

**2024 RISH Chinese Summer Camp Program Session 4**Date of Program: 21st July – 4th August, 2024 (15 days)

日期 /Date	行程描述 / Itinerary Details
Sun. 07/21	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
Mon. 07/22	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
Tue. 07/23	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
Wed. 07/24	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
Thu. 07/25	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。



	<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>
Fri. 07/26	<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>
Sat. 07/27	<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>
Sun. 07/28	<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>
Mon. 07/29	<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>
Tue. 07/30	<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>



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	21:45-22:00 查房, 熄灯 Room check; Curfew
Wed. 07/31	08:00-08:30 早餐 Breakfast 08:45-09:45 复习课 Revision session 10:00-11:45 结业考试; 结业仪式; 集体照 Final Exam; Closing Ceremony; Group Photo 12:00-13:00 午餐 Lunch 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 21:45-22:00 查房, 熄灯 Room check; Curfew
Thu. 08/01	乘坐高铁前往北京。 Take high-speed train to Beijing. 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. 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。 Visit the old Beijing Hutong Street to explore the artistic alleys developed from local residential area.
Fri. 08/02	攀登慕田峪长城, 乘坐缆车, 体验滑道。 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. 游览皇家园林-颐和园, 清朝帝王的行宫。 Visit the Summer Palace, Imperial Garden of the Qing dynasty.
Sat. 08/03	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. 乘坐高铁返回上海。 Take high-speed train back to Shanghai. 抵达上海, 告别晚宴, 返回校园酒店。 Arrive in Shanghai; Farewell dinner; Transfer back to campus hotel.
Sun. 08/04	早餐、午餐; 整理行李; 退房。 Breakfast/Lunch; Luggage packing; check out the campus hotel room. 机场送机。 Airport drop off.