



中 辩 队 每 周 队 训 策 划 案

西交利物浦大学中文辩论社
2026 年10月



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一、活动宗旨

借由此周期性的活动中辩队将培训新队员辩论赛的备赛流程，辩论技术；使成为具备出色思辨能力和团队精神的辩手，在省市各级辩论赛代表西交利物浦大学竞争荣誉；同时通过辩论训练提升学生的逻辑思维、语言表达及团队协作能力，同时传承中华文化精髓，培养具有社会责任感的优秀青年。

二、活动时间

2026年10月11日起每周六、周日 18:00-22:00 西交利物浦大学中文辩论队队训

三、活动地点

地点：

FB188

参会人员：

西交利物浦大学中文辩论队队员约23人（参照在队人数）

四、活动流程

活动安排

- 1.有序安排西交利物浦大学2026级中文辩论队的同学入场，进行点名和系统签到
- 2.复盘提问上次队训所进行的内容讲解
- 3.进行新课时队训内容的讲解，主体是一系列以鉴赏经典辩论赛的形式展开的辩论兴趣课程，通过先观看名局比赛，再讲解和讨论比赛中展现的辩论技巧，涉及的学科知识，思维方法等等，提升思辨能力。具体来讲，从内容上观看的比赛涉及“金钱是不是万恶之源”，“顺境还是逆境更有利于人成长”“当代年轻人的青春更应该做加法还是减法”“美国该不该设置食品含糖税”等高质量题目，在上课的过程中促进选课学生对个人财富，生活态度，法律情景等主题的辩证性思考，从授课形式上看，不会拘泥于传统的讲解形式，而是鼓励在场的每一位队员都积极思考，热烈讨论，在课程的后期还会设置上台对辩环节，力求打造一个真正有收获，有思考，有参与感的队训课程。
- 4.课程末尾进行总结

活动后期

- 1、安排参与见面的同学有序退出教室
- 2、完成相关材料的整理、收集工作
- 3、完成教室桌椅整理和复原工作

五、 情况的应急措施

- 1.在活动前去教室将话筒、音箱调试好，并准备一个备用话筒和备用电池以防出现设备故障问题。
- 2.在准备期间务必落实通知参会同学按时出席，避免出现时间安排失控。
- 3.当出现对培训形式不满的情况，即时由学生干部出面安抚解决。



Chinese debate team weekly new members training plan

Xi 'an Jiaotong-Liverpool University Chinese Debating
Club October 2026



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1. Activity purpose

Through these periodic activities, the debate team will train new players in the preparation process of the debate competition, debate techniques; make them become a debater with excellent thinking ability and team spirit, and represent XJTLU in provincial and municipal debate competitions. University competition honors; At the same time, students' logical thinking, language expression and teamwork can be improved through debate training. While inheriting the essence of Chinese culture, cultivating outstanding young people with a sense of social responsibility.

2. Activity time

From October 11, 2026, 18:00-22:00 every Sunday, Saturday Xi'an Jiaotong-Liverpool University Chinese Debate Team training

3. Event Location

FB188



4. Activity crowd

Participants:

Xi 'an Jiaotong-Liverpool University Chinese Debate Team has about 23 members (refer to the number of members)

5. Activity process

Activity arrangement

1. Arrange the students of the 2026 Chinese debate team of XJTLU in an orderly manner for admission, roll call and systematic sign-in
2. Repeat the content explanation of the last team training session
3. The main body of the new class is a series of debate interest courses in the form of appreciating classic debate competitions. By first watching the famous bureau competitions, then explaining and discussing the debate skills shown in the competitions, the subject knowledge involved, thinking methods, etc., to improve the critical thinking ability. Specifically, in terms of content, the competition involves "Is money the root of all evil", "prosperity or adversity is more conducive to people's growth", "the youth of contemporary young people should do more addition or subtraction", "Should the United States set a sugar tax on food" and other high-quality questions. In the course of class, students' attitude toward personal wealth, life, etc. The dialectical thinking of legal situations and other topics, from the perspective of the teaching form, will not adhere to the traditional form of explanation, but encourage every member present to actively think and discuss, and in the later stage of the course will be set up to debate, and strive to create a real harvest, thinking, and participation of the team training course.
4. Summarize at the end of the course

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1. Arrange the students to exit the classroom in an orderly manner
2. Complete the sorting and collection of relevant materials
3. Finish the classroom table and chair arrangement and restoration work

6 、 Emergency measures for the situation

1. Before the event, adjust the microphone and speaker in the classroom, and prepare a spare microphone and battery to prevent equipment malfunctions.
2. During the preparation period, it is necessary to ensure that the

contestants are notified to attend on time to avoid losing control of the schedule.

3. When there is dissatisfaction with the training form, the student cadres will immediately come forward to appease the solution.