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SHANGHAI
纽约大学

Summer 2016 Cultural Trip in Xi'An (Group 1)

July 22-24, 2016



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I. ITINERARY

Please note:

Schedule intended for general reference only; activities may be subject to change.
Please note that you should bring or plan for all meals with an asterisk.

Friday, July 22

- Morning* Group 1
07:30 Pick up at Jinqiao Residence Hall
*Breakfast on your own (on the bus)!
11:05 Plane Departs Shanghai Pudong Airport
- Afternoon* 13:45 Arrive at Xianyang Airport, then get on a bus to Hotel
- Evening* Free time. Suggest visiting the Drum and Bell Tower, and the Muslim Quarter (15-minute walk from Hotel)

Saturday, July 23

- Morning* 07:00 Breakfast at hotel
08:00 Visit Big Wild Goose Pagoda
10:00 Depart for Lintong
11:00 *Lunch on your own
- Afternoon* 12:30 Visit the Huaqing Hot Springs
14:30 Visit the Terra Cotta Army
17:00 Return to Xi'An
- Evening* 18:00 Dinner
19:00 Bus to Hotel

Sunday, July 24

- Morning* 07:00 Breakfast at hotel, Check out
08:00 Depart for Shaanxi History Museum
09:00 Visit Shaanxi History Museum
11:30 Bus to Xianyang Airport
- Afternoon* 12:30 *Lunch on your own (at Xianyang Airport)
- Group 1
16:30 Plane departs Xianyang Airport
- Evening* 18:40 Arrive at Pudong Airport
19:15 Bus to Jinqiao Residence Hall

II. WHAT TO BRING

Required:

- Passport with current visa (**very important!**)
- Chinese National ID for Chinese students
- Student ID
- HTH Card
- Photocopies of passport/Chinese National ID in case of loss
- Program booklet
- Any necessary prescribed medications

Clothing (suggested):

- Comfortable shoes or sneakers
- Cap/Hat
- Sunglasses

Toiletries (suggested):

- A couple packs of dry tissues
- Hand sanitizer
- Wet wipes
- Sunscreen

Convenience Items (suggested):

- Money for souvenirs
- Water
- Ear plugs/eye mask for light sleepers
- Mask for those sensitive to dust
- Plastic bags for storing damp clothes

III. WHAT TO EXPECT

Xi'an is the capital of Shaanxi province, located in the northwest of China, in the center of the Guanzhong Plain. One of the oldest cities in China, the city was known as Chang'an before the Ming dynasty. Xi'an is the oldest of the Four Great Ancient Capitals of China, having held the position under several of the most important dynasties in Chinese history, including Zhou, Qin, Han, Sui, and Tang. Xi'an is the starting point of the Silk Road and home to the Terracotta Army of Emperor Qin Shi Huang.

Since the 1990s, the city of Xi'an has re-emerged as an important cultural, industrial and educational center of the central-northwest region, with facilities for research and development, national security and China's space exploration program. It is the most populous city in Northwest China, as well as one of the three most populous cities in Western China.



Hotel Location and Contact Information

HNA Hotel Downtown is located in the center of Xi'an, . Located near the Xincheng Plaza and the Bell Tower, the hotel is close to various restaurants and stores, and is about 15-minute walk from the Muslim Quarter.

HNA Hotel Downtown
No.258 Dongxin Street,
Xincheng Plaza, Xincheng
District, Xi'an, China
Phone: (86-29) 8748-2888



皇城海航酒店
西安新城区西安市新城广场东新街 258 号

DESTINATION INFORMATION

Xi'an



Area: 9,983 km² (3,854 sq mi)

▶ **Population:** 8.7 million

Brief History of the Xi'an Area

Xi'an has a rich and culturally significant history. The Lantian Man was discovered in 1963 in Lantian County, and dates back to at least 500,000 years before the present time. A 6,500-year-old Banpo Neolithic village was discovered in 1953 on the eastern outskirts of the city proper, which contains the remains of several well organized Neolithic settlements carbon dated to 5600–6700 years ago.

Xi'an became a cultural and political center of China in the 11th century BCE with the founding of the Zhou dynasty. Following the Warring States period, China was unified under the Qin dynasty (221–206 BCE) for the first time, with the capital located at Xianyang, just northwest of modern Xi'an. The first emperor of China, Qin Shi Huang ordered the construction of the Terracotta Army and his mausoleum just to the east of Xi'an almost immediately after his ascension to the throne.

In 202 BCE, the founding emperor Liu Bang of the Han dynasty established his capital in Chang'an County. This is traditionally regarded as the founding date of Chang'an, or Xi'an. The original Xi'an city wall was started in 194 BCE and took 4 years to finish.

Following several hundred years of unrest, the Sui dynasty united China again in 582. The emperor of Sui ordered a new capital to be built southeast of the Han capital, called Daxing (大興, great prosperity). The city was renamed Chang'an by the Tang Dynasty, and Chang'an was devastated at the end of the Tang dynasty in 904. During the Ming dynasty, a new wall was

constructed in 1370 and remains intact to this day.

In 1936, the Xi'an Incident took place inside the city during the Chinese Civil War. The incident brought the Kuomintang (KMT) and Communist Party of China to a truce in order to concentrate on fighting against the Japanese Invasion. On May 20, 1949, The Communist-controlled People's Liberation Army captured the city of Xi'an from the Kuomintang force.

Geography of Xi'An

Xi'an lies on the Guanzhong Plain in the south-central part of Shaanxi province, on a flood plain created by the eight surrounding rivers and streams. The city has an average elevation of 400 metres (1,312 ft) above sea level and an annual precipitation of 553 mm (21.8 in). The urban area of Xi'an is located at 34° 16' N 108° 56' E. The Wei River provides potable water to the city.

The city borders the northern foot of the Qin Mountains (Qinling) to the south, and the banks of the Wei River to the north. Hua Shan, one of the five sacred Taoist mountains, is located 100 km (62 mi) away to the east of the city. Not far to the north is the Loess Plateau.

Climate of Xi'An

Xi'an has a temperate climate that is influenced by the East Asian monsoon. The Wei River valley is characterized by hot, humid summers, cold, dry winters, and dry springs and autumns. Most of the annual precipitation is delivered from July to late October. Snow occasionally falls in winter but rarely settles for long. Dust storms often occur during March and April as the city rapidly warms up. Summer months also experience frequent but short thunderstorms. The monthly 24-hour average temperature ranges from around the freezing mark in January to 27.0 °C (80.6 °F) in July, with an annual mean of 14.08 °C (57.3 °F). With monthly percent possible sunshine ranging from 31 percent in December to 47 percent in August, the city receives 1,536 hours of bright sunshine annually.

Xi'An Specialties and Local Products

Xi'an is rich in cultural relics, antiques and artworks. Replicas of the Terracotta Warriors and Horses, paper-cuts and folk paintings are the most popular buys in Xi'an.

The Terracotta Army may be the most famous landmark in Xi'an, but the Shaanxi capital's array of noodles, breads and dumplings are the tastiest way to be transported back to ancient China.

The city was home to various religions during the Tang Dynasty, and a range of cultures have helped shape Xi'an cuisine, with Islamic influence being particularly strong.

The city's Muslim Quarter has become food heaven for locals and tourists alike, and the most famous local dishes include the Xi'an meat burger (roujiamo), the Cold noodles (liangpi), the Flatbread in mutton soup (yangrou paomo), and the Biangbiang noodles.

Sites and Points of Interest

Big Wild Goose Pagoda

Big Wild Goose Pagoda (Chinese: 大雁塔; pinyin: Dàyàn tǎ), is a Buddhist pagoda located in southern Xi'an, Shaanxi province, China. It was built in 652 during the Tang dynasty and originally had five stories. The structure was rebuilt in 704 during the reign of Empress Wu Zetian, and its exterior brick facade was renovated during the Ming dynasty. One of the pagoda's many functions was to hold sutras and figurines of the Buddha that were brought to China from India by the Buddhist translator and traveler Xuanzang.



The original pagoda was built during the reign of Emperor Gaozong of Tang (r. 649–683), then standing at a height of 54 m (177 ft). However, this construction of rammed earth with a stone exterior facade collapsed five decades later. The ruling Empress Wu Zetian had the pagoda rebuilt and added five new stories by the year 704; however, a massive earthquake in 1556 heavily

damaged the pagoda and reduced it by three stories, to its current height of seven stories. The entire structure leans very perceptibly (several degrees) to the west. Its related structure, the 8th century Small Wild Goose Pagoda in Xi'an, only suffered minor damage in the 1556 earthquake (unrepaired to this day). The Big Wild Goose Pagoda was extensively repaired during the Ming dynasty (1368–1644) and renovated again in 1964. The pagoda currently stands at a height of 64 m (210 ft) tall and from the top it offers views over the current city of Xi'an.

Museum of the Terra Cotta Army

The Terracotta Army (Chinese: 兵马俑; literally: "Soldier-and-horse funerary statues") is a collection of terracotta sculptures depicting the armies of Qin Shi Huang, the first Emperor of China. It is a form of funerary art buried with the emperor in 210-209 BCE and whose purpose was to protect the emperor in his afterlife.



The figures, dating from approximately the late third century BCE, were discovered in 1974 by local farmers in Lintong District, Xi'an, Shaanxi province. The figures vary in height according to their roles, with the tallest being the generals. The figures include warriors, chariots and horses. Estimates from 2007 were that the three pits containing the Terracotta Army held more than

8,000 soldiers, 130 chariots with 520 horses and 150 cavalry horses, the majority of which remained buried in the pits nearby Qin Shi Huang's mausoleum. Other terracotta non-military figures were found in other pits, including officials, acrobats, strongmen and musicians.

Warrior Figures

The terracotta army figures were manufactured in workshops by government laborers and local craftsmen using local materials. Heads, arms, legs, and torsos were created separately and then assembled. Eight face moulds were most likely used, with clay added after assembly to provide individual facial features. It is believed that the warriors' legs were made in much the same way that terracotta drainage pipes were manufactured at the time. This would classify the process as assembly line production, with specific parts manufactured and assembled after being fired, as opposed to crafting one solid piece and subsequently firing it. In those times of tight imperial control, each workshop was required to inscribe its



name on items produced to ensure quality control. This has aided modern historians in verifying which workshops were commandeered to make tiles and other mundane items for the terracotta army. Upon completion, the terracotta figures were placed in the pits in precise military formation according to rank and duty.

The terracotta figures are life-sized. They vary in height, uniform, and hairstyle in accordance with rank. Originally, the figures were also painted with bright pigments, variously colored pink, red, green, blue, black, brown, white and lilac. The colored lacquer finish and individual facial features would have given the figures a realistic feel. However, much of the color coating had flaked off or become greatly faded.

Scientific Research

In 2007, scientists at Stanford University and the Advanced Light Source facility in Berkeley, California reported that powder diffraction experiments combined with energy-dispersive X-ray spectroscopy and micro-X-ray fluorescence analysis showed that the process of producing Terracotta figures colored with Chinese purple dye consisting of barium copper silicate was derived from the knowledge gained by Taoist alchemists in their attempts to synthesize jade ornaments.



Since 2006, an international team of researchers at the UCL Institute of Archaeology have been using analytical chemistry techniques to uncover more details about the production techniques employed in the creation of the Terracotta Army. Using X-ray fluorescence spectrometry of 40,000 bronze arrowheads bundled in groups of 100, the researchers reported that the arrowheads within a single bundle formed a relatively tight cluster that was different from other bundles. In addition, the presence or absence of metal impurities was consistent within bundles. Based on the arrows' chemical compositions, the researchers concluded that a cellular manufacturing system similar

to the one used in a modern Toyota factory, as opposed to a continuous assembly line in the early days of automobile industry, was employed.

Huaqing Hot Springs



Huaqing Hot Springs, or the Huaqing Pool (Chinese: 华清池) are a complex of hot springs located in an area characterized by mild weather and scenic views at the northern foot of Mount Li, one of the three major peaks of the Qin Mountains. The Huaqing Hot Springs are located approximately 25 km east of Xi'an, now in

the province of Shaanxi, China. It was built in 723 by Emperor Xuanzong of the Tang dynasty as part of the Huaqing Palace, using the locally-occurring geothermal heating, and is famous as the supposed scene of Xuanzong's romance with his consort Yang Guifei. This site was also the scene of the 1936 Xi'an Incident, when Chiang Kai-shek was kidnapped by former warlord Zhang Xueliang and forced to participate in a United Front with the Chinese Communist Party to oppose Japanese encroachment on China.

The site features a long documented history of almost three millennia, having served as the location for several palaces built during the reigns of past Chinese dynastic rulers, including King You of the Zhou dynasty, Qin Shi Huang of the Qin dynasty, and an expanded version by Wu Han of the Han dynasty. Under the Tang emperors Taizong and Xuanzong, the palace structure was rebuilt and renamed the Huaqing Palace. However, during the events associated with the An Lushan

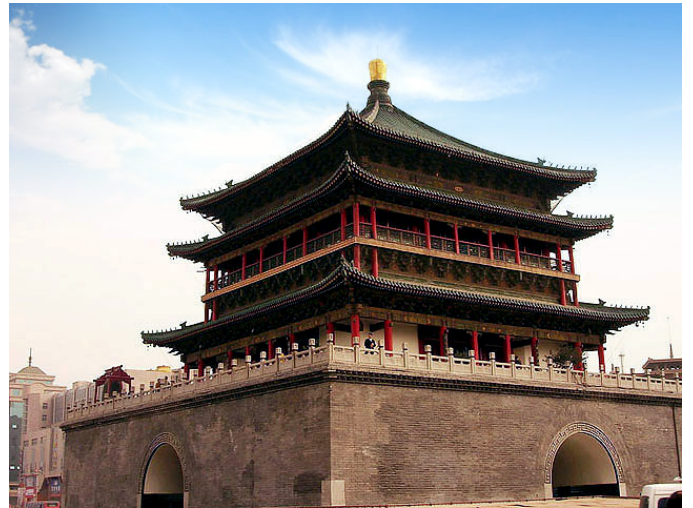


rebellion, considerable damage was done to the site. Nevertheless, the historical legacy of the Huaqing pools has received lasting commemoration, such as in the following mention of Emperor Xuanzong and Yang in Bai Juyi's poem "Song of Everlasting Regret".

Bell Tower and Drum Tower

Bell Tower of Xi'an

The Bell Tower of Xi'an (Chinese: 西安钟楼), built in 1384 during the early Ming Dynasty, is a symbol of the city of Xi'an and one of the grandest of its kind in China. The Bell Tower also contains several large bronze-cast bells from the Tang Dynasty. The tower base is square and it covers an area of 1,377 square meters. The tower is a brick and timber structure and close to 40 meters high.



Drum Tower of Xi'an

The Drum Tower of Xi'an (西安鼓楼), located in the heart of Xi'an in Shaanxi province of China, along with the Bell Tower is a symbol of the city. Erected in 1380 during the early Ming Dynasty, it stands towering above the city center and offers incredible view of Xi'an.



The Drum Tower got its name from the huge drum located within the building. In contrast to the Bell Tower, where bell was stricken at dawn, drum was beat at sunset to indicate the end of the day.

On the Drum Tower's first floor lies a hall which hangs many large drums. Each was decorated with intrinsic and beautiful Chinese writing, which symbolizes good fortune. The impressive arrays of drums are only on show and visitors are not allowed to touch any of them. But there is an extra drum near the front entrance where visitors can pose for pictures for a small fee.

Shaanxi History Museum



Shaanxi History Museum, which is located to the northwest of the Big Wild Goose Pagoda, is one of the first huge state museums with modern facilities in China and one of the largest. The museum houses over 370,000 items, including murals, paintings, pottery, coins, as well as bronze, gold, and silver

objects.

Shaanxi History Museum was constructed from 1983. It was opened to the public on 20 June 1991. The museum is in an area of 65,000 square meters, with a building area of 55,600 square meters, cultural relics storerooms of 8,000 square meters, exhibition halls of 11,000 square meters, and a collection of 370,000 objects.

The museum is architecturally in the Tang style, with a "hall in center, storied buildings in corners". It is elegant and dignified, on a large scale, with a combination of traditional architecture and modern technology, which embodies folk tradition and local features.



Highlights of the museum include:

- Fossils of the Lantian Man (preceded Peking Man)
- The Deer Pattern Eaves Tile from the Qin Dynasty
- The Kneeling Archer, a 120 cm tall figure unearthed in 1977 from Emperor Qin Shi Huang's tomb
- The Four Footed Li, a Shang Dynasty bronze cooking utensil
- Playing Polo, a Tang Dynasty mural of people playing polo in China
- The Empress's Seal, a jade seal from the Western Han Dynasty

Safety in the Xi'An

While Xi'An is generally a safe city for foreigners, you are advised to take the same kind of precautions you would in any other large city when you are out at night or when you are with people you do not know well. **Always use the buddy system and stay in groups, and never let strangers lead you anywhere!**

Most commonly encountered crimes and scams

Petty theft is the most often-encountered crime for tourists. Pickpockets operate on crowded public transportation and in tourist-heavy areas. Other than this issue, there are some common scams you should be aware of.

Teahouse scam: Friendly and clean-cut looking Chinese young people will approach unwitting foreigners and ask them if they would like to drink some tea. They may mention a “tea tasting” or “tea exhibition”. The foreigners are taken to a private teahouse where they are given several different types of tea to sample, and no price is mentioned. When the bill comes, it is often as much as 500 USD for just a few small cups of tea. The “friendly” locals will offer to “spilt the bill”, though they in fact have no responsibility for paying it.

Art student scam: Likewise, several young Chinese people will approach some foreigners and tell them that they are art students who are having an exhibition nearby. Once at the gallery, they will mention how they do not have money for supplies and tuition, and they need people to buy their art so they can continue to attend school. The art is most likely not made by these individuals, and the gallery is privately owned, so such stories generally have no basis in fact.

Beggars and trash collectors: While few beggars in China are aggressive or dangerous, it is still important to note that many beggars work in groups. This means that if you give money to one beggar, he or she may be giving it to a boss or an organization. On the other hand, it is ok to give bottles and cans to people who collect them on the street. Recycling systems in China are not well developed, and these people make a living by bringing these items to the proper facilities.

Passport/Chinese ID and Cash Safety

It is highly advisable to carry your passport and large amounts of money in a secure pouch under your clothes, not in outer pockets or in a purse or bag. If you have a secure place such as a safe in which you can leave your passport, you should still carry a copy of your passport and visa with you at all times. These documents count as your only legal identification while you are in China, and you should have them with you at all times.

You must show your passport/Chinese ID in order to check into a hotel and to board the train. If you do not have your passport with you or do not wish to show it, you will not be allowed to register at a hotel. Please cooperate with front desk staff if they wish to hold your passport for an hour or two while you are registered. They are simply complying with Chinese law regarding foreign residents in China.

Avoiding “Black Cabs” and Other Taxi Safety

So-called black cabs or *heiche* are private cars (often not black at all) that ply the streets searching for fares. They often have glowing red lights in the middle of their windshields that are meant to look like real cab lights from afar. Black cabs are a risky proposition for any foreigner in China since they are unmetered and may ask you to pay a large amount of money even for a short ride. Likewise, since there are no official receipts or cab numbers on a black cab, you will have trouble reporting problems if the driver commits a crime or gives dissatisfactory service. Black cabs come in many shapes and sizes but lack official taxi lights on top of the car, and will not have an official meter (if any at all).

Legal taxis have the driver’s permit displayed on the dashboard on the passenger’s side. **Should you have any difficulties or forget something in the cab, you can use the information on the receipt to contact the taxi company for dispute resolution, so always get one when you take a cab.** Taxi drivers must provide a receipt at your request.

IV. Emergency Contact Information

Staff and Tour Guide Contacts

Tour staff are on call 24 hours a day for your convenience and safety. Please do not hesitate to give us a call at any time if there is an urgent need.

NUY Shanghai Staff: Shandy Sun	189 1879 3929
Nikki xiao	189 1820 7865
Health & Wellness Exchange Hotline (24/7) 021-2059-9999	
Public Safety for Emergency (24/7) 021-2059-5500	
Tour Guides: TBD	
Ambulance:	120
Fire:	119
Police:	110

Emergency Facility Locations

In the unlikely event that you must go to a clinic on your own and end up being hospitalized, please contact the NYUSH staff member as soon as possible. The following hospitals have international doctors and facilities on staff:

Shaanxi Provincial People's Hospital - 陕西省人民医院
256 West You Yi Road, Xi'An, 710068
陕西省西安市友谊西路 256 号

Appointments and walk-in:	Mon-Sat 9am – 6 pm.
24-hour emergency:	+ 86 (0)29 8525-1331
International clinic:	+ 86 (0)29 8524-9600

Services include: Primary care, gynecology, emergency medicine, ambulance, internal medicine, physiotherapy, acupuncture and Chinese medicine, dentistry, pharmacy, vaccinations.

Xijing Hospital – 西京医院
15 Chang Le West Road Xincheng District, Xi'An, 710032
陕西省西安市长乐西路 15 号

Telephone for Make an Appointment: +86 (0)29 8477-5507

Xi'An Gaoxin Hospital – 西安高新医院
16 Tuanjie South Road The Development Zone for High-Tech Industries, Xi'An, 710075
西安市团结南路 16 号

Telephone for Make an Appointment:	+86 (0)29 8833-2238
24 – hour emergency	+86 (0)29 96999

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