

2026 Summer Camp Session Max1 / 2026 夏令营深度体验月 M1 参考行程

Date of Program: 19th June – 17th July, 2026 (29 days)

日期 /Date	行程描述 / Itinerary Details
Fri. 19/06	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.
Sat. 20/06	08:00-08:30 早餐 Breakfast 08:45-11:45 分班水平测试 Level assessment test 夏令营注意事项介绍 Orientation 破冰游戏 Ice-breaking games 12:00-13:30 午餐, 午休 Lunch; Break 13:30-16:30 中文课程 Chinese language course 16:45-17:45 休息, 自由活动 Break, free time 17:50-18:20 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. 21/06	08:00-08:30 早餐 Breakfast 08:45-11:45 中文课程 Chinese language course 12:00-13:30 午餐, 午休 Lunch; Break 13:30-15:00 文化拓展课: 中国地理 Themed culture course: Chinese Geography 15:00-16:30 传统文化体验课: 剪纸 Traditional craft workshop: Art of paper-cutting 16:45-17:45 休息, 自由活动 Break, free time 17:50-18:20 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
Mon. 22/06	08:00-08:30 早餐 Breakfast 08:45-11:45 中文课程 Chinese language course 12:00-13:00 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
Tue. 23/06	08:00-08:30 早餐 Breakfast 08:45-11:45 中文课程 Chinese language course 12:00-13:30 午餐, 午休 Lunch; Break 13:30-15:00 文化拓展课: 中国饮食文化 Themed culture course: Chinese dietary culture and regional cuisine 15:00-16:30 传统文化体验课: 国画 Traditional craft workshop: Chinese brush painting



	16:45-17:45 休息, 自由活动 Break, free time 17:50-18:20 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
Wed. 24/06	08:00-08:30 早餐 Breakfast 08:45-11:45 中文课程 Chinese language course 12:00-13:30 午餐, 午休 Lunch; Break 13:30-15:00 文化拓展课: 传统民俗 Themed culture course: Chinese folk customs 15:00-16:30 传统文化体验课: 写春联 Traditional craft workshop: Writing Spring Couplets 16:45-17:45 休息, 自由活动 Break, free time 17:50-18:20 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
Thu. 25/06	08:30-09:00 早餐 Breakfast 全天外出活动: 上海迪士尼乐园 (午餐在园内用餐). Whole day: Disneyland attraction park (Lunch in the park). 特色晚餐 **. Dinner **. 20:30 返回学校 Return back to school 21:45-22:00 查房, 熄灯 Room check, Lights off
Fri. 26/06	08:00-08:30 早餐 Breakfast 08:45-11:45 中文课程 Chinese language course 12:00-13:30 午餐, 午休 Lunch; Break 13:30-15:00 中文实践课: HSK 听力练习 Themed Chinese practice: HSK exercise - Listening comprehension 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 16:45-17:45 休息, 自由活动 Break, free time 17:50-18:20 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
Sat. 27/06	08:00-08:30 早餐 Breakfast 08:45-11:45 中文课程 Chinese language course 12:00-13:30 午餐, 午休 Lunch; Break 13:30-15:00 中文实践课: HSK 阅读理解 Themed Chinese practice: HSK exercise - Reading comprehension 15:00-16:30 户外活动: 放风筝 Outdoor Activity: Chinese Kites Flying 16:45-17:45 休息, 自由活动 Break, free time 17:50-18:20 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. 28/06	08:00-08:30 早餐 Breakfast 08:45-11:45 中文课程 Chinese language course 12:00-13:00 午餐, 午休 Lunch; Break

	下午外出活动：电影院观看电影；购物中心内自由活动。特色晚餐**：晚餐后夜游上海老城的中心：城隍庙传统民俗市集。 Outing: Watch movie in the cinema. Free time in shopping center. Dinner**. Stroll City God Temple bazaar, heart of city's old town. 20:30 返回学校 Return back to school 21:45-22:00 查房，熄灯 Room check; Curfew
Mon. 29/06	08:00-08:30 早餐 Breakfast 08:45-11:45 中文课程 Chinese language course 12:00-13:30 午餐，午休 Lunch; Break 13:30-14:30 复习课 Revision session 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 16:45-17:45 休息，自由活动 Break, free time 17:50-18:20 晚餐 Dinner 19:00-20:30 体育活动* Sports time* 20:30-21:30 自由时间；整理苏州旅游所需行李 Free time; Luggage packing for field trip to Suzhou 21:45-22:00 查房，熄灯 Room check; Curfew
Tue. 30/06	前往苏州，感受江南古典名城的深厚历史文化底蕴。 Depart for Suzhou, experience the rich historical and cultural heritage of this renowned classical city of China. 参观园林博物馆，学习中国古代建筑和园林知识。随后游览中国四大古典园林之一的"狮子林"。 Visit "China Garden Museum", learn history and culture about ancient Chinese architecture and landscape art. 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 the "Lion Grove Garden", one of most celebrated classical gardens, UNESCO World Heritage Site. 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. 观看中国最古老的戏曲艺术"昆曲"表演，沉浸式体验昆曲的古典魅力。 Enjoy a Kunqu Opera performance, the oldest opera form in China.
Wed. 01/07	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. 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, ancient stone 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 artisanal workshops and local specialty boutiques 返回上海。 Return back to Shanghai.
Thu. 02/07	全天：自由时间；休整 Whole day: Free time; Rest and recuperation
Fri. 03/07	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 a higher group of Chinese language course 12:00-13:30 午餐，午休 Lunch; Break 13:30-16:30 中文课程 Chinese language course



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	16:45-17:45 休息, 自由活动 Break, free time 17:50-18:20 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
Sat. 04/07	08:00-08:30 早餐 Breakfast 08:45-11:45 中文课程 Chinese language course 12:00-13:30 午餐, 午休 Lunch; Break 13:30-15:00 文化拓展课: 传统节日与节气 Themed culture course: Traditional Festivals and the 24 Solar Terms 15:00-16:30 传统文化体验课: 京剧脸谱制作 Traditional craft workshop: Make Peking opera mask 16:45-17:45 休息, 自由活动 Break, free time 17:50-18:20 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. 05/07	08:00-08:30 早餐 Breakfast 08:45-11:45 中文课程 Chinese language course 12:00-13:00 午餐, 午休 Lunch; Break 下午外出活动: 登顶上海环球金融中心大厦 100 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 **。 Outing: Stroll Lujiazui financial center area, enjoy the panoramic view of Shanghai from the 100th floor (474 meters high) observation deck of the iconic landmark "Shanghai World Financial Center" tower. Free time in shopping center. Dinner **. 20:30 返回学校 Return back to school 21:45-22:00 查房, 熄灯 Room check; Curfew
Mon. 06/07	08:00-08:30 早餐 Breakfast 08:45-11:45 中文课程 Chinese language course 12:00-13:30 午餐, 午休 Lunch; Break 13:30-15:00 文化拓展课: 汉字的起源和演变 Themed culture course: Origins and evolution of Chinese characters 15:00-16:30 传统文化体验课: 书法 Traditional craft workshop: Chinese Calligraphy 16:45-17:45 休息, 自由活动 Break, free time 17:50-18:20 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
Tue. 07/07	08:00-08:30 早餐 Breakfast 08:45-11:45 中文课程 Chinese language course 12:00-13:30 午餐, 午休 Lunch; Break 13:30-15:00 文化拓展课: 中国古代服饰 Themed culture course: Chinese clothing through the dynasties 15:00-16:30 传统文化体验课: 制作宋锦团扇 Traditional craft workshop: Make traditional Chinese fans 16:45-17:45 休息, 自由活动 Break, free time 17:50-18:20 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

Wed. 08/07	08:30-09:00 早餐 Breakfast 上午外出活动: 电影院观看电影; 特色午餐**。 Outing: Watch movie in the cinema. Lunch**. 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。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. Dinner**. 20:30 返回学校 Return back to school 21:45-22:00 查房, 熄灯 Room check, Lights off
Thu. 09/07	08:00-08:30 早餐 Breakfast 08:45-11:45 中文课程 Chinese language course 12:00-13:30 午餐, 午休 Lunch; Break 13:30-15:00 文化拓展课: 中国历史 Themed culture course: Chinese history 13:30-15:00 中文实践课: 新闻视听 Themed Chinese practice: Chinese news audio-visual course 16:45-17:45 休息, 自由活动 Break, free time 17:50-18:20 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. 10/07	08:00-08:30 早餐 Breakfast 08:45-11:45 中文课程 Chinese language course 12:00-13:30 午餐, 午休 Lunch; Break 13:30-15:00 中文实践课: HSK 词汇练习 Themed Chinese practice: HSK exercise – Vocabulary development 15:00-16:30 口语课: 主题辩论 Oral practice: Topic debate 16:45-17:45 休息, 自由活动 Break, free time 17:50-18:20 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
Sat. 11/07	08:00-08:30 早餐 Breakfast 08:45-11:45 中文课程 Chinese language course 12:00-13:00 午餐, 午休 Lunch; Break 下午外出活动: 游览老上海弄堂田子坊, 由上海特有的石库门建筑群改建后形成的创意艺术街。特色晚餐**。 Outing: Stroll Tian Zi Fang Bazaar, artistic alleys developed from Shanghainese characteristic old Shikumen-style buildings. Dinner**. 20:30 返回学校 Return back to school 21:45-22:00 查房, 熄灯 Room check; Curfew
Sun. 12/07	08:00-08:30 早餐 Breakfast 08:45-11:45 中文课程 Chinese language course 12:00-13:30 午餐, 午休 Lunch; Break 13:30-15:00 中文实践课: HSK 写作练习 Themed Chinese practice: HSK exercise – Composition 15:00-16:30 口语课: 角色扮演 Oral practice: Role play 16:45-17:45 休息, 自由活动 Break, free time 17:50-18:20 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
Mon. 13/07	08:00-08:30 早餐 Breakfast 08:45-11:45 中文课程 Chinese language course 12:00-13:30 午餐, 午休 Lunch; Break 13:30-14:30 复习课 Revision session 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 16:45-17:45 休息, 自由活动 Break, free time 17:50-18:20 晚餐 Dinner 19:00-20:30 体育活动 * Sports time * 20:30-21:30 自由时间; 整理南京旅游所需行李 Free time; Luggage packing for field trip to Nanjing 21:45-22:00 查房, 熄灯 Room check; Curfew
Tue. 14/07	乘坐高铁前往南京 (车程 1 小时 30 分钟)。南京是“中国四大古都”之一, 山川秀美, 古迹众多。 Take high-speed train to Nanjing (1.5 hours), the capital city of ten dynasties in ancient Chinese history. 参观孔庙 (夫子庙), 理解孔子和儒家思想对中国文化的深远影响。 Visit Confucius Temple (Fuzi Miao), learn about the life and thinking of Confucius, China's most famous sage. 参观中国科举博物馆 (江南贡院), 通过丰富的文物和场景展示, 了解延续千年的科举制度。 Visit China Examination Museum (former Imperial Academy), discover the 1300-year-old Imperial Exam system through artifacts and multimedia. 游览夫子庙秦淮河观光带, 乘坐画舫欣赏秦淮河两岸灯火阑珊古色古香的建筑群。 Take sightseeing boat cruise to admire the classical architecture and beautiful night view along the banks of the Qinghuai River.
Wed. 15/07	参观中国三大博物院之一的南京博物院, 馆藏历朝历代的珍品文物无数。 Visit Nanjing Museum, one of the three biggest museums in China, with an extensive collection of first-class treasures, a "must-see" place for those who are fascinated by the long and cultured history of China. 特别活动: 在汉服体验馆, 从不同朝代款式的汉服中挑选并由专业妆造师协助完成穿戴。身穿汉服漫步于老城区古典的青砖小巷, 由专业摄影师跟拍, 留下珍贵纪念。 Special activity: Hanfu dress-up and photo walk: Visit a professional Hanfu studio, choose from different dynasty styles and get dressed in a traditional Hanfu outfit. Stroll through the charming ancient alleys and traditional houses of old town center dressed in Hanfu. A professional photographer will capture great shots.
Thu. 16/07	参观明代古城墙“中华门”, 世界最长、保存最完好的古代城垣。 Explore the Ming City Wall, key historical remain of Ming Dynasty, the longest well-preserved ancient city wall in the world. 参观南京总统府, 中国近代建筑遗存中保存最完整的建筑群, 清朝皇帝下江南时的行宫。 Visit Presidential Palace, the White House of China during the Republic period, originated in the Qing Dynasty as an imperial residence. 体验中国茶艺文化: 观看茶艺师进行茶艺表演, 学习古法宋式点茶。 Chinese tea art experience: Watch tea ceremony performance. Learn the ancient Song Dynasty tea whisking. 乘坐高铁返回上海。 Take high-speed train back to Shanghai.
Fri. 17/07	早餐、午餐; 整理行李。 Breakfast/Lunch; Luggage packing. 根据学生的航班时间, 依次送达机场, 协助办理登机手续和行李托运。 Airport drop off according to each student's flight time, assist with check-in.



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晚餐包括上海本帮菜、上海小笼包、火锅、烧烤、北京烤鸭、苏州和南京当地特色美食，将按照行程当天实际情况依次安排。

** Special lunch and dinners on the itinerary include Shanghai Xiaolongbao (steamed soup buns), hot pot, barbecue, Beijing roast duck, local specialty cuisine in Shanghai, Suzhou and Nanjing, which will be arranged in turn according to the actual situation on the day of the itinerary.