

## **Team Offerings in 2026:**

### **~ Friends Of Yu Shu ~**

#### **1) Team A - Exposure. Dates: July 15-23, 2026**

Destination: Labrang Monastery (travel in low altitude regions for easy breathing with modern amenities, yeah!) in Xia He, Gansu Province.

Purpose: for cross-cultural exposure, pr walks, follow and obey the leading of His Spirit.

Labrang is the very stronghold of Tibetan Buddhism, hosts the largest T Buddhism university.

Upon finish, return to Xining to visit and pr for the Medical Hostel ministry.

#### **2) Team B - Service. Dates: July 23-31, 2026**

Destination: Yushu (a high altitude region above 4000m sea level, breathing difficulty is expected and no modern amenities in the rural area).

Purpose: Meet the local nomads, establish/renew friendship w them. Possibly run medical clinic to draw interest and minister healing, also engage in pr walks & intercessions. Time permits, will also visit and pr for the Medical Hostel ministry.

**Team Cost (same for both teams): A\$650 per person** (cover domestic portion, international flights are not included). Both teams to arrive and depart from Xining, Qinghai. Places on the teams are strictly limited and many previous team members have already indicated their interests to join again. Please prayerfully consider!