

2024 年外国留学生上海暑期学校项目（3S）——
中国武术（线上网课）
Shanghai Summer School (3S)
2024 Chinese Wushu Program (Online)



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一、项目简介 Program Summary

上海市暑期学校武术项目（3S）由上海市教委主办，上海体育大学武术学院承办，2012年至今已经成功举办十一届。该项目得到了上海武术院和国际武术联合会的大力支持。“上海暑期学校—武术项目”以推广我国武术技术、太极养生文化及民族传统体育为媒介，向国外尤其是“一带一路”国家介绍中国传统文化，吸引海外武术、中国传统文化爱好者来华学习，体会武术背后所蕴含的文化魅力，加深对中国文化的了解和认可，增进中外学生相互的了解和友谊。

The Shanghai Summer School Wushu Program (3S) is sponsored by the Shanghai Municipal Education Commission and organized by the School of Chinese Wushu of the Shanghai University of Sport. It has successfully organized eleven sessions since 2012. The "Shanghai Summer School - Wushu Program" uses Chinese Wushu, Tai Chi health culture, and national traditional sports to promote traditional Chinese culture, especially in countries participating in the "Belt and Road" initiative. It attracts enthusiasts of Chinese Wushu and traditional Chinese culture from overseas and allows students to learn Chinese Wushu while experiencing its cultural beauty. It deepens foreigners' understanding and recognition of Chinese culture and promotes the understanding and friendship between Chinese and international students.

项目自实施以来吸引了大量海外中国武术爱好者，受到历届学员们的肯定，满足了他们亲近中国文化的渴望。很多学员留下了喜爱中国武术，感慨于上海这座现代城市的发展，渴望有机会能来上海留学的感言。有不少同学参加了“上海暑期学校—武术项目”的学员最后选择来到上海体育学院留学深造。项目的举办为中国体育文化的交流搭建了平台，为海外的中国文化爱好者提供了解中国、走近上海、体验中国文化的绝佳机会。

The project has attracted many overseas Chinese Wushu enthusiasts and has been affirmed by students from all sessions since implemented, satisfying their desire to get close to Chinese culture. Many students have developed a love for Chinese Wushu and marveled at the development of this modern city of Shanghai, expressing their desire to have the opportunity to come to Shanghai for further study. Many students who participated in the "Shanghai Summer School - Wushu Program" ultimately chose to come to the University of Shanghai Sport for further studies. The project has provided a platform for exchanging Chinese sports culture and offered an excellent opportunity for overseas Chinese culture enthusiasts to learn about China, get closer to Shanghai, and experience Chinese culture.

二、学校简介 Introduction

上海体育大学创建于1952年，是新中国成立最早的体育高等学府。学校原为国家体委直属高校，2001年起，由国家体育总局和上海市人民政府共建。2017年以来，入选国家“双一流”和上海市高水平地方高校建设序列。学校坚持社会主义办学方向，着力落实立德树人根本任务，建构“五育并举”育人格局。坚持探索人才培养、学术创新、社会服务、文化传承、对外开放发展的体育特色创新发展路径，扎根中国大地建设世界一流体育大学。坚持特色性应用研究型办学定位，秉持“身心一统，兼蓄竞攀”校训，承载“发展体育运动、增强人民体质、弘扬体育文化”的光荣使命，践行“为了师生终身发展”的根本理念和“身心一统、德技相长、文理兼修、服务社会”的办学思想。

Shanghai University of Sport was founded in 1952 and is the earliest higher education institution for sports established in New China. The school was originally a university directly under the National Sports Commission. Since 2001, it has been jointly constructed by the General

Administration of Sport of China and the Shanghai Municipal People's Government. Since 2017, it has been selected as a "Double First-Class" and high-level local university construction project in Shanghai. The school adheres to the socialist direction of running schools, focuses on implementing the fundamental task of moral education and talent cultivation, and constructs a "five-in-one" education pattern. It adheres to exploring the innovative development path of sports characteristics in talent cultivation, academic innovation, social service, cultural heritage, and open development. It is committed to building a world-class sports university rooted in China. It adheres to a distinctive application-oriented research-oriented school positioning, upholds the motto of "unity of body and mind, striving for excellence in both competition and cooperation", carries the glorious mission of "developing sports, enhancing the physical fitness of the people, and promoting sports culture", and practices the fundamental concept of "lifetime development for teachers and students" and the educational philosophy of "unity of body and mind, moral and skill enhancement, cultivation of both arts and sciences, and service to society."

三、活动简介 Program Information

本次活动包含开幕式、闭幕式、14节训练课程（包括武术基本功、基本技术、套路训练，以及学习咏春等地方特色拳种），2次外出文化体验，2次中国传统文化历史讲座，还包括汉语、书法、剪纸等课程，体会中国传统文化的魅力。

Our program includes an opening ceremony, a closing ceremony, and 14 Wushu training sessions (including basics, basic skill and Routine training, learning such as Wing Chun, and other traditional styles), 2 cultural excursions, 2 lectures about the Chinese traditional culture and history, as well as courses of Chinese (Han Yu), calligraphy, and paper cutting, participants will experience the charm of Chinese traditional culture.

报名时间

2024 年 4 月 1 日——5 月 20 日（东八区北京时间）

Registration date

April 1—May 20, 2024 (Beijing time, UTC/GMT+08:00)

活动时间

2024 年 6 月 29 日——7 月 27 日（东八区北京时间）

Program date

June 29—July 27, 2024 (Beijing time, UTC/GMT+08:00)

招生对象

1. 线下：16-30 岁，线上：14—55 周岁，身心健康，非中国国籍
1. 喜欢中国武术、中国文化，希望了解中国和中国武术、中国体育文化
2. 能使用中文或英文交流

Participants

1. On-site: 16-30 years old, Online: 14 to 55 years old, physical and mental health, non-Chinese nationality
2. Interested in Chinese Wushu, Chinese culture and aspires to understand China, Chinese Wushu and Chinese sports culture
3. Be able to communicate in Chinese or English

项目费用

线下费用：分为全额奖学金、半额奖学金以及自费。符合条件并完成注册的前 20 位，我院提供全额奖学金，符合条件并完成注册，20 位以后的提供半

额奖学金，曾经参加过该项目，希望继续参加本项目的自费。

线上费用：本次线上学习免学费。

全额奖学金只包含在沪学习期间的学费、食宿费用，不包含国际旅费；半额奖学金只包含在沪学习期间的学费，不包含食宿费用和国际旅费；自费不包含上述所有。

Program cost

On-site expense: Full scholarship, half scholarship and non-scholarship. Meet the enrollment criteria, and complete the registration of the first 20 candidates, we provide the full scholarship; Meet the enrollment criteria, and complete the registration after the first 20 candidates, we offer the half scholarship; for those who have participated in this program, they need to pay the board and lodging expense.

Online course: free of charge.

The full scholarship includes the tuition, board, and lodging expenses, excluding international travel expenses; the half scholarship includes the tuition, not including board and lodging; the non-scholarship excludes all of the above.

报名流程：

1. 在线申请：<http://admission.sus.edu.cn/>， 使用邮箱注册账户。
 2. 成功注册账户后,进入申请页面,点击 online application→Shanghai Government Scholarship→General Visiting Student→Shanghai Summer School (3S) Wushu Program, 填写申请表.
 3. 在线申请时,须上传:
 - ✧ 护照复印件首页;
 - ✧ 个人证件照
 - ✧ 务必写清联系方式,尤其是个人邮箱和微信号(如果你有微信账号,可直接添加老师微信 para-dolphin07)
- ★如注册遇到困难,可写邮件至 wushushortterm@126.com

Application process:

4. Online application: <http://admission.sus.edu.cn/>, register via email account.
 5. After successfully registering, go to the application page and click online application→Shanghai Government Scholarship→General Visiting Student→Shanghai Summer School (3S) Wushu Program, and fill in the application form.
 6. When applying online, you must upload:
 - ✧ The bio-data page of the passport copy
 - ✧ Personal ID photo
 - ✧ Be sure to write down your contact information, especially personal email address and WeChat account (If you have a WeChat account, you can directly add the teacher's WeChat ID para-dolphin07).
- ★ Please email to wushushortterm@126.com for any assistance.

录取通知

1. 申请人将于 5 月 25 日之前收到录取结果，录取结果会发送至申请人提供的邮箱地址。如果没收到通知，可写信查询 wushushortterm@126.com
2. 参加线上项目的学员将被邀请加入暑期学校的在线课堂班级，请学员提前准备一个当地的手机号用于注册账户

Admission letter

1. Applicant will receive the admission result by May 25th, and the admission result will be sent to the email address you provided previously. If you do not receive a notice, please do not hesitate to write a request letter to wushushortterm@126.com.
2. Online course applicants will be invited to join the summer school online class. You are kindly asked to prepare a local mobile phone number in advance to register for an account.

双方义务

1. 申请人须承诺所提交的申请信息和资料属实，确保自身健康状况可参与该项目。凡弄虚作假者，自行承担后果。
2. 该项目执行期间，上体只承担授课义务，学员在项目期间的线下活动与上体无关。
3. 参与该项目的学员，视为同意该项目的权责约定，且愿意在项目期间遵守相关中国法律和上海体育学院留学生相关管理规定。

Obligations of both parties

1. The applicant must guarantee that the application information and materials submitted are true and ensure that his or her health condition is applicable to the Program. Whoever practices fraud will bear the consequences.
2. During the implementation, Shanghai University of Sport only undertakes the obligation of teaching, and the offline activities of the students shall be irrelevant to Shanghai University of Sport.
3. Students who participate in the Program are deemed to have agreed to the rights and responsibilities of the Program and are willing to comply with the relevant Chinese laws and the relevant regulations on the management of overseas students of Shanghai University of Sport.

四、毕业证书

毕业证书

Graduation Certificate

- All participants should actively engage in activities arranged by SUS, an absence rate of one third will lead to a failure in completing this program and participants will not be issued graduation certificates.
- Those full scholarship participants who complete this program would be awarded a graduation certificate issued by the Shanghai Municipal Education Commission, those who receives the half scholarship or none scholarship will be given a graduation certificate issued by School of Wushu, SUS.

五、住宿安排

住 宿 安 排

Accommodation Arrangement

(一) 全额奖学金 (包含住宿、饮食、训练费用, 仅限报名前 20 人)

Full scholarship (including accommodation, food, and course fees, only for the first 20 applicants)

地址: 上海市杨浦区清源环路 531 号

Address: No.531, Qing Yuanhuan Road, Yangpu District, Shanghai

房间配置:

两张床、一个空调、独立卫生间、洗衣机、烘干机、网络

Room Items:

2 beds

air condition

Private Bathroom

(二) 非全额奖学金 (仅包含训练费用, 食宿自理)

Half-scholarship (only including training expenses, accommodation and food are self-financed)

以下住宿信息及收费标准仅供参考:

The following accommodation information and fee schedule are for reference only

地址：上海市杨浦区清源环路 531 号

Address: No.531, Qing Yuanhuan Road, Yangpu District, Shanghai

2 人间	每晚 450 元人民币, 餐费 50 元/人
Standard room	450 RMB per night, with a meal cost of 50 RMB per person

六、注意事项

注 意 事 项

Attention

1.保持集体行动，如需单独外出应先向老师请假。

Do remember to hang out together, you should ask for leave from the teacher if you want to go out alone.

2.注意饮食卫生，不喝自然水，不吃路边摊食物。

You may pay attention to diet health, do not drink tap water, do not eat roadside food.

3.保管好自己的钱包和护照，随身少带现金，手机勿放外衣口袋。

Please take care of your wallet and passport, avoid carrying too much cash, and do not put your cell-phone in your coat pocket. Do remember to put the bag in front of you, don't forget to zip up your bag.

4.使用电器要注意安全，离开房间应切断所有电源，以免发生火灾。

Please pay attention to safety of using electrical appliances, cut off all the power when you leave.

5.每天活动结束后返回宿舍后，原则上应在房间休息，不再外出。

For safety consideration, you are advised to stay in dormitory after the daily program and avoid going out in late evenings.

七、地图



No.531, Qingyuanhuan Road

No.200, Hengren Road

24%到达