

Traditional Tibetan Medicine Tour 2018

Day	Date	From - To	Distance	Altitude	Itinerary
1	1/ Aug	Airport - Xining	30km	2275m	Guests will arrive in Xining according to their own schedules. Airport and train station pickups will be arranged, hotels will be reserved upon notification of arrival dates.
2	2/ Aug	Xining		2275m	Morning: Visiting the Tibetan Medical Museum, Explanation on the history, buddhism, art and medicine of Tibet. Afternoon: Free time.
3	3/ Aug	Xining - KumBum Monastery - Rebgong	180km	2275m	Morning: Visit Kumbum Monastery and clinic Afternoon: Head to Rebgong after lunch. Evening: Shanglong practice
4	4/ Aug	Rebgong - Rigzinrampelling	25km	2275m	Morning: Visit Rigzinrampelling Afternoon : Yuthok Nyingthig practice session Evening: Shanglong practice
5	5/ Aug	Rebgong - Rigzinrampelling	25km	2275m	Morning: Visiting Rigzin Palden Tashi's cave Afternoon: Yogi's teachings Evening: Shanglong practice
6	6/ Aug	Rebgong - Sogzong	131km	3600m	Morning: After breakfast, driving to Sogzong Afternoon: Rest and free time Evening: Shanglong practice
7	7/ Aug	Sogzong		3600m	Morning: Visiting Pharmacy department case studies, treat patients under Dr.Nida's guidance. Late Afternoon: 2 hours of Herbal bath lecture with Dr.Gyatso Evening: Shanglong practice
8	8/ Aug	Sogzong		3800m	Morning: Visiting Pharmacy department case studies, treat patients under Dr.Nida's guidance. Late Afternoon: 2-3 hours of Herbal paste making with Dr.Wako Evening: Shanglong practice
9	9/ Aug	Sogzong - Mountain	50km	3800m	Tibetan Medical Herb training in the nature with Dr.Nida, Dr.Machik and Dr.Wako, hotel will be arranged in the nearest village.
10	10/ Aug	Mountain		3800m	Tibetan Medical Herb training in the nature with Dr.Nida, Dr.Machik and Dr.Wako, hotel will be arranged in the nearest village.
11	11/ Aug	Mountain - Sogzong	50km	3600m	Tibetan Medical Herb training in the nature with Dr.Nida, Dr.Machik and Dr.Wako, visiting Dakini cave on the way back to Sogzong town.
12	12/ Aug	Sogzong		3600m	Daytime: Rechecking same patients, case study with Dr.Nida & Dr.Machik. Late Afternoon: Moxa workshop, can get edelweiss moxa.
13	13/ Aug	Sogzong		3600m	Daytime: Rechecking the same patients and make closing therapies(moxa)
14	14/ Aug	Sogzong - Labrang	180km	3600m	Morning: Travel to Labrang, arrive by lunch time. Afternoon: After lunch. Outer circumambulation around Labrang monastery, along the way we will visit Gongtang Stupa and yogi temple, then rest or shopping time.
15	15/ Aug	Labrang		2275m	Morning: Outer circumambulation around Labrang monastery Afternoon: Rest or shopping time.
16	16/ Aug	Labrang - Xining	220km	2275m	Morning: After Breakfast, drive to Xining, along the way we will visit GunDenChöpel's birthplace, the author of <<Tibetan Art of love>> and Shabkarpa's birthplace, the author of <<Flight of Garuda>> Afternoon: Rest in hotel Evening: Farewell dinner.
17	17/ Aug	Xining airport	40km	2275m	End of the Tibetan Medicine tour, see you next year!

Trip Price		
10 - 13 students	14 - 17 students	18 - 23 students
1300 €	1200 €	1050 €

Single room service cost: € 300



Price includes:

- ✓ All long or short distance land transportation related the schedule
- ✓ **Four** English - Tibetan - Chinese speaking tour guides will be pre-trained in TTM terms.
- ✓ Entrance fee for sightseeing mentioned in the schedule
- ✓ Twin bed standard room in hotels specified in program or similar level
- ✓ The travel agency liability insurance
- ✓ Separate travel insurance for Foreigners up to 100,000yuan of insurance coverage.
- ✓ Group meals mentioned in the schedule.
- ✓ Tibetan Herb study camping and cooking arrangement.
- ✓ Documents needed for Visa application.

Price excludes:

- ✓ Airfare
- ✓ Personal expenses
- ✓ Personal Taxi fare
- ✓ All meals except the ones noted in the schedule that are included.

TTM Fee		
10 - 13 students	14 - 17 students	18 - 22 students
400 €	400 €	400 €

Price includes:

- ✓ Medical instruments for external therapies and other facilities.
- ✓ Tibetan medicine purchase arrangement
- ✓ All lectures by local Tibetan Doctors and all Tibetan Hospital arrangements
- ✓ Dr.Nida's international and domestic air-fare

Price excludes:

- ✓ Airfare
- ✓ Personal expenses
- ✓ All meals

Notice:

If you never attended any courses that are organised by IATTM(International Academy for Traditional Tibetan Medicine), but you are a doctor or therapist, you are allowed to attend the hospital trainings to assist TTM students, but if you have not yet any medical study background, you are only allowed to treat patients under guidance, you are not allowed to treat patients directly, Herbal study on the mountain is open for all. If you are more interested in Spirituality, we have spiritual sites, retreat centre and meditation caves. you can choose to home-stay with Tibetan families in the beautiful nature surrounded by mountains.

Budget:

Food - 3 to 5 euros per meal

Renting Taxi - 30 to 100 euros per day (depend on where you want to rent)

Hotel - 40 to 70 euros per night for standard two-bed rooms or apartment for family of 3 people.

Hostel - 10 euros per night for one bed in 4-bed dormitories.

Suggestions:

Please bring your sleeping bag, better medium thick

Please bring at least one or two thick jackets

Please bring sun cream and hats

Please buy a travel insurance in your country before you come to us

Please bring basic medicines for emergency cases

Please bring your Ngödros booklet if you have one.