



Hong Kong–Beijing Cultural Exchange Programme

Beijing Study Tour for HKU Students

10–22 August 2026 (13 Days, 12 Nights)

Day 1: Opening Ceremony

A Cultural Journey Bridging Hong Kong and Beijing



Activities:

- Opening Ceremony and Campus Orientation
- Cultural Exchange and Programme Overview

Learning Objectives:

- Understand the daily schedule, research projects, and final presentation requirements
- Gain an understanding of safety procedures and practical aspects of daily life in Beijing (climate, food, and transportation)
- Develop team cohesion through introductory and team-building activities

Day 2: The Heart of China

Why Beijing Became the Capital



■ Tian'anmen Rostrum

- Trace Beijing's historical development from the Ming Dynasty to the founding and growth of the People's Republic of China.
- Explore the symbolic and political significance of China's national centre.



■ Capital Museum

- Explore Beijing's 700,000 years of human habitation, 3,000 years of city-building history, and 800 years as the national capital.

Explore the spatial hierarchy that has shaped Beijing as the political, cultural, and symbolic heart of China.

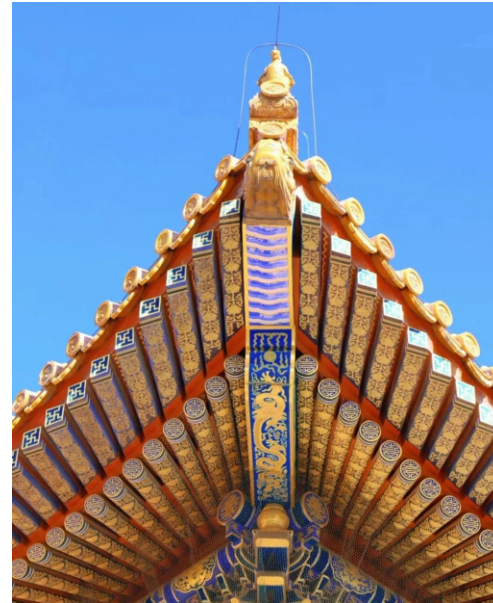
Day 3: Inside the Forbidden City

Architectural Heritage Along Beijing's Central Axis



Morning • Walking Along the Central Axis

- Visit major architectural landmarks along the Central Axis.
- Learn about the planning principles, architectural regulations, and historical evolution that shaped Beijing's urban landscape.



Afternoon • Inheritance of Craftsmanship

- Explore the engineering principles behind traditional Chinese timber-frame construction.



Core Insight: Develop an appreciation for the ingenuity and craftsmanship of China's architectural heritage, while understanding its conservation challenges.

Day 4: Millennium of Imperial Ceramics

The Pursuit of Perfection in Ancient Chinese Ceramics



🕒 Research Objectives

- Learn the evolutionary milestones of Chinese ceramic technology across dynastic shifts.

📅 Research Content

- Explore the Ceramics Gallery, and trace the historical development of Chinese ceramics across successive dynasties.
- Reconstruct authentic ceramic fragments using professional conservation techniques, gaining first-hand insight into the precision, patience, and expertise required of museum conservators.

Day 5: Scholarly Arts and Courtly Culture

Guqin Culture & Scholar Self-Cultivation

“The Guqin reflects the heart, and the brush captures the mind.”



Morning • Introduction to the Guqin

- Explore the history, musical characteristics, and cultural philosophy of the Guqin at the Palace of Accumulated Purity.
- Watch the live performances illustrate how music was regarded as a means of personal cultivation and moral refinement.

Afternoon • Calligraphy Practice

- Have interactive workshop covering brush movements, hand posture, and spatial layout on Xuan paper to create individual works.
- Create your own calligraphy work, appreciate the beauty of lines and the cultural depth of Chinese calligraphy amid the scent of ink, and experience the creative state of "intent before the brush".

Day 6: Digital Horizons of Antiquity

Where Cultural Heritage Meets Digital Innovation

Morning • The Palace of Tranquil Longevity



Visit the Palace of Tranquil Longevity and experience the architectural aesthetic of Emperor Qianlong's unique transplantation and innovative expression of the essence of Jiangnan-style gardens.

Afternoon • Digital Exhibition



Experience the “Galloping through time: Digital Reimagination of Horse Art and Culture”. Observe cultural artefacts brought to life via projection and 3D animation, highlighting digital humanities.



Core Insight: The vitality of the Forbidden City lies not only in preservation but also in its ability to engage new generations through digital innovation.



Day 7-8: Independent Field Research

Independent team exploration of key heritage sites, allowing focused observation, fieldwork, documentation, and evidence-based investigation for final projects.



Day 9: Urban Planning and Ritual Architecture

Spatial Order and Cosmological Thought in Traditional China



Morning • Beijing Ancient Architecture Museum

Explore “Craftsmen Planning the Nation” at Beijing Ancient Architecture Museum.

Analyse imperial regulations that shaped boundaries and grid axes.



Afternoon • Ritual Architecture of the Temple of Heaven

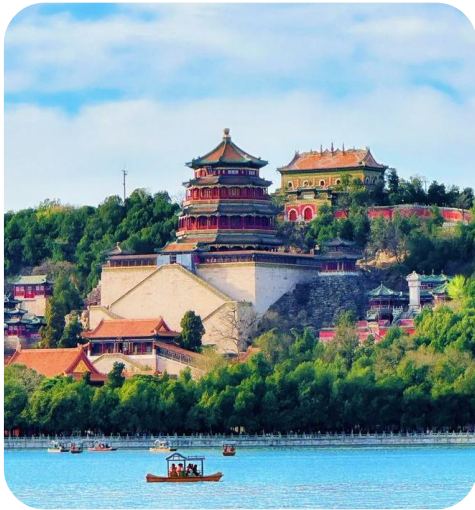
Visit the Temple of Heaven to study seasonal alignments and geometric forms that visually embody the traditional concept of Harmony between Heaven and Humanity.



Core Insight: Develop a comprehensive understanding of the spatial order and cosmological principles underlying the traditional Chinese concept of “*Fa Tian Xiang Di*” (modelling human society on the order of Heaven and Earth).

Day 10: Garden Aesthetics

Landscape Architecture and Historic Reflections



Morning• The Summer Palace

Appreciate landscape structures, bridge designs, and artificial waterways that realise the traditional Chinese garden aesthetics of “Though shaped by human hands, it appears entirely natural.”



Afternoon• Yuanmingyuan Ruins Park

Reflect on ruins to assess historic preservation, cultural security, and heritage conservation.



Core Insight: Reflect on the relationship between national development, cultural prosperity, and heritage preservation.

Day 11: Exploring the Historical Fabric of Beijing

The Spirit of Beijing's Central Axis



Morning • Shichahai to the Bell and Drum Towers

- Investigate Shichahai Lake as the ancient water source that fed the capital's canals and initial shipping routes.
- Walk past historic bridges to reach the Bell and Drum Towers, exploring ancient timekeeping systems that structured civil routines.



Afternoon • Hutong Neighbourhoods and Urban Life

- Explore Nanluoguxiang Lane to trace ancient Lifang (residential blocks) and traditional fishbone-pattern alleys.
- Discover the integration of historic courtyards and daily domestic life in Beijing's living neighbourhoods.

Day 12: Learning, Governance, and Innovation

From Confucian Training to Modern Innovations

Morning • Beijing Confucian Temple and the Imperial College

- Understand the imperial examination system and its role in selecting officials throughout Chinese history.
- Explore how this system shaped the traditional ideal of learning in service of society and public life.

Afternoon • China Science and Technology Museum

- Explore contemporary space exploration and technological innovations, and discover how traditional values of practical learning and innovation manifest in modern creations.



“The Great Learning teaches us to manifest virtue, renew the people, and rest in the highest excellence.”

跨越京港山海 共探文脉新知

从历史深处，向未来出发

京港大学联盟国际学生暑期夏令营

研学行程规划

8月10日-8月22日 (13日12晚)

Day 01

启程启营
从香江到燕京

Day 02

祖国心脏
何以为都

Day 03

走进故宫
择中立宫

Day 04

走进故宫
瓷韵千年

Day 05

走进故宫
宫廷雅趣

Day 06

走进故宫
文脉古今

Day 09

匠人营国
对话苍穹

Day 10

园林沧桑
兴衰之鉴

Day 11

北京脊梁
中轴气象

Day 12

太学问道
科技兴国

Day 13

圆满结营 逐梦京华

Day 7-8两天自由活动，无行程。

Day 1: 启程 启营 · 从香江到燕京

研学主题：从香江到燕京 —— 跨越千里的文化奔赴



研学目标

- **明确任务：**了解每日行程安排、课题分组与成果要求
- **熟悉规则：**安全纪律、北京生活（气候、饮食、交通）
- **团队组建：**完成小组破冰，认领研究子课题。



研学内容

1. 开营启幕 + 校园研学
2. 文化互鉴 + 研学展望

Day 2: 祖国心脏 · 何以为都

研学主题：国旗升起的地方——理解国家象征的精神内涵



■ 天安门城楼·祖国心脏

- 登上城楼，追寻从明清到共和国开国大典的历史轨迹，直观感受这座古老建筑作为国家权力象征的庄严厚重；
- 在城楼之上触摸开国大典、国庆阅兵等一系列重大历史时刻的现场脉搏。



■ 首都博物馆·何以为都

- 参观“北京通史陈列”，沿着北京七十万年人居史、三千年建城史和八百年建都史的脉络；
- 系统探究北京作为国家首都的深厚底蕴与城市变迁。

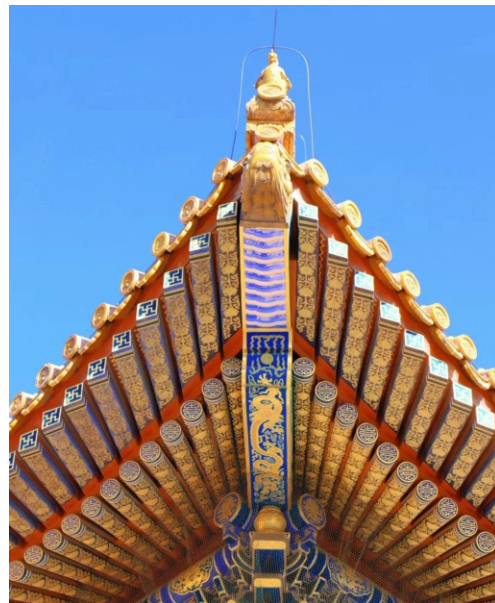
Day 3: 走进故宫 · 择中立宫

研学主题：故宫中轴线建筑群的建筑规制与历史沿革



上午 · 中轴线巡礼

- 沿故宫中轴线行走，近距离接触太和殿、乾清宫等核心皇家建筑群；
- 深入了解建筑群的建造规制与历史沿革，体会中轴线承载的礼制秩序。



下午 · 匠心传承

- 参与「榫卯复原 木作修古」专业课程，专家指导学习文物修复的基础理论；
- 团队合作体验榫卯结构拼接与复原，实践中体会传统木作技艺与古人营造智慧。



核心感悟：感悟中国古代建筑的智慧与匠心传承

Day 4: 走进故宫·瓷韵千年

研学主题：中国古代匠人精益求精的陶瓷制造技艺



研学目标

- 梳理陶瓷千年历史沿革，掌握不同时期陶瓷的分类方法与发展脉络
- 对比青瓷、白瓷、彩瓷等不同品类瓷器，清晰认知各类瓷器的工艺特点与艺术风格差异



研学内容

1. 前往武英殿陶瓷馆，研学中国古代陶瓷发展历程
2. 聆听宫廷陶瓷专题讲座，深探御用瓷器文化内涵
3. 在老师指导下亲手体验传统瓷片修复的匠心技艺

Day 5: 走进故宫 · 宫廷雅趣

研学主题：中国古代文人雅士的日常生活

紫禁雅韵 · 心向往之



上午 · 古琴寻幽

- 在故宫学校专业教师的带领下，系统学习古琴的历史渊源与制式构造。
- 走进钟粹宫古琴馆，近距离观摩不同朝代的珍贵古琴藏品，透过古老的器物感受历史的温度。
- 在悠扬的古琴现场演奏中，理解“乐教”对文人修身的重要意义，体会“琴者，心也”的精神共鸣。

下午 · 翰墨飘香

- 跟随书法老师学习汉字书写的基本法度，从执笔、运笔到结构布局，掌握书法入门的核心技巧。
- 提笔挥毫，蘸墨铺宣，亲手完成一幅属于自己的书法作品，在墨香中感悟中国书法的线条之美与文化底蕴，体验“意在笔先”的创作意境。

Day 6: 走进故宫 · 文脉古今

研学主题：宫廷匠人的精湛技艺

上午 · 宁寿宫探秘



参观宁寿宫乾隆花园，在亭台楼阁与山水景致中，体会乾隆皇帝作为“文人帝王”的建筑审美理念，以及对江南园林意趣的独特移植与创新表达。

下午 · 数字故宫



参观「腾跃古今——马文化数字艺术展」，见证古老文物如何通过数字化技术“活”起来，深刻体验中华优秀传统文化与前沿现代科技的跨界融合与精彩碰撞。



核心感悟：

从金碧辉煌的宁寿宫到虚实相生的数字展厅，故宫的价值不仅在于保存过去的辉煌，更在于以科技为翼，让古老文明在当下焕发新生。



Day 7-8: 自主探索

研学主题：学员自主探索感兴趣的地方



Day 9: 匠人营国·对话苍穹

研学主题：从营城到祭天——古代中国的空间秩序与宇宙观



上午· 古建博物馆

- 走进“匠人营国——中国古代城市”专题展；
- 探究“筑城以卫君”的礼制秩序如何塑造中国古代城市的空间布局与中轴线格局



下午· 天坛

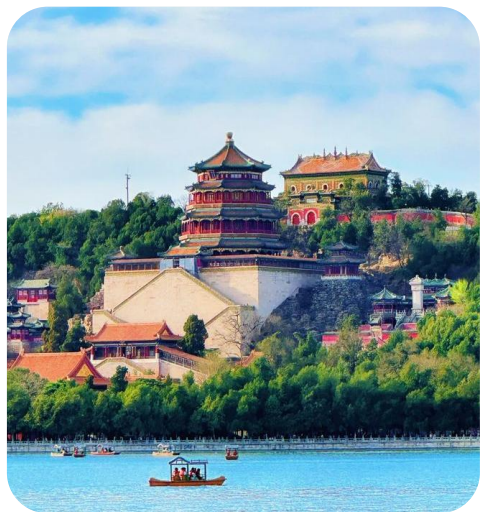
- 通过天坛建筑建筑与数字密码中蕴含的时空秩序和四季更迭，领略中国古代“天人合一”的宇宙观；
- 感受其对中华文明的发展产生的深远价值。



核心感悟：系统贯通古代中国“法天象地”的空间秩序与宇宙观

Day 10: 园林沧桑·兴衰之鉴

研学主题：皇家园林的人文美学——从颐和园到圆明园



上午·颐和园

- 参访颐和园，观察山水布局、建筑群落、长廊彩绘与造园手法。
- 开展景观分析活动，理解“虽由人作，宛自天开”的东方造园理念。



下午·圆明园

- 考察圆明园遗址，认识历史场景、建筑遗存与文化变迁。
- 以遗址现场为课堂，从文明传承、国家发展、文化安全等角度思考，理解文明兴盛与国家实力紧密相关。



核心感悟：国强则文兴，国弱则文衰

Day 11: 北京脊梁 · 中轴气象

研学主题：从钟鼓楼到南锣鼓巷——中轴线上的“时空拼图”



上午：什刹海到钟鼓楼

- 以北京中轴线——世界级文化遗产为载体；
- 从“水”北京城市之源出发，经由“桥”联结运河与中轴线，最终抵达“钟鼓楼”——城市时间规则；
- 完成一次对古都北京城市格局与文化精神的溯源之旅。

下午：南锣鼓巷

- 以南锣鼓巷——中轴线侧畔的元代里坊遗存为载体；
- 从“坊”探元大都里坊格局，经“巷”走鱼骨胡同肌理，至“院”品四合院生活礼序；
- 在老北京的市井烟火中感受历史文脉与日常生活的共生共融。

Day 12: 太学问道·科技兴国

研学主题：知识为用 学以报国 ——孔庙国子监到中国科技馆

研学目标

- 以“求知”为精神内核，以“致用”为逻辑桥梁；
- 探寻古人“学以致用”的求知初心与济世情怀；见证这份求知精神如何驱动中国从古老智慧走向现代创新；
- 完成了“经世致用”精神从古至今的传承一课

研学行程安排

- **【上午】** 孔庙与国子监——读懂科举制度与儒家教育体系背后“学以报国”的人才观
- **【下午】中国** 科技馆——感受现代科学如何让“经世致用”的精神落地为现实成果——知识为用，古今一脉。



“大学之道，在明明德，在亲民，在止于至善。”

——《大学》

更多资料

故宫博物院官方网站

网址

简体中文: <https://www.dpm.org.cn/>

多语种网站: <https://intl.dpm.org.cn/index.html?l=tc>

网站简介

- 故宫博物院官方网站提供英文、繁体中文等多语种学习资料。在这里你可以找到你所感兴趣的文物图片及详细资料，提前学习，为你的故宫行程做好更为充分的准备！



更多资料

“紫禁城和这里的人们” 英文公益课程

课程网址

<https://www.futurelearn.com/courses/the-forbidden-city-and-its-people>

课程简介

- 为了让世界更好地读懂中华文明、读懂中华民族，故宫博物院联合英国斯特灵大学，共同制作推出“紫禁城和这里的人们：与故宫博物院一起探索中华优秀传统文化”（The Forbidden City and Its People: Exploring Chinese Heritage with the Palace Museum）百节英文公益课程。

UNIVERSITY of
STIRLING



The Forbidden City and Its People: Exploring Chinese Heritage with The Palace Museum

Unearth the architectural secrets of China's imperial past with this online history course from the University of Stirling.

★★★★★ 4.4 (5 reviews) 364 enrolled on this course



The Forbidden City and Its People:
Exploring Chinese Heritage with The
Palace Museum

★★★★★ 4.4 (5 reviews)

364 enrolled on this course

⌚ 6 weeks

🕒 3 hours per week

📄 Digital certificate when eligible

📖 Introductory level

Join course

Find out more about how to join this course