

## **Spiritual Journey-Hualien and Taitung Style Activity Itinerary**

(I) Time: 4 days 3 nights

(II) Target: Patients with symptoms such as insomnia, depression and anxiety, or plus one friend or relative. Quota limited to 4-6 people.

(III) Location: Five star hotels in Hualien and Taitung (Parkview Hotel, Taitung's Hotel Royal Chipen) and their nearby tourism sites, natural scenery.

(IV) Expense: NT\$120,000 to 150,000

(Gifts: soul music CD, notebook, guidebook, emotional management techniques)

(V) Treatment Curriculum Guideline

1. A professional doctor and a clinical psychologist (or a nurse) to conduct (group therapy) or individual psychological counseling. Also a tour guide and a professional tour leader to explain the sites on the spot.

2. A psychotherapist will conduct individual therapy on the first day. He will assign and arrange suitable classes based on his diagnosis of the patient's past experience and temperament, and also depending on the individual case.

3. Class categories (multiple choices allowed)

(1) individual consultation

(2) group therapy

(3) individual hypnotherapy

(4) Zen dance

(5) meditation

(6) sitting still

\* Notes:

1. Our company reserves the right to change the itinerary depending on the situation, subject to prior notification to the involved parties.

2. If one isn't able to participate after registration, one should inform the company one day prior to the trip. One can proceed with refund according to relevant provisions of the tourism industry.

## Activity Itinerary

### The first day

- 06:30 Arrive at the Songshan Airport, gather (at the VIP room rented from the airline)
- 07:25 Departure (Songshan-Hualien)
- 08:00 Arrive at the Hualien Airport
- 08:20 Go to the hotel. Explain about the itinerary plan of this tour and related items, and introduce one to another. Use lavender essential oil to create a relaxing atmosphere inside the vehicle. Teach everyone how to create relaxing atmosphere inside their own vehicles, especially for the high-ranking executives who have a lot of pressure from work and must calm their minds down within a short time to face the upcoming challenge.
- 09:40-12:00 Zen dance, group activity time/theme to be announced
- 12:00-13:00 Enjoy lunch and lunch break at the hotel
- 13:00-18:00 The doctor will conduct diagnosis individually and offer individual consultation and professional advices. He will use these interactions to assign groups and arrange therapy for the following five days depending on the individual case(NT\$5000 per person per hour). Free activity during the non diagnosis periods. Clients are free to use hotel facilities (swimming pool and gym etc.)  
(Diagnosis by two doctors at the same time for five hours, six people complete individual talks)
- 18:00~19:30 Enjoy dinner at the hotel
- 20:00~22:00 Classic whole body massage/NT\$3000 for 2.5 hours
- 22:00 Return to room for rest

(Accommodation: Hualien Parkview Hotel)

### The second day

- 05:30 morning call
- 06:00-07:00 Stretch in the forest—to merge with the nature
- 07:00-08:00 Breakfast
- 08:00-12:00 Individual hypnotherapy class or individual psychological consultation (market price at NT\$8000 per person per hour)
- 12:00-13:00 Enjoy lunch at the hotel
- 13:00-17:30 Departure from the city/Taroko Administration Office's Tourist Center/Buluwan flatland/Swallo Cliff/trip to Chiuchu Cave trail/Changchun Memorial/through Chihsing Lake/dried bonito museum/trip back to the city
- 18:00-19:00 Enjoy dinner at the hotel
- 19:20-20:30 Whole body massage with fragrant essential oil(NT\$1500 for 1.3 hours) or walk-in-the-cloud foot relaxation massage (NT\$980 per hour)
- 21:00 Return to room for rest

(Accommodation: Hualien Parkview Hotel)

### **The third day**

- 06:30 morning call
- 07:00-08:00 Breakfast
- 08:00-12:00 Group therapy class (market price at NT\$10,000 per person)
- 12:00-13:00 Enjoy lunch at the hotel
- 13:00-17:00 Car trip to Taitung (Journey of east coast scenery/travel time about three hours)
- 17:00-18:30 Enjoy outdoor hot spring to achieve whole body relaxation and to alleviate long term fatigue and pressure
- 18:30-19:30 Enjoy dinner at the hotel
- 19:30-21:00 Zen dance, music therapy etc. (market price NT\$4000)
- 21:00 Return to room for rest

(Accommodation: Hotel Royal Chipen)

### **The fourth day**

- 06:30 morning call
- 07:00-07:30 Breakfast
- 07:30-09:00 Essential oil SPA with forest shower, to merge with the nature into one at Arcadia, to relax the mind and enjoy the outdoor hot spring
- 09:00-12:00 Arrange special itinerary  
(Wale watching at the outer sea/NT\$1000 or hang glider/NT\$1500)/  
Visit Puyuma prehistoric cultures(market price at NT\$500)/Trip of lily flowers
- 12:00-13:00 Enjoy lunch at Chulu (herbal meal NT\$1000)
- 13:00-17:00 Individual psychological consultation with doctors (market price NT\$6000)
- 17:00-19:00 Trip to Taitung for the unique local cuisine and style meal, purchase souvenirs
- 20:00 Airplane ride from Taitung Airport to Songshan Airport