



Bring Me Sunshine (BMS) Q & A

1. Timing of the camp

- a. Usually during the summer, June, July and August. 2018 is from July 14 to August 10.
- b. A volunteer can come during the entire 4 weeks or can choose to come the first 2 or last 2 weeks.

2. The location and work hours

- a. We work at the government run provincial or city orphanages (Social Welfare Centers). Sunshine Academy, a charity school project under California Sunshine Foundation, has opened 10 locations throughout China since 2007.
- b. Each center may have slightly different work hours but typically from 8:30 to 5:00 with a long lunch break. We use lunch break for lunch, rest, training, and prep.

3. Teaching and preparation

- a. A volunteer can be assigned teaching or assist teaching. We usually try to accommodate a volunteer's interest such as teaching music, art, sports or language arts.
- b. Once assigned, the teacher/assistant will typically teach 5-6 periods a day, usually at 2-3 different levels of similar contents.
- c. The master lesson plans are by weekly themes and are prepared with BMSS. Teachers and assistant teachers during the 2nd half of the training will work in groups to detail their lesson plans.
- d. BMSS provides 10-15 hours training before the camp and during the camp another 10 hours. Directors also come and support and monitor the new teachers each day.

4. Visa and airline tickets

- a. Please obtain a 10-year, multi-entry tourist L visa from the Chinese Consulate near you or through a visa agency of your choice at three months before travel. When the visa is issued, one would need to go to China within 3 months. CITB is solid visa agency. (<https://cibtvisas.com/requirements>) or you can go to the Chinese consulate directly:
<http://www.chinaconsulatesf.org/eng/laszj/zgqz/#intro>
- b. BMSS will prepare an invitation letter for you from Helen and Lance's grandma, inviting you to visit China as a tourist. **It's impossible to obtain a visa with the purpose of volunteering in orphanages.** On your China visa application, only mention travelling and visiting friends to be your only choice.
- c. We usually fly Cathy Pacific (www.cathaypacific.com). Please purchase your tickets as soon as possible for the best fare. This year, for the four weeks' trip, here are our flights and the cost is around \$1,300 for these 3 legs.
 - i. CX 873 SFO to HKG Jul 14, 1:00 AM
 - ii. CX5740 HKG to CGO Jul 15, 12:50 PM
 - iii. CX745 CGO to HKG Aug 10, 4:40 PM
 - iv. CX872 HKG to SFO Aug 13, 12:30AM

5. Travel in China, lodging, & insurance

- a. We always take our volunteers to visit China whenever possible. Summer 2017, we visited Hong Kong and Shanghai. This summer, depending on when a volunteer is coming, we will be visiting Hong Kong, Beijing, Shaolin Temple (Shao Lin Si, Gong Fu center of the world), and Shenzhen. If there are more weekends available, we will visit more historic sites near the orphanages as they are all by River Huang where the Chinese Civilization began.
- b. We usually stay at a nearby hotel (near the orphanages or a tourist site) with the best value. Two or four volunteers would share a room depending on the size of the room and beds by gender. We also try to have at least one adult in each group.
- c. We expect all volunteers to obtain travel insurance for the entire duration of the trip. It's usually just a few dollars a day. We use www.imglobal.com

6. Cost and Exchange Money

- a. Airfare \$1,300 plus \$40-\$50/day expenses for local transportation, touring, lodging, food and personal expenses. For a 2-week trip, it's around \$2,000 and for 4 weeks around \$3,000.
 - b. Transportation
 - i. Airfare: usually \$1,000-\$1,300 for the round trip plus the domestic flight to the first location.
 - ii. Trains, buses, subways and taxis: prepare for \$10/day average, mostly for weekend tours.
 - c. Lodging & Food
 - i. We try to stay at \$15-\$20/night/person if sharing rooms close to the orphanages
 - ii. At major tourist sites, it might be more expensive, but we will always try for the best value.
 - iii. The orphanages provide lunch and sometimes breakfast is included with the hotel room. Dinner is extra expense. Usually \$10/day is good enough.
 - d. Spending money: We recommend each person to budget for \$10/day for spending money in addition to any gifts might be expected to bring home.
 - e. Parents can write a check to us for the estimated amount of expenses and we will exchange that into RMB (Chinese money) as soon as we arrive in China. Whatever is left-over, we can write a USD check back you.
7. Communications: we recommend parents and students all download WeChat app on your cell phone. There are usually free wi-fi at the airports, hotels and center offices. You would be able to contact each other via free texts, voice or video calls. It's easy to send photos and videos as well. We use this platform to stay in touch with the students over the years.



Suggested Packing List

Clothes:

- | | |
|--|---|
| <input type="checkbox"/> 2-3 short sleeved shirts | <input type="checkbox"/> 1 light jacket |
| <input type="checkbox"/> 1 pair pants, 3-5 pair shorts | <input type="checkbox"/> 1 pair pajamas |
| <input type="checkbox"/> 1-2 pair closed toe shoes | <input type="checkbox"/> 1 swimsuit/short |
| <input type="checkbox"/> 1 pair comfortable sandals | <input type="checkbox"/> 1 nice outfit |
| <input type="checkbox"/> 5 pair underwear & socks | <input type="checkbox"/> 1 rain jacket/umbrella |
| <input type="checkbox"/> Sunshine provides logo T-shirts | |

Toiletries & Medical:

- | | |
|---|---|
| <input type="checkbox"/> tooth brush & paste | <input type="checkbox"/> deodorant |
| <input type="checkbox"/> comb | <input type="checkbox"/> ladies - feminine products |
| <input type="checkbox"/> sunscreen | |
| <input type="checkbox"/> Personal medications | <input type="checkbox"/> Over-the-counter pain relief
(Tyleno, aspirin, ibuprofen) |
| <input type="checkbox"/> Insects rebellions | <input type="checkbox"/> Anti-diarrhea medication |
| <input type="checkbox"/> Band-Aids | |

Travel supplies:

- | | |
|---|--|
| <input type="checkbox"/> 2-3 small packets of tissue | <input type="checkbox"/> Mobile Phone and charger |
| <input type="checkbox"/> small bottle of hand sanitizer | <input type="checkbox"/> Int'L roaming on mobile phone |
| <input type="checkbox"/> backpack | <input type="checkbox"/> Electrical Converter |
| <input type="checkbox"/> headphones and music | <input type="checkbox"/> Water bottle |

Travel Documents:

- | | |
|--|---|
| <input type="checkbox"/> Passport with China Visa (10 years
tourist visa) | <input type="checkbox"/> copy of health insurance card |
| <input type="checkbox"/> 1 copies of passport & visa | <input type="checkbox"/> Health form |
| <input type="checkbox"/> copy of immunizations | <input type="checkbox"/> SA Health Form & Travel Waiver |
| | <input type="checkbox"/> Name tags on all baggage |

Spending Money

- \$500-1,000 (will be exchanged to RMB once arrive China, food, hotels, trains/taxis/subways)
- ATM and credit Card with PIN number