

宁波金华嘉兴杭州上海日程9天

Ningbo&Jinhua&Jiaxing&Hangzhou &Shanghai Schedule (9days)

时间安排 Time arrangement		活动内容、地点 Activities & Location
6.9-6.10 US-Shanghai -Ningbo	全天 Whole day	<u>美国-上海USA-Shanghai</u> 上海浦东机场接机、入住机场附近酒店 Shanghai PuDong Airport pick-up & Check-in Hotel
6.11 Ningbo (周三)	8:30-12:00	<u>宁波 Ningbo City</u> 上海出发前往宁波 Go to Ningbo
	12:30	午餐Lunch
	13:30-14:30	午餐后入住 Check in
	14:30-15:30	在浙江药科职业大学举行欢迎仪式 Welcome Ceremony at Zhejiang Pharmaceutical University .Visiting the campus and carrying out exchange and interactive activities.
	15:30-17:00	中医药课程：中草药香囊制作 Learn about common Chinese medicinal herbs and culture Participate in Chinese herbal medicine sachets making.
	17:30	晚餐Dinner
6.12 Ningbo (周四)	8:00	早餐Breakfast
	9:00-12:00	中医药课程：中药非遗文化展示-中药扎染 Participate in traditional Chinese dyeing techniques using natural herbal pigments. 中医药课程：中药传统技能展示-大蜜丸制作 Demonstration of traditional medicine-making techniques: preparation of hawthorn honey pills.
	12:00-13:30	午餐及休息Lunch break
	14:00-17:00	参访宁波博物馆 Visit Ningbo Museum
	17:30	晚餐Dinner
6.13 Ningbo (周五)	8:00	早餐Breakfast
	9:00-12:00	体验针灸、推拿 Acupuncture, tuina massage 学习八段锦Practicing Baduanjin 药膳体验Herbal cuisine

	12:00-13:30	午餐及休息Lunch break
	13:30-17:00	慈溪鹤鸣古镇 Heming Ancient Town , Cixi
	17:30	晚餐Dinner
	18:30-20:30	夜游南塘老街 Night Tour of the Nantang old street
6.14 Ningbo (周六)	8:00	早餐Breakfast
	9:00-12:00	游览弥勒圣坛、雪窦寺 Visit the Maitreya Holy Altar, Xoudou Temple
	12:00-13:30	午餐及休息Lunch break
	13:30-17:00	书法体验 Chinese Calligraphy 漆扇制作体验 Lacquer Fan Making Experience 了解舌尖上的中国，动手包水饺 Chinese dietary culture, make dumplings
	18:00	晚餐Dinner
6.15 Jinhua Yiwu (周日)	8:00	<u>前往义乌 Yiwu City</u> 早餐Breakfast
	9:00-11:30	前往义乌小商品市场 车程2.5 小时 2.5-hour drive to Yiwu Small Commodity Market
	11:30-13:00	午餐及休息 Lunch break (Hotel)
	13:00-16:00	实地考察义乌国际商贸城，深刻体验中国商贸文化的核心价值。 Visit Yiwu International Trade City and deeply experience the core values of Chinese trade culture.
	16:00-18:30	返回宁波 /晚餐 Back to Ningbo / Dinner
6.16 Jiaxing (周一)	8:00-12:00	<u>嘉兴Ningbo-Jiaxing City</u> 早餐Breakfast 闭营仪式Closing Ceremony 礼送来访师生赴嘉兴 Sending the visiting teachers and students to Jiaxing.

	12:00-13:00	午餐及休息Lunch break
	14:00-17:30	参观月河历史街区，浙江嘉兴粽子文化博物馆，感叹嘉兴独特的历史韵味与文化魅力。 Visit Yuehe Historical District and Zhejiang Jiaxing Zongzi Cultural Museum, and marvel at Jiaxing's unique historical charm and cultural appeal.
	18:00	晚餐后前往杭州After dinner, head to Hangzhou
6.17 Hangzhou (周二)	8:00	<u>杭州Hangzhou City</u> 早餐Breakfast
	9:00-12:00	参观浙江省博物馆之江新馆，鉴赏浙博十大镇馆之宝。 Visit the new Zhijiang building of Zhejiang Provincial Museum and appreciate the museum's ten most treasured treasures.
	12:00	午餐及休息Lunch break
	14:00-17:30	泛舟西湖，观赏秀丽的湖光山色和众多名胜古迹，感受如诗如画的江南古典风光。Sightseeing boat cruise on the West Lake, the most important attraction in Hangzhou.
	17:30	晚餐Dinner
6.18 Shanghai (周三)	9:00-12:00	<u>上海Shanghai</u> 早餐后车送上海 After breakfast, head to Shanghai
	12:00	午餐及休息Lunch break
	14:00-17:30	游城隍庙、南京路，上海外滩，体验丰富的海派文化和地道美食，参观古老的庙宇建筑，并品尝各种上海小吃。 Visit Chenghuang Temple, Nanjing Road, and the Bund in Shanghai, experience the rich Shanghai culture and authentic cuisine, visit ancient temple buildings, and taste a variety of Shanghai snacks.
	18:00	晚餐Dinner
6.19 (周四)	Whole day	<u>上海Shanghai-美国USA</u> 根据航班时刻前往浦东机场，乘机返程 Heading to Pudong Airport and return to US

*以上日程仅供参考，届时根据实际情况调整

The above itinerary is for reference only and is subject to adjustments based on actual circumstances.