



Sample Tibet Itinerary

Date	Day	Particulars
Day 1	Saturday	Arrival and pick up from Airport. Collection and check-in at guesthouse in Xining. Welcome dinner with In-Country Coordinator. Transfer provided by United Planet.
Day 2	Sunday	Leave for Yushu from Xining in the early morning. Arrive in Yushu and introduction to host family.
Day 3	Monday	Introduction and orientation on work site.
Day 4	Tuesday	Volunteer work Tibetan language lesson, in addition to lessons on Tibetan customs, Buddhism, and traditional dancing.
Day 5	Wednesday	Volunteer Work
Day 6	Thursday	Volunteer Work
Day 7	Friday	Volunteer Work
Day 8	Saturday	Visit to famous monasteries in Chenduo-Yushu.
Day 9	Sunday	Visit to nomadic Tibetan families.
Day 10	Monday	Volunteer Work
Day 11	Tuesday	Volunteer Work Tibetan language lesson, in addition to lessons on Tibetan customs, Buddhism, and traditional dancing.
Day 12	Wednesday	Volunteer work
Day 13	Thursday	Volunteer work Farewell Dinner
Day 14	Friday	Leave from Yushu to Xining, transfer provided by United Planet
Day 15	Saturday	Leave to airport and fly home

This is a sample only. You will received a personalized itinerary upon arrival in Yushu