
Dear Grade 11 Group,

You have received this doc because you have chosen a worthwhile project.

Here's what you need to do...

1) MAKE A COPY of this Essential doc (simply click 'file' 'make a copy')

2) RENAME it to include 3 things:

- a) Group No.
- b) Project name
- c) Destination

e.g. 12 Lavalla, Cambodia.

33 Trekking, Thailand.

62 Tabitha, Cambodia.

3) SHARE it with:

- Supervisor
- All group members
- Parents / guardians
- Agi Toth (Agi Toth / ATo)
- Service department (kathrynuwc@gapps.uwcsea.edu.sg)
- Outdoor Education department (cne@gapps.uwcsea.edu.sg)

Important - your group will not be allowed to go on PW if this document is not completed and shared properly so please do it! It's also brilliant evidence of the [5 Stages of CAS](#) and makes it easy to complete IPAL (IPAL is the College's on-line trip system which links to ISOS, the College Duty Manager and your supervisor direct.)

Your group can now go ahead and contact the organisation(s), ccing your whole group and supervisor. If they confirm your dates (PW 2020 is from Monday 1st to Friday 5th June) you can complete all the "flags" below. You can start some of them now. The information from these flags will later be transferred to the IPAL system as part of your good trip planning protocols.

First Aid Training & First Aid Awareness courses - at least one member of each group must attend a **certified First Aid** one-day course. You will need to decide who will attend - they will have a qualification certified for 2 years. Everyone should have First Aid as a life skill so you are all encouraged to sign up for a certified course.

The rest of the group will need to attend a 3 hour after-school session run by our Outdoor Education (O Ed) staff. Important note - the after-school sessions provide First Aid **awareness only** they do not provide training as the O Ed staff are experienced First Aiders but do not run certified courses.

10 Flags - you will need to turn them from red to green on IPAL

- 1) Trip Information / Setup
- 2) Participants List
- 3) Forms of Transport During trip
- 4) Accommodation Information
- 5) Partner Organization Information
- 6) Key forms of Communications During Trip
- 7) Location of Suitable Medical Facility
- 8) Local Adult Contact
- 9) To purchase Insurance -ignore this
- 10) Risk Assessment
- * Extra Flag - if you choose to any "adventurous" activities.
- 11) Budget

You can start filling in the answers to the questions under each flag now after reading the 'Important notes'. You should use the December and CNY break to work on the flags as the PW admin deadline is early in February. Please do note, you won't be allowed to purchase any airfare tickets until all the necessary admin work is done. *Thanks, Agi.*

Our Project Week group number is 9

Your group can keep a central record here of all your key PW information e.g. research; email correspondence with organisations; ISOS information etc.

Our destination is Sichuan, China

Include a country / city location map(s) here:

Sichuan City Maps



Flag 1 - Trip Information / Setup

- Where is your project? What is it called? (e.g. the GC name in which city/ town?) **Trekking in Sichuan, China with Terratribes**
- What CAS - Creativity, Activity and /or Service are you doing? (you can do all 3) **Activity and Creativity**
- How many days do you plan to do CAS for? (5 full days in Singapore / min. 4 if overseas - allowing 1 travel day)
- How many hours per day (aim for 7-8 hrs per day. Evening courses can be added where required)
- What is the anticipated cost of your trip per person? (this may vary based on individual visa costs)

Important notes:

- You must not arrive at your destination earlier than 1 day before your project starts. You should return the day your project ends or the day after.
- If you wish to do any “**adventurous**” activities e.g. trekking, rafting, surfing, kayaking, diving, snorkelling etc. you will need to click an extra **Third Party Provider Flag**.

Flag 2 - Trip Participants

- What are the passport names; expiry dates and visa requirements for each group member?

Name - as it is in passport (important for flight bookings)	Expiry (must be valid to December 5th 2020)	Visa Requirements (Green = Need Visa)
Gianina Tanzon Fleguas	19 February 2021	
Izumi Kageyama	27 August 2023	
Joanne Winata	29 March 2023	
Minjung Kim	21 Nov 2021	
Hana Mori	31 May 2022	
Wang Sige	July 17 2022	
Juliette Maisonneuve Fleshman	Need to check	

- What Immunisation requirements do you need? **Rabies, Hepatitis A (at least two weeks before), Hepatitis B,**
- Who holds your medical records in Singapore, or your home country, i.e. what is the clinic / doctor's name and contact number? (you will use this information on your ID card)

Student Name	Clinic	Doctor	Contact Number
Gianina Tanzon Fleguas			
Izumi Kageyama	Raffles medical group	N/A	Raffles contact number: +65 6311 1111

Joanne Winata			
Minjung Kim	N/A		
Hana Mori			

- Who is attending a Certified 1st Aid course vs the awareness course? Izumi Kageyama will be attending the Certified 1st Aid course

Student Name	Doctor / Clinic Name	Contact number	Blood Group	Immunisations needed (if any)	Allergies / Illnesses / Medication	Attending Certified First Aid Course or awareness course?
Gianina			B	Rabies, Hepatitis A (at least two weeks before), Hepatitis B,	Anti diarrhea drug	Awareness course
Izumi			O	Rabies, Hepatitis A	Anti diarrhea drug probiotics Panadol Menstrual	Certified First Aid Course
Joanne			A	Rabies, Hepatitis A (at least two weeks before), Hepatitis B,	Anti diarrhea drug	Awareness course
Minjung	-	-	B		Anti diarrhea drug	Awareness course
Hana			A	Rabies, Hepatitis A (at least two weeks before), Hepatitis B,	Anti diarrhea drug	Awareness course
Sige	-	-	unkno wn	Rabies	Allergy: oil paint	Awareness course
Juliette	Camden Medical	6887 3210	Need to check	Rabies, Hepatitis A , Hepatitis B	-	Awareness course

Important notes:

- The passport must be **valid for at least 6 months after PW ends** i.e. to Dec 5th 2020
- Blood Group - ISOS highly recommend you know this. Allow at least 5 days for the test & result.
- Those travelling overseas will pay \$42 pp for ISOS support services. You can consult them before, during and after the trip using your corporate level membership [ISOS 02AECM000011](#)
- Boarding students may use Raffles Medical % the College Clinic +65 6775 5321

Flag 3a - Forms of Transport To Trip

- What modes of transport will you be using? (*flights / ferry / coach*)
 - International flights (Singapore [Changi Airport] → Chengdu [Shuangliu International Airport])
- Which registered taxi companies operate at your destination?
 - Transportation is going to be provided by Terra Tribes.
 - Taxi Management Office of Chengdu Transportation Commission

Outbound Date: 30 May	Dept time: 17:05 pm	Flight : 2h30 min to DMK (Thai AirAsia FD 354) 3h15 min Layover	Arrival Time: 18:35 pm
	Dept time: 21:50 pm	Flight: 3h10 min to CTU (Thai AirAsia FD 562)	Arrival Time: 02:00 am
Inbound Date: 4 Jun	Dept time: 23:55 pm	Flight: 4h40 min to KUL (AirAsia X D7 327) 1h30 min Layover	Arrival Time: 04:35 am
	Dept time: 06:05 am	Flight: 1h10 min to SIN (AirAsia AK 701)	Arrival Time: 07:15 am

Important notes:

- ISOS and the College strongly advise against using unregistered vehicles such as Uber and auto-rickshaws where your safety may be compromised. Driving motor bikes or cars is not allowed.
- Departure and return should be no more than 1 day prior to the start and end of your project. You can not miss any lessons on Friday 29th May!

Flag 3b - Forms of Transport During Trip

- What modes of transport will you be using? (*flights / ferry / coach*)
 - *Public Bus to Kangding where we will start our hike on the second day.*

Outbound Date: 30 May	Dept time: 8am	Coach/Bus/Train No: ---	Arrival Time: 1pm
Inbound Date: 4 June	Dept time: 11am	Coach/Bus/Train No: ---	Arrival Time: 4pm

Important notes:

- ISOS and the College strongly advise against using unregistered vehicles such as Uber and auto-rickshaws where your safety may be compromised. Driving motor bikes or cars is not allowed.
- Departure and return should be no more than 1 day prior to the start and end of your project. You can not miss any lessons on Friday 29th May!

Flag 4 - Accommodation Information

- What is the name and address of your accommodation?
 - 31 May & June 3 Tibetan Homestay:
 - The other days are Camping
- What are the contact details? (*phone number / email / website*)
- Add a location map showing the project and accommodation locations here:
- How much is the accommodation pp per night? (*max S\$20pp per night or 3 star*)
 - Included in the package

Important notes:

- Your group should not be in the same accommodation as another group. It makes sense to be close to your project. (Airbnb is best avoided - it is not fully regulated and you should be over 18.)
- You can not switch accommodations without prior approval from your supervisor; Agi Toth and / or the College Duty Manager. If approved we will update IPAL Flag 4 in the event of an emergency or when we need to contact you.

Flag 5 - Partner Organisation(s) Information

- What is the name of your GC / Service / Adventure and / or Creative company? (*record all organisations you plan to work with*)
 - TerraTribes
- What are their contact details? (*address / phone numbers / email / website*)
 - Website: <https://terratribes.com/>
 - Jack: xiang@terratribes.com ; +86 189 7739 6506
- What time do they open and close?
- What costs are involved? (*volunteer fees; activity or course costs; donations requested*)
 - \$640 per person for trekking activity, paid to Terra Tribes
- Location of all your partner organisations
 - 237 Shenshan Village Yangshuo, Guangxi, China 541900
 - 中国 桂林 阳朔县 神山村237号 541900

Flag 6 - Key forms of Communication During Trip

- What are your group members phone numbers?

Member	Phone Number (+65)
Gianina Tanzon Flegueras	9751 5830
Izumi Kageyama	8144 0610
Joanne Winata	8135 7999
Minjung Kim	9061 0301
Hana Mori	8236 5768
Wang Sige	97202995 (+86 13735520225)
Juliette Maisonneuve	9616 9880

- Who will have roaming enabled?
- Do you plan to buy local sim cards or use free wifi to communicate with your supervisor / ISOS / family etc? dunno?

Important notes:

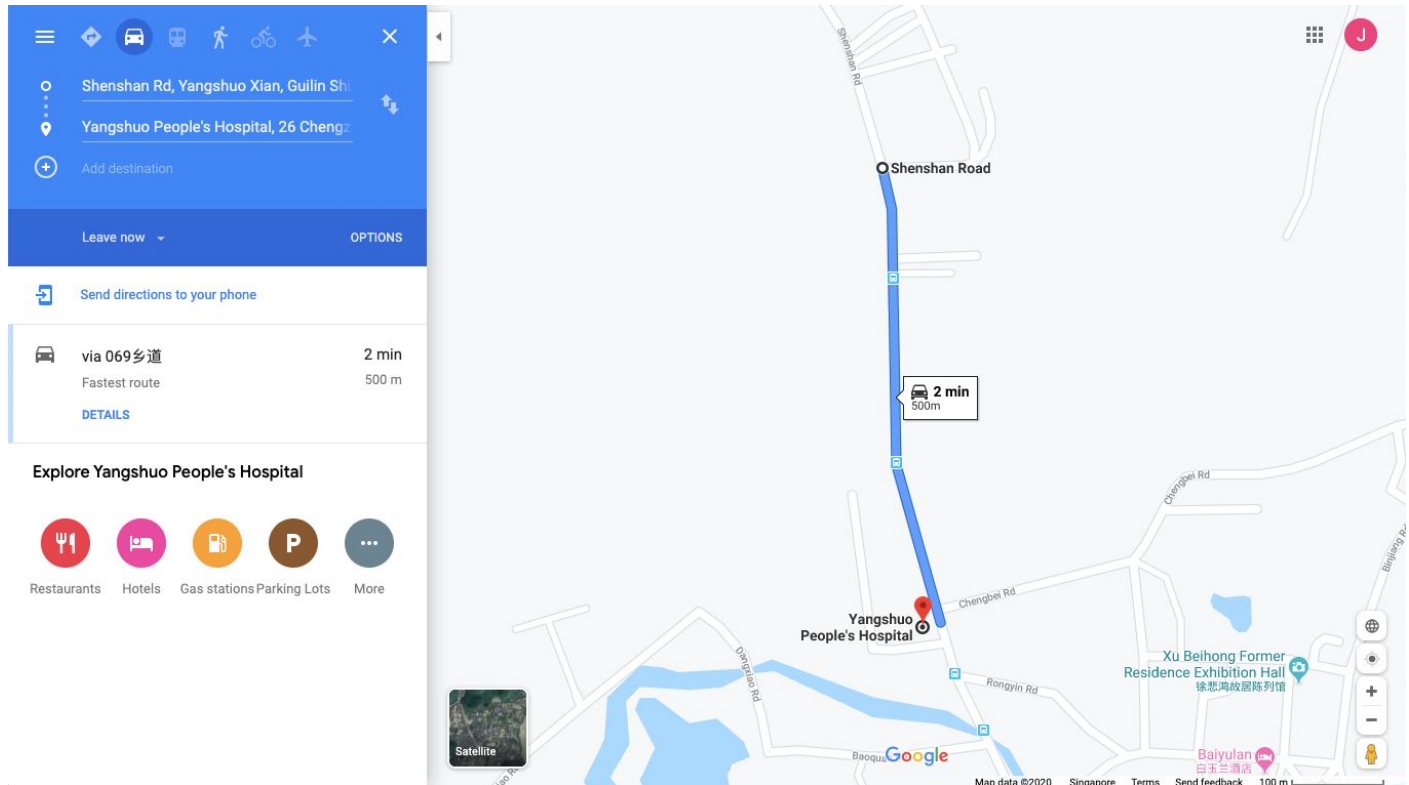
- On arrival at your destination you must “check in” with your supervisor to let them know you have arrived safely. You must do the same when you return to Singapore.
- At least 1 person per group should have mobile access. Check your location has wifi coverage.
- If you buy local sim cards you must inform your supervisor for them to update IPAL
- Some students spend more on their phone bill than their PW! Remember to activate data roaming before you travel but turn it off when not needed.

- Make use of free wifi areas and free apps like Hangouts.

Flag 7 - Location of Suitable Medical Facility (at the destination)

- What is the name of the nearest suitable hospital / 24hr clinic? (*ISOS can advise you on this*)
- What are the contact details? (*phone number / address/ email / website*)

Nearest from Shenshan Rd, Yangshuo Xian, Guilin Shi, Guangxi Zhuangzuzhiqu, China:
Yangshuo People's Hospital, 26 Chengzhong Rd, Yangshuo, Guilin, Guangxi, China



Sichuan

Public hospital: Sichuan Academy of Medical Science & Sichuan Provincial People's Hospital

Phone: 028 8739 4243

Emergency call: 028 87769262

Address: 18 Huanhua N Rd, Cao Tang Can Yin Yu Le Quan, Qingyang, Chengdu, Sichuan, China

Website: <https://en.samsph.com/finding/>

Private hospital: Sichuan Orthopedic Kanggu Hospital

Phone: 028-87014160

Emergency call: 028 87026080

Address: 132 West First Section First Ring Road, Chengdu, Sichuan, China

Website: <http://scsgkyy.com/English/Home/Info?type=CONTACT%20US>

Kangding

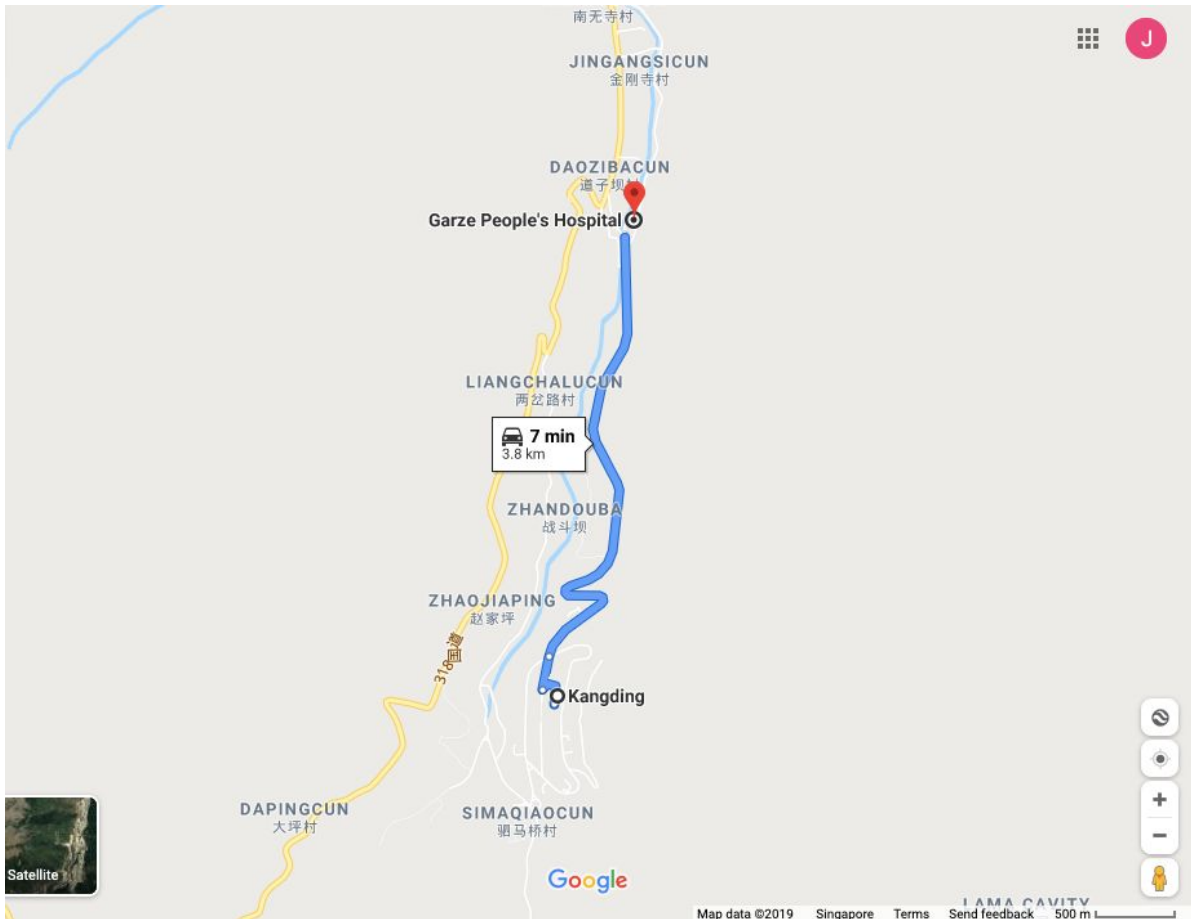
Garze People's Hospital

24hr Phone: 0836-2825162

Address: 94 West St, Kangding, Garze, Sichuan, China

Website: <http://www.gzzrmyy.com/html/783/>

- Locate it on your map



Important notes:

- In the event of any concerns, no matter how minor, you are encouraged to call the ISOS 24/7 phone number for your country. They will advise you on treatment and if you need to visit a clinic or hospital they can notify the medical facility. To keep costs down call their local branch and use WhatsApp or a landline.

Flag 8 - Local Adult Contact Information

- Who will be your contact person at the destination? *(this is usually someone at the project / organisation)*
 - Jack
- What are their contact details? *(address / phone numbers / email)*
 - Phone: +86 189 7739 6506 (mobile)
 - Email: xiang@terratribes.com

Important notes:

- As soon as the group is ready with the plans for the upcoming project your supervisor will send a standardised email to the local contact notifying them that you will be travelling with the support of ISOS, the UWCSEA Duty Manager and your own travel insurance.

Flag 9 - Travel insurance

- Who have you booked your travel insurance with? *(you can do this easily via school)*

- How much did it cost? (*this is based on trip length and destination*)

Important notes:

- Students travelling overseas must purchase individual fully comprehensive travel insurance.
- You can book easily via school, who use Chubb. The policy offers higher coverage at a lower rate. To book your insurance email Hani with the dates and destination of your trip nurhaniuwc@gapps.uwcsea.edu.sg
- Family policies - double check that you are covered when not travelling with your family.

Flag 10 - Risk Assessment

- Are you aware of the possible risks at your destination?
 - *There is a risk of food poisoning and altitude sickness due to the high altitude that we will be hiking at.*
 - *In the mountains there may be certain animals or plants that could be dangerous.*
- What plans do you have to mitigate (reduce) these risks?
 - *We will carry anti diarrhoea drugs with us along the hike in the case of food poisoning, furthermore there will also be one person taking the first aid certified course. To prevent altitude sickness we should drink enough water, eat a light but high calorie diet. There are also oxygen cans that we can use if we feel light-headed as the altitude increases.*
 - *Stay on the path, follow and listen to the Terra Tribes leader at all times. We will both be carrying a first aids kit in the case of small scrapes or wounds if we trip and fall. They will also be carrying an anti-venom injection in the case of a snake bite.*

Important notes:

- You will meet your supervisor to discuss the possible risks and how to mitigate them.
- You will use the ISOS website for travel advice [ISOS 02AECM000011](#)
- You are encouraged to email or call ISOS with any questions or concerns you have before travelling.

Well done on gathering the information for the 10 flags. This is excellent trip planning and is important for IPAL and your 5 Stages of CAS. Please check you have shared this document with everyone to allow them access to the key information quickly. If plans change you simply update this doc and ask your supervisor to update IPAL too. Thanks, Agi.

Budget

The estimated costs **PER PERSON** are:

Flights / Train / Coach	Thai Air Asia \$347 or Air Asia \$386
Visas / Arrival Tax	\$110 (those who need)
Insurance (must be fully comprehensive)	\$26 pp
ISOS \$43pp	\$43 pp
Accommodation	included in \$640

Ground transport	included in \$640
Food / Drink	included in \$640
Action-based activities by Third Party Providers	\$640
Any additional costs - entrance fees/ phone calls/ First Aid Kit	\$30 (first aid awareness) \$100 (certified first aid)
TOTAL COST PER PERSON	\$1,205 (Joanne, Minjung, Juliette) \$1,095 (Gianina, Hana, Sige, Izumi)

NB: Only UWC Global Concern trips or Outdoor Education trips with approval should be allowed to exceed \$1000 to \$1200. If remaining in Singapore you do not need to buy insurance or pay for ISOS coverage. You will use your normal cover. Air-miles can be used but the actual value of the flight must be included in the budget.

Important notes: It is important to carry sufficient funds in a variety of forms. You are advised to have available at least one of the following within your group:

- Cash (check the ideal currency e.g. local or US\$)
- Credit Card (i.e. Visa/Mastercard) or Traveler's Cheques
- Reminder - you should not carry more cash than the country allowance permits

Emergency money/ contingency (This is money you should bring back to Singapore if no difficulties arise. It is additional to the budget)

Type RMB Amount 512

Itinerary - Detailed Daily Schedule

ISOS should know your location / vicinity at any given time to help ensure your safety. Please include a detailed daily itinerary outlining your timings and plans/activities for all days spent at your destination. [Itinerary example](#)

Day	Time	Details
30/5	Flights: 17:05 (Changi) -> 02:00 on 31/5 (Chengdu)	<div style="background-color: #f0f0f0; padding: 5px;"> <p>Booking Details 385.91 SGD ✕</p> </div> <div style="display: flex; justify-content: space-between; margin-top: 10px;"> <div style="width: 45%;"> <p> Depart date 30 May 2020</p> </div> <div style="width: 50%;"> <p>Singapore Bangkok - Don Mueang FD 354 17:05 - 18:35 2h 30m</p> <p>Bangkok - Don Mueang Chengdu FD 562 21:50 - 02:00 3h 10m</p> </div> </div> <div style="display: flex; justify-content: space-between; margin-top: 10px;"> <div style="width: 45%;"> <p>Depart total 155.50 SGD</p> </div> <div style="width: 50%;"> <p>Fare, taxes and fees ▲</p> <p>1x Adult 155.50 SGD</p> </div> </div> <p>PRICE FLUCTUATES:</p>

Review your trip

Price Change
 Ticket price changed from SG\$343.23 to SG\$347.23. Because prices change often, we recommend booking now to lock in this price.

Trip Summary

Departure: Arrives on 31/05/2020
 Return: Arrives on 05/06/2020

Traveller 1: Adult
 Flight SG\$337.23
 Taxes & Fees SG\$252.73
 Booking Fee SG\$84.50
 SG\$10.00

Trip Total: **SG\$347.23**

Rates are quoted in Singapore dollars

Important Flight Information

Personal data given in this booking will be disclosed to the airline for the purpose of managing your flight booking. If there are any changes to the flight itinerary (whether initiated by the airline or by you with the airline direct), Expedia will not be notified by the airline. If the airline makes any changes to your flight itinerary, they will directly notify you, through your email address or phone number provided for this booking. Expedia is not responsible for the failure of the foregoing.

We want you to know the airline you're travelling with has the following restrictions regarding your flight.

- Tickets are **non-refundable** and **non transferable**. Name changes are not allowed.
- Visit Thai AirAsia for additional information about seats, bags, and other restrictions.
- Airlines may change flight schedules and terminals at any time.
- Correct travel documents are required. It's your responsibility to check your documents before you travel.

Sat, 30 May From **Changi (SIN)**
 To **Shuangliu Intl. (CTU)**

Thai AirAsia
 17:05 SIN → 2:00 CTU
 8h 55m, 1 stop
 DMK
 Arrives Sun, 31 May

Show flight and baggage fee details

Thu, 4 Jun From **Shuangliu Intl. (CTU)**
 To **Changi (SIN)**

AirAsiaX
 23:55 CTU → 7:15 SIN
 7h 20m, 1 stop
 KUL
 Arrives Fri, 5 Jun

Show flight and baggage fee details

Change flights

Unlock up to 54% off select hotels when you book this flight
 Your discount lasts until your trip starts

<input type="checkbox"/>		5:05p - 2:00a Thai AirAsia	8h 55m SIN → CTU	1 Stop (DMK)	per person \$279 .99
<input type="checkbox"/>		2:50a - 10:25a Thai AirAsia	7h 35m CTU → SIN	1 Stop (DMK)	

Select →

Details | Baggage

Departure: Saturday, May 30 (arrives Sunday, May 31) **8h 55m**

Thai AirAsia Flight 354
 5:05p Singapore, Singapore (SIN) Changi → 6:35p Bangkok, Thailand (DMK) Don Mueang Intl
 Economy

Connection in (DMK) Bangkok, Thailand 3h 15m

Thai AirAsia Flight 562
 9:50p Bangkok, Thailand (DMK) Don Mueang Intl → 2:00a Chengdu, China (CTU) Shuangliu
 Economy

Return: Thursday, Jun 4 **7h 35m**

This flight departs very early in the morning on Jun 04.

Thai AirAsia Flight 563
 2:50a Chengdu, China (CTU) Shuangliu → 5:00a Bangkok, Thailand (DMK) Don Mueang Intl
 Economy

Connection in (DMK) Bangkok, Thailand 2h

Thai AirAsia Flight 359
 7:00a Bangkok, Thailand (DMK) Don Mueang Intl → 10:25a Singapore, Singapore (SIN) Changi
 Economy

Sat, 30 May From **Changi (SIN)**
To **Shuangliu Intl. (CTU)**

 Thai AirAsia

17:05 → 2:00 8h 55m, 1 stop
SIN CTU DMK
Arrives Sun, 31 May

[Hide flight and baggage fee details](#)

17:05 → 18:35 2h 30m

From **Changi (SIN)**
To **Don Mueang Intl. (DMK)**
Thai AirAsia 354
Economy (O)

⌚ **3h 15m stop**
in Bangkok (DMK)

21:50 → 2:00 3h 10m 🌙 Overnight arrives on Sun, 31 May

From **Don Mueang Intl. (DMK)**
To **Shuangliu Intl. (CTU)**
Thai AirAsia 562
Economy (O)

Estimated bag fees

Hand baggage: No fee
Confirm bag fees, weight and size restrictions with [Thai AirAsia](#)

Thu, 4 Jun

From Shuangliu Intl. (CTU)
To Changi (SIN)



AirAsiaX

23:55
CTU



7:15
SIN

7h 20m, 1 stop
KUL
Arrives Fri, 5 Jun

[Hide flight and baggage fee details](#)

23:55



4:35

4h 40m Overnight arrives on Fri, 5 Jun

From Shuangliu Intl. (CTU)
To Kuala Lumpur Intl. (KUL)
AirAsiaX 327

Economy (E)



1h 30m stop
in Kuala Lumpur (KUL)

6:05



7:15

1h 10m

From Kuala Lumpur Intl. (KUL)
To Changi (SIN)
AirAsia 701

Economy (Z)

Estimated bag fees

Hand baggage: No fee
Confirm bag fees, weight and size restrictions with [AirAsiaX](#)

\$386 (Round trip)

<https://www.airasia.com/en/gb>

31/5	02:00	Arrive to Chengdu airport
	Early morning	Meet with TerraTribe leaders
		Public bus to Kangding
		Photography project on the way to highland Kangding
		Tibetan bread and milk tea workshop
		Hike preparation and camping gear training
		Tibetan Homestay
1/6		Wake up
		Hiking
		Backcountry Dinner
		Reflection / Journal
		Camping

2/6		Wake up
		Hiking
		Tibetan local Interview
		Backcountry Dinner
		Reflection / Journal
		Camping
3/6		Wake up
		Hiking
		Clean up gear
		Final reflection and celebration!
		Tibetan Homestay
4/6		Wake up
		Bus back to Chengdu
		Explore the Chengdu culture street (Jinli or Kuan Zhai Xiang Zi)
<p>Flights: 23:55 (Chengdu) -> 07:15 (Changi)</p> <div data-bbox="264 1079 1308 1331" style="border: 1px solid #ccc; padding: 10px; background-color: #f9f9f9;"> <p>✈ Return date 04 Jun 2020</p> <p>Chengdu ✈ Kuala Lumpur D7 327 23:55 - 04:35 4h 40m Kuala Lumpur ✈ Singapore AK 701 06:05 - 07:15 1h 10m</p> <hr/> <p>Return total 230.41 SGD</p> <p>Fare, taxes and fees 1x Adult 230.41 SGD</p> </div> <p>\$386 (Round trip) https://www.airasia.com/en/gb</p>		

Additional Flag - for 'Adventurous' groups using Third Party Provider (TPP)

- What is the name of your Adventure company?
 - Terratribes
- What are their contact details? (address / phone numbers / email / website)

Address:

237 Shenshan Village Yangshuo

Guangxi, China 541900

中国 桂林 阳朔县 神山村237号 541900

Website: www.terratribes.com

Office: +86 (0)773 8822 005

Mobile: +86 189 7739 6506

- Have they responded to the TPP questions auto-sent by IPAL?
- Are their answers satisfactory?
- Have you checked the responses with your allocated Outdoor Education staff member?

Research / Extra Information: (please use this section for details not required for the flags above)