

2026 Summer Camp Session 1 / 2026 夏令营第一期参考行程

Date of Program: 19th June – 2nd July, 2026 (14 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 期终考试；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. 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. 享用特色晚餐**后，返回酒店休息。 After dinner**, transfer to hotel.
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，特色晚餐**。 Return back to Shanghai. Dinner**.
Thu. 02/07	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实际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、北京烤鸭、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 Shanghai Xiaolongbao (steamed soup buns), hot pot, Beijing roast duck, local specialty cuisine in Shanghai and Suzhou, which will be arranged in turn according to the actual situation on the day of the itinerary.