

6/28 Sunday	Date/Time 1 st Week	6/29 Monday	6/30 Tuesday	7/01 Wednesday	7/02 Thursday	7/03 Friday	7/04 Saturday	
1. 下午報到 : Registration 3:00~5:00 2. 晚餐 : Dinner 6:00~7:30 3. 啟業迎新 : Orientation 7:00~9:00 4. 回宿舍 : Back to Dorm 8:30pm 5. 睡覺 : Bed Time 10:00pm	06:40	Wake up 起床						文化之旅 柏克萊一日遊！ 國慶日煙火之夜 Culture Field Trip & July 4 th fun Fireworks !!! (註：午餐、門票自理) (Note: additional fee for lunch & tickets)
	07:40	Breakfast 早餐						
	08:05~08:35	Morning Exercise 早操						
	08:35~09:10	Morning Meditation 靜坐						
	09:20~10:05	English & ESL / Buddhism Life & Story 英文加強班／佛法人生與故事						
	10:15~11:00							
	11:10~11:55							
	12:05~P 1:20	Lunch & Free Time 午餐及自由活動時間 [Assistant Time 助理討論]						
	13:20~14:30	科 研、手工藝 舞蹈 Experiment Art & Draft Dance Class	游 泳 Swimming	科 研、手工藝 舞蹈 Experiment Art & Draft Dance Class	戶外之旅 Field Trip	烹飪課 中式糕點 Cooking Class		
	14:40~15:50							
15:50~16:10	Snack Time 點心時間							
16:10~17:20	(同上) Cont.	電影欣賞 Movie Time	(同上) Cont.	競賽彩排 Rehearsal				
17:20~17:40	Clean-up Time 環 境 清 潔 時 間							
17:40~18:20	Free Time, Sports/Activities 上網、棋藝、扯鈴、高躑、乒乓、籃球等 [Assistant Time 助理討論]							
18:20~19:10	Dinner 晚餐							
19:10~20:20	Wisdom Night 心靈課程	團 康 競 賽 Group Activity	Wisdom Night 心靈課程	團 康 競 賽 Group Activity	大競賽 Great Contest			
20:50~22:00	Shower & Bed Time 盥洗時間, 至 10:00pm 熄燈就寢。但經舍監同意, 可以洗澡至 10:30pm 為止 (Note: with Dorm Leader's permission, shower time can be extended to 10:30pm)							

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7/5 Sunday	Date/Time 2 nd Week	7/6 Monday	7/7 Tuesday	7/8 Wednesday	7/9 Thursday	7/10 Friday	7/11 Saturday	
歡樂之旅： 舊金山 深度之旅 ！ San Francisco Happy Field Trip ！！ (註：午餐、 門票自理) (Note: additional fee for lunch & tickets)	06:40	Wake up 起床					文化之旅： 聖荷西 一日遊 ！ San Jose Happy Field Trip ！！ (註：午餐、 門票自理) (Note: additional fee for lunch & ticket)	
	07:40	Breakfast 早餐						
	08:05~08:35	Morning Exercise 早操						
	08:35~09:10	Morning Meditation 靜坐						
	09:20~10:05	English & ESL / Buddhism Life & Story 英文加強班／佛法人生與故事						
	10:15~11:00							
	11:10~11:55							
	12:05~P 1:20	Lunch & Free Time 午餐及自由活動時間 [Assistant Time 助理討論]						
	13:20~14:30	科 研、手工藝 舞蹈	游 泳 Swimming	科 研、手工藝 舞蹈	戶外之旅 Field Trip	文殊師利菩薩 智慧護摩 地點：紫蓮堂 (暫定) 2:00pm Wisdom Blessing Fire Ceremony Location: PLT		
	14:40~15:50	Experiment Art & Craft Dance Class		Experiment Art & Craft Dance Class				
	15:50~16:10	Snack Time 點心時間						
	16:10~17:20	(同上) Cont.	電影欣賞 Movie Time	(同上) Cont.				
	17:20~17:40	Clean-up Time 環境清潔時間						
	17:40~18:20	Free Time, Sports/Activities 上網、棋藝、扯鈴、高躑、乒乓、籃球等 [Assistant Time 助理討論]						
18:20~19:10	Dinner 晚餐							
19:10~20:20	Wisdom Night 心靈課程	團 康 競 賽 Group Activity	Wisdom Night 心靈課程	競賽彩排 Rehearsal	才藝競賽 Talent Contest			
20:50~22:00	Shower & Bed Time 盥洗時間, 至 10:00pm 熄燈就寢。但經舍監同意, 可以洗澡至 10:30pm 為止 (Note: with Dorm Leader's permission, shower time can be extended to 10:30pm)							

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7/12 Sunday	Date/Time 3 rd Week	7/13 Monday	7/14 Tuesday	7/15 Wednesday	7/16 Thursday	7/17 Friday	7/18 Saturday
歡樂之旅： 北加州深度之旅！	06:40	Wake up 起床					文化之旅： 灣區名勝一日遊！
	07:40	Breakfast 早餐					
	08:05~08:35	Morning Exercise 早操					
	08:35~09:10	Morning Meditation 靜坐					
	09:20~10:05	English & ESL / Buddhism Life & Story 英文加強班／佛法人生與故事					
	10:15~11:00						
	11:10~11:55						
	12:05~P 1:20	Lunch & Free Time 午餐及自由活動時間 [Assistant Time 助理討論]					
	13:20~14:30	科 研、手工藝 舞 蹈	游 泳 Swimming	科 研、手工藝 舞 蹈	戶 外 健 行 Hiking	中 華 傳 統 美 食 Cooking	
	14:40~15:50	Experiment Art & Craft Dance Class		Experiment Art & Craft Dance Class			
Northern CA Happy Field Trip !!!	15:50~16:10	Snack Time 點心時間					Bay Area Happy Field Trip !!!
(註：午餐、 門票自理) (Note: additional fee for lunch & tickets)	16:10~17:20	(同上) Cont.	TBD	(同上) Cont.	電影欣賞 Movie Time	競賽練習 Rehearsal	
	17:20~17:40	Clean-up Time 環境清潔時間					
(註：午餐、 門票自理) (Note: additional fee for lunch & tickets)	17:40~18:20	Free Time, Sports/Activities 上網、棋藝、扯鈴、高躑、乒乓、籃球等 [Assistant Time 助理討論]					(註：午餐、 門票自理) (Note: additional fee for lunch & tickets)
	18:20~19:10	Dinner 晚餐					
	19:10~20:20	Wisdom Night 心靈課程	團 康 競 賽 Group Activity	Wisdom Night 心靈課程	競賽彩排 Rehearsal	大 競 賽 Great Contest	
	20:50~22:00	Shower & Bed Time 盥洗時間, 至 10:00pm 熄燈就寢。但經舍監同意, 可以洗澡至 10:30pm 為止 (Note: with Dorm Leader's permission, shower time can be extended to 10:30pm)					

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7/19 Sunday	Date/Time 4 th Week	7/20 Monday	7/21 Tuesday	7/22 Wednesday	7/23 Thursday	7/24 Friday	7/25 Saturday	
歡樂之旅： 遊樂園之旅！ Happy Field Trip Great America	06:40	Wake up 起床					1.打包行李 Packing 2.打掃宿舍 Dorm Cleaning	
	07:40	Morning Exercise 早操						
	08:05~08:35	Breakfast 早餐						
	08:35~09:10	Morning Meditation 靜坐						
	09:20~10:05	English & ESL / Buddhism Life & Story 英文加強班／佛法人生與故事						
	10:15~11:00							
	11:10~11:55							
	12:05~P 1:20	Lunch & Free Time 午餐及自由活動時間 [Assistant Time 助理討論]					園 遊 會 Garden Party 11:30~1:30 珍重再見！ After 1:30 See You Next Summer!	
	13:20~14:30	科 研、手工藝 舞 蹈 Experiment Art & Craft Dance Class	游 泳 Swimming	科 研、手工藝 舞 蹈 Experiment Art & Craft Dance Class	水球大戰 Water Game & 運動大競賽 Tournament	晚會彩排 Performance Rehearsal		
	14:40~15:50							
	15:50~16:10	Snack Time 點心時間						
	16:10~17:20	(同上) Cont.	TBD	(同上) Cont.	(同上) Cont.	結業式 4:30~6:00 Ending Ceremony		
	17:20~17:40	Clean-up Time 環境清潔時間						
	17:40~18:20	Free Time, Sports/Activities 上網、棋藝、扯鈴、高躑、乒乓、籃球等 [Assistant Time 助理討論]						
	18:20~19:10	Dinner 晚餐						6:00 Dinner
	19:10~20:20	Wisdom Night 心靈課程	團康競賽 Group Activity	晚會彩排 Rehearsal	晚會彩排 Rehearsal	聯歡晚會 7:00 Performance		
	20:50~22:00	Shower & Bed Time 盥洗時間, 至 10:00pm 熄燈就寢。但經舍監同意, 可以洗澡至 10:30pm 為止 (Note: with Dorm Leader's permission, shower time can be extended to 10:30pm)						

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