**X Program Arrangements**

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| **日期** | **授课形式** | **授课内容** |
| December 26（Monday） | Language live class | Chinese Comprehensive Listening and Speaking |
| Cultural video | Similarities and Differences in Curing between Traditional Chinese Medicine and Western Medicine |
| December 27（Tuesday） | Language live broadcast | Chinese Comprehensive Listening and Speaking |
| Cultural experience | Taijiquan |
| December 28（Wednesday） | Language live class | Chinese Comprehensive Listening and Speaking |
| Cultural video | Traditional Chinese Medicine Treatment Methods |
| December 29（Thursday） | Language live class | Chinese Comprehensive Listening and Speaking |
| Cultural video | Self-treatment of common diseases (cold, cough) |
| December 30（Friday） | Language live class | Chinese Comprehensive Listening and Speaking |
| Cultural video | Huangdi’s thoughts on health preservation |
| Interact | Interact |
| January 2（Monday） | Language live class | Chinese Comprehensive Listening and Speaking |
| Cultural video | Self-treatment of common diseases (insomnia, dizziness) |
| January 3（Tuesday） | Language live class | Chinese Comprehensive Listening and Speaking |
| Cultural video | Taoism and Traditional Chinese Medicine |
| Cultural experience | Wandering Medicinal Herbs Museum Online |
| January 4（Wednesday） | Language live class | Chinese Comprehensive Listening and Speaking |
| Cultural video | Self-treatment of common diseases (anorexia, constipation) |
| January 5（Thursday） | Language live class | Chinese Comprehensive Listening and Speaking |
| Cultural experience | Baduanjin |
| Interact | Interact |
| January 6（Friday） | Language live class | Chinese Comprehensive Listening and Speaking |
| Cultural video | Confucian Philosophy in the Four-diagnosis Method of Traditional Chinese Medicine |

Attention: Specific schemes are subject to the actual arrangement by the course commencement.