2027 Summer Camp Session Max1 / 2027 夏令营深度体验月 M1 参考行程

Date of Program: 19th June – 16th July, 2027 (28 days)

日期 /Date	行程描述 / Itinerary Details
Sat. 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. 18:45-19:30 欢迎晚宴。Welcome dinner. 21:45-22:00 查房，熄灯 Room check; Curfew.
Sun. 20/06	08:00-08:30 早餐 Breakfast 08:45-11:30 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 11:45-13:30 午餐，午休 Lunch; Break 13:45-16:30 中文课程 Chinese language course 16:45-17:30 休息，自由活动 Break, free time 17:45-18:30 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. 21/06	08:00-08:30 早餐 Breakfast 08:45-11:30 中文课程 Chinese language course 11:45-13:30 午餐，午休 Lunch; Break 13:45-15:00 文化拓展课：中国地理 Themed culture course: Chinese Geography 15:15-16:30 传统文化体验课：剪纸 Traditional craft workshop: Art of paper-cutting 16:45-17:30 休息，自由活动 Break, free time 17:45-18:30 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. 22/06	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）。特色晚餐**。 Whole day: Disneyland attraction park (Lunch in the park). Dinner**. 20:30 返回学校 Return back to school 21:45-22:00 查房，熄灯 Room check; Curfew
Wed. 23/06	08:00-08:30 早餐 Breakfast 08:45-11:30 中文课程 Chinese language course 11:45-13:30 午餐，午休 Lunch; Break 13:45-15:00 文化拓展课：中国饮食文化 Themed culture course: Chinese dietary culture and regional cuisine 15:15-16:30 传统文化体验课：国画 Traditional craft workshop: Chinese brush painting 16:45-17:30 休息，自由活动 Break, free time 17:45-18:30 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. 24/06	08:00-08:30 早餐 Breakfast 08:45-11:30 中文课程 Chinese language course 11:45-13:30 午餐，午休 Lunch; Break 13:45-15:00 文化拓展课：传统民俗 Themed culture course: Chinese folk customs 15:15-16:30 传统文化体验课：写春联 Traditional craft workshop: Writing Spring Couplets 16:45-17:30 休息，自由活动 Break, free time 17:45-18:30 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. 25/06	08:00-08:30 早餐 Breakfast 08:45-11:30 中文课程 Chinese language course 11:45-13:00 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
Sat. 26/06	08:00-08:30 早餐 Breakfast 08:45-11:30 中文课程 Chinese language course 11:45-13:30 午餐，午休 Lunch; Break 13:45-15:00 中文实践课：HSK 听力练习 Themed Chinese practice: HSK exercise - Listening comprehension 15:15-16:30 中文实践课：生存汉语 Themed Chinese practice: Survival Chinese in real-life scenarios 16:45-17:30 休息，自由活动 Break, free time 17:45-18:30 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. 27/06	08:00-08:30 早餐 Breakfast 08:45-11:30 中文课程 Chinese language course 11:45-13:30 午餐，午休 Lunch; Break 13:45-15:00 中文实践课：HSK 阅读理解 Themed Chinese practice: HSK exercise - Reading comprehension 15:15-16:30 中文实践课：新闻视听 Themed Chinese practice: Chinese news audio-visual course 16:45-17:30 休息，自由活动 Break, free time 17:45-18:30 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. 28/06	08:00-08:30 早餐 Breakfast 08:45-11:30 中文课程 Chinese language course 11:45-13:00 午餐，午休 Lunch; Break 下午外出活动：电影院观看电影；夜游上海老城的中心：城隍庙传统民俗市集。特色晚餐**。 Outing: Watch movie in the cinema. Stroll City God Temple bazaar, heart of city's old town. Dinner**.

	20:30 返回学校 Return back to school 21:45-22:00 查房，熄灯 Room check; Curfew
Tue. 29/06	08:00-08:30 早餐 Breakfast 08:45-11:30 中文课程 Chinese language course 11:45-13:30 午餐，午休 Lunch; Break 13:45-16:30 中文实践课：小组作业汇报展示 Themed Chinese practice: Group project presentation 16:45-17:30 休息，自由活动 Break, free time 17:45-18:30 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. 30/06	08:00-08:30 早餐 Breakfast 08:45-11:30 中文课程 Chinese language course 11:45-13:30 午餐，午休 Lunch; Break 13:45-16:30 复习课 Revision session 第一阶段结业考试 Mid-term Exam 结业仪式 Closing Ceremony 16:45-17:30 休息，自由活动 Break, free time 17:45-18:30 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
Thu. 01/07	乘坐高铁前往南京。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, the capital city of ten dynasties in ancient Chinese history. 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 most famous sage. 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.
Fri. 02/07	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. 乘坐高铁返回上海。 Take high-speed train back to Shanghai.
Sat. 03/07	全天：自由时间；休整 Whole day: Free time; Rest and recuperation 21:45-22:00 查房，熄灯 Room check; Curfew.
Sun. 04/07	08:00-08:30 早餐 Breakfast 08:45-11:30 **升班进入第二阶段中文课程 Move up to a higher-level Chinese class**

	11:45-13:30 午餐，午休 Lunch; Break 13:45-16:30 中文课程 Chinese language course 16:45-17:30 休息，自由活动 Break, free time 17:45-18:30 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. 05/07	08:00-08:30 早餐 Breakfast 08:45-11:30 中文课程 Chinese language course 11:45-13:30 午餐，午休 Lunch; Break 13:45-15:00 文化拓展课：传统节日与节气 Themed culture course: Traditional Festivals and the 24 Solar Terms 15:15-16:30 传统文化体验课：京剧脸谱制作 Traditional craft workshop: Make Peking opera mask 16:45-17:30 休息，自由活动 Break, free time 17:45-18:30 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. 06/07	08:00-08:30 早餐 Breakfast 08:45-11:30 中文课程 Chinese language course 11:45-13:00 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
Wed. 07/07	08:00-08:30 早餐 Breakfast 08:45-11:30 中文课程 Chinese language course 11:45-13:30 午餐，午休 Lunch; Break 13:45-15:00 文化拓展课：汉字的起源和演变 Themed culture course: Origins and evolution of Chinese characters 15:15-16:30 传统文化体验课：书法 Traditional craft workshop: Chinese Calligraphy 16:45-17:30 休息，自由活动 Break, free time 17:45-18:30 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. 08/07	08:00-08:30 早餐 Breakfast 08:45-11:30 中文课程 Chinese language course 11:45-13:30 午餐，午休 Lunch; Break 13:45-15:00 文化拓展课：中国历史 Themed culture course: Chinese history 15:15-16:30 文化拓展课：中国古代服饰 Themed culture course: Chinese clothing through the dynasties 16:45-17:30 休息，自由活动 Break, free time 17:45-18:30 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. 09/07	08:00-08:30 早餐 Breakfast 08:45-11:30 中文课程 Chinese language course 11:45-13:00 午餐，午休 Lunch; Break 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; Curfew
Sat. 10/07	08:00-08:30 早餐 Breakfast 08:45-11:30 中文课程 Chinese language course 11:45-13:30 午餐，午休 Lunch; Break 13:45-15:00 中文实践课：HSK 词汇练习 Themed Chinese practice: HSK exercise – Vocabulary development 15:15-16:30 口语课：主题辩论 Oral practice: Topic debate 16:45-17:30 休息，自由活动 Break, free time 17:45-18:30 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. 11/07	08:00-08:30 早餐 Breakfast 08:45-11:30 中文课程 Chinese language course 11:45-13:30 午餐，午休 Lunch; Break 13:45-15:00 中文实践课：HSK 写作练习 Themed Chinese practice: HSK exercise – Composition 15:15-16:30 口语课：角色扮演 Oral practice: Role play 16:45-17:30 休息，自由活动 Break, free time 17:45-18:30 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. 12/07	08:00-08:30 早餐 Breakfast 08:45-11:30 中文课程 Chinese language course 11:45-13:00 午餐，午休 Lunch; Break 下午外出活动：电影院观看电影；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: Watch movie in the cinema. 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
Tue. 13/07	08:00-08:30 早餐 Breakfast 08:45-11:30 中文课程 Chinese language course 小组作业汇报展示 Group project presentation 11:45-13:30 午餐，午休 Lunch; Break 13:45-14:45 复习课 Revision session 第二阶段结业考试 Final Exam 结业仪式 Closing Ceremony 16:45-17:30 休息，自由活动 Break, free time 17:45-18:30 晚餐 Dinner

	19:00-20:30　体育活动*　Sports time* 20:30-21:30　自由时间；整理杭州旅游所需行李　Free time; Luggage packing for field trip to Hangzhou 21:45-22:00　查房，熄灯　Room check; Curfew
Wed. 14/07	启程前往南宋古都杭州，以深厚的历史文化底蕴和绝美风景闻名于世。 Depart for Hangzhou, the ancient capital of the Southern Song Dynasty, renowned for its rich cultural heritage and gorgeous scenery. 抵达龙井茶的产地龙井村，参观龙井茶园和"中国茶文化博物馆"，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. 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 of Hangzhou, UNESCO world heritage site. 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 Lingyin Temple, one of the most famous ancient Buddhist monasteries in China. Explore numerous Buddhist grottoes and religious rock carvings.
Thu. 15/07	***特别活动：***沉浸式体验一场穿越千年的南宋宫廷盛宴，在欣赏大型古装歌舞表演的同时，品尝御膳级杭州美食。 ***Special activity:*** Immerse yourself in a Southern Song Dynasty imperial banquet, a journey back to a thousand years. Enjoy spectacular performances while savoring Hangzhou's finest royal-inspired dishes. 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 National Silk Museum, the largest silk museum in the world; learn history and culture about Chinese silk. 游览清河坊，杭州保存最完整的旧街区，街区内古建筑大多建于明末清初，是杭州悠久历史的缩影。 Qinghefang is the most prosperous place in Hangzhou since the ancient time. Stroll the ancient streets, discover various hundred-year-old shops and specialty boutiques. 晚餐后返回上海。 After farewell dinner, return back to Shanghai.
Fri. 16/07	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 schedule, 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、北京烤鸭、烧烤、饺子、兰州拉面、南京和杭州当地特色美食，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), Beijing roast duck, barbecue, dumplings, Lanzhou Lamian Noodles, local specialty cuisine in Shanghai, Nanjing and Hanghzou, which will be arranged in turn according to the actual situation on the day of the itinerary.