

## *Beijing International Juniors Summer Camp Itinerary*

### *July 13 – 25, 2009*

<b>Date &amp; Time</b>	<b>Activity</b>
<b>Monday 7/13</b>	
10:00 am	Meet at Washington Dulles International Airport
12:30 pm (US ET)	Depart for Beijing, China – <b>Flight UA 0897</b> – Washington Dulles International Airport
<b>Tuesday 7/14</b>	
12:55pm (CN BT)	Arrive at Beijing International Airport
4 pm	Check in at hotel
6 pm	Dinner at hotel
7 pm	Meeting in dinning room – camp regulations
8 pm	Free time
10:30pm	Lights off
<b>Wednesday 7/15</b>	
7:30 am	Breakfast
8:30 – 11:30am	AM Session – Meet Chinese Coaches & Practice ( <b>parents observe practice</b> )
12:00 noon	Lunch
1:30 -4:30 pm	PM Session – Practice & Weight Lifting ( <b>sightseeing for parents</b> )
6:00 pm	<b>Welcome banquet</b> – Beijing Roast Duck (Host Organization)
10:30 pm	Lights off
<b>Thursday 7/16</b>	
7:30 am	Breakfast
8:30 – 11:30 am	AM Session – Practice ( <b>sightseeing for Parents</b> )
12:30 noon	Lunch
1:30 – 4:00 pm	Practice & conditioning ( <b>parents - free time</b> )
6:00 pm	Dinner
7:30 pm	Free time ( <b>walk around shopping street</b> )
11 pm	Lights off
<b>Friday 7/17</b>	
7:30 am	Breakfast
8:30 – 11:30 am	AM Session – Practice ( <b>sightseeing for Parents</b> )
12 noon	Lunch
1:30 – 3:30 pm	PM Session – Practice & Weight lifting ( <b>Sightseeing for parents</b> )
6:00 pm	Dinner
7:30 pm	Tour of Wangfujing Shopping Street & Beijing Traditional Food Street
11 pm	Lights off
<b>Saturday 7/18</b>	
7:30 am	Breakfast
9 – 12 am	AM Session - Practice
12:30 noon	Lunch
1:30 – 5:00pm	Sightseeing – Tiananmen Square & Forbidden City
5:30 pm	Dinner
7 pm	Show - Acrobatics
11 pm	Light off

<b>Sunday 7/19</b>	
7:30 am	Breakfast
8 -11:30 am	Sightseeing – Great Wall
12 noon	Lunch
2:00 – 6:30 pm	Sightseeing – Temple of Haven & Shopping @ Pearl Market
7 pm	Dinner @ KFC (Free activities after Dinner)
11pm	Lights off
<b>Monday 7/20</b>	
7:30 am	Breakfast
8:30 – 11:30 am	AM Session – Practice
12 noon	Lunch @ hotel
1:30-3:30pm	Practice & Weight lifting
5:00 pm	Dinner @ hotel
6:00 pm	Depart for <b>Beijing Railway Station</b>
8:00 pm	Depart for Xian City by train
<b>Tuesday 7/21</b>	
6:00am	Arrive at Xian Railway Station
8 am	Breakfast
9 - 11:30 am	Sightseeing – City Gate & Dayan Pavilion
12:00 noon	Lunch
1:00 pm	Check in hotel
3:00 pm	<b>Volleyball Match vs. local sports school team</b>
6:30 pm	Dumpling Banquet
7:30 pm	Show – Song & Dance of Tang Dynasty
11:00 pm	Lights off
<b>Wednesday 7/22</b>	
7:30 am	Breakfast
8:30am	Sightseeing - Terra Cotta Warriors
12 noon	Lunch & check out hotel after lunch
2-4 pm	<b>Volleyball match vs. Xian City Youth Team</b>
5:00 pm	Dinner @ restaurant with Chinese players
6:30 pm	Depart for Rail Station
8:30 pm	Depart for Beijing by train
<b>Thursday 7/23</b>	
6:00 am	Arrival at Beijing Railway Station
7:30 am	Breakfast
8:30 pm	Sightseeing – Beijing Olympic Stadium (Bird Nest) & Water Cube
12 noon	Lunch & Check in hotel after lunch
2:00 pm	<b>Volleyball Match vs. Beijing Experimental HS team</b>
5:30 pm	Party with Chinese players @ Beijing Traditional Restaurant
9:00 pm	Free activities
11pm	Lights off
<b>Friday 7/24</b>	
7:30 am	Breakfast
9:00 - 11:30 am	<b>Competition – Match vs Beijing 101 HS</b>
12 noon	Lunch with Chinese players @ 101 HS
2-5 pm	<b>Shopping @ Xioushuei Market</b>

6:30 pm	<b>Thank you banquet – Mongolian Hot Pot</b>
11 pm	Lights off
<b>Saturday 7/25</b>	
8 am	Breakfast
9-11 am	Packing
11:30 am	Lunch
12:30 pm	Check out & sightseeing – Jinshang Park
3:30 pm	Departure for Beijing Capital International Airport
<b>6:30 pm (CN BT)</b>	Depart for Washington Dulles International Airport, USA – Flight UA 0898
	Dinner service on plane
<b>7:46 pm (US ET)</b>	Arrive at Washington Dulles International Airport, USA then fly to your city