2027 Summer Camp Session Max3 / 2027 夏令营深度体验月 M3 参考行程

Date of Program: 16th July – 12th August, 2027 (28 days)

日期 /Date	行程描述 / Itinerary Details
Fri. 16/07	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.
Sat. 17/07	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
Sun. 18/07	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
Mon. 19/07	08:30-09:00 早餐 Breakfast 全天外出活动：上海欢乐谷主题乐园（午餐在园内用餐）。特色晚餐**。 Whole day: Happy Valley 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, Lights off
Tue. 20/07	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

Wed. 21/07	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
Thu. 22/07	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：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
Fri. 23/07	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 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
Sat. 24/07	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 阅读理解 Themed Chinese practice: HSK exercise - Reading comprehension 15:15-16:30 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
Sun. 25/07	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；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
Mon. 26/07	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 13:45-16:30 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. 27/07	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. 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.
Wed. 28/07	***特别活动：*** 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。 ***Special activity:*** Enjoy a Kunqu Opera performance, the oldest opera form in China. 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。游览结束后返回上海。 Stroll the ancient street of folk culture and handicrafts. Explore artisanal workshops and local specialty boutiques. Return to Shanghai after the tour.
Thu. 29/07	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.
Fri. 30/07	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
Sat. 31/07	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
Sun. 01/08	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
Mon. 02/08	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
Tue. 03/08	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
Wed. 04/08	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
Thu. 05/08	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
Fri. 06/08	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
Sat. 07/08	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
Sun. 08/08	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 14:45-16:30 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 整理前往北京旅游所需行李 Luggage packing for field trip to Beijing 18:00-18:45 晚餐 Dinner 北京旅行出发，前往上海火车站候车。Go to Shanghai railway station. Departure for Beijing trip. 乘坐动车前往北京，一等软卧包厢，发车时间 21:21，抵达时间次日早上 09:24 Take overnight train (first-class soft-sleeper cabin) to Beijing, dep: 21:21, arr: 09:24 +1

Mon. 09/08	攀登景色最美、保存最完好的长城段：慕田峪长城。体验长城索道缆车轻松上下山。 Scale the most magnificent and best-maintained section of the Great Wall: Mutianyu. Enjoy a cable car ascent to save energy for the breathtaking views. 享用特色晚餐**后，返回酒店休息。 After dinner**, transfer to hotel.
Tue. 10/08	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 in the world where the emperors of the Ming and Qing dynasties worshipped heaven, prayed for rain and good harvests. Learn about the ancient ceremonies of heavenly worship. 登上景山万春亭 – 北京中轴线制高点，俯瞰紫禁城连绵金顶，古都全景一览无余。 Climb to Wanchun Pavilion in Jingshan Park, the highest point along Beijing's Central Axis, and enjoy a panoramic view of the Forbidden City. 享用特色晚餐**后，返回酒店休息。 After dinner**, transfer to hotel.
Wed. 11/08	游览皇家园林-颐和园，清朝帝王的行宫。昆明湖上乘坐游船。 Visit the Summer Palace, Imperial Garden of the Qing dynasty. Boat cruise on the Kunming Lake. 游览南锣鼓巷，汇集了众多文艺特色小店和特色小吃的老北京胡同。 Visit the old Beijing Hutong Street to explore the artistic allays developed from local residential area. 乘坐高铁返回上海（车程 4 小时 30 分钟）。 Take high-speed train (4 hours 30 minutes) back to Shanghai. 抵达上海，返回校园酒店。 Arrive in Shanghai; Transfer back to campus hotel.
Thu. 12/08	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、兰州拉面、饺子宴，苏州和北京当地特色美食，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), Beijing roast duck, barbecue, Lanzhou Lamian Noodles, dumplings, local specialty cuisine in Shanghai, Suzhou and Beijing, which will be arranged in turn according to the actual situation on the day of the itinerary.