

中医

西医

# Hippocratic Dialogue in the Apricot Grove (Traditional Chinese Medicine)

- Greek Youth Exploring the  
Treasures of Traditional  
Chinese Medicine

5-15 February 2026

YES Program By JXUCM  
(Jiangxi University of Chinese Medicine)

春秋战国时期形成较为系统的医学理论，著有《黄帝内经》等基础理论。

始于古希腊时期，通过长期的临床实践和对人体解剖的研究，逐渐形成了临床医学体系。



## What Is YES

People-to-people exchange is the key pillar and powerful enabler to deepen and expand cross-cultural understanding within Overseas-China relations. The initiative provides a nurturing environment for young people to move and see the world. The “**Young Envoys Scholarship**”(YES) program came into being to support this powerful initiative, and the China Education Association for International Exchange (CEAIE) is serving as the primary coordinating entity of YES program.

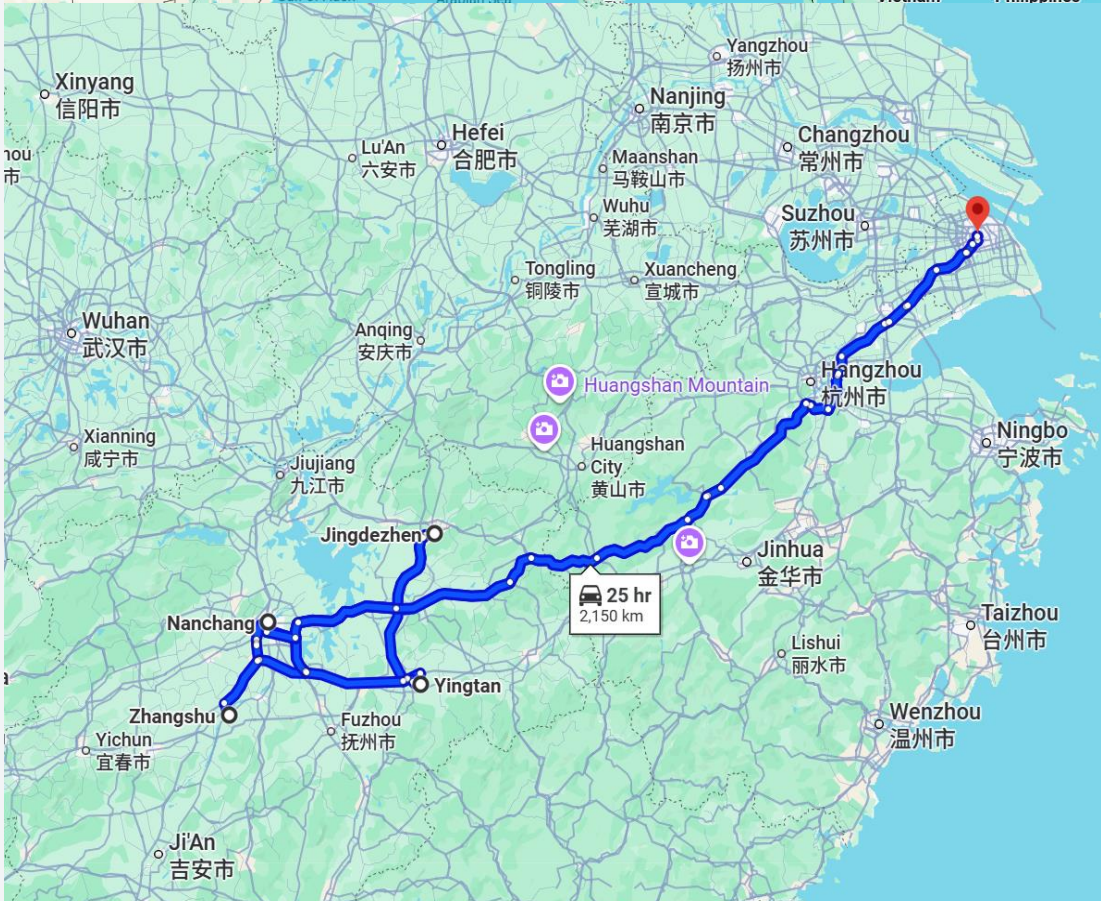
## Why YES

The YES program is an integrated information hub that consolidates resources from numerous Chinese educational institutions, including all school levels across China’s different regions, with a view to being an effective mechanism to help students from Overseas campuses to find their ideal overseas programs and opportunities in China. Participants in YES are able to gain cross-cultural competencies in a diverse range of academic settings with hands-on adventures, while engaging in valuable educational experiences that can earn credits.

## What Can You Find In YES

The overall program includes short-term exchange programs, international summer school programs, summer/winter camp, semester-long/short term study programs, short-term internship programs, and international students foundation programs and youth forums, etc. **Hosted by CEAIE, participating students are able to explore recent social, economic and scientific developments in China while revisiting the five thousand-year history of China and experiencing its unique cultural and geographical richness.**

| Day |           | Program                                                                                                                                                                                     | Palace            | Note             |
|-----|-----------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|------------------|
| 1   |           | Departure from Athens                                                                                                                                                                       |                   |                  |
| 2   |           | Arrival Shanghai. Then transfer to Jiangxi Nanchang.                                                                                                                                        | Nanchang          | Free Hospitality |
| 3   | Morning   | Opening ceremony<br>Visit the university of JXUCM<br>Herbal cuisine experience                                                                                                              | Nanchang          | Free Hospitality |
|     | Afternoon | Tai Chi Culture Experience                                                                                                                                                                  |                   |                  |
| 4   | Morning   | Education on China's <u>national conditions</u> (Lecture)                                                                                                                                   | Nanchang          | Free Hospitality |
|     | Afternoon | Overview of Traditional Chinese Medicine (Lecture)                                                                                                                                          |                   |                  |
| 5   | Full Day  | Investigation of Traditional Chinese Medicine Culture in <u>Zhangshu City</u> , Jiangxi Province                                                                                            | <u>Zhangshu</u>   | Free Hospitality |
| 6   | Morning   | Traditional Chinese Medicine Beauty and External Treatment Techniques                                                                                                                       | Nanchang          | Free Hospitality |
|     | Afternoon | Traditional Chinese Medicine Aromatherapy & Tea Drinks                                                                                                                                      |                   |                  |
| 7   | Full Day  | <u>Jingdezhen</u> Ceramic Culture Experience                                                                                                                                                | <u>Jingdezhen</u> | Free Hospitality |
| 8   | Full Day  | Experience the culture of traditional Chinese medicine and health preservation in the birthplace of Chinese Taoism.                                                                         | <u>Yingtian</u>   | Free Hospitality |
| 9   | Morning   | Comic Traditional Chinese Medicine                                                                                                                                                          | Nanchang          | Free Hospitality |
|     | Afternoon | <u>Aixi Lake</u> <u>Xijie</u> Cultural Experience                                                                                                                                           |                   |                  |
| 10  | Morning   | Traditional Chinese Medicine Special Therapy Practice - <u>Tuina</u> (Massage), <u>Cupping</u> , <u>Gua Sha</u> (Scraping Therapy)                                                          | Nanchang          | Free Hospitality |
|     | Afternoon | Graduation Ceremony - Awarding of the " <u>Qihuang</u> Messenger" Certificate & Exchange between Chinese and Foreign Students ("Dialogue of Chinese and Greek Medical Civilizations" Salon) |                   |                  |
| 11  | Morning   | City Tours in Nanchang                                                                                                                                                                      | Nanchang          | Free Hospitality |
| 12  | Morning   | Departure to Shanghai (High Speed Train)                                                                                                                                                    | Shanghai          | Coach Service    |
|     | Evening   | To Shanghai INT Airport                                                                                                                                                                     |                   |                  |
| 13  | Full Day  | Departure to Athens.                                                                                                                                                                        |                   |                  |



# Jiangxi Province and JXUCM

## Jiangxi Province



Jiangxi Province lies on the southern bank of the Yangtze River's lower and middle sections. It has an area of 166,900 sq km and a population of 39.66 million. Nanchang is the provincial capital.

**Topography:** Jiangxi is high in the south and low in the north. It is bordered by hills and mountains, the land generally sloping towards the Poyang Lake in the north. Hills and mountains account for 60% of the province's landmass.

**Tourism:** Jiangxi abounds in tourism resources. Nanchang, Jingdezhen, Jiujiang and Ganzhou are important sites of historic and cultural interest. The Poyang Lake, China's largest fresh water lake,

offers a sight seldom seen elsewhere when cranes, during their southward migration, arrive in thousands in winter for food and shelters in lakeside reed marshes. All in all, Jiangxi has 450 tourism attractions.

# JXUCM

Jiangxi University of Chinese  
Medicine

Since the founding in 1959, and especially since the start of reform and opening up more than 30 years ago, Jiangxi University of Chinese Medicine ( JXUCM ) has always adhered to the educational mission of "serving the development of traditional Chinese medicine, the local economic development, the all-round social progress and the nation", and has promoted the school motto "Learning and Virtue, Devoting and Excellence".

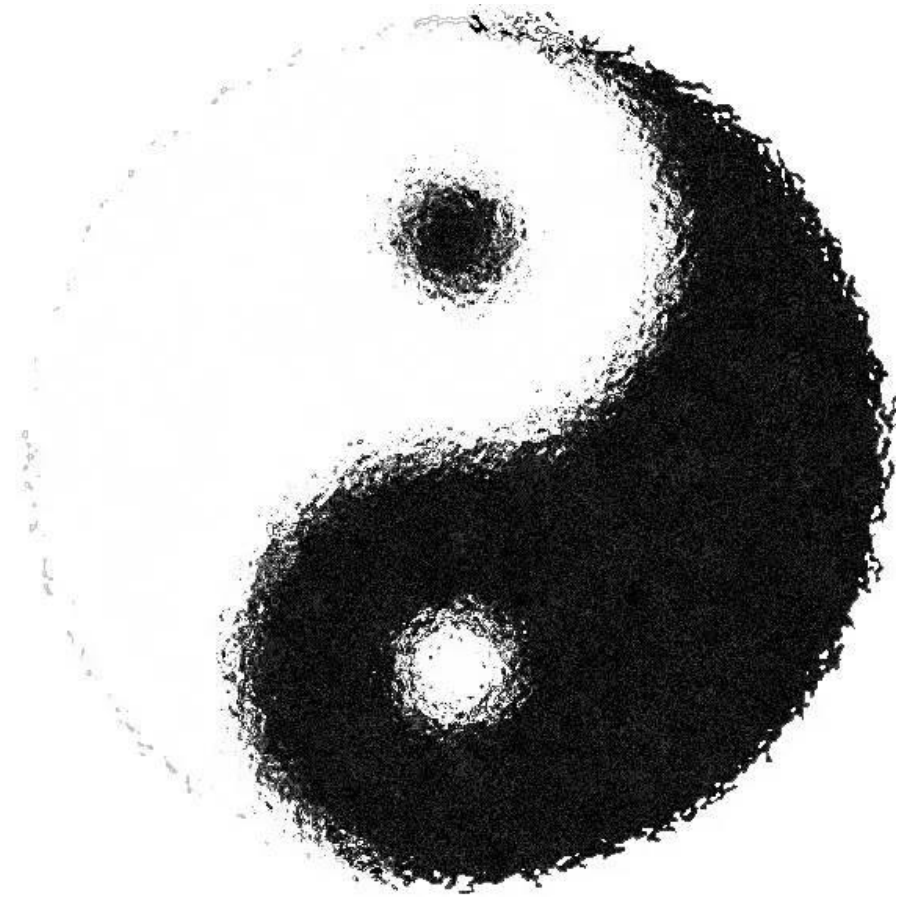
Covering an area of 2308 mu (i.e. 154 hectares), JXUCM has 23000 full-time students. There are 27 undergraduate programs at the university, including six major disciplines—medicine, science, engineering, management, social sciences and humanities. In the first-level discipline, JXUCM possesses 2 authorized doctorate degree points and 4 authorized master degree points respectively. JXUCM has 3 national scientific research platforms and 46 research platforms at ministerial or provincial level.

JXUCM has been one of the first batch universities that are authorized to cultivate foreign students by the Ministry of Education. There have been more than 1600 students coming from Taiwan, Hongkong, Macao and more than 10 countries studying at the university. Meanwhile, the university has set up the long-term cooperation with research, medicine and education institutions from more than 20 regions and countries. Taking Chinese medicine education as the main body, JXUCM is a distinctive Chinese medicine university with the coordinated multi-disciplinary development and the combination involving production, teaching & research.

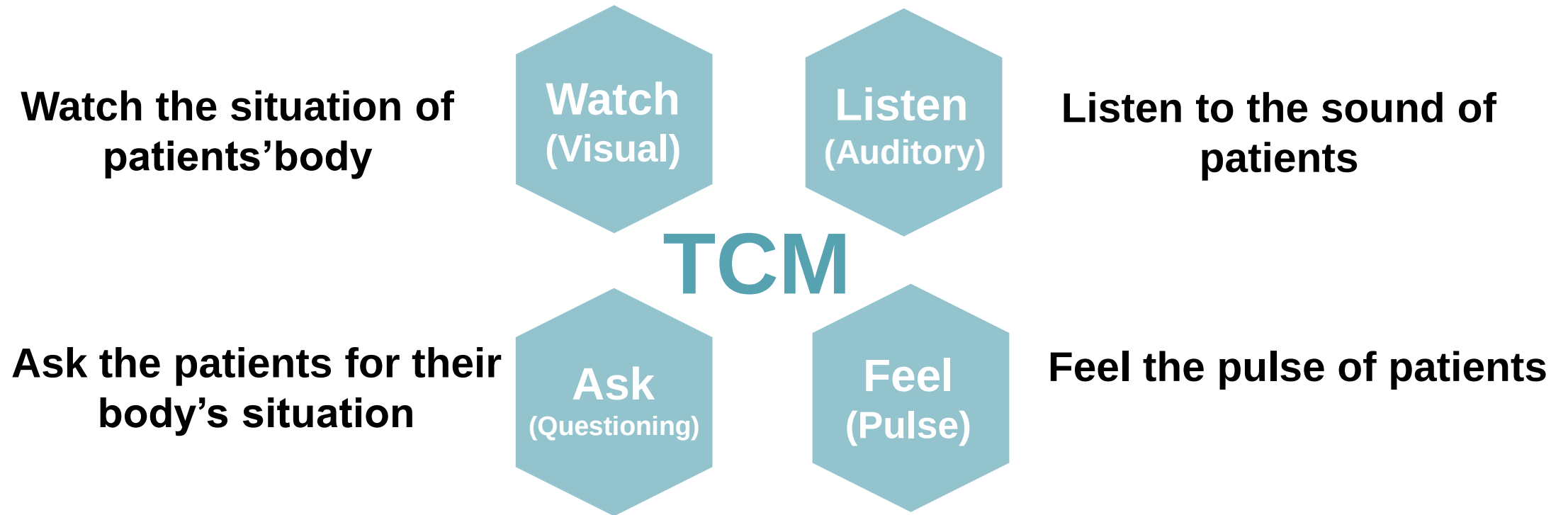
## Tai Chi Culture Experience

### Tai Chi-Art of the Harmony

The philosophical root of Tai Chi comes from the Yin-Yang theory in the I Ching (Book of Changes). Yin and Yang represent two fundamental forces in the universe—Yin (soft, still, dark) and Yang (hard, dynamic, bright)—which depend on and transform into each other, maintaining balance and harmony in the universe.



# Overview of Traditional Chinese Medicine (Lecture)



Traditional Chinese medicine, Zhong Yi, is a therapy and a theory on how to stay healthy. Diagnosis in Zhong Yi comes from various forms of observation, including visual, auditory, olfactory, tactile and questioning. The doctor observes a patient's tongue, voice, inquires about the patient's habits and medical history, and feels the patient's pulse to make a diagnosis.

## Culture Tour

Chinese Medicine Culture

### Zhangshu

Zhangshu Pharmaceutical has thrived for 1,800 years and is renowned with the saying “If the medicine doesn't go to Zhangshu, it's incomplete; if it doesn't pass through Zhangshu, it's ineffective.” It is the only '**Chinese Medicine Capital**' awarded by the China Association of Traditional Chinese Medicine.

Aromatherapy & Tea Drinks

### Nanchang



Ceramic Culture

### Jingdezhen

Jingdezhen, known as the '**ceramic metropolis**,' is a dazzling gem in the world of porcelain art. Its history of porcelain production spans over 1,700 years, resulting in a rich porcelain culture. Jingdezhen is the only city in China whose tourism is characterized by porcelain culture.

Taoism

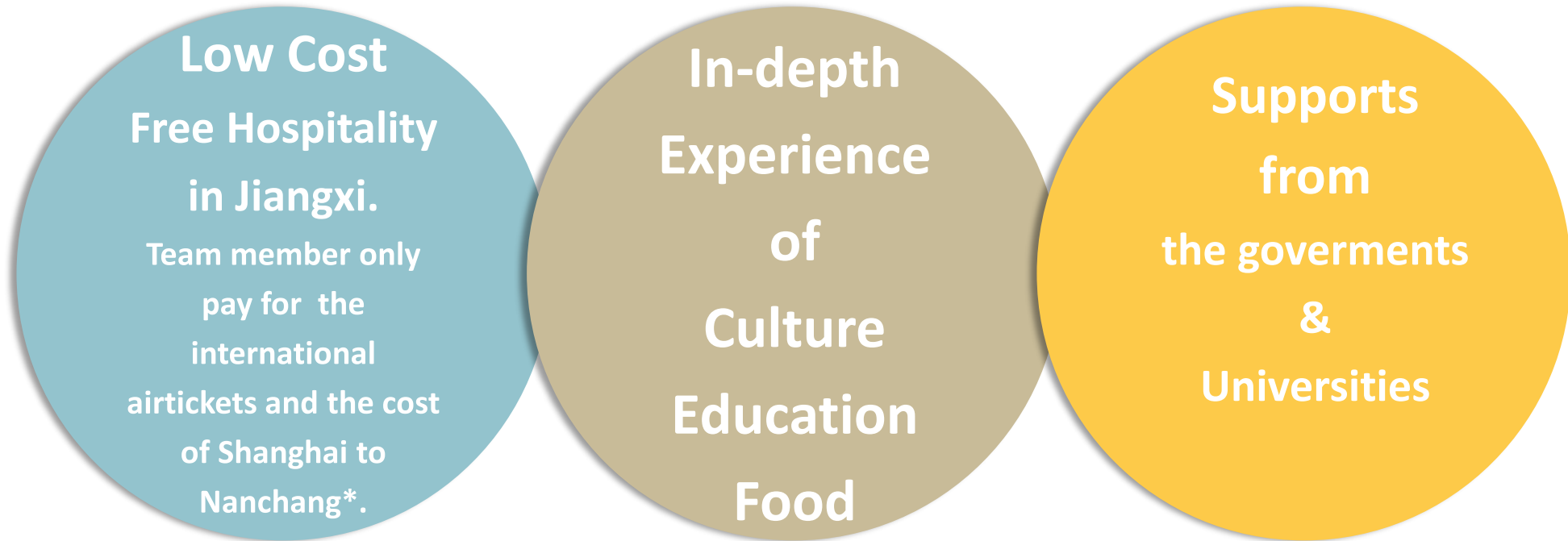
### Yingtan

The birthplace of Taoism in China



# Itinerary Highlights

**5/2/2026 13:20** Athens-Shanghai 05:10+1,  
**15/2/2026 01:20** Shanghai-Athens 07:20



*\*International ticket is around 850 euros and Shanghai to Nanchang-Shanghai highspeed train around 100 euros at most 950 euros. Free meals in Jiangxi (or 5-8 euros per meal everywhere)*

Study tour.



Thanks  
to join us