



Chinese Bridge · Beijing Study Tour Program Guide

2026

“汉语桥”· 美西青少年“感知中国”北京研学营

计划书

2026年



## 【主办方介绍】About the Organizers

**Minzu University of China (MUC)** is a leading national university and a key member of the "Double First-Class" initiative—China's project to develop 39 world-class higher-ed institutions. Within this prestigious academic environment, its *Teaching Chinese as a Foreign Language* program is a flagship, ranked 4th nationally.

Guided by its motto, "Embracing All Cultures, Integrating Knowledge with Action," MUC has a longstanding commitment to cultural exchange, both among China's diverse ethnic groups and between China and the world. For years, the university has successfully run intensive short-term programs in Mandarin language, Chinese ethnic cultures, traditional calligraphy & painting, folk music, and ethnic dance, supported by a wealth of experienced faculty dedicated to international education. MUC has also established strong partnerships with local schools in Beijing, enabling multi-school collaborative activities designed specifically for visiting American teens. Every activity is tailored to be age-appropriate, cognitively engaging, and aligned with student interests, ensuring ultimate cultural immersion.

中央民族大学是国家重点综合性大学，也是政府重点建设的39所大学之一。汉语国际教育是其顶尖优势学科之一，在全国排名第四，是北京市一流本科专业建设点。民大秉承“美美与共，知行合一”的校训，长期致力于中国各民族，以及中华民族与世界各民族的交流共进。过往曾开设汉语、中国民族文化、中国书画、中国民族乐器、中国民族舞蹈等类型丰富的中国语言文化短期进修项目，拥有丰富的师资和对外交流经验。民大与北京市当地的中小学亦有良好合作关系，方便组织多校联动，为来访的美国中学生提供适合其年龄，认知，和兴趣的语言文化体验活动，把最美的中国展现给世界。

**Worldplus Education and Cultural Exchange** was founded in 2015 in Beaverton, Oregon. An educational service provider for the greater Portland metropolitan area, Worldplus integrates Chinese and English language learning with cross-cultural exchange programs.

For nearly a decade, Worldplus has been dedicated to the principle of "Bridging Cultures, Empowering Futures," serving K-12 students and families throughout our community. Our commitment to excellence is reflected in the achievements of our students, including a second-place win in the North American "Chinese Bridge" competition. We are also an official test center for both the Chinese Proficiency Test (HSK) and the STAMP 4S Chinese proficiency assessment.

世加教育成立于2015年，总部位于美国俄勒冈州彼佛顿市，服务范围辐射大波特兰地区，是一家集中文教育，英文教育，跨国文化交流于一体的综合性教育服务公司（<https://www.worldplus-intl.org/>）。在过去的10年间，世加教育秉承“融汇中西，言传未来”的理念，服务于大波特兰地区的k-12学生和家庭。优秀毕业生曾荣获教育部语合中心举办的“汉语桥”比赛北美赛区k-5年龄组第二名的好成绩。世加教育也是汉语水平考试(HSK)和STAMP 4S中文考试的官方指定考点，是连接当地对华友好民众，传播中华文化的桥头堡。

## 【项目简介】Program Overview

**Program Dates:** June 13<sup>th</sup> – June 26<sup>th</sup>, 2026

**Group Size:** 20 students (14-18 years old) + one Worldplus teacher

**Core Objectives:** Deepen practical language skills; foster cultural insight & critical thinking; nurture cross-cultural friendships

**【起止时间】** 2026年6月13日 – 2026年6月26日

**【参团人数】** 20 人 (14-18岁学习中文的美国中学生) + 1名随团老师

**【核心目标】** 深化语言应用能力, 促进文化交流与思辨, 建立跨文化友谊

Date 日期	Location 地点	Activities 活动安排
<b>Day 1</b> 06/13 (Saturday)  <b>第1天</b> 6月13日(周六)	Beijing Capital International Airport → Minzu University of China  首都机场 → 中央民族大学	<ul style="list-style-type: none"> <li>- <b>Arrival &amp; Check-in</b></li> <li>- <b>Welcome Ceremony &amp; Cultural Orientation:</b> "Welcome to Beijing!"</li>   <li><b>抵达与入住</b></li> <li><b>欢迎仪式, 文化课:北京欢迎你 !</b></li> </ul>
<b>Day 2</b> 06/14 (Sunday)  <b>第2天</b> 6月14日(周日)	Minzu University of China  中央民族大学	<ul style="list-style-type: none"> <li>- <b>Opening Ceremony &amp; Program Orientation:</b> Students will be formally introduced to their core mission for the program: to step into the role of "<b>Cultural Deep-Dive Explorers</b>."</li>   <li>- <b>Mandarin Assessment:</b> Each student's language level will be evaluated through interviews and situational tasks. This ensures accurate placement into small, leveled classes for maximally targeted instruction.</li>   <li>- <b>Cultural &amp; Language Immersion Session:</b> An engaging introductory module combining "China Essentials" with "Survival Chinese" to provide both foundational knowledge and immediate practical language tools.</li>     <li>- <b>开营仪式与项目导览:</b> 明确本次研学“文化深度探索者”的角色。</li> <li>- <b>中文水平精准评估:</b> 通过访谈和情景任务进行分班, 确保教学针对性。</li> <li>- <b>文化课:</b> 中国概况 + 实用汉语。</li> </ul>

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<b>Day 3</b> 06/15 (Monday)  <b>第3天</b> 6月15日(周一)	Minzu University of China  中央民族大学	<ul style="list-style-type: none"> <li>- <b>Leveled Mandarin Classes:</b>  <b>Theme: "Dialects &amp; Identity"</b>            Students will explore fundamental concepts of Chinese dialects and engage in guided discussions to reflect on their personal and familial experiences with dialect heritage.</li> <li>- <b>Cultural Workshop (Choose One):</b> <ul style="list-style-type: none"> <li>● <b>Advanced Calligraphy:</b>            For example: Practicing the art of <i>linmo</i> (临摹) by tracing excerpts from the <i>Lantingji Xu</i> (《兰亭序》), understanding the connection between brushwork and the spirit of Chinese literati culture.</li> <li>● <b>Traditional Music Ensemble:</b>            For example: Learning to perform the classic piece "Jasmine Flower" (《茉莉花》) as a group, experiencing harmony and collaboration through multi-part arrangement.</li> </ul> </li> <li>- <b>中文课程(分班):</b>主题“方言与认同”。学习基础方言概念, 探讨华裔学生的方言经历。</li> <li>- <b>文化工作坊(二选一):</b></li> <li>- <b>书法进阶:</b>例:临摹《兰亭序》片段, 了解书法与文人精神。</li> <li>- <b>民乐合奏:</b>例:学习《茉莉花》合奏, 体验声部配合。</li> </ul>
<b>Day 4</b> 06/16 (Tuesday)	Minzu University of China + partner High School	<ul style="list-style-type: none"> <li>- <b>Leveled Mandarin Classes:</b>  <b>Theme: "China-U.S. School Culture Comparison"</b>            Students will prepare interview questions and discussion frameworks for use during the immersion day.</li> <li>- <b>Full-Day School Immersion Experience:</b></li> </ul>

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<b>第4天</b> 6月16日(周二)	中央民族大学 + 合作中学	<ul style="list-style-type: none"> <li><b>Shadow Chinese Classes:</b> Attend actual high school lessons such as Physics and History to observe the local academic environment.</li> <li><b>Join Club Activities:</b> Participate in student-led clubs such as Basketball, Debate, or Hanfu Cultural Society.</li> <li><b>Themed Discussion Session:</b> In small groups, engage in structured conversations with Chinese peers using prepared interview outlines, discussing topics like academic pressure, future aspirations, and daily student life.</li> </ul> <p>- <b>中文课程:</b>主题“中美校园文化对比”。准备访谈提纲。</p> <p>- <b>全日中学沉浸日:</b></p> <p>- <b>跟班上课:</b>体验中国高中物理、历史等主要课程。</p> <p>- <b>社团活动:</b>参与篮球赛、辩论社或汉服社活动。</p> <p>- <b>专题讨论:</b>使用访谈提纲,与中方学生就学业压力、未来规划等话题进行小组讨论。</p>
<b>Day 5</b> 06/17 (Wednesday) <b>第5天</b> 6月17日(周三)	The Palace Museum 故宫	<ul style="list-style-type: none"> <li><b>Themed Exploration: Power and Aesthetics in the Forbidden City</b></li> <li><b>Quest Card Activity:</b> E.g. 1. Locate the roof ridge guardian figures (<i>Qishou</i>) atop the Hall of Supreme Harmony (Taihedian) and learn about their symbolic meanings. E.g. 2. Analyze how the "court in front, living quarters behind" architectural layout reflects traditional principles of governance and imperial ideology.</li> <li><b>Extended Learning:</b> An introduction to the "Spirit of the Craftsman" exemplified by the Palace Museum's cultural relics conservators, highlighting their dedication, precision, and cultural stewardship.</li> </ul> <p>- <b>主题探索:紫禁城的权力与美学</b></p> <p>- <b>任务卡:</b>寻找太和殿的脊兽,并了解其象征意义;分析“前朝后寝”布局反映的统治思想。</p> <p>- <b>延伸学习:</b>介绍故宫文物修复师的“工匠精神”。</p>

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<b>Day 6</b> 06/18 (Thursday)  <b>第6天</b> 6月18日(周四)	The Great Wall  八达岭长城	<ul style="list-style-type: none"> <li>- <b>The Great Wall Hike &amp; Reflection</b></li> <li>- <b>Themed Activity:</b> Beyond the climb, students will observe the Wall's architectural structure and engage in a guided discussion on its historical and contemporary significance—not just as a physical boundary, but as a symbol in cultural and political imagination.</li> <li>- <b>Poetry Appreciation:</b> At the summit, the group will recite a selected poem, such as "Let's Go" by Bei Dao or classical verse about the Great Wall, to embody the traditional Chinese literary sentiment of "contemplating the past while ascending to heights" (登高怀古).</li> <li>- <b>长城徒步与思考</b></li> <li>- <b>主题任务:</b>除了攀登, 观察长城的建筑结构, 讨论其作为“边界”的历史与当代意义。</li> <li>- <b>诗文赏析:</b>在山顶集体朗诵北岛的诗《走吧》或相关长城诗词, 感受“登高怀古”。</li> </ul>
<b>Day 7</b> 06/19 (Friday)  <b>第7天</b> 6月19日(周五)	Minzu University of China  中央民族大学	<ul style="list-style-type: none"> <li>- <b>Mandarin Classes:</b>  <b>Theme: "Rural China"</b>    Introducing the sociological concepts of Fei Xiaotong and exploring traditional community structures.</li> <li>- <b>Cultural Workshop (Choose One):</b> <ul style="list-style-type: none"> <li>● <b>Advanced Chinese Painting:</b>  For example, learn the techniques of ink wash landscape painting, focusing on the artistic philosophy and use of "negative space" (<i>liubai</i>) to create depth and meaning.</li> <li>● <b>Opera Movement &amp; Gesture:</b>  For example, study the classic movements, poses, and expressive eye techniques from a selected scene of the Beijing Opera masterpiece "<i>Farewell My Concubine</i>" (<i>Bawang Bie Ji</i>).</li> </ul> </li> </ul>

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		<ul style="list-style-type: none"> <li>- <b>中文课程</b>: 主题“乡土中国”，介绍费孝通的理念。</li> <li>- <b>文化工作坊(二选一)</b>:</li> <li>- <b>中国画进阶</b>: 学习“水墨山水”，体会“留白”的意境。</li> <li>- <b>戏曲身段</b>: 学习京剧《霸王别姬》选段的经典动作与眼神。</li> </ul>
<b>Day 8</b> 06/20 (Saturday)  <b>第8天</b> 6月20日(周六)	Beijing Hutongs + Confucius temple  胡同区 + 孔庙/国子 监	<p>- <b>Urban Exploration &amp; Dialogue with History</b></p> <ul style="list-style-type: none"> <li>● <b>Hutong Discovery</b>: Guided by a cultural expert, students will converse with local residents in the traditional alleyways (<i>hutongs</i>), gaining firsthand insight into the living culture and the ongoing transformation of these historic neighborhoods.</li> <li>● <b>Visit to the Confucius Temple &amp; Imperial College</b>: Explore the ancient imperial examination system and traditional Chinese educational structure. Students will draw connections and contrasts between this historical framework and modern educational pathways, including China's National College Entrance Examination (Gaokao) and the U.S. college application process.</li> </ul> <p>- <b>城市漫步与历史对话</b></p> <p>- <b>胡同探访</b>: 在导游带领下与胡同居民交谈，了解“胡同文化”的变迁。</p> <p>- <b>参访孔庙/国子监</b>: 了解中国古代科举与教育体系，与当代高考制度及美国高等学府申请模式进行联想对比。</p>
<b>Day 9</b> 06/21 (Sunday)	The Summer Palace  颐和园	<p>- <b>Themed Exploration: Philosophy in the Imperial Gardens</b></p> <ul style="list-style-type: none"> <li>● <b>Activity</b>: Students will search for and identify specific design elements in the garden that embody the classical Chinese philosophy of "Harmony Between Heaven and Humanity" (</li> </ul>

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<b>第9天</b> 6月21日(周日)		<p>天人合一), such as the techniques of "borrowed scenery" (<i>jie jing</i>) and the artistic arrangement of rocks and water features (<i>die shi li shui</i>).</p> <ul style="list-style-type: none"> <li>● <b>Comparative Discussion – East &amp; West:</b> Contrast the aesthetic and philosophical principles of the Chinese imperial garden with those of Versailles, facilitating a discussion on differing cultural perspectives toward nature, order, and humanity's place within the landscape.</li> </ul> <p>- <b>主题探索:皇家园林中的哲学</b></p> <p>- <b>任务:</b>寻找园林中“天人合一”思想的具体体现(如借景、叠石理水)。</p> <p>- <b>中西园林对比讨论:</b>对比凡尔赛宫, 探讨不同自然观。</p>			
<b>Day 10</b> 06/22 (Monday)	Minzu University of China	<p>- <b>Mandarin Classes:</b>  <b>Theme:</b> "China's Concept of 'Minzu' (Ethnicity/Nation)"  Leveraging Minzu University of China's unique expertise, this session introduces students to China's ethnic policies and the framework of a "unified multi-ethnic state." The discussion explores how diversity and unity coexist within the national identity.</p>	<b>第10天</b> 6月22日(周一)	中央民族大学	<p>- <b>Multicultural Exchange Forum:</b>  University students from various ethnic minority backgrounds at MUC will be invited to share their unique cultures, languages, and personal stories. The session includes an interactive workshop to learn a simple folk song and an opportunity to experience the vibrant diversity of China's traditional ethnic attire.</p> <p>- <b>中文课程:</b>主题“中国的‘民族’概念”，结合民大特色，了解民族政策与多元一体格局。</p> <p>- <b>民族文化交流会:</b>邀请民大少数民族学生分享其文化、语言与故事，并教唱简单民族歌曲。体验多彩的中国民族服饰文化。</p>

Date 日期	Location 地点	Activities 活动安排
<b>Day 11</b> 06/23 (Tuesday) <b>第11天</b> 6月23日(周二)	The National Museum + 798 Art District  国家博物馆 + 798艺术区	<p><b>Themed Exploration: From Ancient China to Modern Innovation</b></p> <ul style="list-style-type: none"> <li>● <b>National Museum Deep Dive:</b> A guided tour focusing on the "Ancient China" permanent exhibition, tracing a thematic thread such as the <b>Silk Road</b> or the evolution of <b>Bronze Civilization</b> to understand the foundations of Chinese history and culture.</li> <li>● <b>Modern Art Encounter:</b> An exploration of the <b>798 Art District</b>, experiencing the dynamic and creative energy of contemporary Chinese artistic expression firsthand.</li> </ul> <p>- <b>从古代中国到现代商业</b>            - <b>国博深度讲解:</b> 重点参观“古代中国”基本陈列, 以“丝绸之路”或“青铜文明”为线索。            - <b>现代艺术体验:</b> 走访798艺术区, 感受当代中国创意</p>
<b>Day 12</b> 06/24 (Wednesday) <b>第12天</b> 6月24日(周三)	Minzu University of China  中央民族大学	<p>- <b>Mandarin Classes:</b>  <b>Theme: "Contemporary China"</b>            Students will engage in guided discussions exploring the landscape of Chinese youth culture, including trends in popular culture, the role of social media platforms (e.g., Douyin/TikTok, Bilibili), and emerging concepts of social responsibility among young people.</p> <p>- <b>Final Presentation Preparation:</b>            Teams will dedicate focused time to preparing their final project presentations. They may choose their format—such as a PowerPoint, short video, research report, or theatrical performance—to creatively synthesize and showcase their key learnings from the program.</p> <p>- <b>中文课程:</b> 主题“当代中国青年”，讨论流行文化、社交媒体(如抖音/B站)及社会责任感。            - <b>结营汇报准备:</b> 小组全力准备最终成果展示, 形式可为PPT、短视频、研究报告或戏剧表演。</p>

Date 日期	Location 地点	Activities 活动安排
<b>Day 13</b> 06/25 (Thursday)  <b>第13天</b> 6月25日(周四)	Minzu University of China  中央民族大学	<p>- <b>Mandarin Class:</b>  <b>Theme: "China's High-Speed Rail &amp; Green Development"</b>  A focused lesson exploring modern China's technological advancement and environmental sustainability through the lens of its high-speed railway network and green development policies.</p> <p>- <b>Closing Ceremony &amp; Farewell Banquet</b></p> <ul style="list-style-type: none"> <li>● <b>Final Presentations:</b> Student groups deliver their culminating project showcases.</li> <li>● <b>Certificate Awards:</b> Official completion certificates are presented to each participant.</li> <li>● <b>Talent Show &amp; Gift Exchange:</b> A warm, memorable closing event featuring student performances and a heartfelt exchange of tokens of friendship.</li> </ul> <p>- <b>中文课程:中国高铁与绿色发展</b>  - <b>结营仪式与欢送晚宴</b>  - <b>成果展示会</b>  - <b>颁发结业证书</b>  - <b>才艺表演与交换礼物:温情告别。</b></p>
<b>Day 14</b> 06/26 (Friday)  <b>第14天</b> 6月26日(周五)	Minzu University of China → Beijing Capital International Airport  中央民族大学 → 首都机场	<p>- Packing and Farewell to Beijing  - Airport Transfer &amp; Return Flight to the U.S.</p> <p>- <b>整理行装, 告别北京</b>  - <b>前往机场, 搭乘航班返回美国。</b></p>

Note: Class themes and contents are subject to change based on resource availability and student interests.

