

**2024 RISH Chinese Summer Camp Program Session 2 Plus**Date of Program: 5<sup>th</sup> July – 22<sup>nd</sup> July, 2024 (18 days)

日期 /Date	行程描述 / Itinerary Details
Fri. 07/05	<p>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.</p> <p>欢迎晚宴; 夏令营日程讲解以及注意事项介绍。 Welcome dinner; Orientation.</p> <p>21:45-22:00 查房, 熄灯 Room check; Curfew</p>
Sat. 07/06	<p>08:00-08:30 早餐 Breakfast</p> <p>08:45-11:45 水平测试 Level assessment 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 破冰游戏 Team building, ice-breaking games</p> <p>14:45-16:15 中文实践课: 中国饮食文化 Themed Chinese practice: Chinese dietary culture</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: 传统竞技游戏 Sports: Chinese traditional competitive games</p> <p>21:45-22:00 查房, 熄灯 Room check; Curfew</p>
Sun. 07/07	<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: 中国地理 Themed Chinese practice: Chinese Geography</p> <p>14:45-16:15 传统文化课: 京剧脸谱制作 Traditional culture course: Make Peking opera mask</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>
Mon. 07/08	<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。 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。 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>
Tue. 07/09	<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: 传统民俗 Themed Chinese practice: Chinese folk customs</p> <p>14:45-16:15 传统文化课: 扎染 Traditional culture course: Tie-dyeing art</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>

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>

	<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。  <b>特色晚餐: 火锅。</b>  <b>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.</b>  <b>Dinner: Traditional hotpot</b>            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  <b>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。</b>  <b>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.</b>  <b>Dinner: Traditional Beijing roasted duck</b>            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 结业考试; 结业仪式; 集体照 Final Exam; Closing Ceremony; 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><b>前往古典名城苏州。 Depart for Suzhou, ancient city of China, famous for its classical gardens.</b></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"。</p> <p>Stroll the "Lion Grove Garden", one of most celebrated classical Chinese gardens, UNESCO World Heritage Site.</p> <p>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。</p> <p>Visit House of Kun Opera, the oldest opera form in China, world intangible cultural heritage.</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。</p> <p>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.</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。</p> <p>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>晚餐后返回上海。 After farewell dinner, return back to Shanghai.</p>
Mon. 07/22	<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>