

*Heritage
& Hers*

传承与她

British Heritage Study & Elite Women's Travel

英伦研学与女士高端游

Heritage & Hers

Professional UK Study
& Elite Travel

H.T. Perspective
Presented



COMPANY PROFILE

公司简介

H.T.PERSPECTIVE 于 2026 年在英国伦敦成立，致力于在文化与科技不断交汇的时代背景下，建立一个沉浸式的跨文化学习与交流社区。

我们关注不同知识领域之间的对话，也关注不同经验与视角之间的相遇。

通过 Heritage & Hers 项目，我们将学术研究、文化遗产与真实的文化场景相结合，在历史与当代之间展开学习与交流。

我们希望与每一位参与者共同进入一场开放的探索——在文化、知识与经验的交汇之中，形成新的理解与连接。

H.T.Perspective was founded in London, UNITED Kingdom, in 2026. It is dedicated to building an immersive, cross-cultural learning and interaction community within an era increasingly shaped by the convergence of culture and technology.

We focus on fostering dialogue across different fields of knowledge, as well as concerning with diverse experiences and perspectives.

Through the Heritage & Hers initiative, we integrate academic research, cultural heritage, and authentic cultural landscape to facilitate learning and communication across the historic and the contemporary.

We seek to embark on an open-ended exploration with everyone forging new understanding and connections at the intersection of culture, knowledge and experience.





INTRODUCTION
(Heritage & Hers Background)

项目背景介绍

项目背景介绍

遗产不仅仅是一段被保存的过去，也是在传承中不断被重新诠释与再创造的“活态遗产”。在当下，这些活态遗产依然被体验，践行，并赋予新的意义。它们不仅能够展现历史，而且也是被参与，被感受，被不断重塑的文化生产过程。

英国拥有丰富而持续传承的文化传统，例如敲钟、哑剧、高地运动会、干石墙砌筑、圣诞酒会以及各地的饮食习俗等。这些实践长期存在于社区生活之中，通过代际传承不断延续。近年来，英国也开始建立由社区参与的“活态遗产”名录，对仍在传承中的传统、知识与技艺进行记录与保护。

在这个漫长的文化传承图景中，女性的在场并非理所当然。以教育机构为例，这些与文化传播紧密相关的核心场所，在很长历史时期内对女性保持封闭。直至19世纪末至20世纪初，女性才逐步进入牛津、剑桥等学术机构，真正参与学术与思想生活……

Heritage & Hers 基于这一历史背景提出，邀请女性重新走进这些承载文化与知识传统的空间，不再只是参观者，更是“活态遗产”的文化交流对话者。

通过定制文化与学术体验，Heritage & Hers 将教育机构、文化景观与社会传统连接起来，与每一位女性共同走进那些长期孕育知识与文化遗产的场所，并在当代语境中重新理解这些仍在延续的文化实践，在体验与互动中成为文化延续的一部分。

INTRODUCTION

Heritage is far more than a preserved past; it is also a form of living heritage, constantly reinterpreted and recreated through transmission across generations. Today, these living heritages continue to be experienced and practised and is imbued with new meaning. They do not merely present history to be observed, they are also representing an ongoing process of cultural production that are engaged with, experienced and constantly reshaped.

The UK boasts a rich and enduring cultural heritage, encompassing traditions such as bellringing, pantomime, Highland games, dry stone walling, Christmas carols, and regional culinary customs. These practices have long been an integral part of community life and are passed down from one generation to the next. In recent years, the UK has also begun compiling a 'living heritage' register involving community participation, with the aim of documenting and safeguarding traditions, knowledge and skills that are still being practised today.

Within this long-standing landscape of cultural heritage, the presence of women has not been a given. Take educational institutions, for example: these key venues, which are closely linked to the dissemination of culture, remained closed to women for a considerable period of history. It was not until the late 19th and early 20th centuries that women gradually began to enter academic institutions such as Oxford and Cambridge, thereby truly participating in academic and intellectual life....

Based on this historical context, Heritage & Hers invites ladies to re-enter these spaces steeped in cultural and intellectual traditions, no longer merely as visitors, but as an interlocutor in the cultural engagement of 'living heritage'.

Through tailored cultural and academic experiences, Heritage & Hers connects educational institutions, cultural landscapes and social traditions, inviting every lady to step into the very places that have long nurtured knowledge and cultural heritage. Together, we reinterpret these enduring cultural practices within a contemporary context, becoming part of cultural continuity through experience and interaction.





CONTENTS

目录



序言

项目概览

项目介绍

(伦敦篇) Chapter of London

(温莎, 牛津篇)

Chapter of
Windsor & Oxford

参考行程

服务承诺

报名信息

项目费用说明



文化遗产不仅属于过去，也在每一次新的理解中被重新赋予意义。

H.T.Perspective 发起的 Heritage & Hers 文化体验项目，旨在搭建一个开放的跨文化交流与学习场域，记录女性与文化遗产相遇时所产生的理解、经验与故事。

在 Heritage & Hers 的系列故事中，女性始终是叙事的主体。她们以自身的经验与视角进入历史空间、文化传统与知识体系，在与文化遗产的相遇过程中形成属于自己的理解与表达。

Heritage & Hers 尊重每一位参与者在这个学习体验过程中产生的个人成果：这可能是一场深入的学术思考，也可能只是一次轻松而自由的文化体验，但这段过程所发生的故事是唯一的，不可复制的。

在这样的交流与探索中，新的连接不断被建立。历史与当代在个人经验中发生交汇，文化遗产被赋予新的解释，而参与其中的女性也在这一过程中形成新的文化视角与自我认知。





Cultural heritage does not belong solely to the past; with every interpretation, it is continuously endowed with renewed meaning.

Initiated by H.T.Perspective, the Heritage & Hers cultural experience programme is designed to create an open space for cross-cultural dialogue and learning, documenting the insights, experiences and stories that emerge when women encounter cultural heritage.

Women are the protagonists of the narrative throughout the series story of "Heritage & Hers". They step into historical spaces, cultural traditions, and the academic system through their own perspectives and experiences. They form personal interpretations and expressions through their engagement with heritage.

At Heritage & Hers, the personal outcome that emerges from this learning experience is deeply valued. Whether it could be a profound academic reflection or simply a relaxed and uninhibited cultural experience, the story created through this experience is entirely one of a kind- personal, meaningful, and irreplaceable.

Within this journey of dialogue and discovery, new connections continue to emerge. History and the present converge within personal experiences, cultural heritage is given new interpretations, and the women who engage with this journey develop new cultural perspectives as well as a deeper sense of self- awareness.



PROGRAMME OVERVIEW

「名称」 第一章《文化遗产与她的开场》

「类型」 沉浸式文化体验与研学

「地点」 伦敦·温莎·牛津

「时长」 11天

「规模」 6-10人

「合适人群」

女性/职场女性/自媒体/创意从业者/文化艺术爱好者/
创业者/海外留学以及跨文化学习爱好者/关注自我学
习成长以及注重终身学习的人群

「核心主题」

文化遗产·女性身份·自我表达·思想成长

「核心体验亮点」

劳拉温莎国际女士社交礼仪课程/
 Barbican 线下女性主题沙龙/皇家赛马会/牛津课堂

「学习收获」

城市文化阅读能力/女性历史与身份认知/跨文化沟通
能力/自我表达与社交礼仪/牛津学术体验与批判思维

「结业成果」

Heritage & Hers 结业证书
劳拉温莎礼仪学院结业证书
Heritage & Hers 校友档案

Title: Chapter One- The Opening of Heritage & Hers

Type: Immersive Cultural & Academic Study
Experience

Destinations: London · Windsor · Oxford

Duration: 10 Days

Group Size: 6-10 Participants

Our Audience

Female / Professional Women / Content Creators &
Self-Media Practitioners / Creative Industry
Professionals / Culture & Arts Enthusiasts /
Entrepreneurs / Overseas Students and Cross-
Cultural Learners / Lifelong Learning

Themes

Cultural Heritage · Female Identity · Self-Expression ·
Intellectual Growth

Experience Highlights

Laura Windsor International Ladies' Social Etiquette
Programme / Women-Centred Salon at the Barbican
Centre / Royal Ascot / Academic Sessions at
University of Oxford

Learning Outcomes

Ability to Interpret Urban Culture / Understanding
of Women's History and Identity / Cross-Cultural
Communication Skills / Self-Expression and Social
Etiquette / University of Oxford Academic
Experience and Critical Thinking

Programme Completion

Heritage & Hers Certificate of Attendance
Laura Windsor Etiquette Academy Certificate
Heritage & Hers Alumni Profile



London

伦敦篇



「开场」泰晤士游轮 · 空中花园“破冰晚宴”
「看见」伊丽莎白二世展 · 邱园 · 伦敦旧陆军部
「解读」V&A博物馆 · MAMMA MIA! 音乐剧
「穿行」伦敦著名街区漫步 · 艺术氛围熏陶
「表达」劳拉温莎美式社交礼仪课程 · 巴比肯线下女性议题沙龙

[Opening] Thames River Cruise · Sky Gardens Welcome Dinner

[To See] The Queen Elizabeth II Exhibition · The Old War Office, London · Kew Gardens

[To Interpret] V&A Museum · «MAMMA MIA!»

[Wondering] Wondering in London · Artistic Atmosphere

[Expression] Laura Windsors British Etiquette · Barbican Offline Ladies Salon

登 场

伦敦的午后，
一场关于Heritage & Hers的旅程从泰
晤士河展开。

游轮驶离码头，议会大厦，塔桥，大
本钟……
经过时间的洗礼，建筑群落诉说着历史
最悠久的记忆。

傍晚时分，众人在空中花园相聚，共进
一场“破冰晚餐”。城市、人与故
事，在这一刻慢慢交汇。
从伦敦启程，走进城市的文化遗产，走
进关于她的叙事旅程。

One afternoon in London,
A journey of Heritage & Hers begins
along the River Thames.
As the cruise departs the dock,
passing the Houses of Parliament,
Tower Bridge, and Big Ben.
As time goes by, these architectural
landmarks whisper the city's most
enduring histories.
Evening falls, girls gather at the Sky
Garden for an "ice-breaking dinner".
Cities, people, and stories begin to
converge in this shared moment.
Setting off from London, stepping into
the city's cultural heritage and into
her narrative journey.

OPENING

重点项目及学习体验价值

• 泰晤士河游轮体验

伦敦很多历史都是围绕河流展开的。而泰晤士河则是伦敦城市文明的主轴，参与者在游轮航行过程中会经过英国议会大厦，大本钟，塔桥，圣保罗大教堂，伦敦塔等地标建筑。在游览的过程中学会如何从城市空间、历史建筑与社会结构三个维度阅读一座城市。此外游轮提供实时解说与专家导览以及精致甜点。

• 空中花园欢迎晚宴

小规模高质量女性社群，建立跨文化与跨领域连接。



Programme Highlights & Learning Experience Value

• Thames River Cruise Experience

Much of London's history revolves around the river. The River Thames serves as the backbone of London's urban civilisation; during the cruise, participants will pass landmarks such as the Houses of Parliament, Big Ben, Tower Bridge, St Paul's Cathedral and the Tower of London. Learn how to interpret a city through three dimensions: urban space, historic architecture and social structure.

In addition, the cruise offers live commentary, expert-led tours and exquisite pastries.

• Sky Gardens Welcome Dinner

A small, high-quality community of women, fostering cross-cultural and cross-disciplinary connections.





伦敦城著名景点
London Attractions



Sky Gardens Welcome Dinner
空中花园欢迎晚宴



Snapshots

项目剪影

看 见

不只是繁华的城市与建筑群落，
在文化遗产中，杰出的女性事迹也值得被我们看见。
她们有的手握皇权，有的拥有超高政治远见，有的聪明慧智游走在战场。
在伊丽莎白二世展、伦敦旧陆军部与邱园之间，那些被世人或铭记，或遗忘的
女性身影，正在逐渐变的清晰。

Beyond bustling cities and architectural ensembles, the remarkable achievements of women within cultural heritage also deserve to be brought into view.

Some held royal power, some possessed extraordinary political foresight, and some navigated the battlefield with intelligence and courage.

Among the Elizabeth II Exhibition, the Old War Office, and Royal Botanic Gardens, Kew, the presence of these women is gradually coming into clearer focus whether remembered by history or long forgotten.

To See

重点项目及学习体验价值

Programme Highlights & Learning Experience Value

• 伊丽莎白二世主题展览

女性领导力与公共形象。从英国王室与历史人物出发，理解女性在权力结构中的角色与影响。

• 伦敦旧陆军部文化空间解读

女性与权力结构。重新审视历史叙事中被忽视的女性贡献与身份表达。

• 自然遗产邱园与女性叙事

自我认知与文化思考，理解文化遗产不仅属于过去，其创始人的政治远见也持续影响着当代园林艺术与政治场域。

• The Queen Elizabeth II Exhibition

Women's Leadership and Public Image. Exploring the roles and influence of women within power structures through the lens of the British Royal Family and historical figures.

• The Old War Office, London

Women and Power Structures. Re-examining the contributions and expressions of identity of women who have been overlooked in historical narratives.

• Kew Gardens

Self-awareness and cultural reflection: understanding that cultural heritage belongs not only to the past, but that the political vision of its founders continues to influence contemporary landscape architecture and the political sphere.





伊丽莎白·亚历山德拉
玛丽·温莎
Elizabeth Alexandra
Mary Windsor

伊丽莎白二世主题展览

The Queen Elizabeth II Exhibition



克里斯汀·格兰维尔
Christine Granville

伦敦旧陆军部文化空间

The Old War Office, London



奥古斯塔公主
Princess Augusta

邱园皇家园林

Kew Gardens:
Natural Heritage and Women's Narratives



Snapshots

项目剪影

解

读

走进维多利亚与阿尔伯特博物馆，展柜不只是风格的陈列，更是文化表达的窗口。面料的肌理，结构的设计，制作的工艺，去解读它们背后对身份，创造力与时代更迭的表达。转向剧场，沉浸式进入音乐剧《MAMMA MIA!》的舞台里，倾听一段关于爱情、友谊、家庭与身份认同的故事。

Walk into the Victoria and Albert Museum, where the display cases are not merely showcases of style, but windows into cultural expression

The texture of the fabrics, the design of the structures, the craftsmanship of the pieces, to interpret the expressions of identity, creativity, and the changes of eras that lie behind them.

Towards to the theatre.

Immerse yourself in MAMMA MIA! And listen to a story of love, friendship, family and identity.

To Interpret

重点项目及学习体验价值

Programme Highlights & Learning Experience Value

• 维多利亚与阿尔伯特博物馆

服饰与设计不仅塑造外在风格，更反映时代中的社会身份与文化价值。通过对时尚，设计与文化遗产的解读，培养审美与文化分析的能力，理解设计如何成为表达思想，身份与时代精神的媒介。

• 《MAMMA MIA!》音乐剧

首先，在Donna与Sophie的故事中，参与者将重新思考：身份是否来自家庭，血缘关系，还是来自自己的选择。其次，在Donna, Rosie, Tanya三位好友的关系中，参与者可以感受到女性友谊带来的力量以及女性之间的情感支持与团结。最后在音乐剧里的母女关系中，可以引发参与者对“女性如何在家庭关系中建立自己的主体性”的思考

MAMMA MIA! 作为最具代表性的West End长演剧之一，是英国一项重要的文化产业体验项目，该作品被英国高等学府列入教材，具有极高的艺术教育价值。

• Victoria and Albert Museum

Fashion and design not only shape outward style, but also reflect social identity and cultural values of an era. Through an exploration of fashion, design and cultural heritage, students will develop aesthetic and cultural analytical skills, gaining an understanding of how design serves as a medium for expressing ideas, identity and the spirit of the times.

• 'MAMMA MIA!'

Firstly, through the stories of Donna and Sophie, participants will be prompted to reconsider whether identity stems from family and blood ties, or from one's own choices. Secondly, through the relationships between the three close friends—Donna, Rosie and Tanya—participants can experience the strength derived from female friendship, as well as the emotional support and solidarity that exist amongst women. Finally, the mother-daughter relationships depicted in the musical will prompt participants to reflect on 'how women establish their own agency within family dynamics'.

As one of the most iconic long-running productions in the West End, MAMMA MIA! represents a significant cultural experience in the UK. The work has been incorporated into the curriculum of British higher education institutions and holds immense value for arts education.





《MAMMA MIA!》音乐剧

'MAMMA MIA!'





维多利亚与阿尔伯特博物馆

Victoria and Albert Museum



Snapshots

项目剪影

穿 行

从里士满到肯辛顿，
从诺丁汉到富勒姆，
做「继承者」，
在安静的街区里，读懂典雅的伦敦。
那份克制与优雅，是时间留下的气质。

穿行于邦德街与摄政街
做「探索者」，
在百年石砖与橱窗之间寻找审美的变化与对话
这是伦敦递给世界的一张名片

东行至肖尔迪奇和红砖巷
做「颠覆者」，
在涂鸦、朋克与复古文化中，
感受多样生命力的自由生长

From Richmond to Kensington,
From Notting Hill to Fulham.
Be an "inheritor".
In the silent street block, decipher the
elegance of London.
That restraint and grace are the essence
left behind by time.

Wandering through Bond Street and
Regent Street,
Be an "explorer".
Seeking shifts in aesthetic and dialogue
amidst century-old stonework and
display windows.
This is the calling card London presents
to the world.

Head east to Shoreditch & Brick Lane
Be a "disruptor",
and amidst the graffiti, punk and
vintage culture,
Experience the free-spirited vitality of
this diverse scene

Wandering



重点项目及学习体验价值

• 西伦敦

进入精英社区与文化生活的观察。发掘城市空间如何反映出教育资源，生活方式与阶层结构。

• 邦德街与摄政街

作为顶级高端购物和商业目的地，在这里历史悠久的建筑与时尚，艺术紧密相连。学习伦敦历经百年的品牌与消费历史。

• 东伦敦

走进创意社区，了解其背后的移民潮与工业历史。感受街头文化与社区的身份流动。体验多元文化与城市转型。

Programme Highlights & Learning Experience Value

• West London

An exploration of elite communities and cultural life. Discover how urban spaces reflect educational resources, lifestyles and social structures.

• Bond Street and Regent Street

As premier destinations for luxury shopping and commerce, these streets see historic architecture intertwined with fashion and the arts. Learn about London's century-long history of brands and consumer culture.

• East London

Step into creative communities and learn about the waves of immigration and industrial history that shaped them. Experience street culture and the fluidity of community identity. Witness multiculturalism and urban regeneration.





伦敦城著名街区

London Street Block





Snapshots

项目剪影

表 达

作为欧洲最大的综合艺术中心之一，
 Barbican 是多元艺术与文化形态的象征

这里既是国际艺术家的舞台，也为每一位热爱创作的人提供被看见的空间。
在这里，Heritage & Hers 的线下沙龙让每个故事得以延续…

在劳拉·温莎的社交礼仪课堂中，礼仪不是规条，更是跨文化交流的一种方式。
在细微的举止、语气与关注之间，
每一次交流都在被看见，也在悄悄地改变与影响着周围的人。

礼仪的意义，不只是形式上的得体，
更是对他人的理解，以及在复杂关系中找到自我认同。

As one of Europe's largest multidisciplinary arts centres, the Barbican stands as a symbol of diverse artistic and cultural expressions.

It serves as a stage for international artists, whilst also providing a space for anyone with a passion for creativity to be seen.

Here, the Heritage & Hers in-person salon allows every story to continue...

In Laura Windsor's etiquette classes, etiquette is not merely a set of rules, but a means of cross-cultural communication.

Through subtle gestures, tone of voice and attentiveness, every interaction is observed, and quietly shapes and influences those around us. The significance of etiquette lies not merely in formal propriety, but in understanding others and finding one's own identity amidst complex relationships.

Expression

重点项目及学习体验价值

Programme Highlights & Learning Experience

• 女性主题线下对话沙龙

在 Barbican，我们将会邀请来自伦敦各行业的优秀女性代表与参与者进行一场跨文化交流实践活动。在这场活动中，各位参与者不仅能够针对女性相关话题进行深入探讨与学习，还可以培养在跨文化环境中的社交沟通能力。

• 劳拉温莎英式社交礼仪与跨文化沟通课程

礼仪专家劳拉·温莎被公认为英国最受信赖的礼仪与礼节权威之一。她被媒体誉为“礼仪女王”，近日被任命为伊丽莎白二世女王英联邦信托基金的领导者。劳拉的职业生涯也经历过诸多身份。例如模特，电视节目主持人，个人造型指导和礼仪顾问。在劳拉的丰富成长经验以及专业指导下，参与者将参加到其下午茶礼仪课程，餐桌礼仪课程以及国际女士社交礼仪课程之中。学会如何在社交与职场中建立稳定而自信的个人气场，理解不同文化中的表达方式与社交逻辑，以及建立更清晰的自我认知与外部形象。课程结束后会获得劳拉温莎礼仪学校的结业证书。

• Offline Lady's Salon

At the Barbican, we will invite outstanding female representatives from various sectors across London to engage in a practical cross-cultural exchange with participants. During this event, participants will not only have the opportunity to explore and learn about topics relevant to women in depth, but also develop their social communication skills in a cross-cultural setting.

• Laura Windsor's British Etiquette and Social Etiquette International Ladies

Etiquette expert Laura Windsor is widely recognised as one of Britain's most trusted authorities on etiquette and protocol. Hailed by the media as the 'Queen of Etiquette', she was recently appointed as a leader of the Queen Elizabeth II Commonwealth Trust. Laura's career has spanned a variety of roles, including model, television presenter, personal stylist and etiquette consultant. Under Laura's guidance, drawing on her extensive experience, participants will take part in her Afternoon Tea Etiquette, Table Manners and International Ladies' Social Etiquette courses. They will learn how to cultivate a stable and confident personal presence in both social and professional settings, understand modes of expression and social logic across different cultures, and develop a clearer sense of self-awareness and personal image. Upon completion of the course, participants will receive a certificate of completion from the Laura Windsor School of Etiquette.





Offline Lady's Salon

女性主题线下对话沙龙





Etiquette expert Laura Windsor
礼仪专家劳拉·温莎



Laura Windsor's British Etiquette & Social
Etiquette International Ladies

劳拉温莎英式社交礼仪与跨文化沟通课程



离开伦敦来到温莎，她将体验更加从容，私密与精致的英国传统文化生活。

在这里生活节奏变的缓慢，建筑被花园与田野环绕。

她将有机会回望在伦敦的珍贵经历—

那些读过的历史，听到的女性声音，以及看到的文化结构。

在这个新的空间里，她继续属于自己的故事。

Leaving London behind and arriving in Windsor, you will experience a more leisurely, private and refined way of life steeped in traditional British culture.

Here, the pace of life slows, and the buildings are surrounded by gardens and fields.

you will have the opportunity to reflect on your precious experiences in London, the history you have studied, the voices of women you have heard, and the cultural structures you have observed.

In this new setting, you continue to write your own story.



Windsor & Oxford

温莎与牛津篇



「博弈」皇家赛马会

「接力」牛津课堂

「闭幕」长桌晚宴

「Race」Royal Ascot

「Legacy」Oxford Classroom

「Closing」Céremony Banquet

很少有活动能像皇家赛马会一样，将体育，礼仪与社会文化融为一体。尤其在“女士日”这天她们被鼓励盛装出席，以优雅的姿态享受一天的赛马盛会。在这严格的礼仪框架中，她们是创作者。让每一顶礼帽，每一件礼服，都成为对经典的重新表达。她们在传统与时尚品味之间，在规则与个性之间找到自我平衡。

博 弈

Few events blend sport, etiquette and social culture as seamlessly as the Royal Horse Racing Club.

On 'Ladies' Day' in particular, they are encouraged to dress in their finest and enjoy a day of horse racing with grace and elegance.

Within this strict framework of etiquette, they are the creators. They ensure that every millinery creation and every gown becomes a reinterpretation of the classics.

They strike their own balance between tradition and contemporary taste, between convention and individuality.

Race

重点项目及学习体验价值

• 皇家赛马会

在皇家赛马会的女士日，参与者将被邀请到阿斯科特赛马会场的安妮女王围场观看赛马，享用美食香槟。该围场有严格的着装要求，因此要求参与者需要自行准备服装与发饰。通过参与此次每年一度的盛会。参与者将在明确的社会规则中，理解如何保留个性的表达。进一步体会礼帽，服饰与着装细节如何成为身份表达的文化语言以及理解高端社交中的隐性规则与互动逻辑。



Programme Highlights & Learning Experience Value

• The Royal Ascot

On Ladies' Day at the Royal Ascot, guests will be invited to Queen Anne's Paddock at Ascot Racecourse to watch the races whilst enjoying fine food and champagne. As the paddock has a strict dress code, guests are required to provide their own attire and headwear. By taking part in this annual event, Participants will learn how to express their individuality whilst adhering to clear social conventions. They will gain a deeper appreciation of how hats, attire and sartorial details serve as a cultural language for self-expression, whilst also understanding the unspoken rules and dynamics of high-society interaction.



在始建于12世纪的牛津大学，真理曾经被一道无形的“性别围墙”阻隔。女性进入牛津学习的历史并不久远。直到19世纪末，她们才逐步踏入这一学术空间，并在1920年正式获得学位授予权。这个过程不仅记录了女性走入知识殿堂的历史，也见证了一段关于平等、教育与社会进步的重要篇章。

今天，Heritage & Hers携手每一位参与者一起走进牛津，蓄势待发，迎接一场学术接力。在古老的学府里思考，提问，继续成长为新的思想先锋。

接 力

At the University of Oxford, founded in the 12th century, truth was once obstructed by an invisible 'gender barrier'.

The history of women studying at Oxford is relatively recent. It was not until the late 19th century that they gradually began to enter this academic space, and it was not until 1920 that they were formally granted the right to confer degrees. This process not only chronicles the history of women entering the halls of learning, but also bears witness to an important chapter in the story of equality, education and social progress.

Today, Heritage & Hers joins hands with every participant to step into Oxford, poised and ready to embark on an academic relay.

Within these ancient halls, we reflect, we question, and we continue to grow as pioneers of new thought.

Legacy

重点项目及学习体验价值

Programme Highlights & Learning Experience Value

• 牛津课堂

参与者有机会走进牛津课堂，沉浸式体验牛津研讨会，小组讨论或者跨学科短期课程。学习内容将围绕女性教育史，女性在历史与文化中的贡献等女性议题展开。通过专业的学术体验提高参与者的批判性思维。提升在学术学习中提问，讨论与表达观点的能力。完成从知识接受者到独立思考的行动者的转变。

• Oxford classroom

Participants will have the opportunity to step into an Oxford classroom and immerse themselves in Oxford-style seminars, group discussions or short interdisciplinary courses. The curriculum will focus on women's issues, including the history of women's education and women's contributions to history and culture. Through this professional academic experience, participants will develop their critical thinking skills and enhance their ability to ask questions, engage in discussion and articulate their views in an academic setting. They will undergo a transformation from passive recipients of knowledge to independent thinkers and active participants.





Ceremony Banquet

晚宴宴会

从伦敦到温莎，牛津

每一次的思想碰撞，每一次活动中的提问，每一次内在的触动。
以及那些被定格的笑容，对话，沉思与感动，将在今晚被重新唤醒。

晚宴在开放分享环节中，Heritage & Hers诚邀各位参与者畅所欲言，
与大家一起分享这段旅程所带来的收获。

无论是对自我的重新认识，还是思想上的转变与升华。

我们鼓励每一位参与者以自己喜欢的形式表达出来。

可以是一个演讲，一个故事，一首歌，或者一件旅途中创作的作品。

这段经历将被收录在Heritage & Hers 的档案管里。它不仅停留在回忆里，更是持续生长的力量。

旅程于此落幕，而她的蜕变，才刚刚开始。

From London to Windsor and Oxford, every exchange of ideas, every question raised during the events, every moment of inner resonance — along with those captured smiles, conversations, reflections, and moving emotions — will be awakened once again tonight.

During the open sharing session at the dinner, Heritage & Hers warmly invites all participants to speak freely and share with everyone the insights and growth this journey has brought.

Whether it is a renewed understanding of oneself, or a transformation and elevation in thought, we encourage every participant to express it in whatever form they feel most comfortable with.

It may be a speech, a story, a song, or a piece of work created during the journey.

This experience will be preserved in the archives of Heritage & Hers.

It will not remain merely a memory, but will continue to grow as a lasting source of strength.

The journey comes to an end here, but your transformation has only just begun.

To Be Continued.....

伦敦 In Lodon

Mason & Fifth



Native Kings Wardrobe



The Hoxton



Miir Templeton Garden



The Queens Gate Hotel



Marlin Apartments
London Bridge



The Gantry London



Monarch House



六晚，沉浸于伦敦的文化生活节奏之中。精选四星级酒店或同等级高品质服务式公寓。

注：住宿默认采用双人入住（两人一间）的标准安排。

在房间分配上，我们将尽可能优先考虑同行伙伴，朋友关系及个人舒适偏好，以确保整个旅程中的居住体验更加贴心与舒适。

如参与者希望拥有更多的私密空间，亦可根据需求安排单人独立房间，并收取相应房型升级差价。

Six nights to live within the cultural rhythm of London, staying in carefully selected four-star hotels or equivalent premium serviced apartments.

Accommodation Policy:

The standard accommodation arrangement is based on twin occupancy (two guests per room)

Where possible, room assignments will be thoughtfully arranged with consideration for travel companions, existing friendships, and individual comfort preferences, ensuring a more personalised and comfortable living experience throughout the journey.

For guests seeking additional privacy, a single-room upgrade is available upon request with an additional supplement.

温莎及附近 In Windsor

De Vere Beaumont Estate



Oakley Court



Foxhills Club & Resort



Gorse Hill Hotel



Oatlands Park Hotel



Hilton Woking



The Bull



Hurley House Hotel



优先选择拥有花园景观、安静社区环境与英式历史风格室内设计的住宿环境。参与者将在温莎或周边区域停留4晚，住宿选择以英伦乡村的优雅与宁静为核心标准。

注：项目将根据实际情况，或将安排参与者入住精选英式乡村别墅，旨在营造兼具交流，陪伴的团体氛围。

Priority is given to residences with garden views, quiet neighbourhood settings, and interiors that reflect the charm of British heritage design.

Participants will spend four nights in Windsor or the surrounding areas, where accommodation is carefully selected to embody the elegance and serenity of the English countryside.

Accommodation Policy:

Depending on the circumstances, the programme may arrange for participants to stay in a carefully selected English countryside villa, with the aim of creating a warm group atmosphere that encourages communication and companionship.

Afternoon Tea



Engel Bar



The Churchill Arms



Fish & Chips



从经典的炸鱼薯条，到极具仪式感的传统英式下午茶，以及地道的英式传统正餐，每一次用餐都不仅仅是味觉体验，更是进入生活方式与社交礼仪的重要入口。同时也会穿插安排高品质中餐。

项目将同时精选高端餐厅商务用餐体验，使参与者能够在正式用餐场景中感受跨文化礼仪、商务社交氛围与现代都市生活方式。

此外，参与者还将有机会深入体验英国酒吧文化，理解其作为英国日常社交空间与社区文化核心的重要意义。

From the iconic Fish and chips, to the timeless ritual of traditional English afternoon tea, and the warmth of authentic British dining traditions, each meal is thoughtfully curated as more than a taste experience – it is an invitation into British lifestyle, social customs, and the subtle language of etiquette.

The programme also includes carefully selected business dining experiences in premium restaurants, where participants are able to immerse themselves in formal dining settings, cross-cultural etiquette, professional networking atmospheres, and the refined rhythm of contemporary urban life.

In addition, participants will have the opportunity to gain a deeper understanding of British pub culture, recognising its significance as an essential space for everyday social interaction and a core element of local community life.

为确保整体旅程的舒适性与流畅体验，项目将为参与者提供专属接送机服务。在从伦敦前往温莎及其他核心行程移动中，参与者将统一乘坐6-10座奔驰商务车或同等级豪华商务车辆，全程包车同行，并配备专属司机服务。这一安排旨在为整个旅程提供更高标准的便利性、安全性与舒适体验感。



To ensure a seamless and comfortable travel experience, participants will be provided with private airport pick-up and drop-off services upon arrival and departure.

For journeys between London and Windsor, as well as other key programme transfers, participants will travel together in a 6-10 seat Mercedes-Benz executive vehicle or equivalent luxury vehicles with dedicated chauffeur service.

This private transfer arrangement is designed to offer convenience, safety, and a premium travel experience throughout the journey.

我们的服务承诺

---出发前准备阶段---

「建立专属服务群」

为您开通专属微信群/沟通群，方便随时交流

「行前贴心协助」

协助您办理签证、确认交通住宿安排，并记录您的任何特殊需求行前说明会

为您举办行前说明会，详细介绍项目安排和注意事项

为您准备并寄送必要的行前资料包

---项目进行期间---

「每日进度同步」

每天向您同步项目进展和最新情况

「现场图文反馈」

及时为您记录项目现场情况，并通过图文/视频等形式反馈给您随时响应需求

「应急问题处理」

7x24小时在线，随时响应您在项目中的临时需求或疑问

如遇突发状况，第一时间协助您沟通和处理

---项目圆满结束后---

「成果及时交付」

第一时间将您的项目成果（报告、证书等）转交给您

「整理全程记录」

精心整理项目期间的照片、记录等过程资料，分享给您留存纪念

OUR SERVICE COMMITMENT

Before Departure

- **Dedicated Support Group**

A private communication group (such as WeChat or other preferred platforms) will be created exclusively for you, allowing smooth and timely communication at any time.

- **Pre-departure Assistance**

We will assist you with visa arrangements, transportation and accommodation confirmations, while carefully recording any special requirements or personal preferences.

A dedicated pre-departure briefing will be arranged to provide a detailed introduction to the programme schedule, key arrangements, and important travel notes.

A carefully prepared pre-departure information pack, including all essential materials and guidance, will be sent to you in advance.

During the Programme

- **Daily Progress Updates**

You will receive daily updates on the programme schedule, progress, and latest developments.

- **On-site Photo & Video Updates**

Key moments throughout the programme will be documented and shared with you through photos, written updates, and video content in a timely manner.

- **Emergency Assistance**

24/7 Responsive Support, ready to respond to any temporary needs, requests, or questions during the programme.

In the event of any unexpected situation, we will provide immediate communication support and assistance to ensure prompt resolution.

After the Programme

- **Prompt Delivery of Outcomes**

All project outcomes, including reports, certificates, and relevant materials, will be delivered to you at the earliest opportunity.

- **Complete Journey Archive**

We will thoughtfully organise photographs, notes, and records from the entire programme, allowing you to keep a meaningful and lasting memory of the experience.

Itinerary

行程安排参考

Date	Theme	Activities		
		AM	PM	Eve
Day 1 Thu. 6月11		• 国内出发		• 飞机抵达伦敦
Day 2 Fri. 6月12	When She Begins 英伦氛围直击感受	• Private cultural walkthrough at Buckingham Place • Curated exhibition visit at Royal Academy of Arts (or other galleries) 女性艺术家优先	• 泰晤士河观光游轮 • 伦敦眼 • 英国议会大厦 • 大本钟 • 塔桥 • 伦敦塔 • 威斯敏斯特大教堂	• Sky Garden 空中花园欢迎晚宴
Day 3 Sat. 6月13	She Sees. She Learns. She Appears.	• Buckingham Place (伊丽莎白二世展)		• 剧院
Day 4 Sun. 6月14	She Sees. She Learns. She Appears.	• 精英女性线下对话沙龙	• Bond Street	• 唐人街
Day 5 Mon. 6月15	She Sees. She Learns. She Appears.	• 伦敦邱园	• 英式礼仪课程 [Laura Windsor]	
Day 6 Tue. 6月16	She Sees. She Learns. She Appears.	• Courtauld Gallery (考陶尔德美术馆)	• V&A (维多利亚與艾伯特博物馆)	• City of London (伦敦金融城)
Day 7 Wed. 6月17	She Write Her Taste	• Brick Lane (红砖巷)	• Borough Market (博罗市场)	
Day 8 Thu. 6月18	She Write Her Taste		• 皇家马会 Royal Ascot	• 皇室餐厅
Day 9 Fri. 6月19	She Reflects & Becomes 精英贵族课程学习 / 实践 / 体验	• 牛津大学课程全天学习	• 牛津大学课程全天学习	
Day 10 Sat. 6月20	She Creates Her Identity 记忆留存 感受表达	• 皇室参观 (温莎城堡)		• 晚宴 / Ceremony • 旅程回顾围影放映
Day 11 Sun. 6月21	She Creates Her Identity		• 比斯特购物体验	• 乘坐飞机回国

报名信息

Registration Information

- 报名时间：即日起
- 适合人群：女性/职场女性/自媒体/创意从业者/文化艺术爱好者/创业者/海外留学以及跨文化学习爱好者/关注自我学习成长以及注重终身学习的人群
- 团队名额：6-10人
- 语言要求：无
- 项目地点：英国伦敦&牛津&温莎
- 集散地点：上海/广州
- 参考团期安排：2026年6月11日--2026年6月21日
- 以上为参考团期，实际往返日期以出团通知书为准

费用说明

Charges Description

- | | |
|---------------|--------------------|
| · 费用包含 | · 费用不含 |
| 目的地当地交通 | 国内交通费 |
| 目的地餐食费用 | 集合地往返目的地的交通费 |
| 目的地四星级酒店标间住宿 | 行程单中未列明包含的食宿费用 |
| 行程单中列明包含的景点门票 | 皇家马会着装费用 |
| 行程单中列明包含的课程费用 | 自选活动费用 |
| 导游费用 领队费用 | 个人购物费用 |
| 签证费用 保险费用 | 其他一切未在“费用包含”内注明的费用 |
| 服务费用 咨询费用 | |

传承与她

British Heritage Study & Elite Women's Travel

英伦研学与女士高端游

Professional UK Study
& Elite Travel

*Heritage
& Hers*

*Journey with Depth,
Gaze with Grace.*

Presented by
H.T. Perspective