



SUMMER CAMP

WELCOME TO CHENGDU, CHINA!

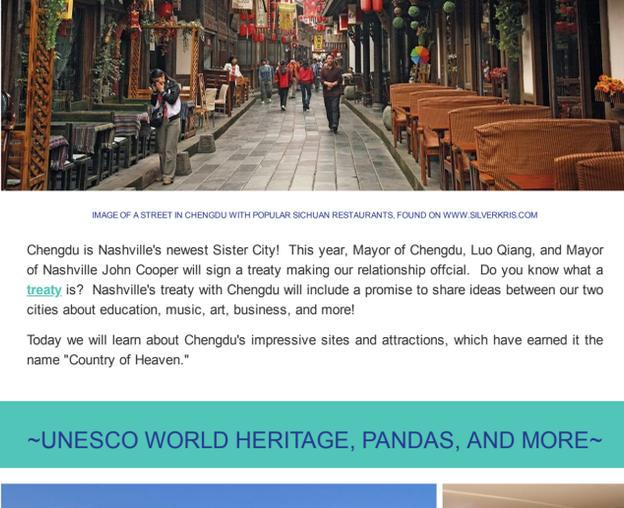


IMAGE OF A STREET IN CHENGDU WITH POPULAR SICHUAN RESTAURANTS, FOUND ON WWW.SILVERKRIS.COM

Chengdu is Nashville's newest Sister City! This year, Mayor of Chengdu, Luo Qiang, and Mayor of Nashville John Cooper will sign a treaty making our relationship official. Do you know what a [treaty](#) is? Nashville's treaty with Chengdu will include a promise to share ideas between our two cities about education, music, art, business, and more!

Today we will learn about Chengdu's impressive sites and attractions, which have earned it the name "Country of Heaven."

~UNESCO WORLD HERITAGE, PANDAS, AND MORE~

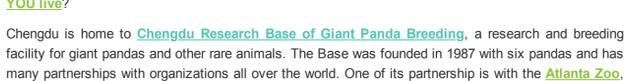


Image of Giant Panda Research Center in Chengdu, China from [www.panda.org](#)

RESEARCH BASE OF GIANT PANDA BREEDING

Chengdu is the capital city of China's [Sichuan province](#) and is the home of several UNESCO World Heritage sites. Do you know what a [UNESCO World Heritage site](#) is? Are there any close to [where YOU live](#)?

Chengdu is home to [Chengdu Research Base of Giant Panda Breeding](#), a research and breeding facility for giant pandas and other rare animals. The Base was founded in 1987 with six pandas and has many partnerships with organizations all over the world. One of its partnership is with the [Atlanta Zoo](#), where two pandas have given birth to two babies! Since it was founded, the Base has tackled issues such as disease and genetic challenges among both giant and red pandas to help build the panda population. Because of its success in Panda conservation, the Base has become a leader and educator in environmental conservation.

Would you like to learn more about pandas? [Check out some fun panda games, videos, and more!](#)

[Atlanta Zoo Panda Cam](#) | [Panda Color Sheet](#) | [Feeding Panda Game](#) | [Design a Panda Habitat](#)



DUJIANGYAN IRRIGATION SYSTEM

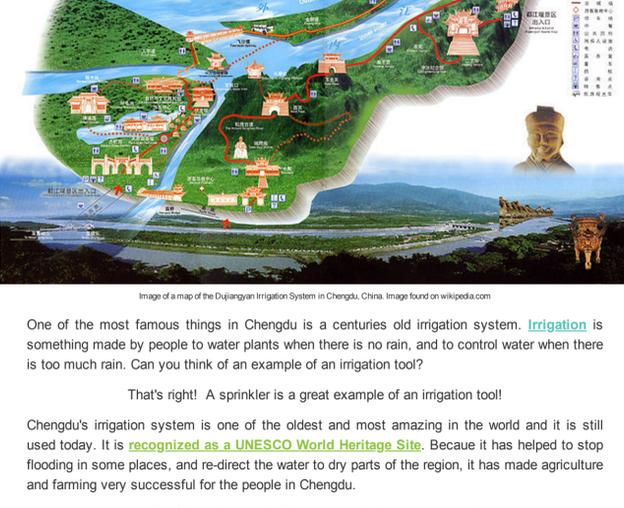


Image of a map of the Dujiangyan Irrigation System in Chengdu, China. Image found on [wikipedia.com](#)

One of the most famous things in Chengdu is a centuries old irrigation system. [Irrigation](#) is something made by people to water plants when there is no rain, and to control water when there is too much rain. Can you think of an example of an irrigation tool?

That's right! A sprinkler is a great example of an irrigation tool!

Chengdu's irrigation system is one of the oldest and most amazing in the world and it is still used today. It is [recognized as a UNESCO World Heritage Site](#). Because it has helped to stop flooding in some places, and re-direct the water to dry parts of the region, it has made agriculture and farming very successful for the people in Chengdu.

Would you like to build your own irrigation system?

Marble runs are a lot like irrigation systems! They are about controlling flow and direction. You can build marble runs with just about anything that you have around your house, like legos and toilet paper rolls! [Check out these really creative ways to build your own marble runs!](#)

[Make Your Own Marble Run](#) | [Build an Irrigation System](#) | [Video: Farming in Ancient China](#)

If you want to see Chengdu's irrigation system, check out the video below from National Geographic. It has amazing views of the Dujiangyan Irrigation System!

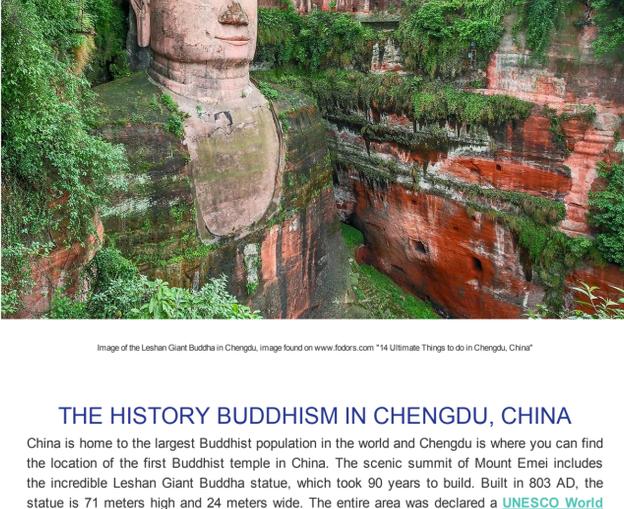


Image of the Leshan Giant Buddha in Chengdu, image found on [www.foodors.com](#) "14 Ultimate Things to do in Chengdu, China"

THE HISTORY BUDDHISM IN CHENGDU, CHINA

China is home to the largest Buddhist population in the world and Chengdu is where you can find the location of the first Buddhist temple in China. The scenic summit of Mount Emei includes the incredible Leshan Giant Buddha statue, which took 90 years to build. Built in 803 AD, the statue is 71 meters high and 24 meters wide. The entire area was declared a [UNESCO World Heritage site](#) in 1996.

There are many different types of Buddhism in the world, and even within the country of China, but it has remained a very strong part of the culture including, art holidays, and even daily life! This includes staying connected to the natural world around you! Take a moment to go outside and listen. What happens when you are quiet for several minutes? Did you hear new sounds? Write down some of the new noises you heard.

[Virtual Tour of Leshan Giant Buddha](#) | [Meditation Listening Games](#)

~LISTEN, TASTE, FEEL: SONGS, RECIPES & MORE~

SICHUAN

OPERA

One of the most impressive sites to see in Chengdu is the [Sichuan Opera](#). These dancers, with their face-changing masks, make the Sichuan Opera unlike any other opera that you might have heard. Sichuan Opera does not follow the typical storyline. Instead, it is full of impressive feats of acrobatics, clowning, amazing costume designs, and dancing!



Above image taken during 2017 Sister Cities Trip to Chengdu. Below Image of Sichuan Opera dancer from [www.chinaflight.com](#)



The most remarkable of these is the face changing mask. With these masks, performers seem to "change faces" in a flash in a feat that seems impossible. In Chinese this is called "Bian Lian" (变脸, biàn liǎn).

[Check it out for yourself!](#)

Sichuan Opera itself originated about 400 years ago during the Ming Dynasty as several different styles of theater and blending during the Qing Dynasty to form what is now known as Sichuan Opera. Face changing became a part of Sichuan Opera during the Qing dynasty and its secrets are carefully guarded. Performers have used various techniques to change their faces, from colored powders to paints to now, more commonly, thin silk masks layered on top of each other and then dramatically peeled off one at a time.

Would you like to make your own face changing masks? Yours may not be as intricate as painted silks, but you can make it colorful and layer as many as you want with these [mask template printables](#).

[Printable Chinese Mask](#) | [Sichuan Opera Video](#)



Image of Sichuan Food featured on [www.lonelyplanet.com](#)

SICHUAN FOOD

Chengdu is located in a hot and humid climate and this calls for hot and spicy food like Sichuan peppercorns!

Spicy food is known to enhance other flavors, like sweet, salty, bitter, and others. Many hot climates are known for their spicy foods and the Sichuan region is no exception!

Chile paste, made from dried chiles, is one of the main ways that spice is added to Sichuan food. You may have encountered some of this food it is here in America, the Chinese do enjoy a sweet but not a new culture. Check out some of the common dishes in Chengdu below, or make your own Kung Pao Chicken at home!

[Here are recipes for some of the more popular Sichuan dishes!](#)

But not everything in Chengdu is spicy. Sweet things have their place as well! While dessert is not as common in restaurants in China as it is here in America, the Chinese do enjoy a sweet from time to time. Fruit is a main ingredient in Chinese desserts, just like they are in America!

[Here are a few easy to make ones that use many fruits you may have at home!](#)

[Here's a simple Chinese sweet bun recipe!](#)

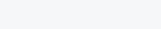
[Easy Kung Pao Chicken recipe](#) (*Includes peanuts) | [Easy Chinese sweet bun recipe](#)

JOIN US NEXT WEEK!

We hope you enjoyed this week's activities! Be sure and post pictures of your camp activities and tag us on Facebook (Sister Cities of Nashville) and Instagram (@SCNashville)! We can't wait to see all the fun you get up to!

Next week we will venture to our sister city Edmonton, Canada!

Want to receive weekly camp emails? [Sign up here!](#)



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