu Art Park. It covers a total area of nearly 40,000 square meters, with nearly 13,000 square meters of exhibition space and 13 specialized exhibition halls.
- ◆ The building, shaped like a hibiscus flower, is positioned as a large, comprehensive urban art museum.

Panda Valley

- ◆ Panda Valley, also known as the Dujiangyan Breeding and Reintroduction Research Center of the Chengdu Research Base of Giant Panda Breeding, opened in 2015.
- ◆ It houses giant pandas for rewilding and reintroduction, and features supporting facilities such as giant panda enclosures and a red panda ecological release area.



Dujiangyan Irrigation System



- ◆ It was built in 256 BC by Li Bing, the prefect of Shu County in the Qin State. It is 56 kilometres away from Chengdu.
- ◆ With a history of more than two thousand years, the Dujiangyan Irrigation System is the only preserved non-control irrigation system which is still in use. This system is the only reason why Chengdu is called the “Land of Abundance” .

Guanxian Ancient City

- ◆ Guanxian Ancient City is located in the core urban area of Dujiangyan City, Sichuan Province. It dates back to the Northern and Southern Dynasties period (468-526). It is named for its location at the Baopingkou Canal in the Dujiangyan Irrigation Project, earning it the nickname "The First Town at the Source of Heavenly Abundance."



Nan Qiao



- ◆ Nanqiao, located on the Minjiang River below Baopingkou in Dujiangyan, Sichuan Province, is a prominent landmark in Guanxian Ancient City. The bridge is approximately 54 meters long and 12 meters wide.
- ◆ Combining practicality and artistry, Nanqiao is known as the "First Bridge in Tianfu."

Chengdu Ring Ecological Park

- ◆ The Chengdu Ring Ecological Park is located within 500 meters on either side of the Chengdu Ring Expressway in the central urban area and encompasses seven surrounding wedge-shaped plots. Spanning 12 districts, it encompasses 133 square kilometers of ecological land. It is a key link in the "Three Rings" of the Tianfu Greenway system, integrating ecological, leisure, and agricultural functions.



02

Accommodation



Hotel Information

日期 Date	10月14日-16日 October 14-16
名稱 Name	成都金牛智選假日酒店 Holiday Inn Express Chengdu Jinniu
地址 Address	成都金牛區蜀西路46號 No. 46, Shuxi Road, Jinniu District, Chengdu
電話 Telephone	+86-28-8281 6666



Wi-Fi is available, but reception in the room is generally expected to be poor. Mainland China **Wi-Fi connections require a mainland China mobile phone number or WeChat.**

Guidelines in the Hotel (1)

- 01 Upon arrival, please follow the tour leader's instructions and **familiarise yourself with the location of the fire escape.**
- 02 To ensure personal safety, **students are not allowed to leave the hotel during their stay.**
- 03 Check the facilities in the room immediately after check-in. Notify the tour leader or teachers of any repair or replacement, if any.
- 04 **It is strictly forbidden to change rooms without permission.**
- 05 It is **forbidden to enter the room of the opposite sex** or allow classmates or strangers of the opposite sex to enter your room or stay overnight.
- 06 Students must return to their rooms and stop all activities **before 10 p.m.**
- 07 **Keep quiet** and avoid disturbing others' rest.
- 08 If a stranger knocks on the door, **do not open the door and call the front desk**, tour leader, or accompanying teacher immediately.

Guidelines in the Hotel (2)

- 09 Keep personal belongings (wallets, cameras, mobile phones, tablets, etc.) safe.

- 11 The hotel provides basic toiletries. Please bring your own toothpaste, toothbrush, shampoo, shower gel, slippers, etc.

- 13 Pay attention to the safe use of electrical facilities.

- 15 Always pay attention to the location of emergency exits and escape directions.
- 10 Please carry your valuables with you.

- 12 Additional expenses, such as long-distance calls, drinks, luggage handling fees, and the "PAY" sign on the hotel TV, are at the student's own expense. Please pay by yourself when checking out.

- 14 When using the restroom, please mind your steps to prevent slipping.

- 16 Remember to take away all luggage and personal belongings before checking out. Lost properties cannot be retrieved.

Meal Arrangement

- 1 The hotel provides a buffet breakfast. The main meal is served in a banquet style, usually in a restaurant. **Halal food will be provided.**
- 2 Each table has approximately 10-12 people. Please take the seat assigned by the teacher.
- 3 The meals are nutritionally balanced and generously portioned, with local specialities incorporated in moderation.
- 4 Any special dietary requirements, such as **food allergies**, should be **declared before departure** so the organisers can make arrangements.
- 5 This tour is not an average gourmet or luxury tour.
- 6 To ensure that public funds are well spent, meals and accommodation arrangements are based on "safety", "hygiene" and "simplicity".
- 7 **Cherish food and avoid wasting it.**
- 8 Maintain a tidy environment at all times and respect the natural surroundings.
- 9 Due to food hygiene risks, students **should not** purchase takeaway food/drinks during their trip.
- 10 Teachers will assess the health risks and, after consultation with the organiser, establish clear school-based requirements. Students must strictly follow school instructions.

✂Please pay attention to food hygiene and comply with the arrangements.

03

Instructions & Precautions



Health guidelines

Before departure

- ▶ You must declare any health conditions (such as heart disease, asthma, etc.) and **food allergies**.
- ▶ Check your own temperature; those with a fever ($\geq 37.5^{\circ}\text{C}$) should not travel.
- ▶ Consult your family doctor first if you have any medical concerns.

Before or During the trip

- ▶ Maintain a balanced diet, get enough rest, avoid excessive stress, and pay attention to personal hygiene

physical discomfort

- ▶ Seek medical attention and follow the doctor's advice before deciding whether to continue.
- ▶ Notify teachers or the tour leader/guide immediately during the trip.
- ▶ Seek medical attention immediately and inform your doctor/school/the tour guide.

Suspected infectious disease outbreak

- ▶ Care for the patient first and immediately isolate them
- ▶ send them to the hospital
- ▶ rest in a hotel
- ▶ Report to the EDB

Travel tips for health and hygiene

- Before travelling, visit the Hong Kong Travel Health Service website (https://www.travelhealth.gov.hk/tc_chi/index.html) for the latest epidemic information and health tips, as well as health recommendations such as vaccinations.
- Bring tissues, 70%-80% alcohol-based hand sanitizer, and a mask.
- If travelling to areas affected by dengue fever, bring insect repellent containing DEET.



Centre for Health Protection
Department of Health
The Government of the Hong Kong Special Administrative Region



**Centre for Health
Protection**



**Facebook of Centre for Health
Protection**

Travel tips for health and hygiene

Food hygiene

- Patronize reliable and licensed restaurants.
- Ensure food is thoroughly cooked and avoid eating raw or undercooked seafood.
- Drink boiled water.
- Wash your hands before and after meals.

Mosquito-Borne Diseases

- Wear loose-fitting, light-colored, long-sleeved tops and long pants.
- Stay in air-conditioned accommodations or areas with mosquito nets.
- Apply insect repellent containing DEET to exposed skin and clothing.

Preventing viral gastroenteritis

- Keep your hands clean at all times.
- Clean vomitus and faeces with gloves and a surgical mask, and wash your hands thoroughly afterwards.
- Avoid areas contaminated by vomitus or crowded places.

Animals or birds

- Avoid wet and live poultry markets or farms.
- Practice hand hygiene regularly.
- Eat thoroughly cooked eggs and poultry.
- If bitten by an animal, seek medical attention immediately and receive appropriate vaccinations.

1. In addition to DEET, other insect repellents with different active ingredients are available on the market, including IR3535 and icaridin (also known as Picaridin). When using insect repellents, be sure to follow the instructions and precautions on the product label.
2. Alcohol is not effective in killing norovirus, and alcohol-based hand sanitizers cannot replace hand washing with soap and water.

Travel Documents

Please check and bring all your documents on the departure day

- If students fail to bring their documents, they will be refused entry
- Please double-check whether you have brought all relevant documents before the trip, for

example:

Age	Hong Kong Permanent Resident	HK Resident (Residing for less than 7 years)
Students reach the age of 11	(1) Hong Kong Juvenile Identity Card (with photo) (2) Mainland Travel Permit for Hong Kong and Macau Residents	(1) Hong Kong Juvenile Identity Card (with photo) (2) HKSAR Document of Identity for Visa Purposes (DI) (3) Mainland Travel Permit for Hong Kong and Macau Residents
Students under the age of 11	(1) Hong Kong Juvenile Identity Card (without photo) or HKSAR Re-entry Permit (2) Mainland Travel Permit for Hong Kong and Macau Residents (3) Identification document with photo issued by the HK Immigration Department (such as SAR passport)	(1) Hong Kong Juvenile Identity Card (without photo) or HKSAR Re-entry Permit (2) HKSAR Document of Identity for Visa Purposes (DI) (3) Mainland Travel Permit for Hong Kong and Macau Residents (4) Identification document with photo issued by the HK Immigration Department (such as SAR passport)

Students without Chinese nationality

(1) a valid passport (at least six months before expiration)
(If you hold a new passport, please bring your old passport
with a Hong Kong visa at the same time)



(2) a China Visa or

(3) Mainland Travel Permit for Hong Kong and Macau Residents (NCS)

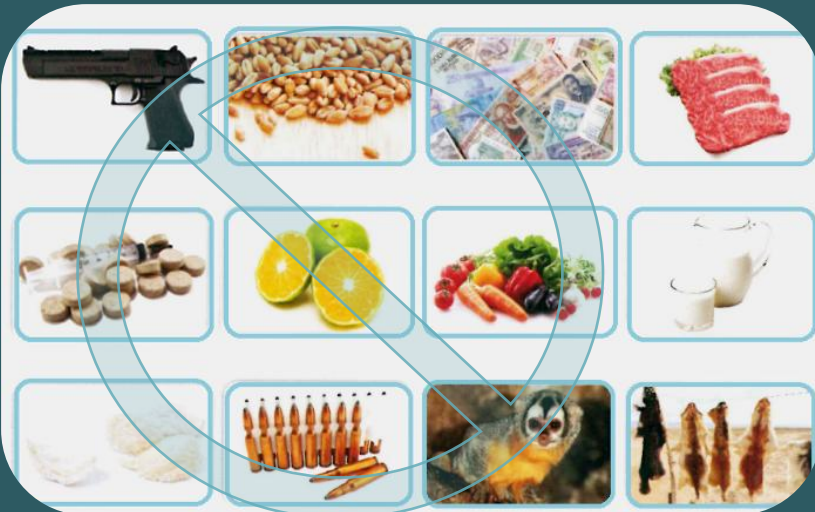
- Parents should keep copies of travel documents
- Teachers will keep the original and copies of students' travel documents during the trip
- Please submit your travel documents to your teacher on or before 10 October 2025 (Friday)

Boarding Instructions



Strictly prohibited

- Dangerous goods (weapons, imitation guns, drugs, cough syrup containing codeine)
- Fresh food/animal and plant products (meat, fruit, vegetables, seeds, bird's nest, animal products)
- Infringing/sensitive goods (counterfeit goods, pirated goods, sensitive books, publications, audio and video materials, and items easily mistaken for prohibited items such as toy guns)



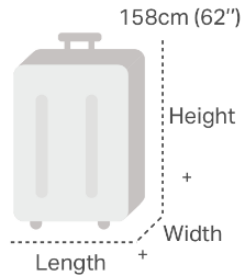
Restricted items

- Lithium battery & Power Bank (External Power Banks)
Backpack only! Not allowed in checked luggage!
Energy $\leq 100\text{Wh}$ (permitted) ; 100-160Wh (Airline approval required) (limit of two)
Power banks must be clearly labelled with the **3C mark!**
Power banks are prohibited throughout the flight! (**No charging, no use, no storage in the overhead bins**)
- Liquids/Sprays (backpack):
Single bottles $\leq 100\text{ml}$, put in a clear resealable bag
Liquids/sprays over 100ml → **Checked luggage**
- sharp or bladed objects (knife, scissors, razor blade, pointed comb or cross-key) **Checked luggage**

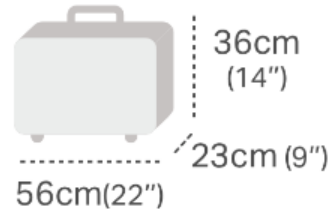


Luggage Recommendation (Cathay Pacific)

1 piece (checked luggage) 23kg + 1 piece (hand-carried luggage) 7kg



Total length, width
and height:
158 cm / 62 in



36cm x 23cm x 56cm
14" x 9" x 22"
Includes wheels, handles,
and side pockets



a backpack
for daily use

40cm x 15cm x 30cm
16" x 6" x 12"
Includes wheels, handles, and
side pockets
Stows under the seat in front

- 💡 Tips:
- Be sure to check the latest airline and mainland regulations before departure!
 - Keep valuables, documents, and medications with you!
 - Not sure if you can bring anything? Better not to bring it!
 - Put your umbrella in the checked luggage.
 - Put a name tag on the suitcase with a luggage lock.

Weather and clothing recommendations

The average temperature (reference only)

Name of City	Chengdu
Highest	21°C
Lowest	15°C

Please dress according to the weather and the school's requirements.

Bad Weather Arrangements

Red or Black Rainstorm Warning Signal / Tropical Cyclone Warning Signal No. 8 or above:

- Pay close attention to weather forecasts /special reports from radio or television stations on the day of departure.
- If there is no cancellation notice, you must assemble on time even if a Gale or Storm Signal No. 8 or a Red or Black Rainstorm Warning is hoisted. Pay attention to safety and prepare in advance.
- The tour leader or staff will maintain communication with the school. If a change or cancellation is decided, the teacher will notify the students.

Remarks: Please pay attention to the local weather report before departure.

For details, please visit China Meteorological Network: <http://en.weather.com.cn>

Medication

Bring your own medication as needed (e.g., for colds, vomiting, stomachache, dizziness, etc.)

If you need to take medicine for a long time, please prepare enough medicine prescribed by a doctor

Do not take medications provided by others.

Participants should not provide medications to one another.

Bring their own car sickness pills and vomit bags, and avoid drinking milk or eating cold food before boarding the bus



No medicine will be provided during the tour.

Pre-trip preparation (power supply, currency, communication)

Power supply

- ❑ Required: Adapter plug
- ❑ (two-prong or three-prong flat plug, depending on the region and hotel)



Currency

- ❑ Cash: We recommend bringing $\leq \text{¥}300$ in RMB (pre-exchange in Hong Kong, with small denominations for pocket money).
- ❑ Electronic Payment: We recommend using WeChat Pay or Alipay (set up before departure).



Communication

- ❑ Primary Communication: WeChat (**WhatsApp is unavailable** in mainland China. Register/**log in to a WeChat account before departure.**)
- ❑ Internet Options:
 - Hong Kong Prepaid Data SIM Card: The most reliable way to use WhatsApp (purchase before departure)
 - Mainland China Wi-Fi: Some require a mainland mobile phone number/WeChat account for verification, so reception may be unstable.

Memo List

Travel Documents	Valuables	Clothing	Hygiene products	Others
<ul style="list-style-type: none">❑ HKID, HK Passport, Re-entry Permit❑ Permit Card (*Still valid on the return day)❑ Passport & Visa (* If applicable)❑ Photocopies of the above documents	<ul style="list-style-type: none">❑ RMB (recommended not more than 300 yuan)❑ Mobile phone and phone /data card❑ Watch❑ Medicine(for carsickness, Gastrointestinal, colds, fever-reducing, etc.)	<ul style="list-style-type: none">❑ Own casual clothes (1)❑ school PE uniforms(2), school jacket, school winter jacket with fleece❑ Socks, pyjamas, slippers, underwear❑ Sports shoes (Anti-slip and moisture-proof)	<ul style="list-style-type: none">❑ Towel, toothpaste, toothbrush, comb❑ Shower gel, shampoo, conditioner❑ Disinfectant hand soap, mosquito repellent, paper towels, wet wipes, masks	<ul style="list-style-type: none">❑ Stationery, study booklets, notebooks❑ Travel adapter, charger/spare batteries, 3C power bank❑ Thermos, water bottle❑ Sunglasses, hat, raincoat or umbrella❑ Backpack or suitcase

Safety Rules

Personal safety

- △ Do not disclose your personal information to strangers
- △ Always follow the team
- △ Do not leave the event location without permission or act alone
- △ Stop when taking photos, look at your feet, and do not step back
- △ No looking at mobile phones while walking. No climbing dangerous spots.

Fire safety

- △ Immediately check the location of emergency exits and stairways upon check-in.
- △ Do not play with fire in the room.
- △ Use electrical appliances safely.

- **Remember the meeting time and location, and arrive 15 minutes before the meeting time**



Traffic safety

- △ Pay special attention to the movements of vehicles around you before getting on and off the bus.
- △ You must wear a seat belt when driving.
- △ Strictly follow the traffic light instructions when crossing the road.
- △ Do not walk around in the car at will.

Visit and exchange

- △ You must observe discipline and be punctual.
- △ Please actively participate in all activities and no excuses for absences.
- △ Please maintain a team spirit and cooperate with others.
- △ When interacting and communicating, be proactive, friendly, and open.

Guidelines for using Mobile Phones

- Mobile phones are mainly used for photography and communication. **Students should refrain from playing mobile games during the trip.** Teachers reserve the right to confiscate mobile devices if students fail to follow the teacher's instructions.
- **Mobile phones should be secured to the body with a mobile phone lanyard.**



Emergency Response Guidelines !

Situation	Action
Lost documents	➤ Report Team Leader/Teacher immediately ➤ Call the HK Immigration Dept [852] 1868
Accident/incident	➤ Mainland police hotline: 110 Fire alarm 119 Medical emergency 120 Traffic accident alarm 122
Robbery/assault	➤ Report to the local police first ➤ Contact the tour leader and the EDB simultaneously
Needing medical assistance/support	➤ Contact the tour leader ➤ See a doctor ➤ Keep the medical receipt ➤ Call the insurance company support center ➤ Return to Hong Kong application



 Participants should abide by laws and social ethics while travelling or staying in Mainland China.

Wireless navigation receiver



- When visiting museums and the sister school, a "Wireless navigation receiver" might be used.
- If it is **lost or damaged, a compensation of HK\$200 will be required.**
- Teachers and students can bring their own 3.5mm earphones

04

Travel Insurance



Chubb Insurance Hong Kong Limited

1

Group Comprehensive Travel Insurance

Medical Benefit (maximum HK\$300,000)
Worldwide Emergency Assistance
(including evacuation and repatriation)
Accidental Benefit (maximum
HK\$300,000)
Personal Liability Benefit (maximum
HK\$500,000)
Personal Effects Benefit (maximum
HK\$1,000) (excluding communication
equipment)
Trip Cancellation (maximum to the tour
price)

2

The compensation terms and final interpretation are subject to the insurance company

Schools, accompanying teachers, and parents of students should contact the organizing agency for details on the various benefits and coverage. The above comprehensive travel insurance only covers the basic needs of participants. Schools should remind accompanying teachers and students that they can purchase additional individual comprehensive travel insurance to cover unexpected events, such as trip curtailment or loss of luggage or personal belongings.

Chubb Insurance Hong Kong Limited

- Service Hotline: **(852) 31916800**
- Emergency Support: **(852) 37233030**

05

Emergency Contact



Emergency Contact



Huachang

Ms Leung

(852) 2116 3775

(852) 3962 2803



Teacher in charge

Ms Cheung

(852) 5376 1038



LCU

(852) 2386 8049



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The background features a teal gradient with stylized illustrations of books and papers. In the top left, a yellow book is partially visible. In the top right, a stack of white papers is shown. In the bottom left, a red book is depicted. In the bottom right, a purple book is shown. The central text is prominently displayed in a large, bold, purple font.

Have a Pleasant Trip !

Huachang International Exchange Centre