

报名截止日期4/1/25

Shaolin Temple Cultural Center 2025 China Schedule 少林寺文化中心 2025年少林寺和杭州师范大学训练之旅行程安排表

Schedule is subject to change pending flights and other travel arrangements 行程安排表可能会因航班或其它安排而有变化

Day		Date	Location	Details
Day 1-2	Sun./Mon. 周日,一	6/08- 6/09	Various Airports Depart from USA	Fly to Beijing or Shanghai to Zhengzhou. Transfer to Hotel. 从北京或上海再转新郑机场。接机入住酒店
Day 3-8	Tue.-Sun. 周二-周日	6/10- 6/15	Shaolin Temple 少林寺	The summer camp will take place at several iconic locations within and around the Shaolin Temple, including the temple's front gate, the Pagoda Forest, martial arts halls, and forest combat training grounds, providing an immersive kung fu experience. 夏令营开营将在少林寺及周边多个经典场地进行, 包括少林寺山门、塔林、武术馆以及山林实战训练场, 提供沉浸式功夫体验。
Day 9	Mon. 周一	6/16	Shaolin Temple 少林寺	Meet Shifu and learn Shaolin Kung Fu (Weapon, Qigong, Archery, Kung Fu Tea, etc.) 在寺院拜见师父, 学习少林功夫文化
Day 10	Tue. 周二	6/17	Shaolin Temple 少林寺	Arrive at Shaolin Temple to experience a day of life/training at the temple 抵达少林寺, 体验寺庙中一天的生活和训练。
Day 11	Wed. 周三	6/18	Shaolin Temple 少林寺	Stone Monument Unveiling + watch performance showcase 归宗朝祖少林峰纪念碑活动 + 看演出
Day 12-14	Thu.-Sat. 周四-周六	6/19- 6/21	Shaolin Temple 少林寺	Training and assessment. 修练后考核
Day 15	Sun. 周日	06/22	Hangzhou 杭州师范大学	From Shaolin to Hangzhou, Check-in & Welcome Dinner 去往杭州师范大学, 入住 & 欢迎晚宴
Day 16-23	Mon.-Mon 周一至周一	6/23- 6/30	Hangzhou 杭州	Train alongside professional martial arts team members and experience the competitive charm of Wushu. Chinese language learning and cultural sightseeing in Hangzhou. 与武术系专业队员共同训练, 体验竞赛武术的竞技魅力。中文学习以及杭州文化观光游览
Day 24	Tue. 周二	7/01	Various Airports Return to USA	AM: Closing ceremony and course learning report. 结营仪式, 课程学习汇报. PM: Fly from China to USA 返回美国