

American Youth Chinese Medicinal Source-Tracing

Cultural Study Program

美国青年中国药香寻根文化研学项目

Zhejiang Pharmaceutical University · July 13–18, 2026 · Ningbo, China

浙江药科职业大学 · 2026年7月13–18日 · 中国宁波

1. About the Host University 主办院校简介

Zhejiang Pharmaceutical University (ZJPU) is China's first public undergraduate-level vocational university specializing in pharmacy, approved by the Ministry of Education. Located in Ningbo, Zhejiang Province, the university spans two campuses (Fenghua and Yinzhou) plus the Xinchang Modern Intelligent Pharmaceutical Industry School, covering over 94 hectares with 390,000 m² of built space.

浙江药科职业大学是教育部批准设立的全中国首所药科类公办本科层次职业学校，坐落于浙江省宁波市，设奉化、鄞州两个校区及新昌现代智能制药产业学院，总占地面积1410亩，建筑面积达39万平方米，是一所以药学为核心特色的高水平应用型大学。

2. About Ningbo 宁波简介

Ningbo (abbr. "Yong") is the economic hub of the southern Yangtze River Delta and a major coastal port city in southeastern China. It marks the eastern origin of the Maritime Silk Road and the southern outlet of the Grand Canal. The city covers 9,816 km² with a resident population of 9.697 million (2023). Known for its mild, humid climate and four distinct seasons, Ningbo has been honored as a National Civilized City six consecutive times and named China's Happiest City 14 times.

Ningbo is famously described as a city that "preserves ancient books and connects the world through its port." It is also the hometown of Tu Youyou, China's first Nobel Laureate in natural sciences.


宁波简称“甬”，是长江三角洲南翼经济中心和东南沿海重要港口城市，也是“海上丝绸之路”东方始发地和中国大运河南端出海口。全市陆域面积9816平方公里，2023年常住人口达969.7万。宁波气候温和湿润、四季分明，蝉联全国文明城市“六连冠”，14次荣获中国最具幸福感城市称号。宁波素有“书藏古今、港通天下”之美誉，是中国首位自然科学诺贝尔奖获得者屠呦呦的故乡，文化底蕴深厚。

3. Program Overview 项目介绍

This 5-day immersive experience (excluding arrival and departure days) takes American youth on a journey of cultural source-tracing — discovering the living roots of China's wellness traditions, medicinal fragrance culture, and the ancient practice of aromatherapy. Every day is designed as a hands-on encounter: crafting herbal-scented products, moving through traditional wellness practices, savoring medicinal cuisine, and wandering through historic sites where these traditions were born.

本项目设5天沉浸式体验（不含往返交通日），带领美国青年踏上一场文化寻根之旅——亲身感受中国养生文化根脉、药香文化基因与芳香疗法的古老智慧。每一天都是真实的动手体验：亲制药香文创、习练传统养生功法、品鉴药膳佳肴、漫游孕育这些传统的历史名胜。

Experience Highlights 体验亮点

 Aromatherapy & Herbal Arts 芳香疗法与中草药文化	 Authentic Cultural Exchange 真实跨文化深度交流	 Hands-On Wellness Experiences 全程动手沉浸式体验	# Living Heritage Discovery 活态文化遗产探访
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What You Will Experience 五天体验精华

- Craft your own herbal-scented products and explore TCM aromatherapy — the art of healing through fragrance.
亲手制作药香文创产品，体验芳香疗法——以香气为媒的中医养生智慧。
- Move through Baduanjin, sip hand-selected teas, and cook a traditional herbal meal — wellness felt, not just heard about.
习练八段锦气功、品鉴精选茶道、亲做药膳——用身体感受养生，而非纸上谈兵。
- Wander ancient town medical halls, temples, and lakeside landscapes where Chinese healing culture has thrived for centuries.
漫步古镇国医馆、千年古刹与湖光山色，沉浸在中华医药文化千百年的生息之地。
- Share meals, conversations, and daily life with Chinese hosts — genuine human connection across cultures.
与中国东道主共餐、交流、共度日常——跨越文化的真实人与人连接。
- Leave with a certificate from Zhejiang Pharmaceutical University and memories that go beyond any classroom.
带着浙江药科职业大学颁发的结业证书与超越任何课堂的难忘记忆而归。

4. Key Program Details 项目基本信息

Organizer 主办单位	Zhejiang Pharmaceutical University (ZJPU) 浙江药科职业大学
Program Duration 项目时长	6 days / 5 nights (July 13–18, 2026; 5 full program days excl. arrival) 6天5晚（2026年7月13日–18日；5天正式课程，不含到达日）
Location 活动地点	Ningbo, Zhejiang Province, China 中国浙江省宁波市
Eligibility 营员要求	U.S. citizens (non-Chinese nationals), aged 14–45, in good health 非中国籍美国公民，年龄14–45岁，身体健康
Group Size 营员人数	10-20 people 10-20名成员
Accommodation 住宿安排	University hotel: twin room, private bathroom, air conditioning, study desk 大学酒店：双人间，配备独立卫浴、空调及书桌
Program Fee 费用说明	Free of charge (international travel & personal expenses not included) 项目期间全程免费（不含国际往返旅费及个人消费）

5. Program Itinerary 活动行程安排

Day / 日期	Time / 时段	Activities & Location / 活动内容与地点
DAY 1 第一天 Arrival · 抵达日	Afternoon 下午	Settle into ZJPU campus accommodation and get oriented. 入住浙江药科职业大学校园住所，熟悉周边环境。

Day / 日期	Time / 时段	Activities & Location / 活动内容与地点
DAY 2 第二天 Herbal Fragrance & Wellness · 药香与养生	Morning 上午	Welcome Ceremony & campus walk; hands-on Herbal-Scented Aromatherapy Workshop — blend, press, and take home your own TCM aromatherapy creation made from traditional medicinal botanicals. 欢迎仪式与校园漫步；药香芳香疗法手工体验工坊——运用传统中医草本，亲手调配、压制并带走属于自己的芳香疗法作品。
	Afternoon 下午	Experience the flowing movements of Baduanjin (Eight-Section Brocade) qigong; try your hand at Chinese calligraphy — feel the meditative rhythm of brush and ink. 体验八段锦气功流动功法；尝试中国书法——感受笔墨间的冥想节奏。
DAY 3 第三天 TCM Healing Arts · 中医养生文化	Morning 上午	Tea tasting journey: smell, steep, and savour selected Chinese teas with a tea master; then roll up your sleeves for a hands-on Herbal Cuisine (Yao Shan) cooking experience. 茶道体验之旅：在茶艺师引导下闻香、冲泡、品鉴精选中国茶；随后亲自动手制作药膳，感受食疗养生的智慧。
	Afternoon 下午	Step inside the Guoyi Medical Hall at Heming Ancient Town, Cixi — touch herbs, smell remedies, and encounter traditional Chinese medicine still practiced today. 踏入慈溪鹤鸣古镇国医馆——触摸草药、嗅闻药香，近距离感受依然鲜活的传统中医文化。
DAY 4 第四天 Cultural Heritage · 人文探访	Morning 上午	Walk the grounds of the Maitreya Holy Altar and the ancient Xuedou Temple in Fenghua — centuries of spiritual heritage at your feet. 漫步奉化弥勒圣坛与千年古刹雪窦寺——踏上数百年的精神文化圣地。
	Afternoon 下午	Explore Ningbo Museum of History & Culture; drift through Nantang Old Street — taste local bites, browse artisan stalls, and soak up living history. 探访宁波博物馆；漫游南塘老街——品尝地方小吃、逛逛手工艺摊，沉浸在流动的历史之中。
DAY 5 第五天 Flavours & Nature · 风味与自然	Morning 上午	Wellness Pastry Workshop: knead, shape and steam traditional Ningbo-style health-care pastries — delicious edible heritage to share at the table. 养生糕点制作工坊：揉、塑、蒸，亲手完成宁波特色传统养生点心——可口的可食文化遗产，与众人同享。
	Afternoon 下午	Afternoon at East Qian Lake (Dongqian Lake): boat on the water, breathe the mountain air, and reflect on five days of discovery. 东钱湖下午时光：泛舟湖面、呼吸山间清气，在自然中回味五天的寻根之旅。
DAY 6 第六天 Closing Day · 结业日	Morning 上午	Closing Ceremony & certificate presentation; group photo, heartfelt farewells, and fond send-off from Ningbo. 结业典礼暨证书颁发；合影留念，依依话别，带着满满收获离开宁波。

Notes / 备注:

- The itinerary above is indicative and subject to minor adjustments based on weather, local conditions, and operational requirements.
上述行程仅供参考，实际安排可能因天气、当地情况或运营需要作适当调整。
- All activities are conducted in English.
所有活动以英语为主要教学语言。
- A certified bilingual guide/coordinator will accompany the group throughout the program.
全程配备持证双语导游/协调员随行陪同。

We look forward to welcoming you to Ningbo — where ancient roots meet modern discovery.

期待与您相聚宁波，共赴这场跨越时空的文化寻根之旅。