

SINOSUMMER TRIP ITINERARY

Travel Dates **May 29th – June 27th**
Destination(s) **Nanjing University of Chinese Medicine, Nanjing, China**
Jinhua University, Jinhua, China

May 29-30

Thursday - Friday

Travel Day from MSP → Shanghai → Nanjing

May 31

Saturday – Day 3

Time	Activity
7:30-8:30	Breakfast (Canteen)
8:30-9:30	Orientation (Campus Tour, Opening Ceremony)
10:30-11:30	
Noon Break	Lunch (Canteen)
2:00-3:00	Tour of Herb Garden and Visit Provincial TCM Museum - A Brief History of Chinese Medicine
3:00-4:00	
5:00-6:00	Dinner with Chinese Student Peer Mentors
Evening	BSU Group Activity



June 1

Sunday – Day 4

Time	Activity
7:30-8:30	
8:30-9:30	Breakfast
9:30-11:30	Navigating Nanjing public transit / Tour in Xuanwu Lake Park
Noon Break	Lunch out
2:00-3:00	Return to Campus / Free afternoon
3:00-4:00	
5:00-6:00	Dinner
Evening	Group activity



June 2

Monday – Day 5

Time	Activity
7:30-8:30	Breakfast / Qigong
8:30-9:30	
9:30-11:30	Basic Theory of Chinese Medicine Yin & Yang, Que, Xue, Jin, Ye
Noon Break	Lunch
2:00-3:00	Campus activities
3:00-4:00	
5:00-6:00	Group dinner out
Evening	Free evening



June 3

Tuesday - Day 6

Time	Activity
7:30-8:30	Breakfast / Qigong
8:30-9:30	
9:30-11:30	Introduction to Qigong
Noon Break	Lunch
2:00-3:00	Hospital tour
3:00-4:00	
5:00-6:00	Group dinner out
Evening	Free evening



June 4

Wednesday - Day 7

Time	Activity
7:30-8:30	Breakfast / Qigong
8:30-9:30	
9:30-11:30	Basic Theory of Chinese Medicine_Zang Xiang
Noon Break	Lunch
2:00-3:00	Experience Chinese Culture-Calligraphy and painting
3:00-4:00	
5:00-6:00	Dinner
Evening	Group activity



June 5

Thursday – Day 8

Time	Activity
7:30-8:30	Breakfast / Qigong
8:30-9:30	
9:30-11:30	Basic Theory of Chinese Medicine_Etiology and Pathogenesis
Noon Break	Lunch
2:00-3:00	Porcelain Tower
3:00-4:00	
5:00-6:00	Group dinner and explore Lao Meng Dong Market
Evening	Free evening



Porcelain Tower

15th century pagoda (Great Bao-en Temple) mostly destroyed in early 19th century Taiping Rebellion – rebuilt in 2010.

June 6

Friday - Day 9

Time	Activity
7:30-8:30	Breakfast / Qigong
8:30-9:30	
9:30-11:30	Diagnostic Methods of TCM
Noon Break	Lunch
2:00-3:00	Experience Chinese Culture – Gong Fu tea ceremony demonstration
3:00-4:00	
5:00-6:00	Dinner
Evening	Group Activity



June 7

Saturday – Day 10

Time	Activity
7:30-8:30	Breakfast
8:30-9:30	
9:30-11:30	Qixia scenic area and Buddhist temple
Noon Break	Group Lunch
2:00-3:00	Tour of Nanjing
3:00-4:00	
5:00-6:00	Dinner
Evening	KTV – Karaoke



Qixia Mountain and Scenic area

“One of the Brightest, Cleanest and Most Beautiful Mountains of Jinling”-Emperor Qianlong. Site of famous Buddhist monastery and village. Scenic hiking and overlook of Yangtse River.

June 8

Sunday – Day 11

Time	Activity
7:30-8:30	Breakfast
8:30-9:30	
9:30-11:30	Leave for Yixing / Lake Tai
Noon Break	
2:00-3:00	
3:00-4:00	
5:00-6:00	Return to Nanjing
Evening	



Yixing / Lake Tai

The historical city is known for its traditional Yixing clay ware tea pots on the banks of one of the largest freshwater lakes in China.

June 9

Monday – Day 12

Time	Activity
7:30-8:30	Breakfast / Qigong
8:30-9:30	
9:30-11:30	Introduction to Chinese Classic
Noon Break	
	Lunch
2:00-3:00	Herb harvesting
3:00-4:00	Campus activities
5:00-6:00	Dinner
Evening	Free evening



June 10

Tuesday – Day 13

Time	Activity
7:30-8:30	Breakfast / Qigong
8:30-9:30	
9:30-11:30	Introduction to Meridians
Noon Break	Lunch
2:00-3:00	Chinese Pharmacy tour
3:00-4:00	
5:00-6:00	Dinner
Evening	Group Activity



June 11

Wednesday – Day 14

Time	Activity
7:30-8:30	Breakfast / Qigong
8:30-9:30	
9:30-11:30	Tui na massage
Noon Break	Lunch
2:00-3:00	Practice of Tui Na massage
3:00-4:00	
5:00-6:00	Group dinner out
Evening	Free evening

June 12

Thursday – Day 15

Time	Activity
7:30-8:30	Breakfast / Qigong
8:30-9:30	
9:30-11:30	Moxibustion therapy
Noon Break	Lunch
2:00-3:00	Nanjing Massacre Memorial
3:00-4:00	
5:00-6:00	Group dinner out
Evening	Group activity



Nanjing Massacre Memorial

World famous museum dedicated to WWII massacre of Nanjing citizens by Japanese Imperial army. Renowned for its architecture, sculpture, and historical exhibits creating a deeply reflective atmosphere.

June 13

Friday – Day 16

Time	Activity
7:30-8:30	Breakfast / Qigong
8:30-9:30	
9:30-11:30	Cupping Therapy
Noon Break	Lunch
2:00-3:00	Practice of Moxibustion and Cupping
3:00-4:00	
5:00-6:00	Dinner
Evening	Free evening / Campus activities



June 14

Saturday – Day 17

Time	Activity
7:30-8:30	Breakfast
8:30-9:30	
9:30-11:30	Nanjing Museum
Noon Break	Group Lunch
2:00-3:00	Free afternoon in the city
3:00-4:00	
5:00-6:00	Dinner on campus
Evening	Free evening



June 15

Sunday – Day 18

Time	Activity
7:30-8:30	Breakfast
8:30-9:30	
9:30-11:30	Tour of Purple Mountain
Noon Break	Group Lunch
2:00-3:00	Dr. Sun Yat-sen's Mausoleum
3:00-4:00	
5:00-6:00	Group dinner out
Evening	Free Evening



Purple Mountain

Site of over 200 historical and heritage sites including the Dr. Sun Yat-Sen mausoleum and the Mei Ling Palace. One of the most iconic points of interest in China.

June 16

Monday – Day 19

Time	Activity
7:30-8:30	Breakfast / Qigong
8:30-9:30	
9:30-11:30	Introduction to Materia Medica
Noon Break	Lunch
2:00-3:00	Making herbal bags and herb taxidermy
3:00-4:00	
5:00-6:00	Dinner
Evening	Group Activity



June 17

Tuesday – Day 20

Time	Activity
7:30-8:30	Breakfast / Qigong
8:30-9:30	
9:30-11:30	TCM Case Studies (Lumbar and knee pain)
Noon Break	Lunch
2:00-3:00	Practice of Chinese Medicine
3:00-4:00	Dietary therapy
5:00-6:00	Dinner
Evening	Group Activity



June 18

Wednesday – Day 21

Time	Activity
7:30-8:30	Breakfast / Qigong
8:30-9:30	
9:30-11:30	TCM Case Studies (Weight control and Depression)
Noon Break	Lunch
2:00-3:00	Group dinner and evening at Qinghuai Scenic Area
3:00-4:00	
5:00-6:00	
Evening	Free evening



Qinghuai Scenic Area

Voted one of the best tourist attractions in Nanjing. Includes river tour, vibrant marketplace, and light shows at night. Includes famous Confucious temple renowned for its architectural brilliance.

June 19

Thursday – Day 22

Time	Activity
7:30-8:30	Breakfast / Qigong
8:30-9:30	
9:30-11:30	Overflow day
Noon Break	Lunch
2:00-3:00	Overflow day
3:00-4:00	
5:00-6:00	Farewell Party
Evening	



June 20

Friday – Day 23

Time	Activity
7:30-8:30	Breakfast
8:30-9:30	
9:30-11:30	Leave for Hangzhou
Noon Break	Lunch in Hangzhou
2:00-3:00	Tour in Hangzhou
3:00-4:00	
5:00-6:00	Travel to Jinhua
Evening	Dinner in Jinhua



June 21

Saturday – Day 24

Time	Activity
7:30-8:30	Breakfast
8:30-9:30	
9:30-11:30	Campus Activities/Tour
Noon Break	Lunch
2:00-3:00	Tour of Jinhua; Guzi City
3:00-4:00	
5:00-6:00	Group dinner out
Evening	Free evening



June 22

Sunday – Day 25

Time	Activity
7:30-8:30	Breakfast
8:30-9:30	
9:30-11:30	Yiwu International Business and Trade City
Noon Break	
2:00-3:00	
3:00-4:00	
5:00-6:00	Group dinner out
Evening	Free evening



Yiwu International Business and Trade City

Yiwu Market, is the primary wholesale market complex.. According to the World Bank, it is the world's largest small commodities market. In 2022, the market sold around US\$70 billion of goods.

June 23

Monday - Day 26

Time	Activity
7:30-8:30	Breakfast
8:30-9:30	
9:30-11:30	Campus Activities
Noon Break	Lunch
2:00-3:00	Wuzhou Kiln Experience
3:00-4:00	
5:00-6:00	Group dinner out
Evening	Free evening



June 24

Tuesday – Day 27

Time	Activity
7:30-8:30	Breakfast
8:30-9:30	
9:30-11:30	Niu Tou Shan Mountain
Noon Break	Lunch
2:00-3:00	
3:00-4:00	
5:00-6:00	Group dinner out
Evening	Free evening



June 25

Wednesday – Day 28

Time	Activity
7:30-8:30	Breakfast
8:30-9:30	
9:30-11:30	Double Dragon Cave
Noon Break	
2:00-3:00	Wuzhou Opera Appreciation
3:00-4:00	
5:00-6:00	Group dinner out
Evening	



Double Dragon Cave

Named after two giant stalactites that resemble dragons heads, this cave has two giant chambers, but the entrance is small enough that you need to lie down in a boat to get in.

June 26 - 27

Thursday – Friday

Time	Activity
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	Breakfast
	Leave for Shanghai

	En route back to MSP
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Shanghai



Photographer: Ruiyang Xu
Camera model: Sony A7M4, lens 70-200mm f/2.8 GM OSS



Photographer: Ruiyang Xu
Camera model: Sony A7M4, lens 24-70mm f/2.8 GM