东北师范大学 Northeast Normal University Division of International Cooperation & Exchange

E-mail: iso@nenu.edu.cn
Office Number: +86-431-85099754, 85685722
Address: Room 624, Administration Building, Northeast Normal University, No. 5268, Renmin Street, Changchun, Jilin, P.R. China
Post code: 130024
Website for Application: studyatnenu.nenu.edu.cn
StudyatNENU website: iso.nenu.edu.cn
Wechat：StudyatNENU

Summer camp 2023

2023 NENU Traditional Martial Arts Summer Camp for International Students

2023东北师范大学
国际学生传统武术夏令营

人民体育教师的摇篮

东北师范大学 Northeast Normal University

东北师范大学
Northeast Normal University

About NENU

Northeast Normal University(NENU) was founded in 1946. With more than 70 years of development, NENU has formed a distinctive characteristic of "Serving Basic Education" and is known as the "cradle of teachers". NENU is one of the national key universities under the direct administration of the Ministry of Education's "211 Project" and "985 Project Innovation Platform for Dominant Disciplines". In 2017, NENU has been selected as one of the "Double First-Class" universities.

NENU has two campuses (Ziyou campus and Jingyue campus). There are over 14000 undergraduates, 15000 Master and Ph.D Candidates and over 800 international students. NENU has more than 1700 full-time teachers, including 520 professors and 653 associate professors. The university comprises 21 schools, 82 undergraduate specialties, 37 M.A. programs of the first-level discipline, 21 M.A. master programs of professional degree, 24 Doctoral programs of the first-level discipline, one doctoral program of professional degree, 22 Post-doctoral Research Stations. NENU has six national "Double First-Class" construction disciplines: Marxist Theory, Education, World History, Chemistry, Statistics, and Materials Science and Engineering, and the number of selected disciplines ranks 19th in China. There are five national key disciplines: Ideological and Political Education, Principles of Education, World History, Cell Biology and Ecology. In the fourth round of discipline evaluation by the Ministry of Education, 6 disciplines rated as A (including one of A+) and 15 disciplines rated as B.

NENU has established cooperation and exchange relations with more than 275 universities and research institutions in over 30 countries and regions, including the U.S., Canada, the UK, Australia, Korea, Japan and Russia, etc. NENU has established 6 Overseas Expertise Introduction Centers for Discipline Innovation("111 Project") and 4 Confucius Institutes, cooperated with Rutgers, the State University of New Jersey to establish Rutgers University Newark Institute at NENU, and led 12 universities in China and Mongolia to establish the "Association of Universities of China and Mongolia". Overseas Chinese Affairs Office of the State Council of the People's Republic of China, the Ministry of Education and the Ministry of Foreign Affairs respectively set up "International Chinese Language Teacher Training Base", "Chinese Culture Education Base", "Education Aid Base" and "China-ASEAN Education Training Center" in NENU. Preparatory School for Chinese Students to Japan is also founded here.

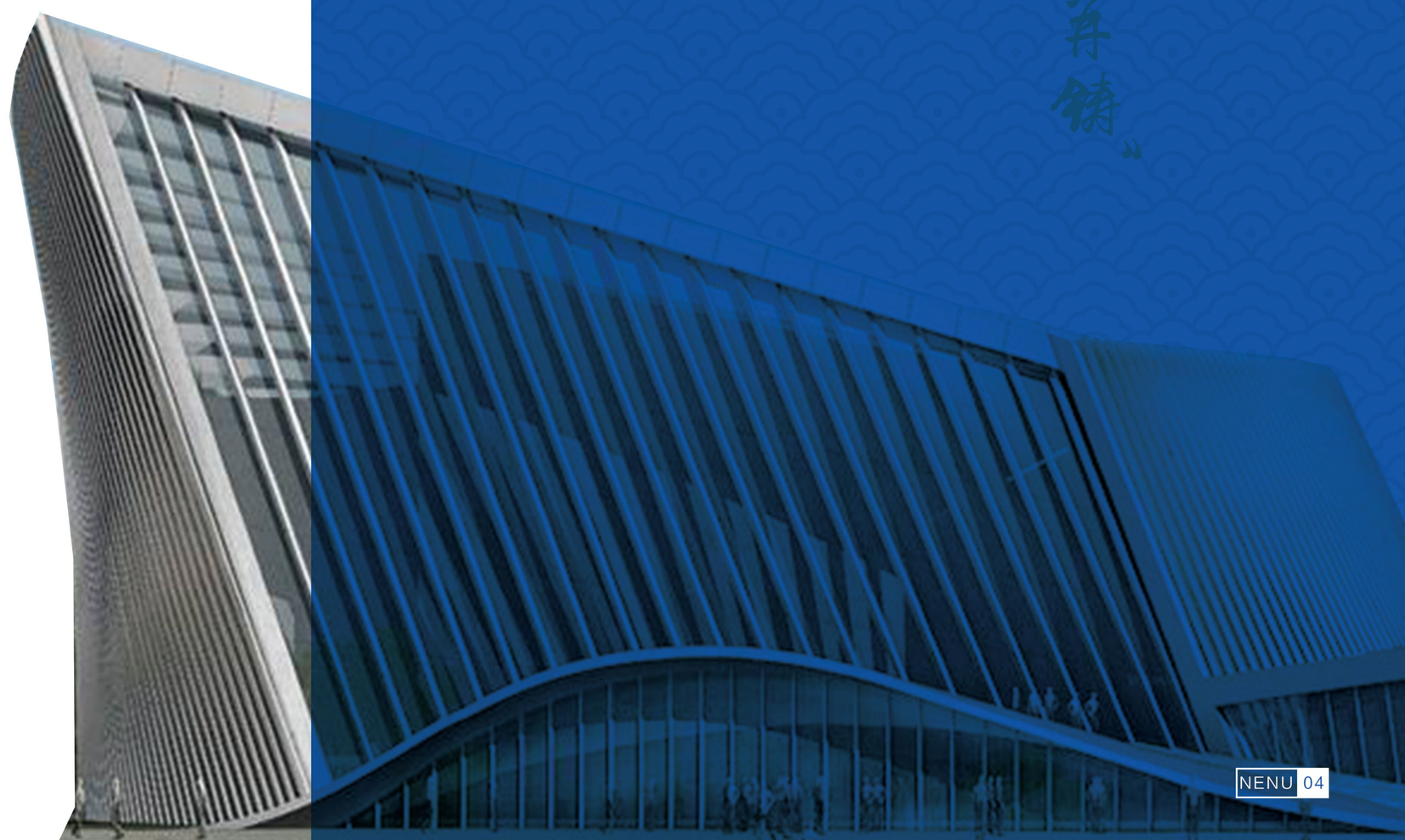
About NENU School of Physical Education

Introduction

NENU School of Physical Education, the predecessor of the College of Physical Education, was established in June 1948 and enrolled the first group of students in October of that year. It was the first college of physical education established after the founding of the People's Republic of China. With its 75-year growth, the School of Physical Education has developed a path of cultivating elites with "strong ideals and beliefs, profound theoretical knowledge, standardized sports techniques, and solid teaching skills". Thus, it is known as "the cradle of P.E. teachers".

For more than 70 years, the School has developed a unique path of cultivating talents with standardized sports techniques and solid teaching skills. The year 2001 has seen a new level of its discipline construction: the school obtained the right to award master's degrees in all of the second-level discipline in Physical Education. In 2003, it obtain the right to doctoral degrees in the second-level disciplines of Physical Education and Training. And in 2011, the school obtained the right to award doctoral degrees in the first-level discipline of Physical Education.

Since 2000, the traditional strengths in basketball, athletics, and Wushu have made historic breakthroughs. In 2001, the NENU men's basketball team won the championship of the 3rd CUBA China University Basketball League, and in April 2007, the men's basketball team won the championship of the 3rd CUBS. In April 2013, the team won the championship of the 9th CUBS China University Men's Basketball Super League. In the same year, the team, as representatives of Chinese university students, participated in the World University Games in Kazan, Russia. In addition, the Wushu team won gold medals in the National University Wushu Championship many times, and the athletics team won first place in the 7th National University Athletics Championship.



Introduction of the Prize-winners

●In 2012, in the National University Games, Li Mingyang won the third place in the individual event of stick fighting. Yang Song also won the second place in the group event of wushu sparring.

●In the 2012 National Games, aerial skills were highly regarded as a more difficult event. Liu Zhongqing and Cheng Shuang lived up to their expectations and both won the first place in the individual competition. Meanwhile, Dai Shuangfei and Zhang Xin also won the second and third place.

●In the 2014 National League, Gao Xiangnan, Guo Cheng, Li Zhigang and Xie Weiliang won the first place in the basketball team competition and achieved excellent results. NENU basketball team is the only team in China that has won both the CUBA and CUBS championships. The team won the CUBA championship in 2001 and three CUBS championships in 2006, 2013 and 2014, respectively.

●In the 2015 National League, Liu Tianyu, Lang Hanchao and Luan Jian also achieved the first place in the volleyball team competition.

●In the 2016 World University Games, NENU won the women's speed skating championship in 1000m and 500m.

●In 2017, NENU track and field team achieved historic results in the 17th National University Athletics Championship; and NENU women's soccer team won the national championship in the 2016-2017 National Youth Campus Football League CUFL Bigfoot League Women's Division Finals.

●The 2017-2018 National Junior Speed Skating Championships were held in Daqing City, Heilongjiang Province. The students form the School of Physical Education won six gold medals. Among them, Lv Jingyao, a 2016 undergraduate student of sports training in the School of Physical Education, won the championship of 500m and 1000m in women's group A. Wang Jing, a 2017 undergraduate student of sports training, won the championship of 500m, 1000m, 1500m and small all-around event in women's group C.

Zhou Yang
Master of 2014, NENU

●Gold Medal in women's short track speed skating 1500m at the 2010 Vancouver Winter Olympic Games

●Champion in women's short track speed skating 3000m Relay at the 2010 Vancouver Winter Olympic Games

●Gold Medal in women's short track speed skating 1500m at the 2014 Sochi Winter Olympic Games

●Flag bearer of the Chinese delegation at the opening ceremony of the 2018 PyeongChang Winter Olympics, broke the Winter Olympics record in the women's 3000m relay preliminaries and finished eighth in the women's 1500m final

Zhang Hong
Master of 2012 & Doctor of 2016, NENU

●Gold medal in women's speed skating 1000m at the 2014 Sochi Winter Olympics, the first gold medal in speed skating in China's Winter Olympics history

●The Breakthrough of the Year Award in the 11th CCTV Sports Personality Awards

●2015 Beijing Winter Olympics Bid Ambassador

●Chairman of the Coordination Committee of the 2024 Winter Youth Olympic Games in Gangwon Province, Member of the International Olympic Committee, Member of the Athlete Committee of the Beijing Winter Olympic Organizing Committee

Yu Jing
Master of 2012, NENU

●Runner-up in the women's 1000m at the 2011-2012 Speed Skating World Championships and broke the women's 500m world record, becoming the first woman in the world to skate in 37 seconds

●Runner-up in the 1000m at the 2012 Speed Skating Single World Championships

●9th place in women's 500m and 17th place in 1000m at the 2018 PyeongChang Winter Olympics Speed Skating

Liu Zhongqing
Master of 2008, NENU

●Bronze medal in men's freestyle skiing aerials at the 2010 Vancouver Winter Olympics

Until the 2018 PyeongChang Winter Olympics, Liu Zhongqing is already a "four-time veteran" of the Winter Olympics

Zhang Xin
Master of 2011, NENU

●Champion at the 2011 Kazakhstan Asian Winter Games

●Silver medal in freestyle skiing aerials at the 2018 PyeongChang Winter Olympics

Wu Xiaolong & Shi Longlong
Master of 2014, NENU

●Men's Sparring Champion of 2015 World Wushu Championship

●In 2017, "Double Dragon" performed the martial arts program "China Pride" at the CCTV Spring Festival Gala

Jia Chaofeng
Master of 2018, NENU

●2011 China Lanzhou International Marathon Women's Champion

●2012 China Beijing International Marathon Women's Champion

●2013 National Games Marathon Women's Champion

Li Jianrou
Master of 2010 & Doctor of 2014, NENU

●Gold Medal in women's short track speed skating 500m at the 2014 Sochi Winter Olympic Games

●Champion of 1500m , individual all-around champion, runner-up of1000m and champion of women's 3000m relay in the 2012 World Championships

About Courses

1.Course schedule

Schedule for the Northeast Normal University Traditional Wushu Summer Camp for International Students.				
Date	8:30-10:00	10:30-12:00	Afternoon	Notes
7/1	Arrive in Changchun and then check into the dormitory			
7/2	Opening ceremony	Campus visit		Welcome dinner
7/3	Spoken Chinese		Wushu (Tai Chi)	
7/4	Spoken Chinese	Calligraphy	Wushu (Wuxing Tongbeiquan)	
7/5	Spoken Chinese	Paper-cutting	Wushu (Bajiquan)	
7/6	Spoken Chinese	Traditional Chinese painting	Sanda	
7/7	Spoken Chinese	Chinese songs	Archery	
7/8	Spoken Chinese	Lion dance	Dragon dance	
7/9	Spoken Chinese	The achievements show and the distribution of certificates	Farewell dinner	
7/10	Departure			
Note: the class schedule can be adjusted based on actual needs.				

2.Introduction of the courses

Tai Chi

Originating in China, Taijiquan is one of the outstanding kinds of traditional Chinese martial arts. It is a valuable cultural heritage with deep Chinese cultural connotations, accumulated and enriched by the Chinese people in the practice of their daily life. It is a soft, slow, and light boxing art with gentle and round movements. Though looking gentle and soft, it still expresses great force. As a popular sport, it can be used for not only self-defense, but also exercise and disease prevention.

Wuxing Tongbeiquan

Wuxing Tongbeiquan (literally "Spreading Power from the Back Boxing", as tongmeans "through," bei means "back" and quan means "fist") has immense historical and cultural value. Through practice, students can not only better understand traditional Chinese philosophical thoughts, but also be guided by Chinese virtues. Furthermore, the focus on practicality in this martial art means that each movement has significant practical significance. In addition, it is highly effective in improving physical health and preventing illnesses. Based on the Ministry of Education's national excellent traditional Chinese culture inheritance base program in ordinary universities, it was included as a special course in the Chinese martial arts major in 2021 and was rated as one of the most representative projects.

Bajiquan

Bajiquan, or eight-extremities fist, originated in Cangzhou, Hebei Province, but it has found its second home in Changchun where it is widely regarded as the "Number One Boxing of Northeast China." Today, Bajiquan in Changchun not only retains its traditional style, but also embodies an elegant and refined manner as well as stable and powerful characteristics. Moreover, Bajiquan has been included as a special course in the Chinese martial arts major in 2021 and recognized as one of the most outstanding projects in the construction of the Chinese excellent traditional culture inheritance base in colleges and universities throughout Jilin Province.

Sanda

Sanda, also known as "Chinese boxing" or "Chinese kickboxing" is a type of combat sport that originated in China. Unlike other martial arts that prioritize flashy techniques, Sanda focuses on practicality and emphasizes the use of flexible and skillful techniques to defeat opponents. Sanda techniques are categorized into five types: combat stances, footwork, punching, kicking, throwing, and defense techniques. Based on the different forms, properties, values, and functions, Wushu Sanda can be classified into three categories: competitive, practical and training.

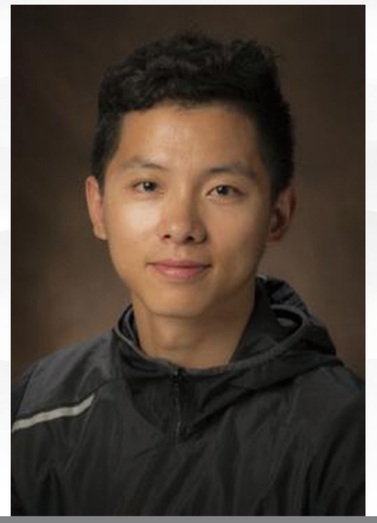
Dragon dance

The dragon dance is a traditional sport in China that holds significant cultural and symbolic meaning. It is customary to perform dragon dances during festivals, celebrations, blessings, exorcisms and some other occasions, as the "dragon" is considered an auspicious creature among Chinese people worldwide. Dragon dancers hold dragon props and follow the lead of the dragon ball while accompanied by drums and music. Through the movements and postures of the performers, the dragon is portrayed with various shapes and routines, showcasing the spirit, energy, and charm of dragons. What is more, there is also a lion dance in China. As another traditional sport in China, lion dance includes many physically demanding movements to mimic various expressions and gestures of lions such as happiness, anger, sorrow and the like.

3. About teachers

Li Mingyang

is a nationally recognized top-level athlete and the champion of the national Wushu competition, currently teaching Wushu at the School of Physical Education. Between 2010 and 2016, he traveled to countries including Spain, Portugal, France, and South Korea to promote Wushu communication. From 2017 to 2020, he went to Chapman University and the University of Alaska Anchorage in the United States to advance the education and exchanges of Wushu culture.



Xing Zenghui

is an education master who teaches at School of Physical Education. He is a champion in the national Wushu competition. Besides, he is also a level six martial artist in the Chinese martial arts grading system, and a first-level Wushu evaluator, judge and athlete. He has made several trips to the United States, Japan, South Korea, and other countries for short-term Wushu performances and exchanges. From 2019 to 2020, Xing went to the University of Miami in the United States as a visiting scholar for a year. He was responsible for teaching Tai Chi courses at the University of Miami and lion dance at the Confucius Institute. What' s more, he was also in charge of organizing various Chinese cultural activities and performances there.

Application

1.Qualifications

1.He or she should be registered at home university as a full-time student.
2.His or her average GPA should higher than 3.0/4.0.
3.Students should obey Chinese Laws, respect Chinese culture and follow NENU regulations.
4.HSK level 3 or above, or provide proof of appropriate language proficiency.
5.Sports related majors are preferred.

2.Application Documents

1.Certificate of Enrollment
2.Transcript
3.Recommendation Letter from the Office of International Affairs of home university
4.Copy of Passport
5.HSK Transcript(if have)

3.Procedures

1.The Office of International Affairs of the home university may send the nomination list via email(cuiy738@nenu.edu.cm) to NENU before May 10, 2023 and issue the recommendation letter for students.
2.Students should register on the website (studyatnenu.nenu.edu.cn) and upload application materials before May 15th, 2023.
3.Northeast Normal University will review the materials and prepare the “Admission Notice” and other documents required for visa application. These documents will then be mailed to the office of International Affairs of your home university.
4.Students are required to apply for an entry visa and register at NENU on the specified date.

4.Content of funding

1.During the period of study at NENU, tuition and accommodation fees are waived, insurance is provided, and students are responsible for other living expenses, travel expenses, visa fees and so on.

1. Accommodation

Every room has a private bathe room and it is equipped with TV, air conditioner, water heater, bed, desk, chair and wardrobe. Every floor has a kitchen and washing machines. There is free Wi-Fi in the apartment.

2.About Changchun

Changchun City, also known as “Chang”, is regarded as “the Spring City in the North” of China. It is the capital city of Jilin province. And it's considered a core city in the Harbin-Changchun city cluster. In addition, it is one of the central cities in Northeast China and an important industrial base designated by the State Council. As of 2022, Changchun City has a total area of 24,592 square kilometers and a population of 9.0872 million people, including 6.0727 million in urban areas. The city is divided into 7 districts and 1 county and governs 3 county-level cities.

Changchun has become a multi-functional modern city with numerous reputations such as the “Automotive Capital”, the “Hollywood of China”, the “City of Organic Food”, the “City of Forests”, the “City of Science and Education”, and the “City of Sculptures”. Changchun has won countless awards such as 2011 Top Ten Carbon City and the 2012 National Cultural City Award. It is also the first to receive the National Innovative City Award and voted for the City with Most Happiness and the City Provides Happiness for its Citizens by the national media and press.

Changchun is a city that has created an amazing place where civilization and nature mingle perfectly by merging the terms urban and ecological together. Dozens of parks such as the South Lake Park, the Changchun City Zoo, and the Hundred Flowers Park, and ideally located throughout the city with each having its characteristics. 36.5 % of the city has been presented with greening projects, 41.5 % of the land is covered with plants, and the index of parks and green space is over 11.6 square meters per capita, all of which are above the national average.

Changchun is also known as the “City of Exhibitions”. Changchun annually hosts as many as 200 different exhibitions, about one in 1.5 days translates to a celebration every day, with main exhibitions such as the Northeast Asia Investment and Trade Exposition(NAITE), the China Changchun International Auto Exposition, China Changchun International Agriculture · Food Trade Fair(CCIAFTF).

The winter in Changchun is just cold enough to have powdery snow and just long enough to let people enjoy miles of icy and snowy sceneries. It also lets people enjoy the winter activities such as skiing, snowball fighting, or just chilling outdoors. These have become the signature of winter tourism.

Life guide