



Oversea Chinese Culture Trip-Dali, Yunnan 2023 Sep

这一次我们要去中国的七彩云南的【大理】走一遭，领略中国西南边陲特色民族的文化艺术生活。

Let's experience our journey at the colourful City of Yunnan [Dali]. Enjoy the cultural and artistic life of the characteristic ethnic groups in southwest China.

Its low latitude tempered by its high elevation, Dali has a mild subtropical highland climate with a warm, rainy summers. During summer, majority of the days features some rainfall and daytime temperatures around 20 C, Dali it is a most popular tourist destination city in Yunnan.

诗情画意的古城别致典雅的白族民居双廊的海边生活周城的扎染技艺大理是最适宜人们生活的桃花源理想国

来自新加坡的大朋友小朋友们，大理欢迎你们呀！快点来吧！我们在文化古都——大理，等着你们！



游学内容将呈现：★ 一场七彩风情之旅我们将带领孩子走进中华文化的一隅，探访多姿多彩的中华文化，打开五感，亲身体验生活的多样性。

★ 一场淳朴的人文感知

非遗文化见习、民俗小吃制作体验和市集采购，将帮助孩子在陌生环境中学会接受和学习新事物，提高孩子的探索能力。

★ 一段充满惊喜的亲子时光苍山徒步饱览自然风光，农场定制烧烤派对……夕阳、美食和陪伴，共同铸造了最亲密的亲子时光。

行程安排 Detail Schedules:

Day1 (Sep3) From Singapore to Dali & Welcome Dinner at Dali

Day 2 (Sep 4)

“逛喜洲古镇” “Visit Xizhou Ancient Town”

| 游喜洲 | 参观喜洲大院古民居 Visit the ancient houses of Xizhou Courtyard

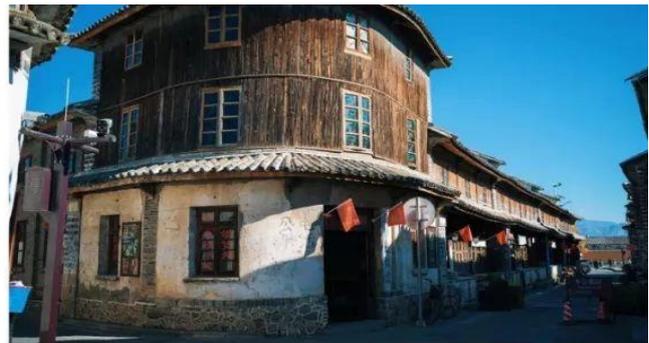
| 参观非物质文化遗产甲马博物馆 | 体验制作甲马 Visit Jiama Museum/Experience making Jiama

上午：漫步喜洲古镇，感受古镇外桃源般的静谧安宁和烟火气。Walk around the ancient town of Xizhou, and experience the out-of-the-world tranquility and unique lifestyle.

入严家大院：欣赏木雕石刻泥塑山水壁画，深入了解三坊一照壁四合五天井白族特色建筑。

Morning: Walk around the Yan Family Residence

Appreciate the art pieces from thousand years ago, include wood carving, stone carving, clay sculpture, etc. Get an in-depth understanding of the characteristic architectural of the Bai ethnic group.



下午：参观甲马博物馆，由非物质文化遗产传承人带领参观讲解甲马文化。甲马文化是人界与天界的使者。

白族甲马的制作为木版雕刻，线面错杂纵横、虚实变化而又协调统一，古拙朴实，我们一起去体验感知这刻刀上的艺术文化。

Afternoon: Visit the Jiama Museum , Self-Made Jiama picture and famed

The representator of Jiama cultural lead the tour and explain how Jiama is messenger between the modern world and heaven.



亲手自作甲马图案，装裱纪念。Self-Made Jiama picture and framed.



Day 3 (Sep 5)

“音乐之旅&苍山徒步” “Music Journey & Cang Mountain Hiking”

| 爬苍山 | 寻宝 | 寂照庵柴火斋饭

Climbing Cang Mountain, Treasure Hunting, Firewood Vegetarian Meal at Jizhao Nunnery

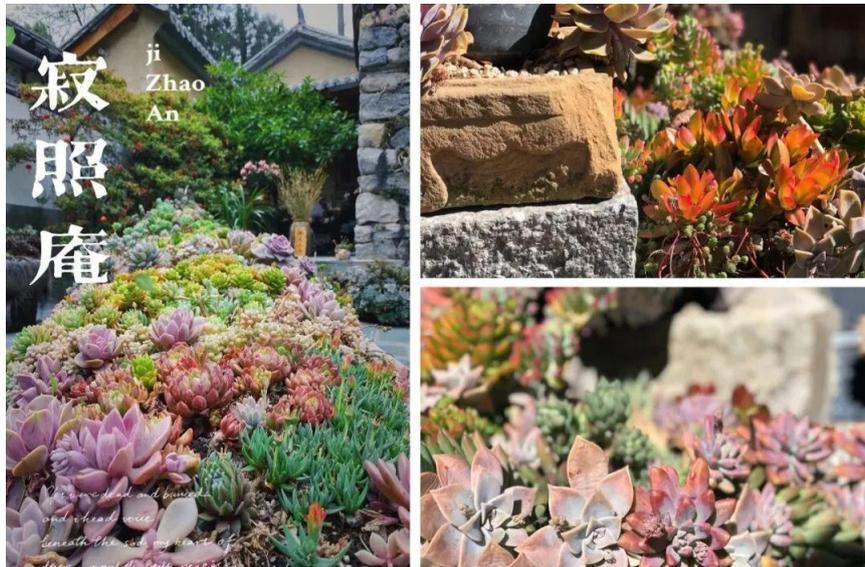
| 音乐人和孩子即兴玩音乐 Musicians and children play music impromptu

上午：我们将带领孩子在苍山的缓坡进行一小段徒步，认知山野植物，音乐人 workshop 老师在森林中进行即兴演奏。苍山徒步，一路音乐相伴，让孩子们体会音乐与自然情境融合的美妙感受。

Am: Music Journey & Cang Mountain Hiking

We will lead the children on a short hiking trial on the gentle slopes of Cang mountain. Learn how to recognize wild plants. Our musicians will perform impromptu performances in the forest. Children can attempt to make musical instruments with materials.

森林中寻觅寺院寂照庵。“感而遂通，寂静照鉴”。繁茂的花草植物与庄严的寺庙建筑互为衬托，相得益彰。在这里，东方禅意与自然美学完美融合，素雅宁静，抚慰人心。



下午：即兴音乐课 与音乐人音乐互动，在音乐人的带领下，让孩子在有趣的氛围里将身体融入音乐律动之中。音乐的律动最早来源于身体；律动游戏对孩子是非常好的音乐启蒙和感知的开发。

Pm: Famous Musicians and Kids Improvising Music Class

Integrate the body into the music, let the children integrate the body into the music rhythm in a fun atmosphere. The rhythm of music originated from the body, and rhythm games are very good music enlightenment for children.



Day 4 (Sep 6)

“崇圣寺&做扎染” “Chongsheng Temple & Tie Dye”

| **崇圣寺三塔 皇家寺庙园林 Three Pagodas of Chongsheng Temple Royal Temple Garden**

| **周城体验扎染 Tie-dye experience in Zhoucheng (>1500 Years history)**

上午：游览三塔寺。三塔寺是大理唯一一个国家 5A 级旅游景区，亦是大理“文献名邦”的象征；被誉为汉传佛教第一寺；是云南古代佛教密宗的灌顶道场；也是大理国王室的内道场；心灵之旅佛光普照之地。

Morning: Visit the Three Pagodas

The Three Pagodas are made of brick and covered with white mud. As its name implies, the Three Pagodas are composed of three independent pagodas forming a symmetric triangle. The elegant, balanced, and stately style is unique in China's ancient Buddhist architectures, which makes it a must-see in the tour of Dali. The Three Pagodas, visible from miles away, has been a landmark of Dali City and selected as a national treasure meriting preservation in China.



下午：去体验大理非遗白族扎染艺术。白族扎染又称疙瘩花，是我国一种古老的纺织品染色技艺。

1500 多年前，白族先民就已掌握了印染技术。非遗扎染艺术的特点是青里带翠，给人一种凝重素雅而又含蓄的美。

Afternoon: Experience the tie-dye art of Dali's heritage Bai ethnic group.

Tie-dyeing pimple flowers of the Bai nationality is an ancient textile weaving technique in China. More than 1,500 years ago, the ancestors of the Bai people had mastered the printing and resisted dyeing technology. The cultural heritage tie-dye art is characterized by cyan colour, giving you an elegant and implicit beauty.

在《后汉书》中记载：哀劳人……知染采文绣，罽毼帛叠，兰干细布，织成文章如绫锦。早在在秦汉时代，扎染就成为云南独具特色的人文艺术。



Day 5 (Sep 7)

“赶 Gan 街 Gai” & 采茶叶” “Visit Sanyue Market & Tea Picking, Making”

| 赶千年第一街：三月街 Visit Sanyue Market (Thousands Years' market for Bai ethnic group)

| 体验云南茶文化 | 采茶 | 制茶 Tea leaves picking, Tea making, Tea Appreciation

上午：赶集。“千年赶一街，一街赶千年”，大理历史悠久的三月街集市，是白族文化的聚集地，逛吃逛喝，感受大理不一样的魅力和生机，走进专属大理的人间烟火气。

Morning: Shop on the street of Sanyue Market

Surrounded with historical architecture of Bai ethnic group, like a dream of thousand years ago in this charm and vitality town.



下午：采茶制茶。好山好水孕育好茶，大理正是一个茶的国度。一采二倒青，三摇四围水，五炒六揉金，七烘八拣梗，九复十筛分，我道茶似金。

当孩子们背起茶篓，戴上斗笠，跟随茶主在茶田采茶、揉茶、炒茶，品一抹茶香，每一片叶子都浓缩着对技艺的理解和经验的把握。

Afternoon: Tea leaves picking and Tea making.

Children will carry the tea baskets and put on the bamboo hats and follow the tea expert to the tea plantation to pick, knead and roast tea. At the end of the day, taste a sip of fragrance of tea will be the greatest reward for the day.



Day 6 (Sep 8)

"Flower Cake & Bonfire barbecue and music party night"

| 制作玫瑰鲜花饼 | 花园绿地里玩游戏 **Handmade rose flower jam and rose flower cake!**

| 结营烧烤音乐篝火 **Bonfire barbecue and music party night"**

上午：鲜花饼制作。孩子们在玫瑰园中亲手制作玫瑰鲜花饼，以云南特有的食用玫瑰花作为馅料，整颗的玫瑰鲜花花香四溢，浓郁芬芳，清香甜糯、花香四溢、沁人心脾，一口咬下去都是玫瑰味儿，仿佛唇齿间能绽放出一朵花！

Morning: Handmade rose flower jam and rose flower cake!

Picking fresh roses in the garden and use Yunnan's unique edible roses to make rose cake fillings. One bite and your mouth are filled with rose fragrance. It's taste like a flower blossoming in your mouth!



下午：篝火烧烤、音乐晚会。

夜幕降临，生起篝火，大朋友闲坐休息，小朋友们围着篝火跟音乐人学习律动和节奏，感受音乐带来的快乐。

火舞舞者现场演绎，带大家来一场原生态音乐与原始火舞的律动！

Afternoon: Bonfire barbecue and music party night

As the night falls, a bonfire is lit, and we will participate in making barbecue food ingredients together. The children gather around the bonfire to enjoy great music and learn the rhythm with the musicians!

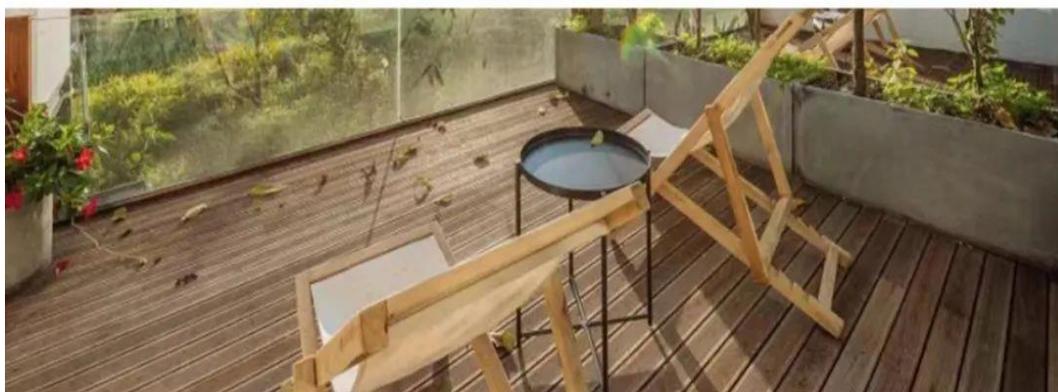
Fire Dance dancers perform live dance, bringing you the rhythm of original ecological music and original Fire Dance!

Most crazy party you ever had!



Day 7 (Sep 9) Back to Singapore

食宿安排 Accommodation



全程入住苍山脚下的精品舒适酒店，背靠苍山，俯瞰洱海，置身天然氧吧，尽享旅途惬意。

舒适的客房保证了休息质量，能让宝贝和爸爸妈妈精力充沛，享受大理之行的乐趣。餐食方面，既有当地的特色小众美食，也有网红餐厅，更有原生态的农场料理，家长和宝贝们可尽情地用味蕾去感受大理的多样性。

Stay in the boutique comfortable hotel at the foot of Cangshan Mountain. It is backed by Cangshan Mountain, overlooks Erhai Lake, and is in the natural oxygen bar to enjoy the comfort of the journey.



这个营期，让我们共揽风花雪月，体味古都文化，徜徉在大理的丰富与眷恋中。

本次活动音乐人 Musicians:



王云 框架鼓鼓手

旅居在大理的独立音乐人，近些年常与不同的音乐人以多种形式即兴合作和演出交流，一直致力于探寻声音节奏的内在意义以及萨满鼓在不同时空背景下的现代语境。



李源毅（圆一） 吉他手

主修古典吉他，即兴演奏，风格独特



Michel Christian Cuerva

音乐家鼓手、打击乐手、教师、作曲家，是经验丰富的音乐教育家，有超过15年的少儿音乐教学经验：曾经与法国国家爵士乐团合作，在欧洲多个国家参与过几十个乐队。



悠悠

旅居大理的以色列音乐人

营期详情

参营年龄：6-16岁 学龄前儿童需要监护人伴行

时间：2023.9.3-2023.9.9

必备物品

- 1、证件类：护照
- 2、电子类：手机或电话手表、充电器、充电宝
- 3、日用品：换洗衣物、保暖外套、运动鞋、洗簌用品、水杯、遮阳帽、防晒霜、太阳镜、雨伞、个人药品、晕车药、防虫喷雾、轻便背包

费用包含

- 1、交通：营期当地使用车辆
- 2、住宿：营期六晚住宿费用
- 3、餐饮：三餐（早餐 中餐 晚餐）
- 4、教练：专业营会领队+课程讲解服务
- 5、项目：营期项目费用及门票
- 6、保险：营期交通+意外保险
- 7、全程安全保障
- 8、音乐人费用
- 9、其他计划内费用

费用不含

- 1、往返机票，签证费用，旅游保险
- 2、旅行中的个人消费（如酒水、购物等）因个人原因出现特殊情况而产生的费用（如：徒步不能完成，可以代叫出租车，费用自理）
- 3、个人所需生活物资装备

额外赠送 Free Gifts:

儿童野外出行装备：小背包，伴手礼

全程活动电子影集册 Digital Album

注意事项

1.气候

活动区域昼夜温差大，注意增减衣物，建议携带冲锋衣。阳光照射强度大，可备有帽子。

2.行程

本活动行程将根据航班、天气的实际情况及未知因素的变化而适当调整，具体行程以当地实际安排为准。若遇到影响人身安全的情况，我们将做出有效的安排，以保证全体成员的安全，还请积极配合。

3.其他

(1) 高海拔地区请做好防晒工作。(2) 请保管好个人财物，钱包、照相机等贵重物品要随身携带，如有丢失，请及时告知工作人员。(3) 若有个人专用药品，请自行准备，若身体不适，请及时通知工作人员。