

## 2025 Summer Camp Session Max3 / 2025 夏令营深度体验月 M3 参考行程

Date of Program: 16<sup>th</sup> July – 12<sup>th</sup> August, 2025 (28 days)

日期 /Date	行程描述 / Itinerary Details
Wed. 16/07	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. 19:00-20:00 欢迎晚餐。Welcome dinner. 21:45-22:00 查房, 熄灯 Room check; Curfew.
Thu. 17/07	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
Fri. 18/07	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: 黄浦江上乘坐游船, 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
Sat. 19/07	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
Sun. 20/07	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>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. 21/07	<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. 22/07	<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. 23/07	<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>
Thu. 24/07	<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;</p> <p>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" ;</p> <p>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>
Fri. 25/07	<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. 26/07	<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 整理前往北京旅游所需行李 Luggage packing for field trip to Beijing</p> <p>18:00-18:30 晚餐 Dinner</p> <p>北京旅行出发, 前往上海火车站候车。Go to Shanghai railway station. Departure for Beijing trip. 乘坐动车前往北京, 一等软卧包厢, 发车时间 21:21, 抵达时间次日早上 09:24 Take overnight train (first-class soft-sleeper cabin) to Beijing, dep: 21:21, arr: 09:24 +1</p>
Sun. 27/07	<p>天坛是明、清两朝皇帝祭天、求雨和祈祷丰收的专用祭坛。参观天坛, 了解古代祭天礼仪。 Visit the Temple of Heaven, the largest ancient imperial worship architecture group in the world where the emperors prayed for peace and good harvests during both the Ming and the Qing Dynasties.</p> <p>游览南锣鼓巷, 汇集了众多文艺特色小店和特色小吃的老北京胡同, 体验古典韵味聚集的胡同生活。 Visit the old Beijing Hutong Street to explore the artistic alleys developed from local residential area.</p> <p>享用特色晚餐**后, 返回酒店休息。 After dinner**, transfer to hotel.</p>
Mon. 28/07	<p>游览皇家园林-颐和园, 清朝帝王的行宫。昆明湖上乘坐游船。 Visit the Summer Palace, Imperial Garden of the Qing dynasty. Boat cruise on the Kunming Lake.</p> <p>攀登慕田峪长城, 体验长城索道滑道。 Scale the most magnificent and best-maintained section of the Great Wall: Mutianyu. Save energy by taking cable car. Enjoy the picturesque scenery.</p> <p>享用特色晚餐**后, 返回酒店休息。 After dinner**, transfer to hotel.</p>
Tue. 29/07	<p>参观故宫, 明、清两朝皇帝的皇家宫殿, 有大小宫殿七十多座, 房屋九千余间。 Visit the Forbidden City, the largest and best-preserved ancient imperial palaces group in the world, the Imperial residence during the Ming and Qing dynasties. Explore over 700 years of ancient architecture, culture, and history.</p> <p>乘坐高铁返回上海 (车程 4 小时 30 分钟)。 Take high-speed train (4 hours 30 minutes) back to Shanghai.</p> <p>抵达上海, 返回校园酒店。 Arrive in Shanghai; Transfer back to campus hotel.</p>
Wed. 30/07	<p>全天: 自由时间; 休整 Whole day: Free time; Rest and recuperation</p>
Thu. 31/07	<p>08:15-08:45 早餐 Breakfast</p> <p><b>09:00-12:00 升班进入第二阶段中文课程 Upgrade to higher group of Chinese language course</b></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>
Fri. 01/08	<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: 黄浦江上乘坐游船, 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>
Sat. 02/08	<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. 03/08	<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> <p>21:45-22:00 查房, 熄灯 Room check; Curfew</p>
Mon. 04/08	<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)</p> <p>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. 05/08	<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. 06/08	<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**。</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>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. 07/08	<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. 08/08	<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>
Sat. 09/08	<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; 整理短途旅游所需行李 Free time; Luggage packing for field trip</p> <p>21:45-22:00 查房, 熄灯 Room check; Curfew</p>
Sun. 10/08	<p>前往古典名城苏州, 感受江南水乡的温婉与雅致。</p> <p>Depart for Suzhou, ancient city of China, famous for its classical gardens.</p>

	<p>游览中国四大古典园林之一的"留园", 以其精妙绝伦的布局和深厚的文化底蕴著称。 Stroll the "Lingering Garden", one of most celebrated classical Chinese gardens, UNESCO World Heritage Site.</p> <p>参观中国十大寺庙之一的"寒山寺", 欣赏以佛教文化为主题的木雕、石雕等建筑装饰和历史遗迹。 Visit Hanshan Temple, one of the most famous ancient Buddhist monasteries in China. Admire Buddhist cultural architecture and historical sites.</p> <p>参观苏州博物馆, 馆藏历朝历代的珍品文物无数。 Visit Suzhou Museum, a "must-see" place of Suzhou, with an extensive collection of first-class treasures.</p> <p>游览历史悠久的 经典水巷"平江路古文化街", 保留了水陆并行, 河街相邻的历史原貌。 Stroll old town center "Ping-Jiang Road", famous for its ancient canals and stone bridges.</p> <p>享用特色晚餐**后, 返回酒店休息。 After dinner**, transfer to hotel.</p>
<p>Mon. 11/08</p>	<p>前往周庄, 具有九百多年历史的江南水乡古镇。 Depart for the historical water town Zhouzhuang.</p> <p>参观张厅, 沈厅, 双桥等等明清时期江南民居的代表建筑和文物。 Visit landmark attractions: old opulent Zhang House and Shen House, Silk Mill, Double Bridges and buildings from the Ming and Qing dynasties.</p> <p>乘坐传统古韵的手摇船, 沿水路观赏古色古香的水乡美景。 Take the Chinese style gondola cruise through the waterways of the old town.</p> <p>游览传统工艺文化街内的传统店铺和手工作坊。 Stroll the ancient street of folk culture and handicrafts. Explore old type artisanal workshops and local specialty boutiques</p> <p>返回上海, 告别晚宴。 Return back to Shanghai, farewell dinner.</p>
<p>Tue. 12/08</p>	<p>早餐、午餐; 整理行李; 退房。 Breakfast/Lunch; Luggage packing; check out the campus hotel room.</p> <p>机场送机。 Airport drop off.</p>

**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、饺子宴、苏州当地特色美食, 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, dumplings, local specialty cuisine in Suzhou, which will be arranged in turn according to the actual situation on the day of the itinerary.