

AMDO 2012 Tour –Program

Day	Date - August 2012	Location	Activity
1	Sunday 5	Xining	Participants arrive Hospital(visit of herbal bath section and external therapy)
2	Monday 6	Xining	Hospital(Visit in-patient clinic)
3	Tuesday 7	Xining	Hospital (Visit of out-patient clinic) and the TTM museum
4	Wednesday 8	Xining	Hospital (Visit in patient clinic, fabrication of medicines , room of specimens (plants, minerals..), room of medical thangkhas, library)
5	Thursday 9	Xining	Hospital(visit of women clinic , and out-patient clinic or external therapy)
6	Friday 10	Xining	Visit of Kumbum monastery with lunch on site
7	Saturday 11	Xining	Free time
8	Sunday 12	Xining	Visit Wutun (thangka painters village & monastery) on our way to Rebkhong
9	Monday 13	Travel to Rebkong	Visit Rigzin Rabpel Ling Ngakpa House
10	Tuesday 14	Rebkong	Travel + free time in Labrang
11	Wednesday 15	Travel to Labrang	Visit Labrang monastery + free time
12	Thursday 16	Labrang	Travel to Malho + free time in Malho
13	Friday 17	Travel to Malho	Hospital(visit out-patient department and learn about all steps of medicine fabrication)
14	Saturday 18	Malho	Collect medicinal plants near Malho
15	Sunday 19	Malho	Hospital(visit in-patient clinic)
16	Monday 20	Malho	Hospital
17	Tuesday 21	Malho	All day travel
	Wednesday 22	Travel to Xining	Free time (stay in Xining, fly back...)
	Thursday 23	Xining	

Price of the tour 897 Euro per person (For Medicine trip to Amdo, Not included the tuition)

Price included:

Transportation (Bus, From Xining to Rebkhong, Rebkhong to Labrang, Labrang to Malhuo, Malhuo to Xining)

Guide(Two Tibetan –English speaking guides for entire trip)

Accommodation (from August 5th to August 22)

Pick up and drop off to the airport

Food and rooms for guide and driver

Entrance ticket (TTM Museum, Kumbum monastery, upper and lower Wutun monasteries, Labrang monastery)

Insurance

Price excluded:

Taxis in Xining and Rebkhong and Labrang, Malhuo

Food

Plane/train tickets to/from Xining
your own expenses