

随镜头探蜀汉-美国青少年文化研习营

Explore the Shu (Sichuan) and Han (Hubei) Culture through the Lens

6月30日 成都 June 30th, Chengdu	
当日 All day	抵达成都，倒时差休整 Arrive in Chengdu, adjust for jet lag and rest.
7月1日 成都 July 1st, Chengdu	
上午 Morning	游览都江堰 Visit the Dujiangyan
中午 Noon	午餐 Lunch
下午 Afternoon	游览都江堰大熊猫苑 Visit the Dujiangyan Panda Base
晚上 Evening	晚餐 Dinner 游览宽窄巷子 City walk at the Kuanzhai Alley
7月2日 成都-武汉 July 2nd, Chengdu to Wuhan (by plane)	
上午 Morning	游览三星堆博物馆 Visit the Sanxingdui Museum
中午 Noon	午餐 Lunch
下午 Afternoon	成都-武汉（飞机） Chengdu to Wuhan (by plane). 入住华师学校宿舍 Check in at Central China Normal University dormitory
晚上 Evening	晚餐 Dinner
7月3日 武汉 July 3rd, Wuhan	
上午 Morning	早餐：学校食堂 Breakfast: canteen 开班仪式，华中师范大学校内游访 Opening ceremony, CCNU campus tour

中午 Noon	午餐：食堂 Lunch: Canteen
下午 Afternoon	中文基础课程（本次活动期间将用到的中文简介）Basic Chinese Course (Introduction to the Chinese vocabularies to be used during the program)
晚上 Evening	欢迎晚宴 Welcome Dinner
7月4日 武汉 July 4th, Wuhan	
上午 Morning	早餐：体验武汉“过早”文化 Breakfast: Experience Wuhan's Breakfast Culture 参观黄鹤楼 Visit the Yellow Crane Tower
中午 Noon	午餐 Lunch
下午 Afternoon	参观晴川阁、大禹文化博物馆 步行观赏鹦鹉洲大桥，参观武汉桥梁博物馆，了解桥梁文化和桥梁发展轨迹。 Visit Qingchuan Pavilion and Dayu Cultural Museum Walk to the Parrot Island Bridge, visit the Wuhan Bridge Museum, and learn about the culture and development of bridges in China.
晚上 Evening	晚餐 Dinner 漫步长江 Stroll along the Yangtze River
7月5日 武汉 July 5th, Wuhan	
上午 Morning	早餐：食堂 Breakfast: canteen 参观双柳长江大桥建筑施工现场 Visit the construction site of Shuangliu Yangtze River Bridge
中午 Noon	午餐 Lunch

下午 Afternoon	参访中国汽车企业 Visit a Chinese automobile enterprise
晚上 Evening	晚餐 Dinner
7月6日 武汉—武当山 July 6th, Wuhan-Wudang Mountain	
上午 Morning	早餐：食堂 Breakfast: canteen 中国传统文化体验课（武术/太极） Class in Chinese traditional culture (Martial Arts / Taiji)
中午 Noon	午餐 Lunch: canteen
下午 Afternoon	武汉—武当山 Travel from Wuhan to Wudang Mountain
晚上 Evening	入住武当山镇宾馆，晚餐 Check-in at the Wudang mountain hotel, dinner
7月7日 武当山全天 宿武当山山上 July 7th, Full day at Wudang Mountain, overnight stay on Wudang Mountain	
上午 Morning	乘景区交通进山，游览太子坡景区 Take the scenic area transportation to the mountain and visit the Taizi Po Scenic Area.
中午 Noon	午餐 Lunch
下午 Afternoon	游览参观紫霄宫景区 visit the Purple Cloud Palace Scenic Area
晚上 Evening	晚餐 Dinner
7月8日 武当山—武汉 July 8th, Wudang Mountain-Wuhan	
上午 Morning	登金顶（索道下山） Hike to the Golden Summit (Descend by cable car)
中午 Noon	午餐，返回武汉 lunch, head for Wuhan
晚上 Evening	入住学校宿舍 Check in at the CCNU dormitory

7月9日 武汉 July 9th, Wuhan	
上午 Morning	早餐：学校食堂 Breakfast: canteen 中国传统文化体验课（书法） Class in Chinese traditional culture (Chinese Calligraphy)
中午 Noon	午餐 Lunch: canteen
下午 Afternoon	扬子江传统美食馆参与制作中国美食 Participate in Chinese cuisine making (Yangzi River Traditional Cuisine Restaurant)
晚上 Evening	晚餐 Dinner: canteen
7月10日 武汉 July 10th, Wuhan	
上午 Morning	早餐：学校食堂 Breakfast: School canteen/cafeteria 参观湖北省博物馆 Visit Hubei Provincial Museum
中午 Noon	午餐 Lunch
下午 Afternoon	乘坐光谷空轨 Take Wuhan Guanggu Suspended Monorail 参观华工激光，了解中国先进科技技术 Visit Huagong Laser Company, learn about advanced technology in China
晚上 Evening	晚餐 Dinner
7月11日 武汉 July 11th, Wuhan	
上午 Morning	早餐：食堂 Breakfast: canteen 参观叶开泰中医博物馆，制作中药锦囊 Visit Ye Kaitai Chinese Medicine Museum, make a traditional Chinese medicine sachet
中午 Noon	午餐 Lunch: canteen
下午 Afternoon	告别聚会，成果展示 Farewell party, presentation of achievements

晚上 Evening	告别晚餐 Farewell Dinner
7月12日 武汉 July 12th, Wuhan	
整日 All day	武汉-回国 Wuhan-Back to the US

备注：最终行程以到达中国时收到的活动手册为准。

Note: The final itinerary is subject to the Handbook to be delivered at your arrival in China.

主办方：华中师范大学简介

Introduction of Central China Normal University

华中师范大学位于九省通衢的湖北省武汉市，是教育部直属重点综合性师范大学，国家“211工程”重点建设大学，国家教师教育“985优势学科创新平台”建设高校，国家“双一流”建设高校。

学校办学历史悠久。溯源于1903年创办的文华书院大学部（始于1871年创办的文华书院，1924年改名为华中大学）、1912年创办的中华大学、1949年创办的中原大学教育学院。20世纪50年代，中原大学教育学院、华中大学、中华大学等合并，改名为华中高等师范学校。1985年学校正式更名为华中师范大学。

自建校以来，学校一直是培养杰出人才的重要机构和培养高素质高等教育工作者的卓越中心。在保留传统文化精髓的同时，我校也从外来文化中汲取灵感，弘扬进步的文化传统。大学致力于追求真理，创新，培养道德品质，培养学生的创造力。学校坚持“忠、博、德、诚、敢”的办学理念，多年来培养了60多万名优秀人才。

Central China Normal University (CCNU), situated in Wuhan, is a pivotal comprehensive normal university directly overseen by the Ministry of Education of the People's Republic of China. It holds a prestigious position as one of the universities designated under the "211 National Education Priority Project" and the "Double First-Class" Initiative.

The roots of CCNU can be traced back to Boone College (Wenhua Shuyuan), established in 1903, later renamed Huachung University. Over the years, it merged with Zhonghua University and the School of Education of Zhongyuan University. In 1985, it officially adopted the name Central China Normal University, an appellation handwritten by Deng Xiaoping, one of the founders of Zhongyuan University.

Since its inception, CCNU has been widely acknowledged as a vital institution for nurturing exceptional talents for the nation and as a center of excellence for training high-caliber educators in higher education. While preserving the essence of traditional culture, CCNU also draws inspiration from foreign cultures and champions a progressive cultural tradition. The University is committed to the pursuit of truth, innovation, the cultivation of moral character, and the nurturing of creativity within its student body. Driven by the values of loyalty, erudition, virtue, honesty, and determination, CCNU has educated more than 600,000 outstanding individuals over the years.





主要城市景点简介

一、成都：

成都，作为中国西南地区的一颗璀璨明珠，以其悠久的历史、丰富的文化和独特的风光吸引着无数游客。这座古老而现代的城市，拥有着许多令人心驰神往的景点。

作为大熊猫的故乡，成都以都江堰大熊猫基地闻名于世。游客可以在这里近距离观赏到可爱的大熊猫，感受它们的慵懒与活泼，领略大自然的奇妙。另外，三星堆博物馆是中国历史悠久的考古遗址之一，展示着古蜀文明的辉煌。这里保存着丰富的青铜器、玉器等珍贵文物，为游客提供了一次穿越时空的文化之旅。

在武侯祠，游客可以感受到古代政治家、军事家诸葛亮的风采，体味他留下的智慧与勇气。而杜甫草堂，则是中国唐代诗人杜甫曾经居住过的地方，富有浓厚的文学氛围。此外，成都还有宽窄巷子等古街巷，保留着古老的建筑和传统的文化，让游客仿佛穿越到古代，感受到悠久历史的沉淀和浓厚的人文气息。

成都，一个集古老与现代、自然与人文于一体的城市，无疑是游客们探寻文化遗产、感受人间烟火的理想之地。

Chengdu, as a dazzling gem in the southwest of China, attracts countless tourists with its long history, rich culture, and unique scenery. This ancient yet modern city boasts many enchanting attractions.

As the hometown of giant pandas, Chengdu is renowned for the Chengdu Research Base of Giant Panda Breeding, where visitors can get up close to adorable giant pandas, experience their leisurely and playful demeanor, and appreciate the wonders of nature. Furthermore, the Sanxingdui Museum is one of China's archaeological sites with a long history, showcasing the splendor of ancient Shu civilization. It houses a rich collection of bronze wares, jade articles, and other precious cultural relics, offering visitors a cultural journey through time.

At Wuhou Shrine, visitors can experience the elegance and wisdom of Zhuge Liang, an outstanding politician and military strategist in ancient China. Du Fu Thatched Cottage, on the other hand, was once the residence of the famous Tang Dynasty poet

Du Fu, exuding a strong literary atmosphere. In addition, Chengdu also boasts ancient streets and alleys such as Kuanzhai Alley, preserving ancient architecture and traditional culture, allowing visitors to experience the ancient charm and profound cultural heritage.

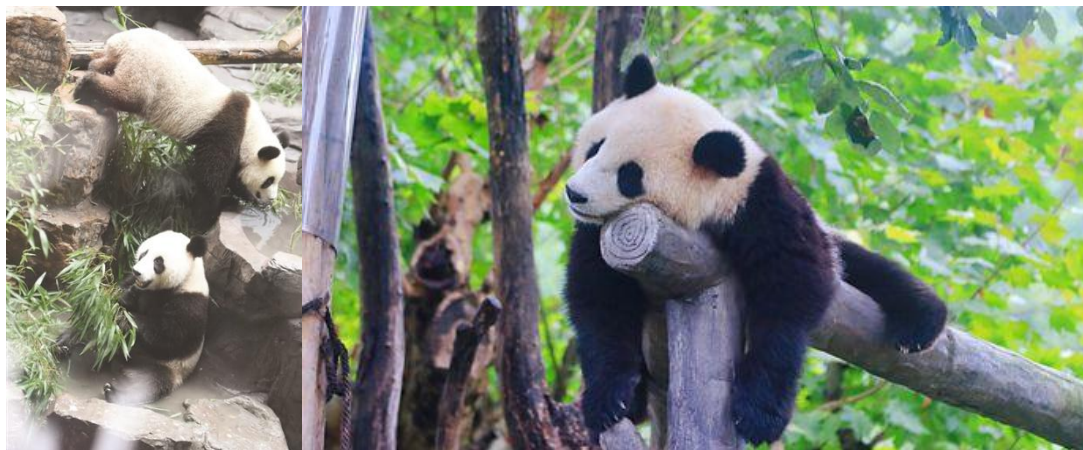
Chengdu, a city that blends ancient and modern, nature and culture, is undoubtedly an ideal destination for tourists to explore cultural heritage and experience the charm of life.



1、都江堰大熊猫苑是中国西南地区的一颗璀璨明珠，坐落于蜀山之间，青翠的竹林与悠然的流水相映成趣。这里是大熊猫的天堂，它们在苍翠的竹林间悠然自得，或者在草地上憨态可掬地嬉戏玩耍。漫步其中，仿佛进入了一幅栩栩如生的画卷，与这些珍贵的国宝们近距离接触，感受着它们的慵懒与活泼，心灵也仿佛得到了一次深深的洗礼。

The Dujiangyan Giant Panda Base is a sparkling gem in the southwest of China, nestled among the verdant mountains and serene waters. It is a paradise for giant

pandas, where they roam freely amidst lush bamboo forests or frolic on the grassy meadows. Walking through the base feels like stepping into a vivid painting, with the precious national treasures in close proximity. Here, you can experience the leisurely and playful demeanor of these gentle giants, leaving your soul refreshed and rejuvenated.



2、宽窄巷子位于成都市锦江区，是一处具有浓郁历史文化底蕴的古街巷。这里的建筑风格典雅古朴，青砖灰瓦，古色古香。步入其中，仿佛穿越时空，来到了古代的文人雅士聚集之地。在这里，你可以品尝到地道的川味小吃，购买到独特的手工艺品，感受着成都古老街巷的独特魅力。

Kuanzhai Alley, located in Jinjiang District of Chengdu, is an ancient street with a rich historical and cultural heritage. The buildings here are elegantly simple, with gray tiles and green bricks, exuding an ancient charm. Stepping into it feels like traveling through time to a gathering place for ancient literati. Here, you can taste authentic Sichuan snacks, purchase unique handicrafts, and experience the unique charm of Chengdu's ancient streets and alleys.



二、武汉：

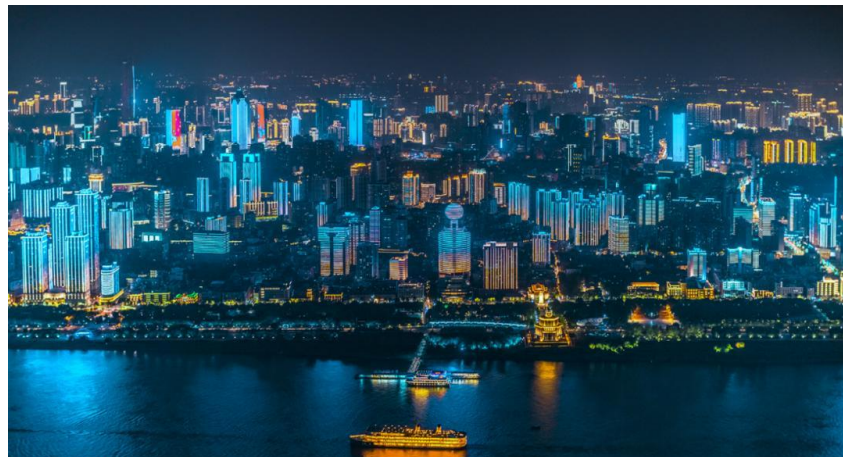
花木兰的故乡武汉是湖北省省会，位于国家主要经济区的几何中心，市域面积 8569 平方公里、实有人口 1521 万人，是建设中的国家中心城市、长江经济带核心城市和具有全国影响力的科技创新中心。

武汉区位优势便利，高铁 4 小时可到达全国 80% 的主要城市。生态禀赋优越，一城秀水半城山，165 条河流奔流不息，166 个湖泊星罗棋布，446 座山峰层峦叠嶂，水域面积占全市四分之一，是全球唯一人口过千万的“国际湿地城市”。科教资源富集，有 92 所高校、130 万在校大学生、149 个国家级创新平台，各类人才总量超过 300 万。产业基础雄厚，有 41 个工业大类中的 36 个，正在突破性发

展光电子信息、新能源和智能网联汽车、生命健康、高端装备、北斗等五大优势产业，加快建设存储器、新能源和智能网联汽车、商业航天、网络安全人才与创新等四大国家级产业基地和大健康产业基地。

Wuhan, known as hometown of Mulan, is the capital city of Hubei Province and is located in the geometric center of the main economic zone of China, with a landmass of 8569 square kilometers and a population of 15.21 million. It is a national central city under construction, a core city along the Yangtze River Economic Belt, and a science and technology innovation center with national influence.

Wuhan enjoys convenient transportation, with high-speed rail connections allowing access to 80% of major cities across the country within four hours. It boasts superior ecological conditions and is a city of beautiful waterscape and poetic mountainscape, with 165 rivers, 166 lakes, 446 hilly peaks. Its vast water area accounting for a quarter of the city and is the world's only "International Wetland City" with a population exceeding 10 million. The city is rich in scientific and educational resources, housing 92 colleges and universities, 1.3 million university students, and 149 national-level innovation platforms, with a total talent pool exceeding three million individuals. The city has a strong industrial foundation, with 36 out of 41 major industrial categories, and is making breakthroughs in the development of five major advantageous industries, such as optoelectronic information, new energy and intelligent connected vehicles, life and health, high-end equipment, and Beidou satellite system. It is accelerating the construction of four major national-level industrial bases, such as memory chips, new energy and intelligent connected vehicles, commercial aerospace, and cybersecurity talents and innovations, as well as a massive health industry base.





1、黄鹤楼位于湖北省武汉市武昌区，地处蛇山之巔，濒临万里长江，为武汉市地标建筑；始建于三国吴黄武二年（223 年），历代屡加重修，现存建筑以清代“同治楼”为原型设计，重建于 1985 年；因唐代诗人崔颢登楼所题《黄鹤楼》一诗而名扬四海。自古有“天下绝景”之美誉，是“武汉十大景”之首、“中国古代四大名楼”之一、“中国十大历史文化名楼”之一，世称“天下江山第一楼”。

Yellow Crane Tower, located in Wuchang District, Wuhan City, Hubei Province, is located at the top of Snake Mountain and near the Yangtze River. It is a landmark building in Wuhan City. It was built in the second year of Wu and Huang Wu of The Three Kingdoms, and the existing buildings were designed with the "Tongzhi Building" of the Qing Dynasty as the prototype and rebuilt in 1985. Because of the Tang Dynasty poet Cui Hao ascended the tower titled "Yellow Crane Tower" poem famous all over the world. Since ancient times, it has the reputation of "the world's best scenery", is the first of the "Ten scenic spots in Wuhan", one of the "Four famous buildings in ancient China", one of the "Ten famous historical and cultural buildings in China", and is known as "the first floor of the world".



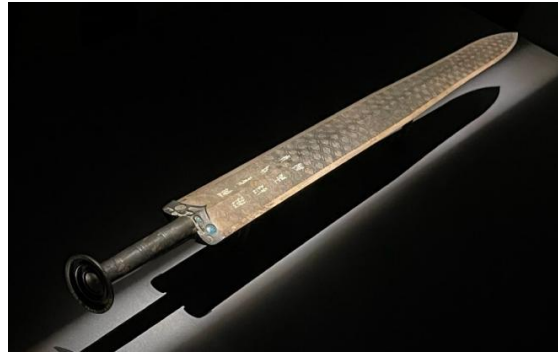
2、湖北省博物馆坐落于武汉东湖之滨，是国家一级博物馆。镇馆之宝有曾侯乙编钟、越王勾践剑、虎座鸟架鼓、曾侯乙尊盘等。曾侯乙编钟 1978 年出土于湖北随州曾侯乙墓，年代为战国早期。全套编钟共 65 件，分三层八组悬挂在呈曲尺形的铜木结构钟架上，其中一件钟为楚惠王赠送给曾侯乙的。钟及架、钩上共有铭文 3755 字，内容为编号、记事、标音及乐律理论。每件钟均能奏出呈三度音阶的双音，整套编钟音域可跨五个半八度，十二个半音齐备，可以旋宫转调。其音列是现今通行的 C 大调，能演奏五声、六声或七声音阶的乐曲。

Hubei Provincial Museum is located in the east Lake of Wuhan, is a national first-class museum. The treasures of the town hall are Zeng Hou Yi chime bells, King of Yue Gou Jian sword, Tiger bird drum, Zeng Hou Yi Buddha plate and so on. The chimes of Zeng Hou Yi were unearthed in 1978 in the tomb of Zeng Hou Yi in Suizhou, Hubei Province, dating from the early Warring States period. The complete set of 65 chime bells, divided into three layers and eight groups hung on the cupola frame, one of which was presented to Zeng Hou Yi by King Hui of Chu. A total of 3,755 words are inscribed on the bell, the frame and the hook, and the contents are numbered, notes, phonetic notation and musical theory. Each bell can play a third scale of double notes, the whole range of chime bells can span five and a half octaves, twelve semitones are complete, can rotate palace modulation. It is in the current C major and can be played in five -, six - or seven-tone scales.



3、越王勾践剑 1965 年出土于湖北江陵望山一号楚墓。剑长 55.6 厘米，宽 5 厘米，剑首向外翻卷呈圆盘形，剑身满饰神秘的黑色菱形花纹，剑格的正面和反面分别用蓝色琉璃和绿松石镶嵌成美丽的纹饰，整个造型显得高贵、典雅。在剑身正面靠近剑格处还写有两行鸟篆铭文，分别是“越王鸠浅 自作用剑”，经专家考证，鸠浅就是勾践，八字铭文表明这把剑的身份和地位。这把剑在出土时插在漆木剑鞘里，出鞘时仍然寒光闪闪，耀人眼目，其剑刃薄而锋利，经测试它能够一次轻松地划开 20 张白纸。越王勾践剑因制作精美，历经 2500 余年仍纹饰清晰，毫无锈蚀，被誉为“天下第一剑”。

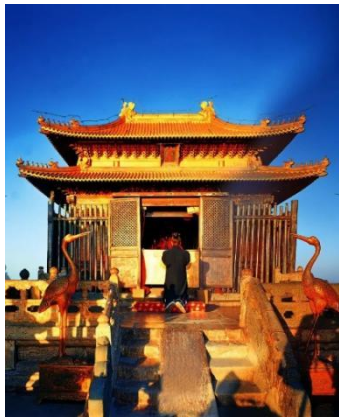
The sword of Gou Jian, King of Yue, was unearthed in the No.1 Chu Tomb of Wangshan in Jiangling, Hubei Province in 1965. The sword is 55.6 cm long and 5 cm wide. The head of the sword is rolled outward in a disk shape. The body of the sword is decorated with a mysterious black diamond pattern. The front and back of the sword lattice are inset with blue glass and turquoise respectively. There are also two lines of bird seal inscriptions on the front of the sword near the sword grid, which are "Yue King Jiu shallow self-acting sword", according to expert research, Jiu shallow is Gou Jian, the eight-character inscription indicates the identity and status of the sword. The sword was unearthed in a lacquered wood scabbard, still shining cold and dazzling when it came out. Its blade was thin and sharp, and it was tested that it could easily cut through 20 pieces of white paper at a time. Gujian sword of King Yue is known as "the first sword in the world" because of its exquisite production, clear decoration and no rust after more than 2,500 years.



三、**武当山**是著名的道教寺庙和与玄武神有关的寺院的所在地，又称太和山、神山、仙石山，古代有“太岳”、“玄岳”、“大岳”之称。它是电影《功夫熊猫》系列的取材地。位于湖北省西北部十堰市丹江口市。在明代，武当山被皇帝尊称为“大山”和“玄岳”，并被尊为“皇室庙”。武当山是道教发源地，武当武术的发祥地，被誉为“仙景，天下第一仙山”。武当武术是中国武术的一个重要流派。据传说，太极拳是由住在武当山的道家隐士张三丰创造的。2007年，武当山与长城、丽江、周庄等景区一起入选“欧洲人最喜爱的中国十大景点”。

Wudang Mountain, a home to a famous complex of Taoist temples and monasteries associated with the god Xuan Wu, also known as Mount Taihe, Divine Mountain, and Fairy Stone Mountain, was revered in ancient times as "Tai Yue," "Xuan Yue," and "Da Yue." The DreamWorks Studios cartoon films Kung Fu Panda use Wudang Mountain as raw material for the series movies. It is located in Danjiangkou City, northwest of Hubei Province. In the Ming Dynasty, Wudang Mountain was honored by emperors as the "Great Mountain" and "Xuan Yue," and revered as the "Imperial Temple." Wudang Mountain is known as the origin of Taoist and the birthplace of Wudang martial arts, renowned as the "first immortal mountain under heaven." Wudang martial arts constitute an important school of Chinese martial arts, founded by the Daoist priest Zhang Sanfeng in the late Yuan and early Ming dynasties. In 2007, Wudang Mountain was selected as one of the "Top Ten Favorite Tourist Attractions in China" by Europeans.





随镜头看荆楚-美国青少年文化研习营

Explore the Jing-chu (Hubei) Culture through the Lens

7月7日 北京 July 7th, Beijing	
当日 All day	抵达北京, 倒时差休整 Arrive in Beijing, adjust for jet lag and rest.
7月8日 北京 July 8th, Beijing	
上午 Morning	登居庸关长城 Climb the Juyongguan Great Wall
中午 Noon	中餐 Lunch
下午 Afternoon	漫步北海公园、烟袋斜街 City walk in Beihai Park and Yandaixiejie (Tobacco Pipe Lane)
晚上 Evening	晚餐 Dinner 参观鸟巢 Visit the Beijing National Stadium (also known as the Bird's Nest)
7月9日 北京-武汉 July 9th, Beijing-Wuhan	
上午 Morning	参观天安门广场、故宫博物院 Visit the Tiananmen Square and the Forbidden City
中午 Noon	午餐 Lunch
下午 Afternoon	乘高铁去武汉, 入住华师学校宿舍 Take the High-speed train to Wuhan and Check in at Central China Normal University dormitory
晚上 Evening	晚餐 Dinner
7月10日 武汉 July 10th, Wuhan	
上午 Morning	早餐: 学校食堂 Breakfast: canteen 开班仪式, 华中师范大学校内游访 Opening ceremony, CCNU

	campus tour
中午 Noon	午餐：食堂 Lunch: Canteen
下午 Afternoon	中文基础课程（本次活动期间将用到的中文简介）Basic Chinese Course (Introduction to the Chinese vocabularies to be used during the program)
晚上 Evening	欢迎晚宴 Welcome Dinner
7月11日 武汉 July 11th, Wuhan	
上午 Morning	早餐：体验武汉“过早”文化 Breakfast: Experience Wuhan's Breakfast Culture 参观黄鹤楼 Visit the Yellow Crane Tower
中午 Noon	午餐 Lunch
下午 Afternoon	参观晴川阁、大禹文化博物馆 步行观赏鹦鹉洲大桥，参观武汉桥梁博物馆，了解桥梁文化和桥梁发展轨迹。 Visit Qingchuan Pavilion and Dayu Cultural Museum Walk to the Parrot Island Bridge, visit the Wuhan Bridge Museum, and learn about the culture and development of bridges in China.
晚上 Evening	晚餐 Dinner 漫步长江 Stroll along the Yangtze River
7月12日 武汉 July 12th, Wuhan	
上午 Morning	早餐：食堂 Breakfast: canteen 参观双柳长江大桥建筑施工现场 Visit the construction site of Shuangliu Yangtze River Bridge

中午 Noon	午餐 Lunch
下午 Afternoon	参访中国汽车企业 Visit a Chinese automobile enterprise
晚上 Evening	晚餐 Dinner
7 月 13 日 武汉—武当山 July 13th, Wuhan-Wudang Mountain	
上午 Morning	早餐：食堂 Breakfast: canteen 中国传统文化体验课（武术/太极） Class in Chinese traditional culture (Martial Arts / Taiji)
中午 Noon	午餐 Lunch: canteen
下午 Afternoon	武汉—武当山 Travel from Wuhan to Wudang Mountain
晚上 Evening	入住武当山镇宾馆，晚餐 Check-in at the Wudang mountain hotel, dinner
7 月 14 日 武当山全天 宿武当山山上 July 14th, Full day at Wudang Mountain, overnight stay on Wudang Mountain	
上午 Morning	乘景区交通进山，游览太子坡景区 Take the scenic area transportation to the mountain and visit the Taizi Po Scenic Area.
中午 Noon	午餐 Lunch
下午 Afternoon	游览参观紫霄宫景区 visit the Purple Cloud Palace Scenic Area
晚上 Evening	晚餐 dinner
7 月 15 日 武当山—武汉 July 15th, Wudang Mountain-Wuhan	
上午 Morning	登金顶（索道下山）Hike to the Golden Summit (Descend by cable car)
中午 Noon	午餐，返回武汉 lunch, head for Wuhan

晚上 Evening	入住学校宿舍 Check in at the CCNU dormitory
7 月 16 日 武汉 July 16th, Wuhan	
上午 Morning	早餐：学校食堂 Breakfast: canteen 中国传统文化体验课（书法）Class in Chinese traditional culture (Chinese Calligraphy)
中午 Noon	午餐 Lunch: canteen
下午 Afternoon	扬子江传统美食馆参与制作中国美食 Participate in Chinese cuisine making (Yangzi River Traditional Cuisine Restaurant)
晚上 Evening	晚餐 Dinner: canteen
7 月 17 日 武汉 July 17th, Wuhan	
上午 Morning	早餐：学校食堂 Breakfast: School canteen/cafeteria 参观湖北省博物馆 Visit Hubei Provincial Museum
中午 Noon	午餐 Lunch
下午 Afternoon	乘坐光谷空轨 Take Wuhan Guanggu Suspended Monorail 参观华工激光，了解中国先进科技技术 Visit Huagong Laser Company, learn about advanced technology in China
晚上 Evening	晚餐 Dinner
7 月 18 日 武汉 July 18th, Wuhan	
上午 Morning	早餐：食堂 Breakfast: canteen 参观叶开泰中医博物馆，制作中药锦囊 Visit Ye Kaitai Chinese Medicine Museum, make a traditional Chinese medicine sachet
中午 Noon	午餐 Lunch: canteen

下午 Afternoon	告别聚会，成果展示 Presentation and Farewell party
晚上 Evening	告别晚餐 Farewell Dinner
7月19日 武汉 July 19th, Wuhan	
整日 All day	武汉-回国 Wuhan-Back to the US

备注：最终行程以到达中国时收到的活动手册为准。

Note: The final itinerary is subject to the Handbook to be delivered at your arrival in China.

主办方：华中师范大学简介

Introduction of Central China Normal University

华中师范大学位于九省通衢的湖北省武汉市，是教育部直属重点综合性师范大学，国家“211工程”重点建设大学，国家教师教育“985优势学科创新平台”建设高校，国家“双一流”建设高校。

学校办学历史悠久。溯源于1903年创办的文华书院大学部（始于1871年创办的文华书院，1924年改名为华中大学）、1912年创办的中华大学、1949年创办的中原大学教育学院。20世纪50年代，中原大学教育学院、华中大学、中华大学等合并，改名为华中高等师范学校。1985年学校正式更名为华中师范大学。

自建校以来，学校一直是培养杰出人才的重要机构和培养高素质高等教育工作者的卓越中心。在保留传统文化精髓的同时，我校也从外来文化中汲取灵感，弘扬进步的文化传统。大学致力于追求真理，创新，培养道德品质，培养学生的创造力。学校坚持“忠、博、德、诚、敢”的办学理念，多年来培养了60多万名优秀人才。

Central China Normal University (CCNU), situated in Wuhan, is a pivotal comprehensive normal university directly overseen by the Ministry of Education of the People's Republic of China. It holds a prestigious position as one of the universities designated under the "211 National Education Priority Project" and the "Double First-Class" Initiative.

The roots of CCNU can be traced back to Boone College (Wenhua Shuyuan), established in 1903, later renamed Huachung University. Over the years, it merged with Zhonghua University and the School of Education of Zhongyuan University. In 1985, it officially adopted the name Central China Normal University, an appellation handwritten by Deng Xiaoping, one of the founders of Zhongyuan University.

Since its inception, CCNU has been widely acknowledged as a vital institution for nurturing exceptional talents for the nation and as a center of excellence for training high-caliber educators in higher education. While preserving the essence of traditional culture, CCNU also draws inspiration from foreign cultures and champions a progressive cultural tradition. The University is committed to the pursuit of truth, innovation, the cultivation of moral character, and the nurturing of creativity within its student body. Driven by the values of loyalty, erudition, virtue, honesty, and determination, CCNU has educated more than 600,000 outstanding individuals over the years.





主要城市景点简介

一、北京

中国的首都北京，是国家政治、文化和国际交流的中心，也是一个充满活力的现代大都市。

北京总面积为 16,410.54 平方公里。坐落在华北平原的北部，东临天津市，其他方向与河北省接壤。北京西部的西山是太行山的分支，而城北的军都山则是燕山的一部分。北京的西北部较高，东南部较低。它被西部、北部和东北部的山脉所环绕，而东南部则逐渐向渤海辽阔平原倾斜。

首都拥有温和的大陆性季风气候，春秋短促，夏季炎热多雨，冬季寒冷干燥。年平均气温为 11°C 到 14°C。约 75% 的年降水量集中在夏季，7 月和 8 月是降雨最多的时候。

Beijing, the capital of China, is the center of the nation's politics, culture and international exchanges and a modern metropolis full of vitality.

Beijing covers an area of 16,410.54 km². Nestled on the north of the North China Plain, it border Tianjin Municipality on the east and Hebei Province in all other directions. The Western Hills, west of Beijing, are branches of the Taihang Mountains while the Jundu Mountain, north of the city, is a part of the Yanshan Mountains. Beijing has a higher northwest part and a lower southeast part. It is surrounded by mountains to its west, north and northeast. To its southeast, the North China Plain gradually descends towards the Bohai Sea.

The capital has a temperate, continental monsoonal climate, characterized by short spring and autumns, hot and rainy summers, and cold and dry winters. Its average annual temperature is 11°C to 14°C. Around 75 percent of its annual precipitation occurs in summer, with the heaviest rainfall in July and August.



1、故宫，又名紫禁城，为明清共二十四位皇帝统治中国近 500 年的皇宫。它位于北京市中心，在天安门广场的北侧，形状为长方形。南北长 960 米，东西宽 750 米，占地 72 公顷，总建筑面积达 15 万平方米。故宫是世界上现存规模最大、最完整的古代木构宫殿。它分为外朝和内廷两部分，外朝是皇帝上朝处理国家大事的地方，内廷是皇帝和皇室的居住地。1987 年，故宫被联合国教科文组织列入世界文化遗产。

The Palace Museum, also called the Forbidden City was the palace where the 24 emperors of the Ming and Qing Dynasties ruled China for roughly 500 years. The Imperial Palace is located in the center of Beijing, on the northern side of Tian'anmen Square, rectangular in shape, 960 meters from north to south and 750 meters wide from east to west, with an area of 72 hectares and a total floor space of 150 000 square meters. It's the world's largest and most integral palace made of wood in existence. The Forbidden City is divided into two parts: the outer court and the inner court. The outer court was the place where the emperors gave audience and handled state affairs, while the inner court was the living quarters for the emperors and their families. In 1987 the Imperial Palace was listed by the UNESCO as one of the World



Cultural Heritage sites.



2、长城，又称万里长城，是中国古代的军事防御工事，是一道高大、坚固而且连绵不断的长垣，用以限隔敌骑的行动。长城不是一道单纯孤立的城墙，而是以城墙为主体，同大量的城、障、亭、标相结合的防御体系。长城修筑的历史可上溯到西周时期，发生在首都镐京（今陕西西安）的著名典故“烽火戏诸侯”就源于此。春秋战国时期，列国争霸，互相防守，长城修筑进入第一个高潮，但此时修筑的长度都比较短。秦灭六国统一天下后，秦始皇连接和修缮战国长城，始有万里长城之称。明朝是最后一个大修长城的朝代，人们所看到的长城多是此时修筑。1987年12月，长城被列为世界文化遗产。

The Great Wall, also known as the Great Wall of Ten Thousand Li, is an ancient military defense structure in China, a massive, solid, and continuous rampart designed to limit the movement of enemy cavalry. It is not just a standalone wall but a defense system combining walls with numerous forts, barriers, pavilions, and beacons. The history of the Great Wall can be traced back to the Western Zhou Dynasty, with the famous anecdote "Beacons of war light up the kings" originating from the capital, Haojing (now Xi'an, Shaanxi). During the Spring and Autumn Period and the Warring States Period, as states vied for supremacy and defense, the construction of the Great Wall entered its first peak, although the walls built during this time were relatively short. After the unification of China by the Qin Dynasty, Emperor Qin Shi Huang connected and repaired the walls built during the Warring States Period, giving rise to the moniker "the Great Wall of Ten Thousand Li." The Ming Dynasty was the last dynasty to extensively repair the Great Wall, and most of what we see today dates

from this period. In December 1987, the Great Wall was listed as a UNESCO World Heritage Site



二、武汉

花木兰的故乡武汉是湖北省省会，位于国家主要经济区的几何中心，市域面积 8569 平方公里、实有人口 1521 万人，是建设中的国家中心城市、长江经济带核心城市和具有全国影响力的科技创新中心。

武汉区位优势便利，高铁 4 小时可到达全国 80% 的主要城市。生态禀赋优越，一城秀水半城山，165 条河流奔流不息，166 个湖泊星罗棋布，446 座山峰层峦叠嶂，水域面积占全市四分之一，是全球唯一人口过千万的“国际湿地城市”。科教资源富集，有 92 所高校、130 万在校大学生、149 个国家级创新平台，各类人才总量超过 300 万。产业基础雄厚，有 41 个工业大类中的 36 个，正在突破性发展光电子信息、新能源和智能网联汽车、生命健康、高端装备、北斗等五大优势产业，加快建设存储器、新能源和智能网联汽车、商业航天、网络安全人才与创新等四大国家级产业基地和大健康产业基地。

Wuhan, known as hometown of Mulan, is the capital city of Hubei Province and is located in the geometric center of the main economic zone of China, with a landmass of 8569 square kilometers and a population of 15.21 million. It is a national central city under construction, a core city along the Yangtze River Economic Belt, and a science and technology innovation center with national influence.

Wuhan enjoys convenient transportation, with high-speed rail connections allowing access to 80% of major cities across the country within four hours. It boasts superior ecological conditions and is a city of beautiful waterscape and poetic mountainscape, with 165 rivers, 166 lakes, 446 hilly peaks. Its vast water area accounting for a quarter of the city and is the world's only "International Wetland City" with a population exceeding 10 million. The city is rich in scientific and educational resources, housing 92 colleges and universities, 1.3 million university students, and 149 national-level innovation platforms, with a total talent pool exceeding three million individuals. The city has a strong industrial foundation, with 36 out of 41 major industrial categories, and is making breakthroughs in the development of five major advantageous industries, such as optoelectronic information, new energy and intelligent connected vehicles, life and health, high-end equipment, and Beidou satellite system. It is accelerating the construction of four major national-level industrial bases, such as memory chips, new energy and intelligent connected vehicles, commercial aerospace,

and cybersecurity talents and innovations, as well as a massive health industry base.



1、黄鹤楼位于湖北省武汉市武昌区，地处蛇山之巔，瀕臨萬里長江，為武漢市地標建築；始建於三國吳黃武二年（223 年），歷代屢加重修，現存建築以清代“同治樓”為原型設計，重建於 1985 年；因唐代詩人崔顥登樓所題《黃鶴樓》一詩而名揚四海。自古有“天下絕景”之美譽，是“武漢十大景”之首、“中國古代四大名樓”之一、“中國十大歷史文化名樓”之一，世稱“天下江山第一樓”。

Yellow Crane Tower, located in Wuchang District, Wuhan City, Hubei Province, is located at the top of Snake Mountain and near the Yangtze River. It is a landmark building in Wuhan City. It was built in the second year of Wu and Huang Wu of The Three Kingdoms, and the existing buildings were designed with the "Tongzhi Building" of the Qing Dynasty as the prototype and rebuilt in 1985. Because of the Tang Dynasty poet Cui Hao ascended the tower titled "Yellow Crane Tower" poem famous all over the world. Since ancient times, it has the reputation of "the world's best scenery", is the first of the "Ten scenic spots in Wuhan", one of the "Four famous buildings in ancient China", one of the "Ten famous historical and cultural buildings in China", and is known as "the first floor of the world".



2、湖北省博物馆坐落于武汉东湖之滨，是国家一级博物馆。镇馆之宝有曾侯乙编钟、越王勾践剑、虎座鸟架鼓、曾侯乙尊盘等。曾侯乙编钟 1978 年出土于湖北随州曾侯乙墓，年代为战国早期。全套编钟共 65 件，分三层八组悬挂在呈曲线形的铜木结构钟架上，其中一件钟为楚惠王赠送给曾侯乙的。钟及架、钩上共有铭文 3755 字，内容为编号、记事、标音及乐律理论。每件钟均能奏出呈三度音阶的双音，整套编钟音域可跨五个半八度，十二个半音齐备，可以旋宫转调。其音列是现今通行的 C 大调，能演奏五声、六声或七声音阶的乐曲。

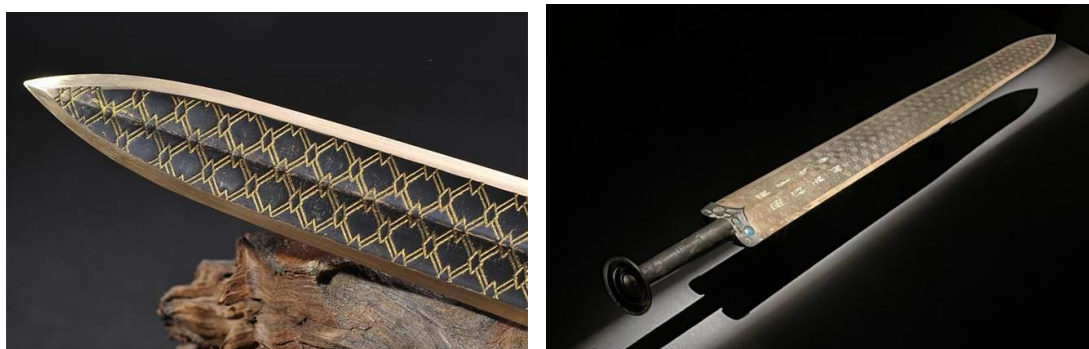
Hubei Provincial Museum is located in the east Lake of Wuhan, is a national first-class museum. The treasures of the town hall are Zeng Hou Yi chime bells, King of Yue Gou Jian sword, Tiger bird drum, Zeng Hou Yi Buddha plate and so on. The chimes of Zeng Hou Yi were unearthed in 1978 in the tomb of Zeng Hou Yi in Suizhou, Hubei Province, dating from the early Warring States period. The complete set of 65 chime bells, divided into three layers and eight groups hung on the cupola frame, one of which was presented to Zeng Hou Yi by King Hui of Chu. A total of 3,755 words are inscribed on the bell, the frame and the hook, and the contents are numbered, notes, phonetic notation and musical theory. Each bell can play a third scale of double notes, the whole range of chime bells can span five and a half octaves, twelve semitones are complete, can rotate palace modulation. It is in the current C major and can be played in five -, six - or seven-tone scales.



3、越王勾践剑 1965 年出土于湖北江陵望山一号楚墓。剑长 55.6 厘米，宽 5 厘米，剑首向外翻卷呈圆盘形，剑身满饰神秘的黑色菱形花纹，剑格的正面和反面分别用蓝色琉璃和绿松石镶嵌成美丽的纹饰，整个造型显得高贵、典雅。在剑身正面靠近剑格处还写有两行鸟篆铭文，分别是“越王鸠浅 自作用剑”，经专家考证，鸠浅就是勾践，八字铭文表明这把剑的身份和地位。这把剑在出土时插在漆木剑鞘里，出鞘时仍然寒光闪闪，耀人眼目，其剑刃薄而锋利，经测试它能够一次轻松地划开 20 张白纸。越王勾践剑因制作精美，历经 2500 余年仍纹饰清晰，

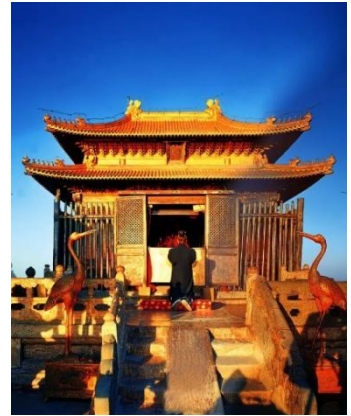
毫无锈蚀，被誉为“天下第一剑”。

The sword of Gou Jian, King of Yue, was unearthed in the No.1 Chu Tomb of Wangshan in Jiangling, Hubei Province in 1965. The sword is 55.6 cm long and 5 cm wide. The head of the sword is rolled outward in a disk shape. The body of the sword is decorated with a mysterious black diamond pattern. The front and back of the sword lattice are inset with blue glass and turquoise respectively. There are also two lines of bird seal inscriptions on the front of the sword near the sword grid, which are "Yue King Jiu shallow self-acting sword", according to expert research, Jiu shallow is Gou Jian, the eight-character inscription indicates the identity and status of the sword. The sword was unearthed in a lacquered wood scabbard, still shining cold and dazzling when it came out. Its blade was thin and sharp, and it was tested that it could easily cut through 20 pieces of white paper at a time. Gujian sword of King Yue is known as "the first sword in the world" because of its exquisite production, clear decoration and no rust after more than 2,500 years.



三、**武当山**是著名的道教寺庙和与玄武神有关的寺院的所在地，又称太和山、神山、仙石山，古代有“太岳”、“玄岳”、“大岳”之称。它是电影《功夫熊猫》系列的取材地。位于湖北省西北部十堰市丹江口市。在明代，武当山被皇帝尊称为“大山”和“玄岳”，并被尊为“皇室庙”。武当山是道教发源地，武当武术的发祥地，被誉为“仙景，天下第一仙山”。武当武术是中国武术的一个重要流派。据传说，太极拳是由住在武当山的道家隐士张三丰创造的。2007年，武当山与长城、丽江、周庄等景区一起入选“欧洲人最喜爱的中国十大景点”。

Wudang Mountain, a home to a famous complex of Taoist temples and monasteries associated with the god Xuan Wu, also known as Mount Taihe, Divine Mountain, and Fairy Stone Mountain, was revered in ancient times as "Tai Yue," "Xuan Yue," and "Da Yue." The DreamWorks Studios cartoon films Kung Fu Panda use Wudang Mountain as raw material for the series movies. It is located in Danjiangkou City, northwest of Hubei Province. In the Ming Dynasty, Wudang Mountain was honored by emperors as the "Great Mountain" and "Xuan Yue," and revered as the "Imperial Temple." Wudang Mountain is known as the origin of Taoist and the birthplace of Wudang martial arts, renowned as the "first immortal mountain under heaven." Wudang martial arts constitute an important school of Chinese martial arts, founded by the Daoist priest Zhang Sanfeng in the late Yuan and early Ming dynasties. In 2007, Wudang Mountain was selected as one of the "Top Ten Favorite Tourist Attractions in China" by Europeans.



随镜头游古都-美国青少年文化研习营

Explore Chinese Ancient Cities through the Lens

7月21日 西安 July 21st, Xian	
当日 All day	抵达西安，倒时差休整 Arrive in Xi'an, adjust for jet lag and rest.
7月22日 西安 July 22nd, Xi'an	
上午 Morning	参观兵马俑 Visit the Terracotta Warriors
中午 Noon	午餐 Lunch
下午 Afternoon	参观大雁塔、大唐不夜城 Visit the Giant Wild Goose Pagoda and Tang Paradise
晚上 Evening	晚餐 Dinner, 夜游古城墙 Night walk on the Ancient city wall
7月23日 西安-武汉 July 23rd, Xian-Wuhan	
上午 Morning	参观陕西博物馆 Visit the Shaanxi Museum
中午 Noon	午餐 Lunch
下午 Afternoon	乘高铁去武汉，入住华师学校宿舍 Take the High-speed train to Wuhan and Check in at Central China Normal University dormitory
晚上 Evening	晚餐 Dinner
7月24日 武汉 July 24th, Wuhan	
上午 Morning	早餐：学校食堂 Breakfast: canteen 开班仪式，华中师范大学校内游访 Opening ceremony, CCNU campus tour
中午 Noon	午餐：食堂 Lunch: Canteen

下午 Afternoon	中文基础课程（本次活动期间将用到的中文简介）Basic Chinese Course (Introduction to the Chinese vocabularies to be used during the program)
晚上 Evening	欢迎晚宴 Welcome Dinner
7 月 25 日 武汉 July 25th, Wuhan	
上午 Morning	早餐：体验武汉“过早”文化 Breakfast: Experience Wuhan's Breakfast Culture 参观黄鹤楼 Visit the Yellow Crane Tower
中午 Noon	午餐 Lunch
下午 Afternoon	参观晴川阁、大禹文化博物馆 步行观赏鹦鹉洲大桥，参观武汉桥梁博物馆，了解桥梁文化和桥梁发展轨迹。 Visit Qingchuan Pavilion and Dayu Cultural Museum Walk to the Parrot Island Bridge, visit the Wuhan Bridge Museum, and learn about the culture and development of bridges in China.
晚上 Evening	晚餐 Dinner 漫步长江 Stroll along the Yangtze River
7 月 26 日 武汉 July 26th, Wuhan	
上午 Morning	早餐：食堂 Breakfast: canteen 参观双柳长江大桥建筑施工现场 Visit the construction site of Shuangliu Yangtze River Bridge
中午 Noon	午餐 Lunch
下午 Afternoon	参访中国汽车企业 Visit a Chinese automobile enterprise

晚上 Evening	晚餐 Dinner
7月27日 武汉—武当山 July 27th, Wuhan-Wudang Mountain	
上午 Morning	早餐：食堂 Breakfast: canteen 中国传统文化体验课（武术/太极） Class in Chinese traditional culture (Martial Arts / Taiji)
中午 Noon	午餐 Lunch: canteen
下午 Afternoon	武汉—武当山 Travel from Wuhan to Wudang Mountain
晚上 Evening	入住武当山镇宾馆，晚餐 Check-in at the Wudang mountain hotel, dinner
7月28日 武当山全天 宿武当山山上 July 28th, Full day at Wudang Mountain, overnight stay on Wudang Mountain	
上午 Morning	乘景区交通进山，游览太子坡景区 Take the scenic area transportation to the mountain and visit the Taizi Po Scenic Area.
中午 Noon	午餐 Lunch
下午 Afternoon	游览参观紫霄宫景区 visit the Purple Cloud Palace Scenic Area
晚上 Evening	晚餐 dinner
7月29日 武当山—武汉 July 29th, Wudang Mountain-Wuhan	
上午 Morning	登金顶（索道下山） Hike to the Golden Summit (Descend by cable car)
中午 Noon	午餐，返回武汉 lunch, head for Wuhan
晚上 Evening	入住学校宿舍 Check in at the CCNU dormitory
7月30日 武汉 July 30th, Wuhan	

上午 Morning	早餐：学校食堂 Breakfast: canteen 中国传统文化体验课（书法） Class in Chinese traditional culture (Chinese Calligraphy)
中午 Noon	午餐 Lunch: canteen
下午 Afternoon	扬子江传统美食馆参与制作中国美食 Participate in Chinese cuisine making (Yangzi River Traditional Cuisine Restaurant)
晚上 Evening	晚餐 Dinner: canteen
7月31日 武汉 July 31st, Wuhan	
上午 Morning	早餐：学校食堂 Breakfast: School canteen/cafeteria 参观湖北省博物馆 Visit Hubei Provincial Museum
中午 Noon	午餐 Lunch
下午 Afternoon	乘坐光谷空轨 Take Wuhan Guanggu Suspended Monorail 参观华工激光，了解中国先进科技技术 Visit Huagong Laser Company, learn about advanced technology in China
晚上 Evening	晚餐 Dinner
8月1日 武汉 Aug 1st, Wuhan	
上午 Morning	早餐：食堂 Breakfast: canteen 参观叶开泰中医博物馆，制作中药锦囊 Visit Ye Kaitai Chinese Medicine Museum, make a traditional Chinese medicine sachet
中午 Noon	午餐 Lunch: canteen
下午 Afternoon	告别聚会，成果展示 Farewell party, presentation of achievements
晚上 Evening	告别晚餐 Farewell Dinner

8月2日 武汉 Aug 2nd, Wuhan	
整日 All day	武汉-回国 Wuhan-Back to the US

备注：最终行程以到达中国时收到的活动手册为准。

Note: The final itinerary is subject to the Handbook to be delivered at your arrival in China.

主办方：华中师范大学简介

Introduction of Central China Normal University

华中师范大学位于九省通衢的湖北省武汉市，是教育部直属重点综合性师范大学，国家“211工程”重点建设大学，国家教师教育“985优势学科创新平台”建设高校，国家“双一流”建设高校。

学校办学历史悠久。溯源于1903年创办的文华书院大学部（始于1871年创办的文华书院，1924年改名为华中大学）、1912年创办的中华大学、1949年创办的中原大学教育学院。20世纪50年代，中原大学教育学院、华中大学、中华大学等合并，改名为华中高等师范学校。1985年学校正式更名为华中师范大学。

自建校以来，学校一直是培养杰出人才的重要机构和培养高素质高等教育工作者的卓越中心。在保留传统文化精髓的同时，我校也从外来文化中汲取灵感，弘扬进步的文化传统。大学致力于追求真理，创新，培养道德品质，培养学生的创造力。学校坚持“忠、博、德、诚、敢”的办学理念，多年来培养了60多万名优秀人才。

Central China Normal University (CCNU), situated in Wuhan, is a pivotal comprehensive normal university directly overseen by the Ministry of Education of the People's Republic of China. It holds a prestigious position as one of the universities designated under the "211 National Education Priority Project" and the "Double First-Class" Initiative.

The roots of CCNU can be traced back to Boone College (Wenhua Shuyuan), established in 1903, later renamed Huachung University. Over the years, it merged with Zhonghua University and the School of Education of Zhongyuan University. In 1985, it officially adopted the name Central China Normal University, an appellation handwritten by Deng Xiaoping, one of the founders of Zhongyuan University.

Since its inception, CCNU has been widely acknowledged as a vital institution for nurturing exceptional talents for the nation and as a center of excellence for training high-caliber educators in higher education. While preserving the essence of traditional culture, CCNU also draws inspiration from foreign cultures and champions a progressive cultural tradition. The University is committed to the pursuit of truth, innovation, the cultivation of moral character, and the nurturing of creativity within its student body. Driven by the values of loyalty, erudition, virtue, honesty, and determination, CCNU has educated more than 600,000 outstanding individuals over the years.





主要城市景点简介

一、西安

西安，位于中国中部，是陕西省的省会，也是中国历史文化名城之一。作为古都之一，西安拥有丰富的历史遗迹和文化底蕴，吸引着无数游客前来探寻。西安最著名的景点之一是大雁塔。大雁塔建于唐朝，是为了纪念佛教经典传入中国而修建的。它不仅是古代丝绸之路的标志性建筑，也是中国古代建筑的杰作之一。

除了大雁塔，西安还有许多其他著名景点。兵马俑是世界文化遗产，展示了中国古代的壮丽文明。钟鼓楼是古代城市的标志，每天的鼓乐表演吸引着众多游客。古城墙环绕着整个城市，是中国现存规模最大、保存最完整的古代城墙之一。

此外，西安还有许多寺庙、陵墓和历史遗址，如大明宫遗址、华清池、小雁塔等，每一个都有其独特的历史意义和文化价值。

在西安，你可以漫步古城街道，感受古老与现代的交融；品尝地道的陕西美食，如羊肉泡馍、凉皮、肉夹馍等，领略不同于其他地方的美食文化。

总之，西安作为中国历史文化名城，以其丰富多彩的历史和文化底蕴，吸引着无数游客前来探索，留下深刻的印记。

Xi'an, located in central China, is the capital of Shaanxi Province and one of China's historical and cultural cities. As one of the ancient capitals, Xi'an boasts rich historical sites and cultural heritage, attracting numerous visitors to explore. One of Xi'an's most famous attractions is the Big Wild Goose Pagoda. Built during the Tang Dynasty, it was erected to commemorate the introduction of Buddhism to China. Not only is the pagoda a symbol of the ancient Silk Road, but it's also a masterpiece of ancient Chinese architecture.

In addition to the Big Wild Goose Pagoda, Xi'an is home to many other famous attractions. The Terracotta Warriors, a UNESCO World Heritage Site, showcase the magnificent civilization of ancient China. The Bell and Drum Towers are iconic landmarks of the ancient city, attracting numerous visitors with their daily drum performances. The ancient city wall surrounds the entire city, making it one of the largest and best-preserved ancient city walls in China.

Furthermore, Xi'an is dotted with temples, mausoleums, and historical sites such as

the Daming Palace Site, Huaqing Pool, and Small Wild Goose Pagoda, each with its unique historical significance and cultural value.

In Xi'an, you can stroll through the ancient city streets, experiencing the blend of old and new; taste authentic Shaanxi cuisine such as Yangrou Paomo (mutton soup with bread), Liangpi (cold noodles), and Roujiamo (Chinese hamburger), experiencing the unique food culture distinct from other regions.

In summary, Xi'an, as a historical and cultural city of China, with its rich and diverse history and cultural heritage, attracts numerous visitors to explore and leaves a profound impression.



1、兵马俑位于中国陕西省西安市，是世界文化遗产，也是中国历史文化的重要代表之一。兵马俑是秦始皇陵的一部分，由数千个规模宏大的陶俑组成，展现了中国古代的壮丽军事气势。每个兵马俑都栩栩如生，栩栩如生地展现了古代军队的气势和壮观场面，吸引着无数游客前来观赏。

The Terracotta Warriors, located in Xi'an, Shaanxi Province, China, are a UNESCO World Heritage Site and an important representation of Chinese historical and cultural heritage. Part of the Mausoleum of the First Qin Emperor, the Terracotta Warriors consist of thousands of grand-scale terracotta figures, showcasing the magnificent military might of ancient China. Each Terracotta Warrior is lifelike, vividly depicting the ancient army's grandeur and spectacular scenes, attracting countless visitors.





2. 大雁塔位于中国西安，是唐代著名的佛教建筑，也是西安的标志性建筑之一。大雁塔的原始建筑可以追溯到 652 年，由唐太宗李世民时期建造，用于存放从印度取回的佛教经文。大雁塔的建筑风格简洁而庄重，高约 64.5 米，共有七层。塔的底部为正方形，边长约 25 米。塔身由砖石结构建成，内部有螺旋状的楼梯，每层都有拱形门洞，可以远观。大雁塔不仅是佛教文化的圣地，也是西安的重要旅游景点。它与附近的大慈恩寺和南北广场一起，构成了大雁塔风景区。寺院内的建筑多为明代所建，但仅占唐代原面积的七分之一。大慈恩寺在唐代末年的战争中遭到破坏，唯有大雁塔保持完好。此外，大雁塔在夜间尤为美丽，成为了西安的标志性景观之一。

Giant Wild Goose Pagoda, Xi'an's most famous landmark, is located in Da Ci'en Temple. One of China's best examples of a Tang-style pagoda (squarish rather than round), it was completed in AD 652 to house Buddhist sutras brought back from India by the monk Xuan Zang. Initially the pagoda had five floors, and then its floors were added to nine. Later, there were several changes in its floors and height. Finally, it had 7 floors, as we can see nowadays. It is 64.517 meters in height, with the length of side of ground floor being 25.5 meters.

It is the existing earliest and largest pagoda of the Tang Dynasty, with a structure of square pavilion brick tower. It has an architectural form of Buddhist temple introduced to Central China from ancient India as well as blends Huaxia culture. Condensing the wisdom of laboring people of the Han nationality, it has become a landmark building.

The State Council included Giant Wild Goose Pagoda into the list of "The First Key Cultural Relics Site under the State Protection" in 1961. Giant Wild Goose Pagoda, as one site of "The Silk Road: Chang'an-Mount Tianshan Corridors' Road Network" jointly applied by China, Kazakhstan and Kyrgyzstan, was included into the "World Heritage List" in 2014.



3、大唐不夜城是西安著名的夜间旅游景点，位于大雁塔北广场。在这里，游客可以感受到古代唐朝的风情和文化，欣赏到精彩纷呈的文艺表演，品尝到地道的特色美食，体验到古城夜晚的独特魅力。

The Tang Paradise is a famous nighttime tourist attraction in Xi'an, located north of the Big Wild Goose Pagoda Square. Here, visitors can experience the culture and charm of the ancient Tang Dynasty, enjoy splendid cultural performances, taste authentic local cuisine, and experience the unique charm of the ancient city at night.



4、陕西省博物馆位于西安市南郊，是中国规模较大的综合性博物馆之一。博物馆收藏了丰富的历史文物和艺术品，其中包括陕西省的古代遗迹、历史文化、艺术品等，展示了陕西悠久的历史和丰富的文化底蕴。游客在这里可以一窥陕西的历史沿革和文化遗产，感受到中国古代文明的辉煌与灿烂。

The Shanxi History Museum, located in the southern outskirts of Xi'an, is one of China's large comprehensive museums. The museum houses rich historical artifacts and artworks, including ancient relics, historical and cultural artifacts, and artworks from Shaanxi Province, showcasing the province's long history and rich cultural heritage. Visitors can explore Shanxi's historical evolution and cultural heritage here, experiencing the splendor and brilliance of ancient Chinese civilization.





二、武汉

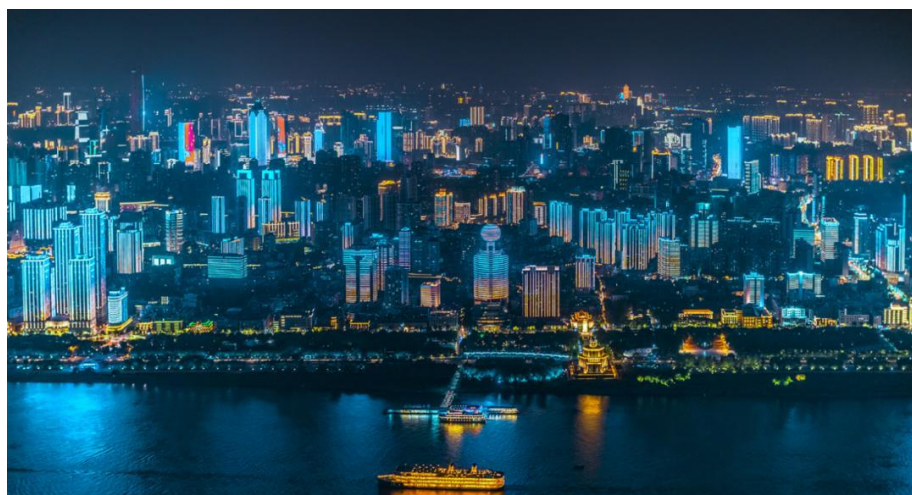
花木兰的故乡武汉是湖北省省会，位于国家主要经济区的几何中心，市域面积 8569 平方公里、实有人口 1521 万人，是建设中的国家中心城市、长江经济带核心城市和具有全国影响力的科技创新中心。

武汉区位优势便利，高铁 4 小时可到达全国 80% 的主要城市。生态禀赋优越，一城秀水半城山，165 条河流奔流不息，166 个湖泊星罗棋布，446 座山峰层峦叠嶂，水域面积占全市四分之一，是全球唯一人口过千万的“国际湿地城市”。科教资源富集，有 92 所高校、130 万在校大学生、149 个国家级创新平台，各类人才总量超过 300 万。产业基础雄厚，有 41 个工业大类中的 36 个，正在突破性发展光电子信息、新能源和智能网联汽车、生命健康、高端装备、北斗等五大优势产业，加快建设存储器、新能源和智能网联汽车、商业航天、网络安全人才与创新等四大国家级产业基地和大健康产业基地。

Wuhan, known as hometown of Mulan, is the capital city of Hubei Province and is located in the geometric center of the main economic zone of China, with a landmass of 8569 square kilometers and a population of 15.21 million. It is a national central

city under construction, a core city along the Yangtze River Economic Belt, and a science and technology innovation center with national influence.

Wuhan enjoys convenient transportation, with high-speed rail connections allowing access to 80% of major cities across the country within four hours. It boasts superior ecological conditions and is a city of beautiful waterscape and poetic mountainscape, with 165 rivers, 166 lakes, 446 hilly peaks. Its vast water area accounting for a quarter of the city and is the world's only "International Wetland City" with a population exceeding 10 million. The city is rich in scientific and educational resources, housing 92 colleges and universities, 1.3 million university students, and 149 national-level innovation platforms, with a total talent pool exceeding three million individuals. The city has a strong industrial foundation, with 36 out of 41 major industrial categories, and is making breakthroughs in the development of five major advantageous industries, such as optoelectronic information, new energy and intelligent connected vehicles, life and health, high-end equipment, and Beidou satellite system. It is accelerating the construction of four major national-level industrial bases, such as memory chips, new energy and intelligent connected vehicles, commercial aerospace, and cybersecurity talents and innovations, as well as a massive health industry base.



1、黄鹤楼位于湖北省武汉市武昌区，地处蛇山之巔，瀕臨萬里長江，為武漢市地標建築；始建於三國吳黃武二年（223年），歷代屢加重修，現存建築以清代“同治樓”為原型設計，重建於1985年；因唐代詩人崔顥登樓所題《黃鶴樓》一詩而名揚四海。自古有“天下絕景”之美譽，是“武漢十大景”之首、“中國古代四大名

楼”之一、“中国十大历史文化名楼”之一，世称"天下江山第一楼"。

Yellow Crane Tower, located in Wuchang District, Wuhan City, Hubei Province, is located at the top of Snake Mountain and near the Yangtze River. It is a landmark building in Wuhan City. It was built in the second year of Wu and Huang Wu of The Three Kingdoms, and the existing buildings were designed with the "Tongzhi Building" of the Qing Dynasty as the prototype and rebuilt in 1985. Because of the Tang Dynasty poet Cui Hao ascended the tower titled "Yellow Crane Tower" poem famous all over the world. Since ancient times, it has the reputation of "the world's best scenery", is the first of the "Ten scenic spots in Wuhan", one of the "Four famous buildings in ancient China", one of the "Ten famous historical and cultural buildings in China", and is known as "the first floor of the world".



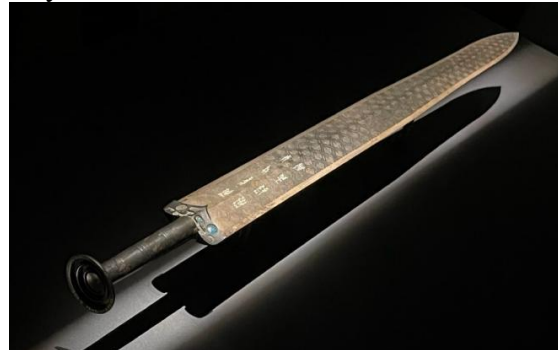
2、湖北省博物馆坐落于武汉东湖之滨，是国家一级博物馆。镇馆之宝有曾侯乙编钟、越王勾践剑、虎座鸟架鼓、曾侯乙尊盘等。曾侯乙编钟 1978 年出土于湖北随州曾侯乙墓，年代为战国早期。全套编钟共 65 件，分三层八组悬挂在呈曲尺形的铜木结构钟架上，其中一件钟为楚惠王赠送给曾侯乙的。钟及架、钩上共有铭文 3755 字，内容为编号、记事、标音及乐律理论。每件钟均能奏出呈三度音阶的双音，整套编钟音域可跨五个半八度，十二个半音齐备，可以旋宫转调。其音列是现今通行的 C 大调，能演奏五声、六声或七声音阶的乐曲。

Hubei Provincial Museum is located in the east Lake of Wuhan, is a national first-class museum. The treasures of the town hall are Zeng Hou Yi chime bells, King of Yue Gou Jian sword, Tiger bird drum, Zeng Hou Yi Buddha plate and so on. The chimes of Zeng Hou Yi were unearthed in 1978 in the tomb of Zeng Hou Yi in Suizhou, Hubei Province, dating from the early Warring States period. The complete set of 65 chime bells, divided into three layers and eight groups hung on the cupola frame, one of which was presented to Zeng Hou Yi by King Hui of Chu. A total of 3,755 words are inscribed on the bell, the frame and the hook, and the contents are numbered, notes, phonetic notation and musical theory. Each bell can play a third scale of double notes, the whole range of chime bells can span five and a half octaves, twelve semitones are complete, can rotate palace modulation. It is in the current C major and can be played in five -, six - or seven-tone scales.



3、越王勾践剑 1965 年出土于湖北江陵望山一号楚墓。剑长 55.6 厘米，宽 5 厘米，剑首向外翻卷呈圆盘形，剑身满饰神秘的黑色菱形花纹，剑格的正面和反面分别用蓝色琉璃和绿松石镶嵌成美丽的纹饰，整个造型显得高贵、典雅。在剑身正面靠近剑格处还写有两行鸟篆铭文，分别是“越王鸠浅 自作用剑”，经专家考证，鸠浅就是勾践，八字铭文表明这把剑的身份和地位。这把剑在出土时插在漆木剑鞘里，出鞘时仍然寒光闪闪，耀人眼目，其剑刃薄而锋利，经测试它能够一次轻松地划开 20 张白纸。越王勾践剑因制作精美，历经 2500 余年仍纹饰清晰，毫无锈蚀，被誉为“天下第一剑”。

The sword of Gou Jian, King of Yue, was unearthed in the No.1 Chu Tomb of Wangshan in Jiangling, Hubei Province in 1965. The sword is 55.6 cm long and 5 cm wide. The head of the sword is rolled outward in a disk shape. The body of the sword is decorated with a mysterious black diamond pattern. The front and back of the sword lattice are inset with blue glass and turquoise respectively. There are also two lines of bird seal inscriptions on the front of the sword near the sword grid, which are "Yue King Jiu shallow self-acting sword", according to expert research, Jiu shallow is Gou Jian, the eight-character inscription indicates the identity and status of the sword. The sword was unearthed in a lacquered wood scabbard, still shining cold and dazzling when it came out. Its blade was thin and sharp, and it was tested that it could easily cut through 20 pieces of white paper at a time. Gujian sword of King Yue is known as "the first sword in the world" because of its exquisite production, clear decoration and no rust after more than 2,500 years.



三、武当山是著名的道教寺庙和与玄武神有关的寺院的所在地，又称太和山、神山、仙石山，古代有“太岳”、“玄岳”、“大岳”之称。它是电影《功夫熊猫》系列的取材地。位于湖北省西北部十堰市丹江口市。在明代，武当山被皇帝尊称为“大山”和“玄岳”，并被尊为“皇室庙”。武当山是道教发源地，武当武术的发祥地，被誉为“仙景，天下第一仙山”。武当武术是中国武术的一个重要流派。据传说，太极拳是由住在武当山的道家隐士张三丰创造的。2007 年，武当山与长城、丽

江、周庄等景区一起入选“欧洲人最喜爱的中国十大景点”。

Wudang Mountain, a home to a famous complex of Taoist temples and monasteries associated with the god Xuan Wu, also known as Mount Taihe, Divine Mountain, and Fairy Stone Mountain, was revered in ancient times as "Tai Yue," "Xuan Yue," and "Da Yue." The DreamWorks Studios cartoon films Kung Fu Panda use Wudang Mountain as raw material for the series movies. It is located in Danjiangkou City, northwest of Hubei Province. In the Ming Dynasty, Wudang Mountain was honored by emperors as the "Great Mountain" and "Xuan Yue," and revered as the "Imperial Temple." Wudang Mountain is known as the origin of Taoist and the birthplace of Wudang martial arts, renowned as the "first immortal mountain under heaven." Wudang martial arts constitute an important school of Chinese martial arts, founded by the Daoist priest Zhang Sanfeng in the late Yuan and early Ming dynasties. In 2007, Wudang Mountain was selected as one of the "Top Ten Favorite Tourist Attractions in China" by Europeans.



