

**2024 RISH Chinese Summer Camp Program Session 2 Max**Date of Program: 5th July – 4th August, 2024 (31 days)

日期 /Date	行程描述 / Itinerary Details
Fri. 07/05	到达上海; 机场接机; 入住校园酒店。 Arrive in Shanghai; Airport transfer to campus. Arrange for accommodation in campus hotel. 欢迎晚宴; 夏令营日程讲解以及注意事项介绍。 Welcome dinner; Orientation. 21:45-22:00 查房, 熄灯 Room check; Curfew
Sat. 07/06	08:00-08:30 早餐 Breakfast 08:45-11:45 水平测试 Level assessment 中文课程 Chinese language course 11:50-12:50 午餐, 午休 Lunch, Break 13:00-14:30 破冰游戏 Team building, ice-breaking games 14:45-16:15 中文实践课: 中国饮食文化 Themed Chinese practice: Chinese dietary culture 16:30-17:30 休息, 自由活动 Break, free time 17:30-18:30 晚餐 Dinner 19:15-20:15 体育活动: 传统竞技游戏 Sports: Chinese traditional competitive games 21:45-22:00 查房, 熄灯 Room check; Curfew
Sun. 07/07	08:00-08:30 早餐 Breakfast 08:45-11:45 中文课程 Chinese language course 11:50-12:50 午餐, 午休 Lunch, Break 13:00-14:30 中文实践课: 中国地理 Themed Chinese practice: Chinese Geography 14:45-16:15 传统文化课: 京剧脸谱制作 Traditional culture course: Make Peking opera mask 16:30-17:30 休息, 自由活动 Break, free time 17:30-18:30 晚餐 Dinner 19:15-20:15 体育活动: 篮球 Sports: Basketball 21:45-22:00 查房, 熄灯 Room check; Curfew
Mon. 07/08	08:30-09:00 早餐 Breakfast 上午外出活动: 电影院观看电影; 超市购物。 特色午餐: 烧烤。 Outing: Watch movie in the cinema; Grocery shopping. Lunch: Barbecue. 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: 上海小笼包。 Outing: Stroll City God Temple bazaar, heart of city's old town. Dinner: Xiaolongbao (Steamed soup buns). 20:00-20:30 返回学校 Return back to school 21:45-22:00 查房, 熄灯 Room check; Curfew
Tue. 07/09	08:00-08:30 早餐 Breakfast 08:45-11:45 中文课程 Chinese language course 11:50-12:50 午餐, 午休 Lunch, Break 13:00-14:30 中文实践课: 传统民俗 Themed Chinese practice: Chinese folk customs 14:45-16:15 传统文化课: 扎染 Traditional culture course: Tie-dyeing art 16:30-17:30 休息, 自由活动 Break, free time 17:30-18:30 晚餐 Dinner 19:15-20:15 体育活动: 羽毛球 Sports: Badminton 21:45-22:00 查房, 熄灯 Room check; Curfew

Wed. 07/10	<p>08:00-08:30 早餐 Breakfast</p> <p>08:45-11:45 中文课程 Chinese language course</p> <p>11:50-14:50 午餐, 午休 Lunch, Break</p> <p>15:00-17:00 户外中文实践: 交大校园小组任务打卡经典路线 Outdoor Chinese study: Campus Walk in SJTU</p> <p>17:30-18:30 晚餐 Dinner</p> <p>晚餐后自由时间; 整理短途旅游所需行李 After dinner free time; Luggage packing for field trip</p> <p>21:45-22:00 查房, 熄灯 Room check; Curfew</p>
Thu. 07/11	<p>前往"上有天堂, 下有苏杭"之称的古都杭州。Depart for Hangzhou, icon of old China, reputed for beautiful scenery. 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。 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。Visit Ling-Yin Temple, one of the most famous ancient Buddhist monasteries in China. Explore numerous Buddhist grottoes and religious rock carvings.</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。Visit China National Silk Museum, the largest silk museum in the world; learn history and culture about Chinese silk.</p>
Fri. 07/12	<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。Sightseeing boat cruise on the West Lake, the most important attraction in Hangzhou, UNESCO world heritage site.</p> <p>参观南宋官窑遗址和南宋官窑历史文物展览, 学习中国陶瓷文化。 Visit the site of the Song Dynasty Guan Kiln and historical relics exhibition, learn history and culture about Chinese ceramics.</p> <p>参观清末巨商胡雪岩故居, 清末第一豪宅, 美轮美奂的传统江南宅第。 Visit old house of Hu-Xueyan, admire traditional Chinese architecture and classical garden of the Qing dynasty.</p> <p>晚餐后返回上海。 After dinner, return back to Shanghai.</p>
Sat. 07/13	<p>08:00-08:30 早餐 Breakfast</p> <p>08:45-11:45 中文课程 Chinese language course</p> <p>11:50-12:50 午餐, 午休 Lunch, Break</p> <p>13:00-14:30 中文实践课: 中国历史 Themed Chinese practice: Chinese History</p> <p>14:45-16:15 传统文化课: 掐丝珐琅工艺品制作 Traditional culture course: Cloisonne handicraft</p> <p>16:30-17:30 休息, 自由活动 Break, free time</p> <p>17:30-18:30 晚餐 Dinner</p> <p>19:15-20:15 体育活动: 笼式足球 Sports: Cage football</p> <p>21:45-22:00 查房, 熄灯 Room check; Curfew</p>
Sun. 07/14	<p>08:00-08:30 早餐 Breakfast</p> <p>08:45-11:45 中文课程 Chinese language course</p> <p>11:50-12:50 午餐, 午休 Lunch, Break</p> <p>13:00-14:30 中文实践课: 戏剧表演 Themed Chinese practice: Theatre</p> <p>14:45-16:15 传统文化课: 制作风筝 Traditional culture course: Make Chinese kites</p> <p>16:30-17:30 休息, 自由活动 Break, free time</p> <p>17:30-18:30 晚餐 Dinner</p> <p>19:15-20:15 体育活动: 羽毛球 Sports: Badminton</p> <p>21:45-22:00 查房, 熄灯 Room check; Curfew</p>
Mon. 07/15	<p>08:00-08:30 早餐 Breakfast</p> <p>08:45-11:45 中文课程 Chinese language course</p> <p>12:00-13:00 午餐 Lunch</p>



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	<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: 火锅。 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: Traditional hotpot 20:00-20:30 返回学校 Return back to school 21:45-22:00 查房, 熄灯 Room check; Curfew</p>
Tue. 07/16	<p>08:00-08:30 早餐 Breakfast 08:45-11:45 中文课程 Chinese language course 11:50-12:50 午餐, 午休 Lunch, Break 13:00-14:30 中文实践课: 唐诗学习日 Themed Chinese practice: Tang poetry learning 14:45-16:15 传统文化课: 书法扇面 Traditional culture course: Calligraphy on paper fan 16:30-17:30 休息, 自由活动 Break, free time 17:30-18:30 晚餐 Dinner 19:15-20:15 体育活动: 篮球 Sports: Basketball 21:45-22:00 查房, 熄灯 Room check; Curfew</p>
Wed. 07/17	<p>08:00-08:30 早餐 Breakfast 08:45-11:45 中文课程 Chinese language course 11:50-12:50 午餐, 午休 Lunch, Break 13:00-14:30 中文实践课: HSK 练习 Themed Chinese practice: HSK exercise 14:45-16:15 传统文化课: 剪纸 Traditional culture course: Art of paper-cut 16:30-17:30 休息, 自由活动 Break, free time 17:30-18:30 晚餐 Dinner 19:15-20:15 体育活动: 夜跑 Sports: Jogging 21:45-22:00 查房, 熄灯 Room check; Curfew</p>
Thu. 07/18	<p>08:00-08:30 早餐 Breakfast 08:45-11:45 中文课程 Chinese language course 12:00-13:00 午餐 Lunch 下午外出活动: 漫步上海地标性景点"外滩", 欣赏万国建筑群; 黄浦江上乘坐游船, 欣赏浦江两岸美景; 游览 "中华第一街" 南京东路步行街。特色晚餐: 北京烤鸭。 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. Dinner: Traditional Beijing roasted duck 20:00-20:30 返回学校 Return back to school 21:45-22:00 查房, 熄灯 Room check; Curfew</p>
Fri. 07/19	<p>08:00-08:30 早餐 Breakfast 08:45-11:45 中文课程 Chinese language course 11:50-12:50 午餐, 午休 Lunch, Break 13:00-14:30 复习课 Revision session 14:30-16:30 第一阶段结业考试; 集体照 Mid-term Exam; Group Photo 17:30-18:30 晚餐 Dinner 晚餐后自由时间; 整理短途旅游所需行李 After dinner free time; Luggage packing for field trip 21:45-22:00 查房, 熄灯 Room check; Curfew</p>
Sat.	<p>前往古典名城苏州。 Depart for Suzhou, ancient city of China, famous for its classical gardens.</p>



07/20	<p>参观苏绣艺术博物馆, 苏绣作为一门千年流传的古艺是中华文化的代表之一。 Visit Museum of Suzhou Embroidery Art. 游览苏州四大古典园林之一的"狮子林"。 Stroll the "Lion Grove Garden", one of most celebrated classical Chinese gardens, UNESCO World Heritage Site. 参观苏州昆曲博物馆, 昆曲号称"百戏之祖", 是世界非物质文化遗产。 Visit House of Kun Opera, the oldest opera form in China, world intangible cultural heritage. 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>
Sun. 07/21	<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. 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. 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. 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 晚餐后返回上海。 After farewell dinner, return back to Shanghai.</p>
Mon. 07/22	<p>08:00-08:30 早餐 Breakfast 08:45-11:45 升班进入第二阶段中文课程 Upgrade to higher group of Chinese language course 11:50-12:50 午餐, 午休 Lunch, Break 13:00-14:30 破冰游戏 Team building, ice-breaking games 14:45-16:15 中文实践课: 中国饮食文化 Themed Chinese practice: Chinese dietary culture 16:30-17:30 休息, 自由活动 Break, free time 17:30-18:30 晚餐 Dinner 19:15-20:15 体育活动: 传统竞技游戏 Sports: Chinese traditional competitive games 21:45-22:00 查房, 熄灯 Room check; Curfew</p>
Tue. 07/23	<p>08:00-08:30 早餐 Breakfast 08:45-11:45 中文课程 Chinese language course 11:50-12:50 午餐, 午休 Lunch, Break 13:00-14:30 中文实践课: 中国地理 Themed Chinese practice: Chinese Geography 14:45-16:15 传统文化课: 京剧脸谱制作 Traditional culture course: Make Peking opera mask 16:30-17:30 休息, 自由活动 Break, free time 17:30-18:30 晚餐 Dinner 19:15-20:15 体育活动: 篮球 Sports: Basketball 21:45-22:00 查房, 熄灯 Room check; Curfew</p>
Wed. 07/24	<p>08:00-08:30 早餐 Breakfast 08:45-11:45 中文课程 Chinese language course 11:50-12:50 午餐, 午休 Lunch, Break 13:00-14:30 中文实践课: 传统民俗 Themed Chinese practice: Chinese folk customs 14:45-16:15 传统文化课: 扎染 Traditional culture course: Tie-dyeing art 16:30-17:30 休息, 自由活动 Break, free time 17:30-18:30 晚餐 Dinner 19:15-20:15 体育活动: 羽毛球 Sports: Badminton 21:45-22:00 查房, 熄灯 Room check; Curfew</p>
Thu. 07/25	<p>08:00-08:30 早餐 Breakfast 08:45-11:45 中文课程 Chinese language course</p>



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	<p>12:00-13:00 午餐 Lunch</p> <p>下午外出活动: 漫步上海地标性景点"外滩", 欣赏万国建筑群; 黄浦江上乘坐游船, 欣赏浦江两岸美景; 游览 "中华第一街" 南京东路步行街。特色晚餐: 北京烤鸭。</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.</p> <p>Dinner: Traditional Beijing roasted duck</p> <p>20:00-20:30 返回学校 Return back to school</p> <p>21:45-22:00 查房, 熄灯 Room check; Curfew</p>
<p>Fri. 07/26</p>	<p>08:00-08:30 早餐 Breakfast</p> <p>08:45-11:45 中文课程 Chinese language course</p> <p>11:50-12:50 午餐, 午休 Lunch, Break</p> <p>13:00-14:30 中文实践课: 戏剧表演 Themed Chinese practice: Theatre</p> <p>14:45-16:15 传统文化课: 国画 Traditional culture course: Chinese painting</p> <p>16:30-17:30 休息, 自由活动 Break, free time</p> <p>17:30-18:30 晚餐 Dinner</p> <p>19:15-20:15 体育活动: 夜跑 Sports: Jogging</p> <p>21:45-22:00 查房, 熄灯 Room check; Curfew</p>
<p>Sat. 07/27</p>	<p>08:00-08:30 早餐 Breakfast</p> <p>08:45-11:45 中文课程 Chinese language course</p> <p>11:50-14:50 午餐, 午休 Lunch, Break</p> <p>15:00-17:00 户外中文实践: 交大校园小组任务打卡经典路线 Outdoor Chinese study: Campus Walk in SJTU</p> <p>17:30-18:30 晚餐 Dinner</p> <p>21:45-22:00 查房, 熄灯 Room check; Curfew</p>
<p>Sun. 07/28</p>	<p>08:00-08:30 早餐 Breakfast</p> <p>08:45-11:45 中文课程 Chinese language course</p> <p>11:50-12:50 午餐, 午休 Lunch, Break</p> <p>13:00-14:30 中文实践课: 唐诗学习日 Themed Chinese practice: Tang poetry learning</p> <p>14:45-16:15 传统文化课: 书法扇面 Traditional culture course: Calligraphy on paper fan</p> <p>16:30-17:30 休息, 自由活动 Break, free time</p> <p>17:30-18:30 晚餐 Dinner</p> <p>19:15-20:15 体育活动: 笼式足球 Sports: Cage football</p> <p>21:45-22:00 查房, 熄灯 Room check; Curfew</p>
<p>Mon. 07/29</p>	<p>08:30-09:00 早餐 Breakfast</p> <p>上午外出活动: 电影院观看电影; 超市购物。特色午餐: 烧烤。</p> <p>Outing: Watch movie in the cinema; Grocery shopping. Lunch: Barbecue.</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: 上海小笼包。</p> <p>Outing: Stroll City God Temple bazaar, heart of city's old town. Dinner: Xiaolongbao (Steamed soup buns).</p> <p>20:00-20:30 返回学校 Return back to school</p> <p>21:45-22:00 查房, 熄灯 Room check; Curfew</p>
<p>Tue. 07/30</p>	<p>08:00-08:30 早餐 Breakfast</p> <p>08:45-11:45 中文课程 Chinese language course</p> <p>11:50-12:50 午餐, 午休 Lunch, Break</p> <p>13:00-14:30 中文实践课: HSK 练习 Themed Chinese practice: HSK exercise</p> <p>14:45-16:15 传统文化课: 剪纸 Traditional culture course: Art of paper-cut</p>



	<p>16:30-17:30 休息, 自由活动 Break, free time</p> <p>17:30-18:30 晚餐 Dinner</p> <p>19:15-20:15 体育活动: 篮球 Sports: Basketball</p> <p>21:45-22:00 查房, 熄灯 Room check; Curfew</p>
Wed. 07/31	<p>08:00-08:30 早餐 Breakfast</p> <p>08:45-09:45 复习课 Revision session</p> <p>10:00-11:45 第二阶段结业考试; 集体照 Final Exam; Group Photo</p> <p>12:00-13:00 午餐 Lunch</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: 火锅。</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.</p> <p>Dinner: Traditional hotpot</p> <p>21:45-22:00 查房, 熄灯 Room check; Curfew</p>
Thu. 08/01	<p>乘坐高铁前往北京。 Take high-speed train to Beijing.</p> <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。</p> <p>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>夜游南锣鼓巷, 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。</p> <p>Visit the old Beijing Hutong Street to explore the artistic alleys developed from local residential area.</p>
Fri. 08/02	<p>攀登慕田峪长城, 乘坐缆车, 体验滑道。</p> <p>Scale the most magnificent and best-maintained section of the Great Wall: Mutianyu. Save energy by taking cable car and slide way. Enjoy the picturesque scenery.</p> <p>游览皇家园林-颐和园, 清朝帝王的行宫。</p> <p>Visit the Summer Palace, Imperial Garden of the Qing dynasty.</p>
Sat. 08/03	<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。</p> <p>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。 Take high-speed train back to Shanghai.</p> <p>抵达上海, 告别晚宴, 返回校园酒店。</p> <p>Arrive in Shanghai; Farewell dinner; Transfer back to campus hotel.</p>
Sun. 08/04	<p>早餐、午餐; 整理行李; 退房。</p> <p>Breakfast/Lunch; Luggage packing; check out the campus hotel room.</p> <p>机场送机。</p> <p>Airport drop off.</p>