

# 知知港 生态农场 有机休闲游

Organic Tour @ Titi Eco Farm 29-31 March 2013

## Friday, 29 March, 2013

7:30 AM	集合 Gathering at Kranji MRT
8:00 AM	启程 Depart for Titi Eco Farm
	有机午餐 Organic Lunch @ Zenxin
3:00 PM	抵达知知港 Arrive at Titi Eco Farm
3:30 PM	分配房间 Rooms allocation
4:00 PM	DIY活动 (面包制作) DIY Activities (bun/bread workshop)
6:30 PM	养生有机晚餐 Healthy Organic Vegan Dinner
8:00 PM	生机饮食法 Raw Organic Diet Sharing
9:30 PM	休息 Bed time

## Saturday, 30 March, 2013

6:00 AM	八式动禅 Zen Movement (Optional)
7:00 AM	导览知知港有机农场 Guided tour @ Titi Eco Farm
8:30 AM	养生有机早餐 Healthy Organic Vegan Breakfast
10:00 AM	DIY活动(白背叶糕制作) DIY Activities (Herbal Ang-ku Kueh Workshop)
12:00 PM	养生有机午餐 Healthy Organic Vegan Lunch
1:00 PM	自由活动 Free & Easy Time / 参观瀑布 Waterfall visit
5:00 PM	DIY活动 (擂茶制作) DIY Activities (Lei-Cha Workshop)
6:30 PM	养生有机晚餐 Healthy Organic Vegan Dinner
8:00 PM	团员分享 ~ 健康生活 Wellness Living (group sharing)
9:30 PM	休息 Bed time

## Sunday, 31 March, 2013

6:00 AM	八式动禅 Zen Movement (Optional)
6:45 AM	蒸汽泡脚排毒 Steam Foot Bath Detox (Optional)**
8:30 AM	养生有机早餐 Healthy Organic Vegan Breakfast
9:30 AM	自由活动 Free & Easy Time
12:30 PM	养生有机午餐 Healthy Organic Vegan Lunch
1:30 PM	整理行李 Luggage packing
2:30 PM	启程回新加坡 Depart for Singapore
	有机晚餐 Organic Dinner @ Zenxin
9:30 PM	抵达新加坡 Arrive in Singapore (Drop off at Kranji MRT only)

\*\* 不包括在团费里, 有意者请自费 not included in package fee, interested participant to pay on his/her own

\*\*\*行程表若临时更改, 恕不预先通知

\*\*\*Itinerary is subject to change without prior notice, in unforeseen circumstances

**旅费 Tour Fee:**

**SGD370 net (Twin/Triple-share basis)**

- choice of rooms on first register first serve basis 房间款式 先报名先选

- fee includes all meals as per itinerary, 2 nights accomodation, air-conditioned bus transport to & fro SG-Titi

**备注 Special Notes:**

**1. Please purchase comprehensive travel insurance 自备全面的旅游保险**

**2. Please check that all passports are valid for at least 8months 确定个人护照有效期至少8个月**

3. Participants' safety, belongings and health condition are their own responsibilities. The Veg School, Awareness Place Wellbeing Centre and their associates should not be held responsible in case of unfavourable incidences. 自务个人安全健康与贵重物品

4. Please bring medication if necessary 自备个人所需药物

5. Suggest bringing long sleeve garment, jacket, long pant, comfortable shoe and hat.  
建议带长袖衣服、冷衣、帽子、舒服鞋袜

6. Please bring raincoat and/or umbrella 自备雨伞雨衣

7. Please bring recycle bags for shopping 自备环保袋购物

8. All meals arranged are vegan (w/o garlic and onion) 所有餐食无蛋奶,素料,味精,葱蒜

9. More info:

<http://www.titieco.com.my/>