

The Dragon Boat Experience for International Students

On the afternoon of October 21st, the Dragon Boat cultural experience activity for international students sponsored by SJTU International Student Service Center and SJTU Physical Education Department was successfully held at the Water Sports Base of Minhang Campus. The event attracted students from Russia, the Netherlands, Italy, Canada, Norway and other countries to participate.





At the beginning of the activity, the teachers from SJTU Physical Education Department explained the water safety knowledge in detail, and conducted the land dragon boat technology training. During the training process, the students listened while practicing, and gradually had a more comprehensive understanding of the basic knowledge and skills of dragon boat sport.





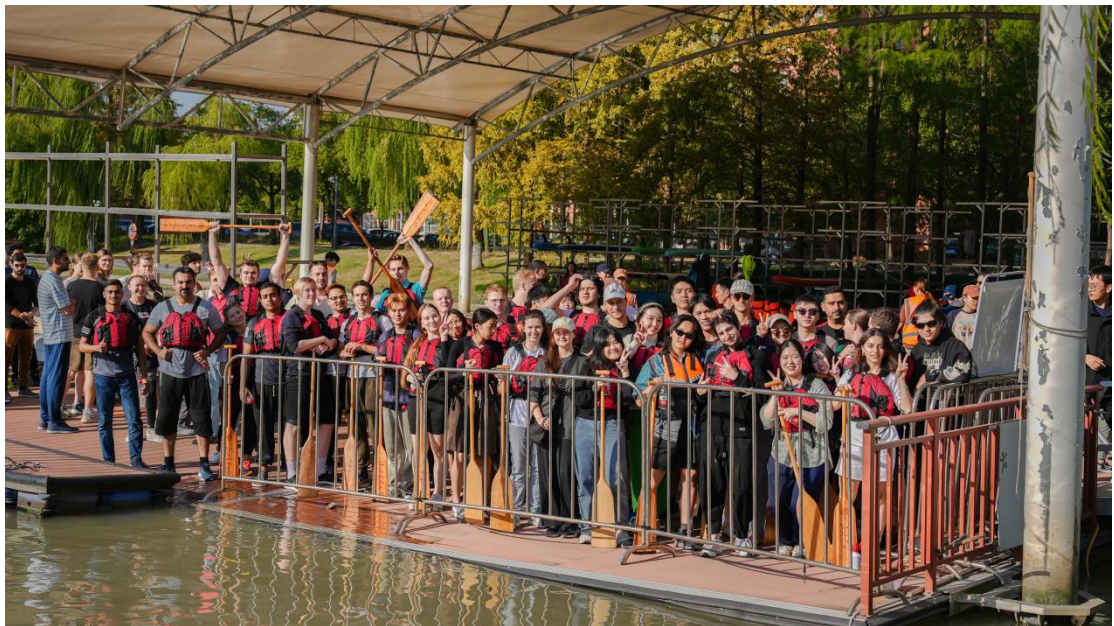
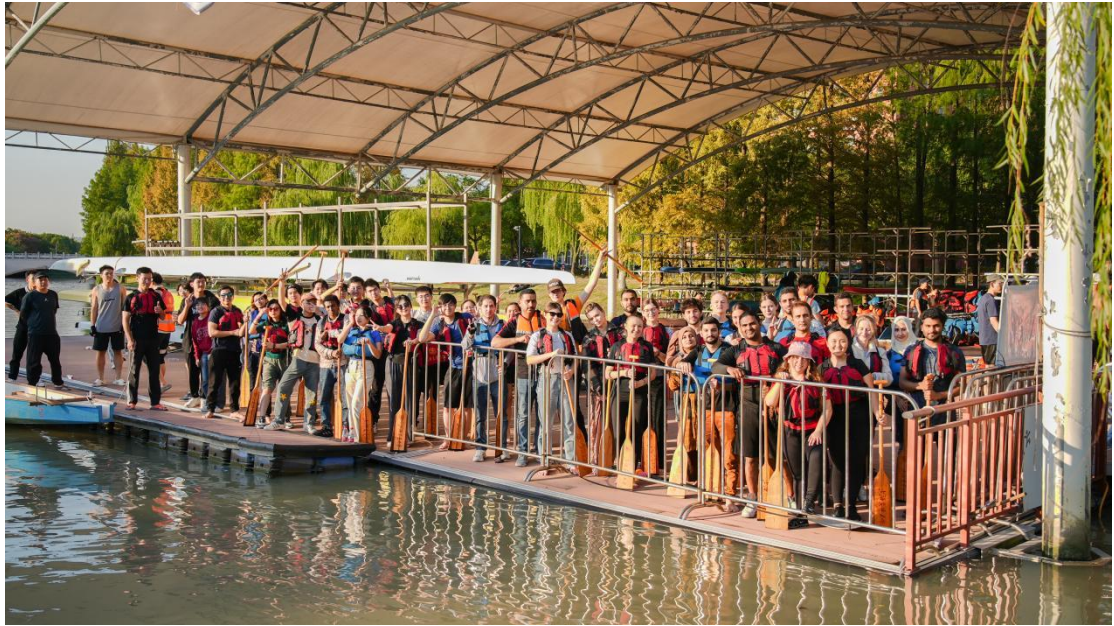
Then, the students boarded the dragon boat and completed the technical training of the water dragon boat under the guidance of the coach. Through repeated practice, they gradually mastered the skills of dragon boat movement, and the cooperation between the team members became more and more tacit.



Then, the two rounds of dragon boat time trial were held on the spot. The students used the sports skills they learned to row the dragon boat. Everyone worked together and worked hard to achieve excellent results.



After landing, the students took a group photo with joy and harvest.



The successful holding of this activity enables international students to have a deeper understanding of Chinese traditional dragon boat culture, stimulates students' interest in learning excellent traditional Chinese culture, and enables students from different countries and cultural backgrounds to gain health and deepen friendship in sports.