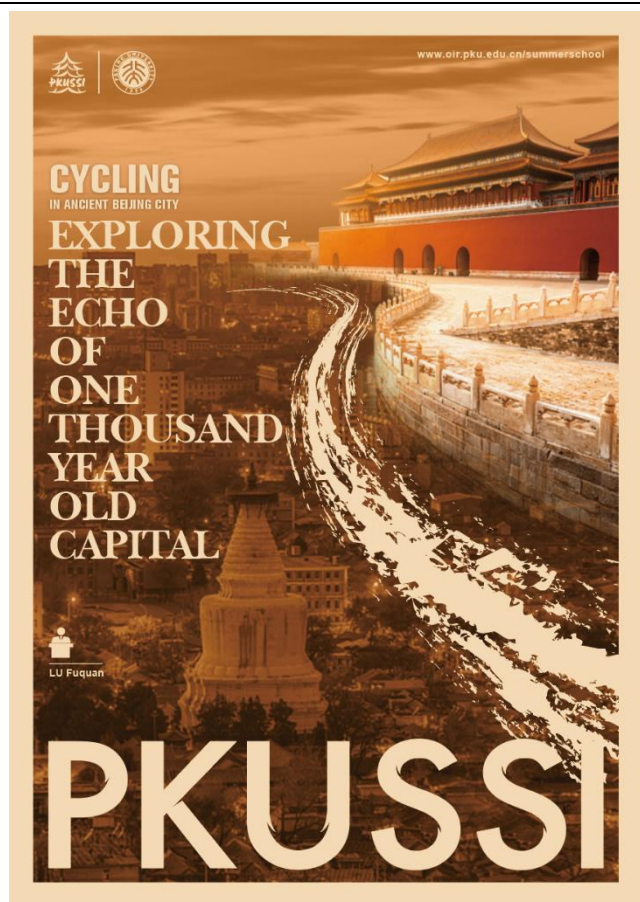


Course Form for PKU Summer School International 2024

Course Title	Title in English: Cycling in Ancient Beijing city: Exploring the Echo of a Thousand-Year Old Capital
	Title in Chinese: 骑行老北京城：探索千年古都回响
Teacher	Fuquan LU
First day of classes	July 1, 2024
Last day of classes	July 25, 2024 (4 week-course)
Course Credit	2 credits

Course Description

Objective:



Explore the prefunded history and colorful culture of Beijing ancient city as the Capital of Jin, Yuan, especially Ming and Qing Dynasty, spanning 871 years. Through engaging in 5 representative cycling routes, visit dozens of notable landmarks including palaces, museums, temples, parks, theaters, rivers, and lakes, such as:

The journey of Liyuan and grand theaters: the Beijing opera culture tour.

The journey of Central Axis Tour of Beijing city: the Magnificent Royal architectures cluster.

The journey of searching capital origin: the relics of Jin and Yuan Dynasty

The Awakening Red Journey: The contribution of Beida at the early of New democratic revolution of China

Exploring the ancient Beijing city: Forbidden City and outer city of Ming and Qing Dynasty Capital

Pre-requisites /Target audience

Ideal for undergraduates and graduates seeking immersive experiences in Beijing's history and culture, cycling trips are designed for newcomers and visitors to Beijing. A basic level of cycling proficiency and average fitness are required.

Proceeding of the Course

The course is a four-week, 34 hours program scheduled for July 2024, with classes each Monday and Thursday from 1pm-6pm (ending time might be subjected to change depending on actual journey progress). The last class on the fourth Monday will be 4 hours long. The first and last classes will take place on the

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main campus, while the other five classes will be independent cycling journeys with different topics.

Assignments (essay or other forms)

Evaluation Details

Student performance will be evaluated based on several components. Attendance and engagement during planned stop points will account for 20% of the final grade. A team presentation on cycling laws and culture will contribute 40% to the total score, while an individual cycling report on a chosen topic will account for the remaining 40%.

Text Books and Reading Materials

CANVAS

The online course platform used to help students update class information, submit assignments and download electronic materials.

English Books:

Osvald Siren. *The Walls and gates of Peking*, London press, 1924

Derek Sandhaus. *Tales of Old Beijing: Inside the Walls of China's Tumultuous Capital*. China Economic Review Publishing for Earnshaw Books.2009

Stephen G. Haw. *Beijing, a concise history*. Routledge. 2007

Chinese books

北京三千年：从考古发现看北京建城史.北京日报特别报道部.北京联合出版公司,2022.9

邱华栋.北京传.北京出版集团北京十月文艺出版社.2023

刘阳,牟悠然.带你看中轴线.天天出版社,2022.

老明信片记录的历史 history recorded by postcards: Old postcards of Peking Old postcards of Peking.五洲传播出版社,2008

In the field of cycling skill and cycling safety education:

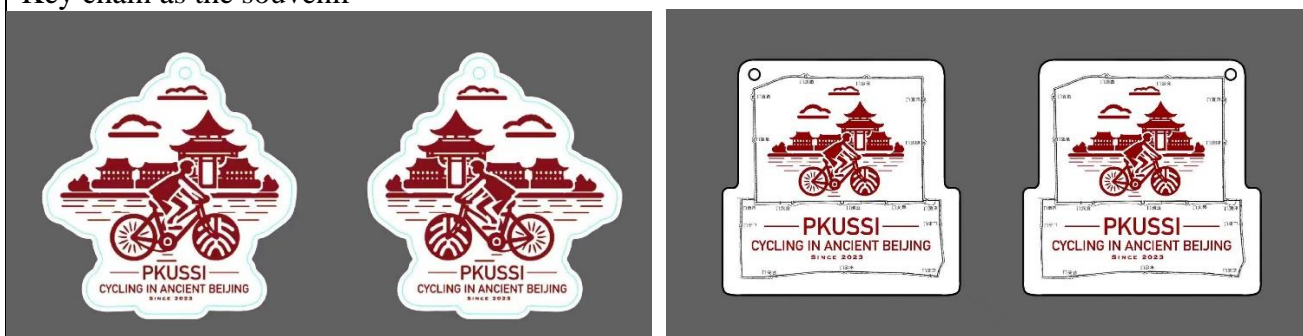
Cycling education MOOC: <http://www.chinesemooc.org/mooc/5012>

Benefits of the Course

3 Share bike coupons

Each student will be offered 3 one-month coupon by 3 main share bike providers since the first day they arrive in Beijing.

Key chain as the souvenir



CLASS SCHEDULE

(Subject to adjustment)

Session 1: Cycling skill and safety Education

Date: July 1

【Description of the Session】 (purpose, requirements, class and presentations scheduling, etc.)

The introduction about the course: video review of 2023 summer.

<https://disk.pku.edu.cn:443/link/0D926A02B8D78EC650D09293E97A2CEB>

Locations marked as “visit” signify destinations that will include on-site visits, while locations not marked as “visit” are the places we just pass by, but if time permit, also could be visited. Please be aware these original plans may be subject to change according to actual progress.

Ice breaking and teaching unit grouping.

The management of the course: TA’s duty includes purchasing cycling Insurance, conducting the course evaluation, and management of the online course management platform: Canvas.

Cycling skills and safety education: Bike anatomy, bike maintenance, cycling laws in Beijing, defensive riding and bicycle crash analysis will be introduced and discussed.

Cycling skill test on campus: includes evaluation of basic skills, ability to control the bike, and using correct hand signals in team city cycling.

Campus cycling orientation;

First City cycling: Beida South Gate to South Ruyi Gate wharf of Summer palace

The class will be held in the Teaching Build, Cycling hall(318) in Wusi sport center, on campus.

【Questions】

Why did you select the course and what do you expect from this class? How to select your own bike?

What is the defensive riding?

What are the risk factors of bicycle crash?

How do we get to the starting point of each cycling journey?

【Readings, Websites or Video Clips】

<http://www.chinesemooc.org/mooc/5012>

<http://www.vr-campustour.com>

【Assignments for this session (if any)】

Icebreaking game will be set.

Basic skills to maintain the bike should be mastered, including:

How to properly adjust bike seat height, pump up your bike, and fix a dropped bike chain.

Basic riding skills test including changing gears, applying brakes, riding through narrow roads and riding slowly and make turns.

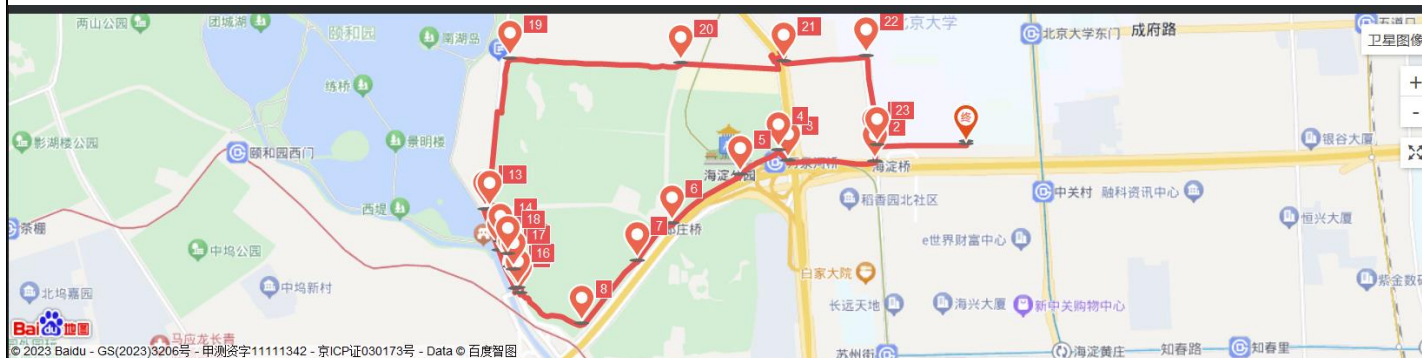
Cycling safety, especially bicycle crash analysis, will be set.

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Campus cycling orientation: watermelon hunting game, held in groups.

City cycling rehearsal: Beida South Gate to South Ruyi gate Wharf of Summer Palace. Team city cycling management and contingency program will be introduced.

Interview with local citizen will be arranged.



Session 2: The journey of Liyuan and grand theaters: the Beijing opera culture tour.

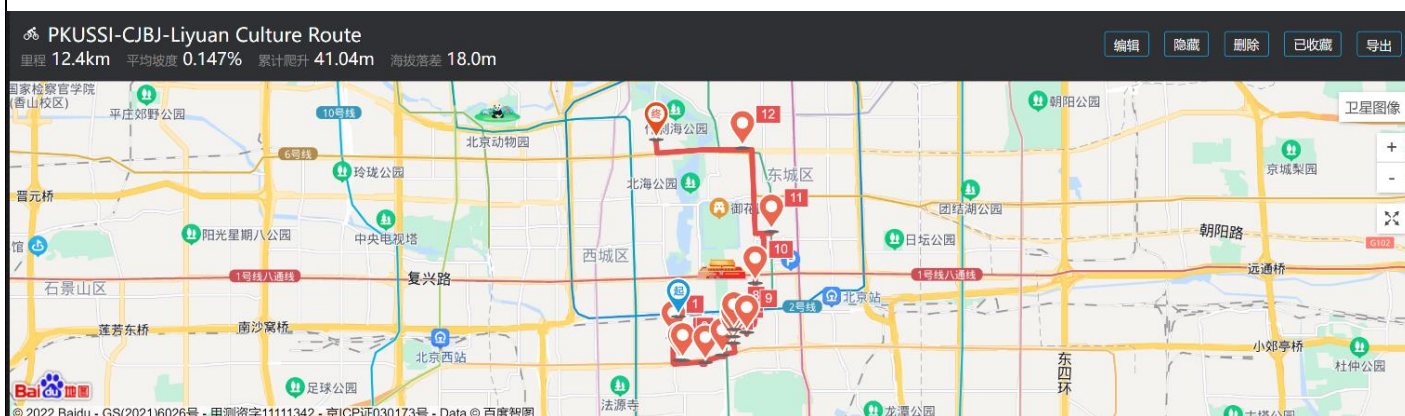
Date: July 4

【 Description of the Session 】 (purpose, requirements, class and presentations scheduling, etc.)

Understanding the variety of Chinese drama and opera. Able to recognize different styles, and roles in Beijing opera. Appreciate the beauty of Peking Opera and its magnificent theaters.

【Transportation and cycling map】

We are taking the school bus from the campus to the starting point and will use shared bike for the cycling trip. At the last stop, students will return to campus from the Nanluoguxiang snack point via subway or other means of transportation independently.



【All stops we will drop by or visit】

All the stops are listed below, and each group of student will be assigned certain stops to present upon arrival at those locations.

- 1, Zhengyi Temple Theater Building(visit)
- 2, Liulichang Ancient Culture Street(visit)
- 3, Landmark Plaza, the birthplace of Peking Opera
- 4, Former residence of Ji Xiaolan
- 5, Beijing Fenglei Troupe(visit)
- 6, Zhushikou Church
- 7, Liulaogen Theater
- 8, Taiwan Guild Hall
9. Tianleyuan Theater (visit)
10. The Pigment Guild(visit)
11. The ruins of the Hanlin Academy
12. Auspicious Theater(visit)
13. Nanluoguxiang-snacks point
14. Mei Lanfang Memorial Museum(visit)

Please be noted:

Visit, means walking-in visit, while those stops without noting as “visit”, are the places we just pass by, if time permit, also could be visited. Please be noted these original plans probably will be subjected change because of the real processing.

【Assignments for this session (if any)】

Each student will play as tourist guide, to introduce the spot to the other students. The arrangement will be done at the end of last class.

Session 3: The journey of Central Axis Tour of Beijing city: the magnificent of Royal architectures cluster

Date: July 8

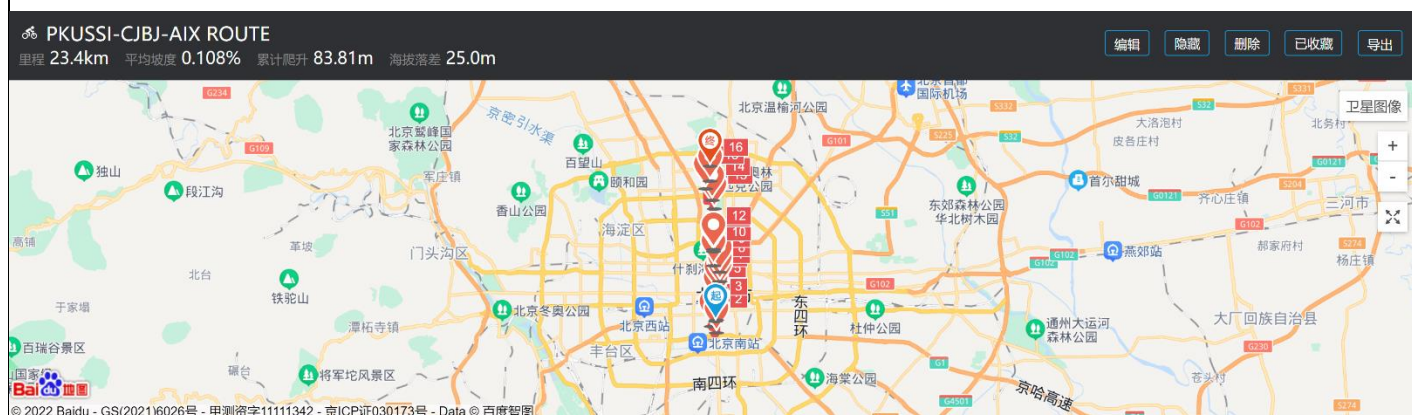
【Description of the Session】 (purpose, requirements, class and presentations scheduling, etc.)

In This route, the students will

The historical architectures, gates, temples, royal gardens, scarify palace, and modern sport complexities, and Olympics stadium, park and forest are seat along this line.

【Transportation and cycling map】

We are taking the school bus from the campus to the starting point and will use University bikes or shared bike for the cycling trip. At the last stop, students will return to campus from the Olympic forest park via subway or other means of transportation independently



【All stop we will drop by or visit】

- 1.Beijing Tianqiao Art Center
- 2.Xiannongtan Temple
- 3.Yongdingmen(visit)
- 4.The Natural History Museum
- 5.Qianmen Street -Snack point(visit)
- 6.ZhengYangmen
- 7.tian'anmen square
- 8.Huangshicheng(visit)
- 9.Donghuamen(cycling west to Xihuamen via Wumen)
- 10.The corner tower of the Forbidden City
- 11.Jingshan Park
- 12.Shichahai
- 13.Beijing Drum Tower (visit)
- 14.Bell tower(visit)
- 15.Yuandadu City Wall Ruins Park
- 16.The National Olympic Sports Center
- 17.The National Stadium and swimming center.
- 18.Olympic Park(visit)

Please be noted:

Locations marked as “visit” signify destinations that will include on-site visits, while locations not marked as “visit” are the places we just pass by, but if time permit, also could be visited. Please be aware that these original plans may be subject to change according to actual progress.

【Assignments for this session (if any)】

Each student will act as a tour guide, introducing the spot to their peers. The arrangement will be done at the end of last class.

Session 4: The journey of searching capital origin: the relics of Jin and Yuan Dynasty

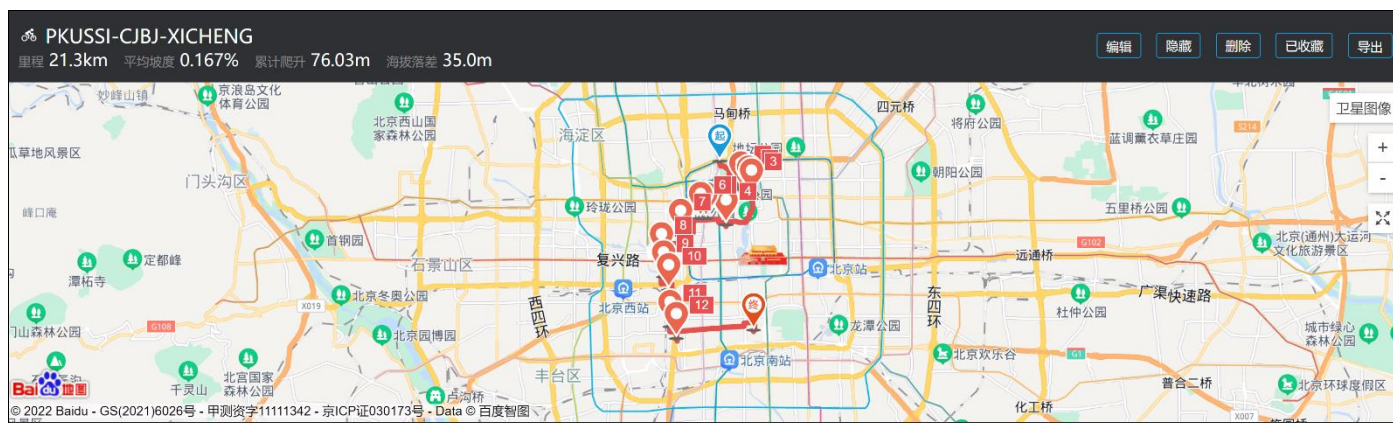
Date: July 11

【Description of the Session】 (purpose, requirements, class and presentations scheduling, etc.)

In this journey, we are going to explore the origin of Beijing as a capital since Jin Dynasty and visit the temples built since 12th century. We also will trace the relics of Jin and Yuan dynasty, discovering the city wall and most ruins.

【Transportation and cycling】

We are taking the school bus from the campus to the starting point and will use shared bike for the cycling trip. At the last stop, students will return to campus via subway or other means of transportation independently.



【All stops we will drop by or visit】

1. Jinzhongdu Relics Park and Capital foundation memorial museum(visiting)
2. The origin site of Beijing city foundation known as city Ji(蓟)
3. Tianning Temple(visiting)
4. Baiyunguan Taoism Temple(visiting)
5. The Capital Museum(one hour visiting)
6. The Temple of Emperors of All Dynasties
7. Beihai Park(North gate in and south gate out, by walk)
8. white tower temple
9. The Guo Shoujing Memorial Hall(visiting)

Please be noted:

Locations marked as “visit” signify destinations that will include on-site visits, while locations not marked as “visit” are the places we just pass by, but if time permit, also could be visited. Please be aware that these original plans may be subject to change according to actual progress.

Session 5: The Awakening Red Journey: The contribution of Beida at the early of New democratic revolution of China

Date: July 15

【Description of the Session】 (purpose, requirements, class and presentations scheduling, etc.)

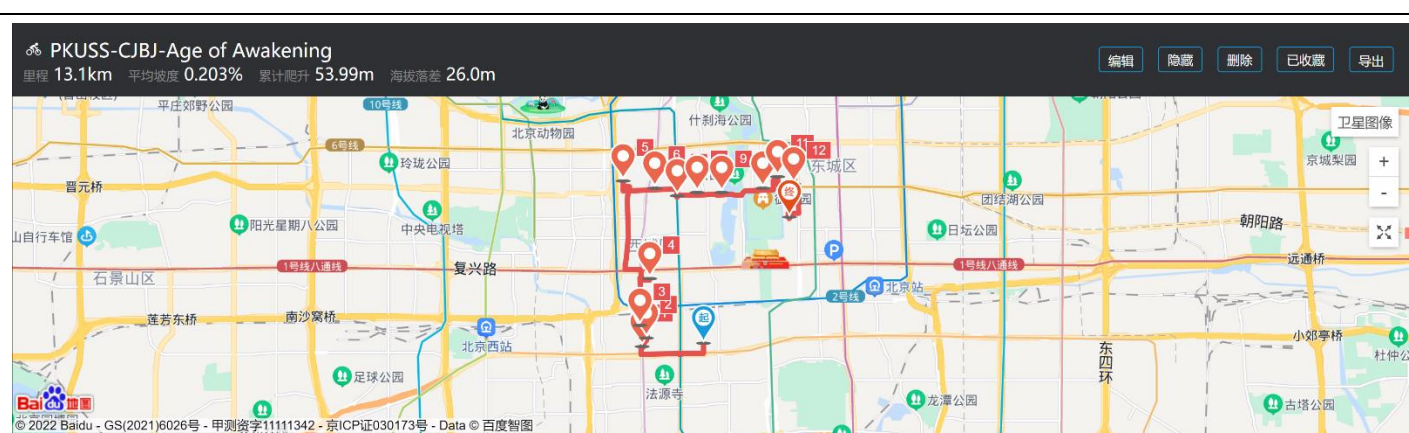
Know the most representative newspapers and journals during 1920's-1940's.

Know the founding history of CCP and representatives of communists and their relationship with Beida and their contribution to the new democratic revolution of China.

Visit the formal site of Peking University, Knowing the history of Beida, and Yanching University

【Transportation and cycling map】

We are taking the school bus from the campus to the starting point and will use shared bike for the cycling trip. At the last stop, students will return to campus via subway or other means of transportation independently.



【All stops we will drop by or visit】

- 1, Former site of Jingbao Newspaper(visit)
- 2, Former Residence of Li Dazhao(visit)
- 3, Former site of Beijing Government Building
- 4, Luxun Museum(visit)
- 5, Temple of Emperors
- 6, Wansong Old Man Pagoda(visit)
- 7, Huguo Temple Snacks
- 8, The former site of the Peking Library
- 9, Beihai Park
- 10, Peking University Hall
- 11, Peking University Hall-Red Masion(visit)
- 12, Former Residence of Duxiu Chen(visit)

Please be noted:

Locations marked as “visit” signify destinations that will include on-site visits, while locations not marked as “visit” are the places we just pass by, but if time permit, also could be visited. Please be aware that these original plans may be subject to change according to actual progress.

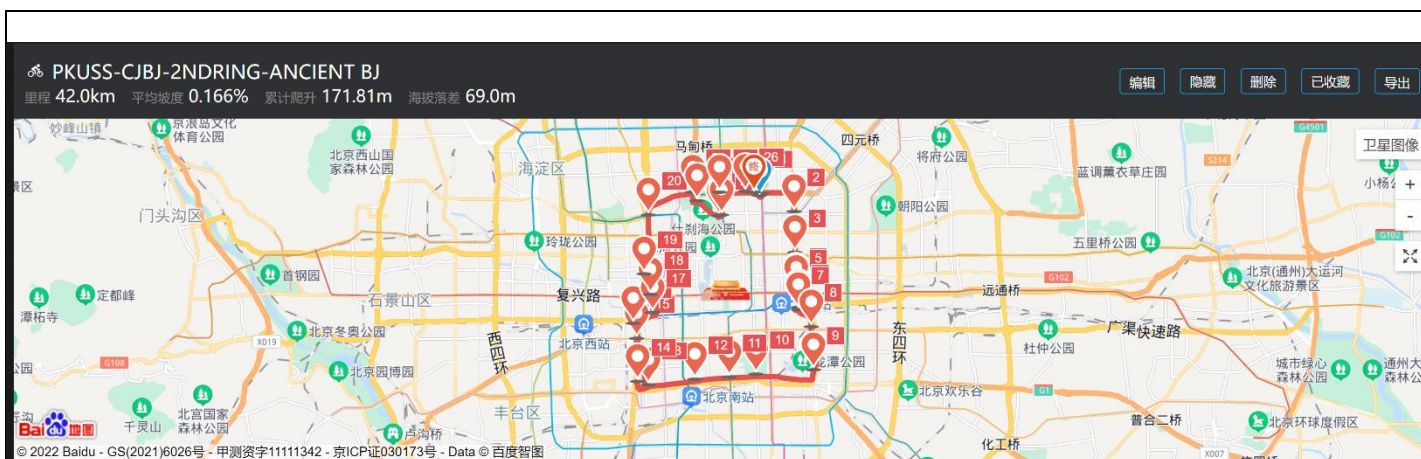
【Description of the Session】 (purpose, requirements, class and presentations scheduling, etc.)

Beijing's Second Ring Road follows the outline of the Forbidden City and the outer city of Ming and Qing Dynasty. The route is approximately 42km long, with 27 stops to explore during our 5-hour journey. This journey will be physically demanding, so the university bikes with gears will be used throughout the journey. The school bus will follow us all the time, and students who cannot continuing riding can board the bus and follow the remaining riders back to campus.

One of the most interesting aspects of this journey is memorizing the names and purposes of all the ancient city gates (门).

【Transportation and cycling map】

All students ride the university bikes, starting from the campus to Xizhimen Gate, the starting point of the Second Ring. The school bus, following riders throughout the journey, will carry water and food supply. In case students are unable to continue riding due to different conditions, they can request to board the bus. When the riders hit the finishing point back at Xizhimen Gate, students still need to cycle back to campus.



【All stops we will drop by or visit】

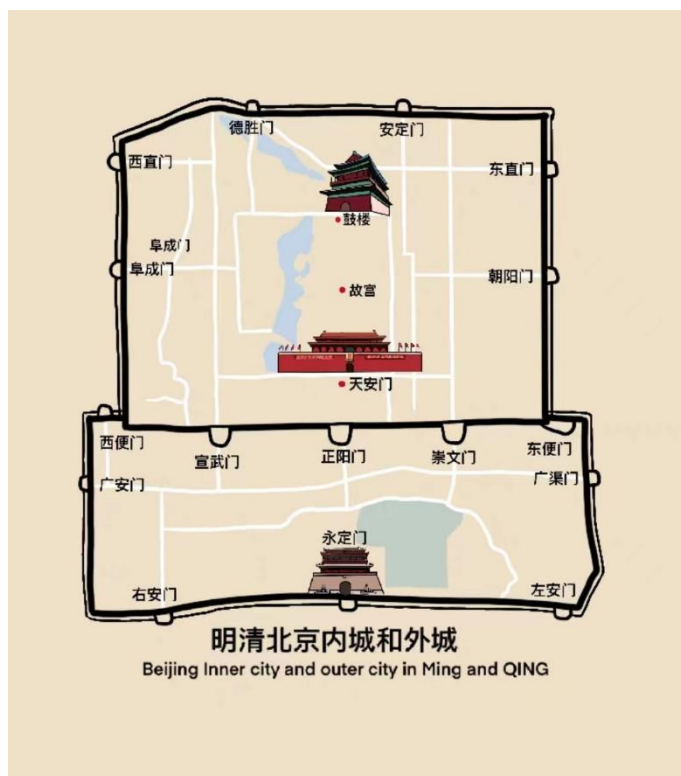
- 1.The Beijing Confucian Temple and Guozijian Museum
- 2.The Lama Temple
- 3.Dongzhimen
- 4.Chaoyangmen
- 5.Jianguomen
- 6.The Beijing Ancient Observatory(visit)
- 7.Ming City Wall Ruins Park(visit)
- 8.Dongbianmen
- 9.Guangqumen
- 10.Longtan Lake Park
- 11.The Temple of Heaven Park(skip in 2024)
- 12.Yongdingmen
- 13.Taoranting Park
- 14.Beijing Grand View Garden (大观园)
- 15.Jinzhongdu City Wall Relics Park(skip in 2024)

16. Guang'anmen
17. Tianning Temple/Xibianmen
18. Fuxingmen
19. The Moon Altar
20. Xizhimen(the start point in 2024)
21. Deshengmen
22. Former Residence Of Song Qingling
23. Yinding Bridge(visit)
24. Yandai Xiejie(visit by walk)
25. Beijing Drum Tower
26. (skip)
27. Andingmen
28. Wudaoying Hutong

Please be noted:

Locations marked as “visit” signify destinations that will include on-site visits, while locations not marked as “visit” are the places we just pass by, but if time permit, also could be visited. Please be aware that these original plans may be subject to change according to actual progress.

Students who accomplished riding the whole 2nd Ring, will earn the medal below:



【Assignments for this session (if any)】

Each student will act as a tour guide, introducing the spot to their peers. The arrangement will be done at the end of last class.

<i>Session 7: The echo we heard: forum of cycling in ancient Beijing.</i>	Date: July 22
【Description of the Session】 (purpose, requirements, class and presentations scheduling, etc.) All students are required to write an essay basing on their thoughts and reflection of their cycling experience over the past 3 weeks. This assignment account for 40% of the final grade. Team presentation: cycling law and culture in my country/city Farewell and July birthday party: each group will design and prepare food to share with students from other groups.	
【All stops we will drop by or visit】 No stops to drop by or visit. Only slice show to recall.	
【Assignments for this session (if any)】 Each student submits an individual cycling report on one of the five cycling routes. 5–10 minute group presentation on cycling laws and culture in their respective countries or cities. Each student will submit their 5 best shots to the teaching assistant, to print a photo album. All the presentation essays will be collected and compiled into an essay collection.	
【Transportation and cycling map】 No cycling this class.	

A CV of 250-300 words and a high-resolution personal photo should also be provided



Dr. Fuquan LU, Associate Professor of the Department of Physical Education and sports Science, Peking University. He obtained his Bachelor of Science in Rehabilitation, Master of kinesiology, PH.D. in population science. He was a Visiting Scholar at the Institute of Sports Science of Humboldt University (2011-2012) and Yale School of Medicine (2017-2018). Now he is the Director of the kinesiology teaching Laboratory of Peking University, mainly doing research on cycling culture and cycling health. Currently he is serving as the executive deputy secretary-general of the Cycling Branch of the Federation of University Sport China. From 2014 to 2016, he hosted Peking University Summer School International Course "Chinese Traditional body exercise, diet and Health Preservation". More information could be found at the following link: <https://pe.pku.edu.cn/info/1036/3581.htm>