

SUMMER/WINTER PROGRAMMES (SWP)

IMPORTANT NOTE

Before applying for any summer/winter programme, read the [GRO website](#) for important information on:

- General Eligibility Requirements and Application Process
- Course Mapping and Financial Aid
- Visa Application, Travel Advisories and Student Insurance

Zhengzhou University: China-Singapore Youth Camp on Central China Culture 2025

(Updated as of May 2025)

Programme Location:	Zhengzhou, China
Programme Dates:	20 Jul to 2 Aug 2025
Application Deadline:	15 June 2025 (extended deadline)
No. of Placements:	15

ESTIMATED COST OF PARTICIPATION			
1	Programme Fee	Zhengzhou University will waive the accommodation, local transportation, courses, and cultural visiting expenses for NUS students. <u>Students are responsible to pay for their flight tickets, insurance and other personal expenses.</u>	
2	Projected Expenditure		
		Item	Estimated Cost
		Round trip flight tickets	S\$700-800
	Cost of living	Click Here	
3	Financial Aid	As a participant of this programme, you are eligible to apply for: <ul style="list-style-type: none">• Overseas Student Programme Loan (Singapore Citizens only)• PSEA Fund Withdrawal (Singapore Citizens only)	
PROGRAMME DETAILS			
4	Programme Content	<p>This programme is NOT credit-bearing.</p> <p>The Youths’ Camp adheres to the concept of "people-oriented, open and equal, respectful and inclusive, understanding and appreciation, exchange and mutual learning, and cooperation and win-win", based on the rich historical and cultural heritage resources of the Central Plains, covering traditional Chinese cultural knowledge and modern life experiences. By organizing research and study camps, Zhengzhou University (ZZU) aims to promote Singapore youth's understanding of China and strengthen communication and exchange between Chinese and Singapore youth.</p> <p>The theme of Youths’ Camp is "Charming the Central Plains, Opening up China."</p> <p>The courses of the Youths’ camp project are divided into centralized training courses, cultural inspections, and social practice activities. Among them, centralized training courses include expert lectures, characteristic courses, cultural courses, and other forms, covering courses such as Central Plains culture and life, cultural heritage, Chinese medicine etc; Cultural inspection activities include world natural and historical cultural heritage sites such as</p>	

		<p>Shaolin Temple, Songyang Academy, Longmen Grottoes, etc; Social practice activities include Shaolin boxing, Tai Chi, calligraphy, Chinese paper cuttings and Chinese intangible cultural heritage experience projects to provide students with immersive Central Plains cultural experience and feel the real situation of China's development.</p> <p>For more information, please refer to the tentative itinerary attached at the end of this fact sheet.</p>
5	Eligibility Requirements	<p>NUS' generic eligibility requirements apply, please see GRO website for details. Host university's requirements are:</p> <ul style="list-style-type: none"> - Full-time NUS students - Non-Chinese citizens - Best to have Chinese language proficiency but not compulsory as English translation will be arranged for the activities
6	Accommodation	On-campus accommodation will be provided by ZZU.
7	Application Procedure	<ul style="list-style-type: none"> • Students must first apply in NUS Education Records System (EduRec) by 10 June 2025 to be considered for the fee-waiver places. • Selected students will be informed on 12 May to submit application with ZZU. • Once you have accepted the internal offer on EduRec, NUS Global will nominate you to ZZU for fee-waiver. • Please follow the instructions from ZZU to complete your application/registration processes. • Ensure that you receive the acceptance from ZZU to confirm your participation in the programme. <p>Note: The programme may be cancelled if there are not enough applicants. Final decision will be made by ZZU.</p>
8	Course Mapping	Not applicable.
ADDITIONAL INFORMATION		
9	Visa Application	<p>Singaporeans with a valid ordinary passport can visit up to 30 days without a visa.</p> <p>Applicants of other nationalities please check if you will need a visa to enter China at this link.</p> <p>For information on visa application in Singapore, please refer to https://bio.visaforchina.cn/SGP3_EN/qianzhengyewu</p>
10	Travel Advisories	Visit the MFA website for travel advisories on various countries/regions from the Singapore government.
11	Student Insurance	NUS Student Travel Insurance is provided for your participation in this programme.

		Students are responsible for ensuring that they purchase a comprehensive travel insurance for the full duration of their trip abroad, including their personal travel within/outside China. Please review the insurance coverages to ensure that they meet your needs. Students may purchase additional health and/or travel insurance from their preferred agent.
12	Contact Information	Contact us at: global@nus.edu.sg

Tentative Itinerary

Date		Program (Course)	Knowledge	Location
(Sunday) Day1		Orientation		Zhengzhou
(Monday) Day2	8:00-12:00	Opening ceremony Campus Tour	Zhengzhou University is a key construction university of the National "211 Project", a world-class university construction university, and a "joint construction" university of the Ministry and Province. The school enrolls students nationwide, with over 44000 full-time undergraduate students, over 26000 graduate students, and over 2700 international students from 96 countries.	Zhengzhou University
	14:30-17:30	Self-Introduction and Group Discussion Buffet party		
(Tuesday) Day3	9:00-11:30	Lecture: Culture of Central China "The Traditional Chinese Culture and Central Plains" "Central Plains Culture and Life "	The Central Plains region is one of the core birthplaces of Chinese civilization and has long been the political, economic, cultural, and transportation center of China. As early as the Xia, Shang, and Zhou dynasties, countries had already emerged in the Central Plains region. The Central Plains region has the most capital dynasties, the longest history of capital establishment, and the largest number of	

			ancient capitals in China.	
	14:00-18:00	Visit: The Yellow River Museum and Huayuankou Yellow River	The Yellow River Museum is a microcosm of the ten-thousand-mile Yellow River and a treasure trove of Yellow River knowledge. It showcases and introduces to the audience the natural overview of the Yellow River, the cradle of the Chinese nation, through images, videos, charts, engineering models, physical specimens, etc., including its geography, topography, climate, and the Yellow River culture generated by human activities, as well as water and drought disasters, river hazard control, water resource development and utilization, and the Yellow River's long-term planning.	Zhengzhou
(Wednesday) Day 4	9:00-11:30	Lecture: Chinese History “World Cultural Heritage of Henan Province” “Intangible cultural heritage in China”	Henan has rich world cultural heritage, ranking second in the country in terms of above ground cultural relics and first in terms of underground cultural relics. As one of the core areas of the world's four ancient civilizations, Henan has a long history and over 5000 years of rich and colorful Central Plains culture. Understanding the culture of the Central Plains can lead to a better understanding of the vast, profound, and colorful Chinese culture.	Zhengzhou

			Intangible cultural heritage is the most dynamic and important part of cultural diversity, the crystallization of human civilization and the most precious common wealth, carrying the wisdom of human beings, the civilization and glory of human history. By December 2022, China had included 43 items in UNESCO's Intangible Cultural Heritage List, ranking first in the world.	
	14:30-17:00	Visit: Henan Museum Appreciate ancient Chinese music	The Henan Museum is a national key museum, founded in 1927, and is one of the earliest museums established in China. There are over 170000 sets of cultural relics in the collection, with prehistoric relics, Shang and Zhou bronze artifacts, ceramic artifacts from various dynasties, jade artifacts, and stone carvings being the most distinctive. High quality cultural relics with a large quantity, complete variety, high taste, and great value are a cultural and artistic treasure trove that witnesses the development trajectory of Chinese civilization and showcases the historical development of China.	
(Thursday) Day 5	9:00-11:30	Henan Martial Arts Culture Lecture Tai Chi Boxing Experience Shaolin Boxing and Tai Chi	Henan's martial arts culture includes Shaolin Boxing and Tai Chi, which are representatives of traditional Chinese martial arts culture and also distinctive sports projects with advantages in Henan Province. Among them, Tai Chi has become one of the national fitness sports in China.	Zhengzhou University

	14:00-17:30	Henan Martial Arts Culture Lecture Shaolin Boxing Experience Shaolin Boxing	The content of the Chinese language class is mainly based on oral language, setting up situational dialogues through the daily activities of the characters, reflecting a certain language environment, so that learners can master some Chinese daily communication and expression skills and gradually develop an interest in the Chinese language through the study of oral Chinese.	
(Friday) Day 6	9:00-11:30	Chinese lesson: Communication In Chinese (Shopping, travel, pop culture)		
	14:30-17:00	Cultural Experience: Calligraphy Calligraphy Experience of "Ink Fragrance Calligraphy Rhyme"(Moxiang Shuyun)		
(Saturday) Day 7	8:00-12:00	Visit: Dengfeng Tour in the Shaolin Temple	Shaolin Temple is also known as the ancestral court of Zen Buddhism. Shaolin Temple is not only the birthplace of Zen Buddhism, but also the birthplace of China Kung Fu, which is known as "the ancestral home of Zen Buddhism and the holy land of Kung Fu".	Dengfeng
	14:00-17:00	Visit: Songyang Academy	Songyang Academy is an ancient Chinese institution of higher learning. As the cultural carrier of ancient education system, it is of great and far-reaching	

			significance to modern education culture. Compare the past and present, feel the process of social development, understand the role of culture in promoting social development.	
	18:00-20:00	Visit: Luoyang Cultural Experience : Traditional Chinese costumes	Hanfu is the general name of the traditional clothing of the ancient Han nation. As a cultural carrier, it carries rich folk customs and regional characteristics, and inherits the spiritual connotation and aesthetic pursuit of the Chinese nation. Nowadays, Hanfu has become the new favorite of Chinese young people, leading a new round of fashion trend.	Luoyang
(Sunday) Day 8	9:00-11:30	Visit: Luoyang Museum	As a famous historical and cultural city in the world, Luoyang is one of the birthplaces of Chinese civilization, the eastern starting point of the Silk Road, and the center of the Grand Canal of Sui and Tang Dynasties. In history, 13 dynasties have established their capitals here, making it the city with the earliest, longest and most dynasties in China.	
	14:00-17:30	Visit: Longmen Grottoes Return Zhengzhou	Longmen Grottoes is a treasure house of stone carving art with the most statues and the largest scale in the world. It is rated as "the highest peak of Chinese stone carving art" by UNESCO, ranking first among the major grottoes in China.	
(Monday) Day 9	9:00--11:30	Lecture: Chinese handicraft Art Paper Cuttings, Chinese Knot	Chinese paper-cutting is a kind of folk art that uses scissors or carving knives to cut patterns on paper for decoration or other folk activities. In China, paper-	Zhengzhou University

			cutting has the most extensive mass base. It blends into the social life of people of all ethnic groups and is an important part of various folk activities.	
	15:00-16:30	Lecture: Chinese Medicine "Health preservation, medicinal and food homology"	Traditional Chinese medicine originated in primitive society and has formed a complete theoretical system in ancient times. The philosophical system, mode of thinking and values of TCM are in line with the fine traditional Chinese culture. It is the crystallization of the wisdom of the Chinese nation and has long been integrated into the production and life of the Chinese people.	
	16:40-17:30	Visit : Materia Medica of Zhengzhou University	At present, the Herbarium of Zhengzhou University exhibits more than 1000 specimens of water immersion, thousands of specimens of wax leaves and more than 600 specimens of raw medicine decoction pieces. The exhibits are mainly authentic medicinal materials from Henan province, as well as characteristic medicinal materials from all over the country.	
(Tuesday) Day 10	9:00-11:30	Chinese Course	Chinese language and culture	Zhengzhou University
	14:30-17:30	Visit Zhengzhou Memory (Oil Chemical Plant)	The Zhengzhou Memory Party Building Culture Museum, located in the Zhengzhou Oil and Chemical Plant Creative Park, allows citizens to savor the "Zhengzhou Memory". The museum was renovated	

			from the former site of the soap production workshop of Zhengzhou Oil and Chemical Factory. It features exhibition areas such as the century old history of Zhengzhou and the historical changes of the oil and chemical factory, giving new meaning to "Zhengzhou Memory".	
(Wednesday) Day 11	7:30-11:30	Visit: Anyang Museum of Chinese Characters	Chinese characters are one of the oldest writing systems in the world and have been in continuous use for the longest time to date. For thousands of years, starting from oracle bone script, Chinese characters have undergone continuous evolution and formed various fonts. Chinese characters are the inheritance and continuation of Chinese culture, serving as symbols and symbols of Chinese culture.	Anyang
	14:30-17:30	Visit: Yin Ruins Museum and Yin Ruins	The Yin Ruins are the spiritual symbol of the Chinese nation. They are the first capital site of the late Shang Dynasty in Chinese history to be documented, confirmed by archaeological excavations and oracle bone inscriptions. They are also the ancient capital site with the most archaeological excavations and the longest duration in China, and are known as the cradle of modern Chinese archaeology.	
(Thursday) Day 12	9:00-11:30	Visit: Hongqi Canal Museum	The Hongqi Canal, located in Linzhou, Anyang City, Henan Province, is a water conservancy project built by the people of Linxian County from the waist of	Linzhou

	14:30-17:30	Visit: Hongqi Canal Youth Cave and return to Zhengzhou	Taihang Mountain in the 1960s under extremely difficult conditions. The Red Flag Canal is a great project with a total length of 1,500 kilometers, nearly 100,000 people participating in the construction and taking nearly 10 years. It is a "new China miracle" and is known as the "eighth wonder in the world".	
(Friday) Day 13	9:00-11:30	Free Activities (Zhengdong New Area)		Zhengzhou University
	14:00-17:30	Closing Ceremony		
	19:00-20:00	Dinner Party		
(Saturday) Day 14		Send-off		Zhengzhou