

**2026年“亲情中华·中国寻根之旅”夏令营福建鲤城营日程表**  
**2026 “Affectionate China: China Root-Seeking Journey” Summer**  
**Camp — Fujian Licheng Camp Schedule**

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D1: 7月15日 | 厦门, 泉州

晚上: 接机, 营员报到, 入住金星酒店

D1: 7/15 | Xiamen, Quanzhou

Evening: Airport pickup, camper check-in, and hotel at the Golden Star Hotel

D2: 7月16日 | 泉州六中

全天: 开营仪式; 与泉州六中学生互动交流, 学习中国书法和泉州非遗文化“剪纸”

D2: 7/16 | Quanzhou No.6 Middle School

All Day: Opening Ceremony; Interaction and exchange with students from Quanzhou No.6 Middle School, featuring the study of Chinese Calligraphy and “Paper Cutting” — a form of Quanzhou’s Intangible Cultural Heritage

D3: 7月17日 | 泉州德化

全天: 探秘“世界陶瓷之都”, 体验非遗“瓷”文化

D3: 7/17 | Dehua, Quanzhou

All Day: Explore the “World Capital of Ceramics” and Experience Its Intangible Cultural Heritage of “Porcelain”

D4: 7月18日 | 泉州市高甲戏传承中心

全天: 学习高甲戏表演, 体验非遗“高甲戏”艺术

晚上: 观看一部中国电影

D4: 7/18 | Quanzhou Gaojia Opera Inheritance Center

All Day: Learn Gaojia Opera Performance: Experience the Intangible Cultural Heritage of Gaojia Opera

Night Time: Watch a Chinese Movie

D5: 7月19日 | 泉州市区

全天: 徒步泉州古城

上午: 认识世遗点“开元寺, 天后宫, 德济门遗址”, 认识非遗文化“糖画”, 品尝闽南美食“四果汤”

下午: 认识世遗点“府文庙, 清净寺, 南外宗正司”, 认识非遗文化“拍胸舞, 火鼎公婆民俗表演”; 观赏福建师大泉州附中学生“提线木偶”表演, 并一起学唱中文歌

D5: 7/19 | Quanzhou City District

All Day: Hiking Through Quanzhou Ancient City

Morning: Discover World Heritage Sites — Kaiyuan Temple, Tianhou Palace, and the Dejiemen Gate Site; explore Intangible Cultural Heritage — “Sugar Painting”; and savor a taste of Southern Fujian Cuisine — “Four-Fruit Soup”

Afternoon: Explore World Heritage Sites — The Confucius Temple, the Qingjing Mosque, and the Southern Office of the Imperial Clan Court — and discover Intangible Cultural Heritage traditions, such as the “Chest-Beating Dance” and the “Fire-Spitting Couple” folk performance, enjoy a “String Puppetry” performance by students from the Quanzhou Affiliated Middle School of Fujian Normal University, and join in singing Chinese songs together

D6: 7月20日 | 泉州安溪

全天: 学习安溪制茶技艺, 体验非遗“茶”文化

D6: 7/20 | Anxi, Quanzhou

All Day: Learn Anxi Tea-Making Techniques and Experience the Intangible Cultural Heritages of Tea

D7: 7月21日 | 泉州市区

上午: 参观泉州海外交通史博物馆; 参观泉州少林寺, 体验中国武术

下午: 参观泉州市非物质文化遗产馆, 泉州华侨历史博物馆

晚上: 夜游泉州中山路

D7: 7/21 | Quanzhou City District

Morning: Visit the Quanzhou Maritime Museum; visit the Quanzhou Shaolin Temple, and experience Chinese martial arts

Afternoon: Visit the Quanzhou Intangible Cultural Heritage Museum and the Quanzhou Museum of Overseas Chinese History

Evening: Night tour along Zhongshan Road in Quanzhou

D8: 7月22日 | 泉州永春

上午: 学习永春制香技艺, 体验非遗“香”文化

下午: 探秘“界食醋酿造工艺的活化石” — 永春老醋

D8: 7/22 | Yongchun, Quanzhou

Morning: Learn the Art of Yongchun Incense Making: Experience the Intangible Cultural Heritage of “Incense”

Afternoon: Unveiling the Secrets of Yongchun Old Vinegar — The “Living Fossil of Traditional Vinegar Brewing”

D9: 7月23日 | 泉州市区

上午: 参观清源山和世遗点“老君岩造像”

下午: 体验“蟳埔女簪花习俗”; 结营汇报演出及闭营仪式

晚上: 撰写营期心得; 整理行装

D9: 7/23 | Quanzhou City District

Morning: Visit Qingyuan Mountain and the World Heritage Site, the “Statue of Laozi”

Afternoon: Experience the “Flower-Adorning Custom of the Xunpu Women”; Camp-End Showcase Performance and Closing Ceremony

Evening: Write reflections on the camp experience; pack up belongings

D10: 7月24日 | 泉州, 厦门

全天: 返程, 送机

D10: 7/24 | Quanzhou, Xiamen

All Day: Return Trip / Airport Drop-off