



塞浦路斯大学孔子学院
The Confucius Institute
at the University of Cyprus

塞浦路斯大学孔子学院 2024 年暑期中国语言文化系列讲座

2024 Summer Lecture Series on Chinese Language and Culture

Confucius Institute at the University of Cyprus

As the Confucius Institute at the University of Cyprus (<https://www.ucy.ac.cy/confucius/>) marks its 10th anniversary this year, we're thrilled to invite you to a captivating **Summer Lecture Series on Chinese Language and Culture** from 12th of June until 17th of July 2024.

These lectures, designed for university and high school students, as well as the general public, offer an enriching exploration of China's rich history, traditions and unique cultural charm.

From 12th June to 17th July, we invite you to embark on an exciting journey to deeply experience Chinese language, art, philosophy and customs. Whether you are a Chinese language learner or a culture enthusiast, our diverse lectures will provide you with fresh perspectives and profound insights. Our carefully designed courses not only cover the basics of the Chinese language but also include diverse cultural education elements, such as Chinese calligraphy, traditional festivals, history, tourism, traditional Chinese medicine, and higher education. In a relaxed and enjoyable atmosphere, you will experience the profound and extensive nature of Chinese culture firsthand.

We're honored to have invited renowned experts in various fields who will share their knowledge and experiences through engaging face-to-face sessions. This unique opportunity will deepen your understanding of China, broaden your horizons, and enrich your cultural awareness.

Let's celebrate the Confucius Institute's 10th anniversary by experiencing the unique charm of Chinese Language and culture together this summer. The 2024 Summer Lecture Series on Chinese Language and Culture presented by the Confucius Institute at the University of Cyprus offers a unique opportunity to explore the rich tapestry of Chinese traditions, language, and cultural heritage. Our diverse range of topics caters to both beginners and enthusiasts, providing valuable insights and hands-on experiences to deepen your understanding of China.



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Lecture Highlights:

- **Chinese Characters and Pronunciation:** Master the basics of Chinese phonetics and characters through interactive lessons designed for beginners.
- **Chinese Calligraphy:** Explore the art of Chinese calligraphy and its historical significance through practical sessions and appreciation of masterpieces.
- **Traditional Chinese Festivals:** Discover the cultural, historical, and social importance of major Chinese festivals and their celebrated customs.
- **Chinese History and Culture:** Gain a comprehensive understanding of China's historical evolution, philosophical thoughts, and contemporary social systems.
- **Traditional Chinese Medicine Healthcare and Wellness:** Learn about holistic health practices rooted in ancient Chinese philosophy with practical wellness advice.
- **Travel Smart in China:** Experience the beauty of China's cities and villages, learning essential travel tips and cultural insights.
- **China Higher Education and Scholarship Policies:** Explore educational opportunities in China, including scholarship options and the benefits of studying in the Chinese academic environment.

Each lecture is meticulously crafted to offer a rich learning experience, blending theoretical knowledge with practical application. Don't miss this chance to immerse yourself in the wonders of Chinese language and culture!

- **Date:** every Monday and Wednesday from 12th June to 17th July
- **Time:** 18:30 – 20:00
- **Location:** University of Cyprus (New Campus) - [Map](#)
- Language: English
- Participation is free
- **Registration:** To register, kindly fill in the following online form by Tuesday, 11th of June: <https://forms.gle/FQWr8cCAA2Y2feSB6>



PROGRAMME

Lecture	Date	Room
Chinese Characters and Pronunciation (1)	Wednesday, 12 th June	Room 010, Social Facilities Centre, Building 07 (Map)
Chinese Characters and Pronunciation (2)	Monday, 17 th June	Amphitheater LRC 014, Learning Resource Centre – Library “Stelios Ioannou” (Map)
Chinese Calligraphy	Wednesday, 19 th June	Amphitheatre LRC 014, Learning Resource Centre – Library “Stelios Ioannou” (Map)
Traditional Chinese Festivals	Wednesday, 26 th June	Room LRC 019, Learning Resource Centre – Library “Stelios Ioannou” (Map)
Chinese History and Culture (1)	Monday, 1 st July	Room 010, Social Facilities Centre, Building 07 (Map)
Chinese History and Culture (2)	Wednesday, 3 rd July	Room 010, Social Facilities Centre, Building 07 (Map)
Traditional Chinese Medicine Healthcare and Wellness	Monday, 8 th July	Room 010, Social Facilities Centre, Building 07 (Map)
Travel Smart in China: Exploring Urban Wonders and Ancient Village Charms (1)	Wednesday, 10 th July	Room 010, Social Facilities Centre, Building 07 (Map)
Travel Smart in China: Exploring Urban Wonders and Ancient Village Charms (2)	Monday, 15 th July	Room 010, Social Facilities Centre, Building 07(Map)
China Higher Education and Scholarship Policies	Wednesday, 17 th July	Room 010, Social Facilities Centre, Building 07(Map)



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1. Chinese Characters and Pronunciation 12th and 17th of June

This two-session lecture is designed for those with little to no prior experience with Chinese Language. We will begin by demystifying the sounds of Chinese through *Pinyin*, a romanization system used to accurately learn pronunciation. You'll then learn essential tones and discover how they influence the meaning of words.

Our interactive sessions will unveil the world of Chinese characters by introducing basic formation methods, including strokes, components, stroke order, and structure. By the end of this series, participants will have mastered 100 of the most commonly used Chinese characters and components, laying a strong foundation for both spoken and written communication in Chinese.

2. Chinese Calligraphy 19th of June

Chinese calligraphy, a treasured art form of Chinese character writing, has evolved over thousands of years and has become a significant symbol of Chinese culture. It is praised as "silent poetry, motionless dance; pictureless painting, soundless music." With its unique rhythm of brush and ink and its symbolic shapes, Chinese calligraphy reflects the profound thoughts of the Chinese people on nature, society, and life, mirroring their distinct ways of thinking, spirit, and character.

This lecture will take you into the world of Chinese calligraphy, where we will appreciate masterpieces and renowned calligraphers throughout history. From Wang Xizhi's "Preface to the Orchid Pavilion" to Liu Gongquan's "Stele of the Divine Strategy Army," from Yan Zhenqing's "Draft of a Requiem to My Nephew" to Zhao Mengfu's "Ode to the Goddess of the Luo River," we will explore the profound depth of this calligraphic art.

Additionally, the lecture will introduce the basic tools of calligraphy—brush, ink, paper, and inkstone—as well as the fundamental techniques of Chinese character writing, including brushwork, structure, and composition. Through hands-on experience, participants will gain a deeper appreciation of the cultural essence that spans millennia and develop a profound understanding of the heritage and expression of Chinese character culture.



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3. Traditional Chinese Festivals

26th of June

Traditional festivals are an important part of the Chinese culture. Many traditional Chinese festivals have a long history, connecting modern lifestyles with historical roots and vividly reflecting China's cultural heritage.

This lecture will briefly introduce the 24 Solar Terms and their connection to some traditional Chinese festivals, including the Spring Festival (Chinese New Year), Lantern Festival, Qingming Festival, Dragon Boat Festival, and Mid-Autumn Festival. By learning the origins or legends, celebrations, and representative foods of these festivals, participants can better appreciate the cultural, historical, and social significance of Chinese festivals, thereby enhancing their understanding of Chinese culture.

4. Chinese History and Culture

1st and 3rd of July

This lecture is divided into two engaging sessions and is designed for participants with or without prior knowledge of the Chinese Language.

It aims to help participants understand the evolution of Chinese history, the main political systems, philosophical thoughts, and cultural heritage of ancient China. The course will also explore contemporary China's social system, providing participants with a basic understanding of China's past and present. Through interactive sessions, this course offers an enriching and engaging exploration of Chinese history and culture.

5. Traditional Chinese Medicine Healthcare and Wellness

8th of July

In the fast-paced modern world, we often overlook the harmonious coexistence of our bodies with nature. This Traditional Chinese Medicine (TCM) healthcare and wellness seminar aims to guide participants on a journey through time and space, exploring the profound wisdom of traditional Chinese philosophy and TCM wellness, and offering fresh perspectives and methods for healthy living.

Lecture on TCM Wellness Theory: Participants will delve into the traditional Chinese philosophical concepts of the unity of heaven and man, yin and yang, and the five elements. Drawing on the classic content of the "Huangdi Neijing (The Emperor's Inner Canon)," we will thoroughly interpret the essence of wellness throughout the four seasons. Attendees will learn how to adjust their routines, diets, and emotions according to different seasons, in alignment with natural laws, to achieve balance and health for both body and mind.



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Interactive Consultation on Health Issues: We are honored to invite Dr. Cai Weizhu, a general practitioner and acupuncturist with over 30 years of clinical experience in Cyprus, to provide participants with face-to-face consultations. Dr. Cai will offer professional advice and personalized suggestions to address each participant's health concerns.

Through this seminar, participants will gain valuable knowledge of TCM wellness and receive professional health guidance, adding invaluable wealth to their journey towards a healthy life.

6. Travel Smart in China: Exploring Urban Wonders and Ancient Village Charms **10th and 15th of July**

Divided into two sessions, this lecture aims to guide participants in exploring the beauty of China from a traveler's perspective. It will provide insights into the natural scenery and rich cultural customs of its cities and villages. We will start by delving into China's bustling metropolises, experiencing the unique charm of renowned cities such as Beijing, Shanghai, and Guangzhou. From the majestic Forbidden City in Beijing to the modern Oriental Pearl Tower in Shanghai, these cities perfectly blend traditional and contemporary China. Next, we will venture into China's picturesque ancient villages to experience their natural beauty and traditional culture. Participants will explore Guizhou Dong Village, one of "China's six most beautiful ancient villages", traverse the well-preserved Tea Horse Road in Fengyang Village, Yunnan, and admire the white-walled, black-tiled architecture of the ancient city of Huizhou. Every corner of these places is filled with stunning landscapes and historical stories.

Through this lecture, participants will learn the essentials of traveling from Cyprus to China, including transportation, booking traditional inns and modern hotels, and using electronic payments for daily expenses. Join us to experience the magic and beauty of traveling in China.

7. China Higher Education and Scholarship Policies **17th of July**

This lecture is designed for high school and university students, their parents, and teachers. It will provide an overview of the Chinese higher education system, including its structure, key universities, and academic strengths. The session will also detail various scholarship opportunities available to international students, such as the Chinese Government Scholarship and university-specific programs. Participants will gain insights into the application processes, eligibility criteria,



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and benefits of studying in China. This lecture aims to equip attendees with the necessary information to pursue educational opportunities in China, fostering an in-depth understanding of the academic and cultural landscape.