

2025 Summer Camp Session Max1 / 2025 夏令营深度体验月 M1 参考行程

Date of Program: 18th June – 16th July, 2025 (29 days)

日期 /Date	行程描述 / Itinerary Details
Wed. 18/06	<p>全天: 到达上海; 机场接机; 入住校园酒店。 Whole day: Arrive in Shanghai; Airport transfer to campus. Arrange for accommodation in campus hotel.</p> <p>19:00-20:00 欢迎晚餐。Welcome dinner. 21:45-22:00 查房, 熄灯 Room check; Curfew.</p>
Thu. 19/06	<p>08:15-08:45 早餐 Breakfast 09:00-12:00 分班水平测试 Level assessment test 夏令营注意事项介绍 Orientation 12:15-13:15 午餐, 午休 Lunch, Break 13:30-16:30 破冰游戏 Ice-breaking games 中文课程 Chinese language course 16:45-17:45 休息, 自由活动 Break, free time 17:45-18:15 晚餐 Dinner 19:00-20:30 体育活动* Sports time* 20:30-21:00 完成作业 Homework time 21:45-22:00 查房, 熄灯 Room check; Curfew</p>
Fri. 20/06	<p>08:15-08:45 早餐 Breakfast 09:00-12:00 中文课程 Chinese language course 12:15-13:15 午餐, 午休 Lunch, Break 下午外出活动: 黄浦江上乘游船, 欣赏浦江两岸美景; 漫步上海地标性景点"外滩", 欣赏万国建筑群; 游览"中华第一街" 南京东路步行街。特色晚餐**。 Outing: Cruise on the Huangpu River, enjoy the view of the Bund, landmark of Shanghai known for its impressive collection of architecture. Stroll East Nanjing Road, the most famous pedestrian commercial street in China. Dinner**. 20:30 返回学校 Return back to school 21:45-22:00 查房, 熄灯 Room check; Curfew</p>
Sat. 21/06	<p>08:15-08:45 早餐 Breakfast 09:00-12:00 中文课程 Chinese language course 12:15-13:15 午餐, 午休 Lunch, Break 13:30-15:00 文化知识课: 中国地理 Themed Chinese practice: Chinese Geography 15:00-16:30 传统文化课: 剪纸 Traditional culture course: Art of paper-cut 16:45-17:45 休息, 自由活动 Break, free time 17:45-18:15 晚餐 Dinner 19:00-20:30 体育活动* Sports time* 20:30-21:00 完成作业 Homework time 21:45-22:00 查房, 熄灯 Room check; Curfew</p>
Sun. 22/06	<p>08:15-08:45 早餐 Breakfast 09:00-12:00 中文课程 Chinese language course 12:15-13:15 午餐, 午休 Lunch, Break 13:30-15:00 文化知识课: 中国饮食文化 Themed Chinese practice: Chinese dietary culture 15:00-16:30 传统文化课: 书法扇面 Traditional culture course: Calligraphy on paper fan</p>

	<p>16:45-17:45 休息, 自由活动 Break, free time</p> <p>17:45-18:15 晚餐 Dinner</p> <p>19:00-20:30 体育活动* Sports time *</p> <p>20:30-21:00 完成作业 Homework time</p> <p>21:45-22:00 查房, 熄灯 Room check; Curfew</p>
Mon. 23/06	<p>08:15-08:45 早餐 Breakfast</p> <p>全天外出活动: 上海迪士尼乐园 (午餐和晚餐均在园内用餐) Whole day: Disneyland attraction park (Lunch and dinner in the park)</p> <p>21:00 返回学校 Return back to school</p> <p>21:45-22:00 查房, 熄灯 Room check, Lights off</p>
Tue. 24/06	<p>08:15-08:45 早餐 Breakfast</p> <p>09:00-12:00 中文课程 Chinese language course</p> <p>12:15-13:15 午餐, 午休 Lunch, Break</p> <p>13:30-15:00 文化知识课: 传统民俗 Themed Chinese practice: Chinese folk customs</p> <p>15:00-16:30 户外中文实践: 小组任务校园采访 Outdoor Chinese study: Group assignment Campus live interview</p> <p>16:45-17:45 休息, 自由活动 Break, free time</p> <p>17:45-18:15 晚餐 Dinner</p> <p>19:00-20:30 体育活动* Sports time *</p> <p>20:30-21:00 完成作业 Homework time</p> <p>21:45-22:00 查房, 熄灯 Room check; Curfew</p>
Wed. 25/06	<p>08:15-08:45 早餐 Breakfast</p> <p>09:00-12:00 中文课程 Chinese language course</p> <p>12:15-13:15 午餐, 午休 Lunch, Break</p> <p>下午外出活动: 参观上海博物馆, 世界级中国古代艺术博物馆, 以青铜器、陶瓷器、书法、绘画为特色。 购物中心内自由活动。特色晚餐**。 Outing: Visit Shanghai Ancient Museum, world-class museum of ancient Chinese art, with precious cultural relics of bronze ware, ceramics, calligraphy works, paintings, Buddhist sculptures, jade ware, etc. Free time in shopping center. Dinner **.</p> <p>20:30 返回学校 Return back to school</p> <p>21:45-22:00 查房, 熄灯 Room check; Curfew</p>
Thu. 26/06	<p>08:15-08:45 早餐 Breakfast</p> <p>09:00-12:00 中文课程 Chinese language course</p> <p>12:15-13:15 午餐, 午休 Lunch, Break</p> <p>13:30-15:00 中文实践课: HSK 练习 Themed Chinese practice: HSK exercise</p> <p>15:00-16:30 传统文化课: 国画 Traditional culture course: Chinese brush painting</p> <p>16:45-17:45 休息, 自由活动 Break, free time</p> <p>17:45-18:15 晚餐 Dinner</p> <p>19:00-20:30 体育活动* Sports time *</p> <p>20:30-21:00 完成作业 Homework time</p> <p>21:45-22:00 查房, 熄灯 Room check; Curfew</p>
Fri. 27/06	<p>08:15-08:45 早餐 Breakfast</p> <p>上午外出活动: 电影院观看电影; 特色午餐**。 Outing: Watch movie in the cinema. Lunch **.</p> <p>下午外出活动: 游览上海老城的中心城隍庙传统民俗市集和小商品市场。特色晚餐**。</p>

	<p>Outing: Stroll City God Temple bazaar, heart of city's old town. Dinner **:</p> <p>20:30 返回学校 Return back to school</p> <p>21:45-22:00 查房, 熄灯 Room check; Curfew</p>
Sat. 28/06	<p>08:15-08:45 早餐 Breakfast</p> <p>09:00-12:00 中文课程 Chinese language course</p> <p>12:15-13:15 午餐, 午休 Lunch, Break</p> <p>13:30-14:30 复习课 Revision session</p> <p>14:30-16:30 第一阶段结业考试; 结业仪式; 集体照 Mid-term Exam; Closing Ceremony; Group Photo</p> <p>16:45-17:45 休息, 自由活动 Break, free time</p> <p>17:45-18:15 晚餐 Dinner</p> <p>19:00-20:30 体育活动* Sports time*</p> <p>20:30-21:30 自由时间; 整理杭州旅游所需行李 Free time; Luggage packing for field trip to Hangzhou</p> <p>21:45-22:00 查房, 熄灯 Room check; Curfew</p>
Sun. 29/06	<p>前往"上有天堂, 下有苏杭"之称的古都杭州。</p> <p>Depart for Hangzhou, icon of old China, reputed for beautiful scenery.</p> <p>抵达龙井茶的产地龙井村, 参观"中国茶文化博物馆"和龙井茶园, 品尝龙井茶, 学习茶叶知识。</p> <p>Hike through the celebrated Long-jing green tea plantation village, visit "China National Tea Museum", learn history and culture about Chinese tea.</p> <p>参观千年古刹"灵隐寺", 游览古代佛教石窟艺术瑰宝"飞来峰"石刻造像。</p> <p>Visit Lingyin Temple, one of the most famous ancient Buddhist monasteries in China. Explore numerous Buddhist grottoes and religious rock carvings.</p> <p>夜游清河坊, 杭州保存最完整的旧街区, 街区内古建筑大多建于明末清初, 是杭州悠久历史的缩影。</p> <p>Qinghefang is the most prosperous place in Hangzhou since the ancient time. Stroll the ancient streets and discover various hundred-year-old shops as well as local specialty boutiques.</p> <p>晚餐后车赴酒店入住。</p> <p>After dinner, transfer to hotel.</p>
Mon. 30/06	<p>泛舟西湖之上, 观赏秀丽的湖光山色和众多的名胜古迹, 感受如诗如画的江南古典风光。</p> <p>Sightseeing boat cruise on the West Lake, the most important attraction in Hangzhou, UNESCO world heritage site.</p> <p>参观中国丝绸博物馆, 世界上最大的丝绸博物馆, 展示了中国五千年的丝绸历史及文化。</p> <p>Visit China National Silk Museum, the largest silk museum in the world; learn history and culture about Chinese silk.</p> <p>游览宋文化主题公园"宋城", 逛仿古街市, 体验宋朝市井风情。观看大型史诗歌舞演出"宋城千古情", 将杭州的古老民间传说、历史和神话得以重现。</p> <p>Stroll in the Song Dynasty Town. Enjoy the spectacular musical extravaganza "Romance of Song Dynasty", which takes you thousands of years back in time to explore the ancient culture and history of Hangzhou.</p> <p>晚餐后返回上海。</p> <p>After farewell dinner, return back to Shanghai.</p>
Tue. 01/07	<p>全天: 自由时间; 休整</p> <p>Whole day: Free time; Rest and recuperation</p>
Wed. 02/07	<p>08:15-08:45 早餐 Breakfast</p> <p>09:00-12:00 升班进入第二阶段中文课程 Upgrade to higher group of Chinese language course</p> <p>12:15-13:15 午餐, 午休 Lunch, Break</p> <p>13:30-16:30 破冰游戏 Ice-breaking games 中文课程 Chinese language course</p>



	<p>16:45-17:45 休息, 自由活动 Break, free time</p> <p>17:45-18:15 晚餐 Dinner</p> <p>19:00-20:30 体育活动* Sports time *</p> <p>20:30-21:00 完成作业 Homework time</p> <p>21:45-22:00 查房, 熄灯 Room check; Curfew</p>
Thu. 03/07	<p>08:15-08:45 早餐 Breakfast</p> <p>09:00-12:00 中文课程 Chinese language course</p> <p>12:15-13:15 午餐, 午休 Lunch, Break</p> <p>下午外出活动: 黄浦江上乘游船, 欣赏浦江两岸美景; 漫步上海地标性景点“外滩”, 欣赏万国建筑群; 游览“中华第一街”南京东路步行街。特色晚餐**。</p> <p>Outing: Cruise on the Huangpu River, enjoy the view of the Bund, landmark of Shanghai known for its impressive collection of architecture. Stroll East Nanjing Road, the most famous pedestrian commercial street in China. Dinner**.</p> <p>20:30 返回学校 Return back to school</p> <p>21:45-22:00 查房, 熄灯 Room check; Curfew</p>
Fri. 04/07	<p>08:15-08:45 早餐 Breakfast</p> <p>09:00-12:00 中文课程 Chinese language course</p> <p>12:15-13:15 午餐, 午休 Lunch, Break</p> <p>下午外出活动: 游览陆家嘴金融中心, 登顶金茂大厦 88 层观光厅, 从空中俯瞰上海美景; 购物中心内自由活动。特色晚餐**。</p> <p>Outing: Stroll Lujiazui financial center area, enjoy the panoramic view of Shanghai from the 88th floor observation deck of the iconic landmark “Jinmao Tower” ; Free time in “Super Brand Mall” shopping center. Dinner**.</p> <p>20:30 返回学校 Return back to school</p> <p>21:45-22:00 查房, 熄灯 Room check; Curfew</p>
Sat. 05/07	<p>08:15-08:45 早餐 Breakfast</p> <p>09:00-12:00 中文课程 Chinese language course</p> <p>12:15-13:15 午餐, 午休 Lunch, Break</p> <p>13:30-15:00 文化知识课: 中国地理 Themed Chinese practice: Chinese Geography</p> <p>15:00-16:30 传统文化课: 剪纸 Traditional culture course: Art of paper-cut</p> <p>16:45-17:45 休息, 自由活动 Break, free time</p> <p>17:45-18:15 晚餐 Dinner</p> <p>19:00-20:30 体育活动* Sports time *</p> <p>20:30-21:00 完成作业 Homework time</p> <p>21:45-22:00 查房, 熄灯 Room check; Curfew</p>
Sun. 06/07	<p>08:15-08:45 早餐 Breakfast</p> <p>09:00-12:00 中文课程 Chinese language course</p> <p>12:15-13:15 午餐, 午休 Lunch, Break</p> <p>13:30-15:00 文化知识课: 中国饮食文化 Themed Chinese practice: Chinese dietary culture</p> <p>15:00-16:30 传统文化课: 书法扇面 Traditional culture course: Calligraphy on paper fan</p> <p>16:45-17:45 休息, 自由活动 Break, free time</p> <p>17:45-18:15 晚餐 Dinner</p> <p>19:00-20:30 体育活动* Sports time *</p> <p>20:30-21:00 完成作业 Homework time</p>

	21:45-22:00 查房, 熄灯 Room check; Curfew
Mon. 07/07	<p>08:15-08:45 早餐 Breakfast</p> <p>上午外出活动: 电影院观看电影; 特色午餐**。</p> <p>Outing: Watch movie in the cinema. Lunch**.</p> <p>下午外出活动: 游览上海老城的中心城隍庙传统民俗市集和小商品市场。特色晚餐**。</p> <p>Outing: Stroll City God Temple bazaar, heart of city's old town. Dinner**.</p> <p>20:30 返回学校 Return back to school</p> <p>21:45-22:00 查房, 熄灯 Room check; Curfew</p>
Tue. 08/07	<p>08:15-08:45 早餐 Breakfast</p> <p>09:00-12:00 中文课程 Chinese language course</p> <p>12:15-13:15 午餐, 午休 Lunch, Break</p> <p>13:30-15:00 文化知识课: 传统民俗 Themed Chinese practice: Chinese folk customs</p> <p>15:00-16:30 户外中文实践: 小组任务校园采访 Outdoor Chinese study: Group assignment Campus live interview</p> <p>16:45-17:45 休息, 自由活动 Break, free time</p> <p>17:45-18:15 晚餐 Dinner</p> <p>19:00-20:30 体育活动* Sports time*</p> <p>20:30-21:00 完成作业 Homework time</p> <p>21:45-22:00 查房, 熄灯 Room check; Curfew</p>
Wed. 09/07	<p>08:15-08:45 早餐 Breakfast</p> <p>09:00-12:00 中文课程 Chinese language course</p> <p>12:15-13:15 午餐, 午休 Lunch, Break</p> <p>13:30-15:00 文化知识课: 中国历史 Themed Chinese practice: Chinese history</p> <p>15:00-16:30 传统文化课: 京剧脸谱制作 Traditional culture course: Make Peking opera mask</p> <p>16:45-17:45 休息, 自由活动 Break, free time</p> <p>17:45-18:15 晚餐 Dinner</p> <p>19:00-20:30 体育活动* Sports time*</p> <p>20:30-21:00 完成作业 Homework time</p> <p>21:45-22:00 查房, 熄灯 Room check; Curfew</p>
Thu. 10/07	<p>08:15-08:45 早餐 Breakfast</p> <p>09:00-12:00 中文课程 Chinese language course</p> <p>12:15-13:15 午餐, 午休 Lunch, Break</p> <p>下午外出活动: 参观上海博物馆, 世界级中国古代艺术博物馆, 以青铜器、陶瓷器、书法、绘画为特色。</p> <p>超市购物。特色晚餐**。</p> <p>Outing: Visit Shanghai Ancient Museum, world-class museum of ancient Chinese art, with precious cultural relics of bronze ware, ceramics, calligraphy works, paintings, Buddhist sculptures, jade ware, etc.</p> <p>Grocery shopping. Dinner**.</p> <p>20:30 返回学校 Return back to school</p> <p>21:45-22:00 查房, 熄灯 Room check; Curfew</p>
Fri. 11/07	<p>08:15-08:45 早餐 Breakfast</p> <p>09:00-12:00 中文课程 Chinese language course</p> <p>12:15-13:15 午餐, 午休 Lunch, Break</p> <p>13:30-15:00 中文实践课: HSK 练习 Themed Chinese practice: HSK exercise</p> <p>15:00-16:30 传统文化课: 国画 Traditional culture course: Chinese brush painting</p> <p>16:45-17:45 休息, 自由活动 Break, free time</p>

	<p>17:45-18:15 晚餐 Dinner</p> <p>19:00-20:30 体育活动* Sports time*</p> <p>20:30-21:00 完成作业 Homework time</p> <p>21:45-22:00 查房, 熄灯 Room check; Curfew</p>
Sat. 12/07	<p>08:15-08:45 早餐 Breakfast</p> <p>09:00-12:00 中文课程 Chinese language course</p> <p>12:15-13:15 午餐, 午休 Lunch, Break</p> <p>13:30-14:30 复习课 Revision session</p> <p>14:30-16:30 第二阶段结业考试; 结业仪式; 集体照 Final Exam; Closing Ceremony; Group Photo</p> <p>16:45-17:45 休息, 自由活动 Break, free time</p> <p>17:45-18:15 晚餐 Dinner</p> <p>19:00-20:30 体育活动* Sports time*</p> <p>20:30-21:30 自由时间; 整理成都旅游所需行李 Free time; Luggage packing for trip to Chengdu</p> <p>21:45-22:00 查房, 熄灯 Room check; Curfew</p>
Sun. 13/07	<p>乘坐飞机前往天府之国成都, 大熊猫的家园, 体验巴蜀文化。 Go to Chengdu by plane, capital city of Sichuan Province, hometown of pandas, learn the Ba-Shu culture.</p> <p>游览"宽窄巷子"历史文化街区, 沿街是保存完好的清代古街道, 建筑古朴典雅, 尽显老成都的生活韵味。 Explore Kuanzhaixiangzi Alleys, an ancient street in Chengdu left over from the Qing Dynasty. Experience the old and new way of life in Chengdu.</p> <p>观看非物质文化遗产川剧变脸演出, 欣赏变脸、喷火、茶艺、杂技、手影戏等精彩的民间艺术表演。 Enjoy Sichuan drama performances including the iconic face-changing show, Intangible Cultural Heritage.</p> <p>享用特色晚餐**后, 返回酒店休息。 After dinner**, transfer to hotel.</p>
Mon. 14/07	<p>前往成都大熊猫繁育研究基地, 近距离观赏可爱的国宝大熊猫, 学习关于大熊猫的知识。 Visit Panda Breeding and Research Base of Chengdu which has the world's largest pandas breeding population. See the pandas up close and earn knowledge about pandas.</p> <p>三星堆遗址是中国西南地区规模最大的商朝时期古国遗址。参观三星堆博物馆, 欣赏青铜器、玉器、黄金面具等数千年前的珍贵文物, 探寻古蜀文明的灿烂辉煌。 Sanxingdui is the archaeological site of 4,000-yr-old kingdom site and best-preserved ritual remains of the Shang Dynasty. Visit Sanxingdui Museum, admire precious cultural relics from thousands of years ago, and explore the splendid ancient Ba-Shu civilization.</p> <p>享用特色晚餐**后, 返回酒店休息。 After dinner**, transfer to hotel.</p>
Tue. 15/07	<p>游览"锦里"古街, 成都最著名的步行商业街区, 有"西蜀第一街"之称, 由清末建筑风格的古建筑群组成, 街区内的传统店铺和手工作坊售卖具有当地特色的物品和特色美食。 Stroll Jinli Ancient Street, the most famous pedestrian commercial street in Chengdu, consisting of large antique buildings with architectural styles of the Qing Dynasty. Explore numerous folk culture and handicrafts boutiques, small ornaments with local characteristics and huge variety of local specialty food.</p> <p>乘坐飞机返回上海。 Return back to Shanghai by plane.</p> <p>抵达上海, 返回校园酒店。 Arrive in Shanghai; Transfer back to campus hotel.</p>
Wed. 16/07	<p>早餐、午餐; 整理行李; 退房。 Breakfast/Lunch; Luggage packing; check out the campus hotel room.</p>



机场送机。
Airport drop off.

Note:

此行程为参考行程，如遇天气因素或其他不可抗力，实际行程中可能会在活动的顺序上做调整。

This itinerary is for reference only. In the event of weather conditions or other force majeure, adjustments may be made to the order of activities during the actual itinerary.

* 体育活动根据当天场地预约情况和天气情况进行安排，可自由选择的体育活动包括篮球，足球，排球，羽毛球、乒乓球、慢跑等。

* Sports activities are arranged based on the actual venue reservation and weather conditions of the day. The freely selectable sports activities include basketball, football, volleyball, badminton, table tennis, jogging, etc.

** 行程内的特色午餐和特色晚餐包括北京烤鸭、上海小笼包、火锅、烧烤、兰州拉面、成都当地特色美食，将按照行程当天实际情况依次安排。

** Special lunch and dinners on the itinerary include Beijing Roast Duck, Shanghai Xiaolongbao (Steamed soup buns), hot pot, barbecue, Lanzhou Lamian Noodles, local specialty cuisine in Chengdu, which will be arranged in turn according to the actual situation on the day of the itinerary.