China
Language & Culture, East China Normal University (ECNU)—Summer
International Studies, Joint UC-Fudan University (JPIS)—Fall
Fudan University—Spring
2011-12 Program Guide
YOUR UCEAP NETWORK

EAP Online
Bookmark your Participants program page; it contains vital resources and requirements you need to know before you go abroad, including the Predeparture Checklist, UCEAP Guide to Study Abroad, Program Calendar, EAP Student Budgets and Payment Vouchers, and policies.

Local EAP Support
Campus EAP Office
The Campus EAP Office coordinates recruitment, student selection, orientation, and academic advising, and serves as your primary contact during the application process.

UCEAP Systemwide Office
The UCEAP Systemwide Office establishes and operates programs and coordinates EAP administration for all UC campuses from its headquarters in Goleta, California. You will work closely with the following Systemwide Office staff:

- **Program Advisors** communicate program information, both academic and operational, to students and campuses, and coordinate and provide academic and administrative support in all aspects of your participation.

- **Operations Specialists** coordinate the logistics of the program. Document requirements, visa application instructions, health and safety precautions, placement and acceptance by the host institution, arrival and on-site orientation, and housing arrangements are examples of program details the Operations Specialists coordinate.

- **Academic Specialists** advise on academic policies; review and record courses taken abroad for UC credit; process student registrations, petitions, and grades; and document and maintain students’ academic records.

- **Student Finance Accountants** assist primarily with EAP statements, program fee collection, and financial aid disbursements (in conjunction with your campus Financial Aid Office).

Contact Information
Program Advisor
Michelle Hertig
Phone: (805) 893-2831; E-mail: mhertig@eap.ucop.edu

Operations Specialist
May Pothongsunun
Phone: (805) 893-6152; E-mail: mpothongsunun@eap.ucop.edu

Academic Specialist
Eva Bilandzia
Phone: (805) 893-2598; E-mail: ebilandzia@eap.ucop.edu

Student Finance Accountant
Linda Francis
Phone: (805) 893-5928; E-mail: studentfinance@eap.ucop.edu

UCEAP Systemwide Office
6950 Hollister Avenue, Suite 200
Goleta, CA 93117-5823
Phone: (805) 893-4762; Fax: (805) 893-2583
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Study Center Abroad

A UC faculty member, who serves as Study Center Director, and Study Center administrative staff administer the programs in Shanghai. Together they advise students on academic matters, assist with housing, and arrange periodic group travel.

- Professor Christopher Connery, Study Center Director
- Ms. Selena Liu, Program Officer
UC Study Center
Room 222, Center for American Studies
Fudan University
220 Handan Road, Yangpu District
Shanghai 200433, CHINA

**EAP phone/fax:** (011-86-21) 6533-0127 ext. 62
**E-mail:** selenasea2010@gmail.com

**Phone Number Codes**

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<thead>
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**Approximate Time Difference**

16 hours; 15 hours during summer months (daylight saving time)
EAP STUDENTS SAY...

In language classes, expect some teachers to treat you differently than the other students, namely Japanese and Korean students. Because your reading and writing skills are not always at the same level as that of other students, some teachers react differently to you.

ACADEMIC INFORMATION

Program Descriptions

Language & Culture, East China Normal University

This program concentrates on developing reading and speaking skills in Putonghua (Mandarin or standard Chinese). Chinese language courses are offered at the elementary, intermediate, and advanced levels by ECNU’s School of Teaching Chinese as a Foreign Language. You will take a language proficiency test at the beginning of the summer term to assess your abilities in listening, speaking, reading, and writing, and to determine your placement. You may find yourself in different levels for reading-writing and listening-speaking.

Chinese in mainland China is taught using pinyin Romanization and standard simplified Chinese characters. Placement exams, texts, newspapers, and signage are in simplified characters. If your background is in traditional script (complex characters), you are urged to prepare for this adjustment.

Language classes meet four hours per day. Tutors provide individual or group sessions in the afternoons or evenings. Course work is normally recorded as two EAP courses, each worth 6 UC quarter units, for a total of 12 units.

Required:
- Attendance at orientation
- Placement test
- 12 UC quarter units; you must take all courses for the full unit value; the variable unit option is not available
- Letter grades for all courses; the pass/no pass grade option is not permitted

Cultural activities and excursions may supplement the classes and a few non-credit electives may be available in such areas as calligraphy, Chinese paper cutting, and Kun Opera. Weekend excursions scheduled by the Study Center may include trips to areas around Shanghai.

Graduate students who attend the summer program focus on language acquisition; individual research goals are difficult to pursue during summer language study.

Tutors

The Study Center arranges for Chinese student tutors to provide assistance with homework. The tutor can answer questions, correct your writing, and serve as a general resource. The tutor usually is an advanced undergraduate or a graduate student. You must be proactive when working with a tutor; tutors are prepared to help explain what you do not understand, but they do not re-teach course material. Past EAP students have found tutors to be helpful both with academic work and as a connection to Chinese society.
International Studies, Joint UC-Fudan University (JPIS)

The fall JPIS program offers courses taught in English that concentrate on the study of the processes, manifestations, and controversies of globalization. UC and Fudan University students take courses together, pursue joint research projects, and engage in critical thinking about globalization and its related social and environmental problems, policy issues, and economic processes. The curriculum consists of interdisciplinary and comparative courses in the social sciences and humanities, globalization in the context of China, and international studies. Chinese language courses are available at the elementary, intermediate, and advanced levels.

JPIS and Host University Courses

You choose your courses from the set list of courses designed for EAP participants. The course list is usually provided in mid-July. The courses include discussion, field trips, and research projects. Expect syllabi once classes start that detail the course topics and activities; however, instruction in some of the JPIS courses may differ from your experience in UC campus courses. Available courses vary and not all courses will be offered each year.

JPIS Program Courses Previously Offered (Co-taught by UC and Fudan faculty)

- Debating Globalization
- Economics of Development in an Era of Globalization
- Chinese-American Relations and the Rise of Asia
- Shanghai: A Global City

Fudan University Courses Previously Offered

- Modern Chinese History
- History of Diplomacy in Modern China
- Westerners in Early Modern China
- Buddhism with a Comparative Dimension
- History of Chinese Thought
- China’s Media and Politics

Required:

- Attendance at orientation
- Minimum of 18 UC quarter units; usually four or five courses
- Core course, Debating Globalization (must be taken for letter grade)
- One additional UC program-specific course
- Two or three additional courses from the expanded list, depending on the number of units of each course

Course Registration

You preregister for courses prior to the start of the program. You can adjust your schedules during the registration period. You will complete you course registration after arrival in Shanghai at both the host university and electronically through MyEAP.

Fudan University has a strict two-week add/drop period that you must follow.
Fudan University
The spring program at Fudan University primarily offers courses in economics and business taught in English. Courses in other areas, including media and communications, may be available. The final list of courses taught in English is usually provided in early January. The program is intended to serve students of business and economics, political economy, development, global and international studies, and communication.

The curriculum focuses on Chinese economic development and business, China’s rapidly expanding role in the world economy and international relations, and Chinese society and culture in the era of globalization. Shanghai and the Yangtze Delta economy provide an ideal locale for case studies of economic development in a changing cultural, political, and international environment. Elementary, intermediate, and advanced Chinese language classes are available.

If you have advanced Chinese language skills, you may be able to take a course from regular Fudan University offerings beyond the EAP-designated courses with approval of the instructors and the EAP Study Center Director. At the beginning of each term, lists of regular Fudan course offerings (taught in Chinese) are available in the individual departments; visit each department to learn which courses are being offered.

Previously Offered Courses Include:
• Dynamics of the Chinese Economy
• Marketing Management
• Financial Development in China
• Chinese Culture, Society, and Globalization
• Consumer Behavior
• Chinese Economic Reform and Development (required)

Required:
• Attendance at orientation
• Minimum of 24 UC quarter units; usually five or six courses
• Core course: Chinese Economic Reform and Development (letter grade required)
• Four or five additional courses depending on unit values (may include Chinese language)

Course Registration
You preregister for courses prior to the start of the program. You can adjust your schedules during the registration period. You will complete your course registration after arrival in Shanghai at both the host university and electronically through MyEAP.

Fudan University has a strict two-week add/drop period that you must follow.
EAP STUDENTS SAY...

Teacher-student relationships are crucial. If you don’t prepare, teachers often take it personally; when you do prepare, they go out of their way to help.

The most important aspect of the academic experience is the realization that college-level courses are taught so differently in China than they are taught in the U.S.

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Academic Culture

The Chinese University

Each Chinese university is a community that operates essentially as a complete social unit. In the past, faculty, staff, and administrators lived on campus, but as housing restrictions decrease and available housing increases, more live in nearby neighborhoods.

Admission to Chinese universities, especially those of high standing such as UC’s partner universities, is a rare privilege. Access is highly competitive and limited. Only about 30 percent of Chinese youth complete high school and only 18 percent of these pass the national entrance examination for admission to institutions of higher education. A smaller fraction of this number is accepted into institutions that are as prestigious as Fudan University.

Relationship with Faculty

Relationships between students and teachers in China are different from those at UC. Teachers in China are revered and respected by students (following Confucian traditions) and take great responsibility for the care of their students. Generally, Chinese instructors expect students to be deferential and appreciative; never confrontational, excessively argumentative, or demanding.

Chinese teachers consider their students’ success or failure a personal success or failure, and students try to succeed for their teacher’s sake as well as their own. The relationship between students and professors can become close and personal, but must be carefully developed over time.

If you have a difference of opinion with an instructor, express it at a time designated by the instructor during class, or privately after class and always with the utmost tact and respect for the teacher. You may inquire about your progress in a course, but question a grade delicately.

Remember to address an instructor as “professor” or “Professor [last name].” First name use is an American anomaly that is not universally accepted.

Host University vs. UC Courses

You may have to exert effort to adapt to the teaching style and requirements of your classes. Courses will not be the same as they are at UC. The most common difference is that students, even in language courses, have fewer opportunities for classroom participation. Although the Fudan EAP courses have been designed especially for UC students, approaches still vary from teacher to teacher, and there may be less discussion in class than is typical in classes at UC.

However, at UC’s host universities, where increasing numbers of faculty have spent periods of study or research abroad, instructors generally assume that American students will raise issues; in some cases the instructors even require class participation. Nevertheless, be sensitive to the cultural norms of the Chinese teaching style and do not confuse seemingly authoritarian or didactic characteristics of those norms with the individual attitudes of instructors.

In some language courses, there is less focus on memorizing conversations and reading drills than there is on freestyle speaking, conversations, and on learning characters.
EAP STUDENTS SAY...

Speak up! Don’t be surprised if your teacher and classmates are the only people who understand your Chinese; it’s the same with Chinese people learning English. Speaking to native speakers was the most intimidating aspect of being in China.

Academic support in China is different. Advising comes as a result of a good relationship with a teacher, in which case the instructor practically adopts the student.

Course materials are likely to be less structured and less clearly outlined than is usual in UC courses. Week-by-week syllabi with specific assignments are rare. You must exercise self discipline and initiative, and organize your time and activities to give priority to your academic work. Your experience in a course will depend on the interest, thought, and diligence you put into it.

Even if you have a high level of Chinese language ability, you can expect to have some difficulty understanding Chinese university instructors, some of whom have regional accents, speak rapidly, and use specialized terminology. Approaching this as a challenge rather than a frustration will enhance your success and enjoyment in China.

Exams and Grading

Course requirements will usually be outlined in a syllabus supplemented by the instructor’s explanation of the requirements. Although practice varies widely, regular university courses usually have one midterm exam and one final exam or written report. Most instructors do not give frequent short quizzes. Regular attendance is required. Absences exceeding 30 percent in any course results in automatic failure. If you must be absent for an emergency or personal reason, always seek the professor’s approval. Additional attendance and tardiness policies may be in effect; it is your responsibility to know the policies for each course.

In Chinese language classes, attendance is often taken during each class and absences may result in a lower grade. If you miss more than 25 percent of a language class, you will not be permitted to take the final exam and will receive a failing grade for the course.

Exams in the language curriculum may be made up by staff, not necessarily in close consultation with the chief instructor. Tests are standardized for each grade level and therefore may not always cover material exactly as it was presented in class.

Questioning an instructor about test scores or grades in China is a delicate matter. First ask the advice of the Study Center Director. The final UC grade for a course is assigned by the instructor if he or she is a UC faculty member; grades for other courses are assigned by the EAP Study Center Director based on the instructors’ reports. You may discuss questions about your grades or special circumstances that may affect your academic performance with the Study Center Director.

The final UC grade for a course is assigned by the EAP Study Center Director, who is a UC faculty member.

For more information about grades, see the Academic Information chapter of the UCEAP Guide to Study Abroad.


EXTENDING EAP PARTICIPATION

Plan Ahead to Extend

Extending your EAP participation is possible. If you are considering extending your EAP participation, submit an approved Departmental and College Pre Approval to Extend (DPA) form prior to departure. Your Campus EAP Office and the EAP Systemwide Office can provide additional information.

UCEAP must approve all extensions. Approval is based on a number of factors including program criteria, academic performance, the support of your UC campus department, and available space.

To initiate the extension process once abroad, make an appointment with the Study Center. The Study Center submits a Request for Final Approval (RFA) form to activate the DPA. The EAP Systemwide Office must receive the request by the deadline indicated on the form. If you do not submit an approved DPA before departure, then you must submit a Petition to Extend form, which requires campus and department approval, and can take up to eight weeks to process.

- Once your extension has been approved, notification will be sent to your home campus registrar, Financial Aid Office, and Campus EAP Office. For information about the steps you need to take with regard to finances, see the Extension of Participation chapter of the UCEAP Guide to Study Abroad.
CULTURAL AWARENESS

Educate Yourself

Get acquainted with your new host city, country, and culture before you leave the U.S. Travel guides and travel-related websites, such as Lonely Planet or Rough Guide, are excellent resources. You will also need to understand the local culture and history and keep up with current events. These sources should help you prepare before departure.

Recommended Reading

Online Sources and Periodicals

- **The China Daily**: The official Chinese newspaper for foreign readers.
- **China Digital Times**: A nice aggregator of China-related news produced at Berkeley. Requires a VPN from China.
- **The China Beat**: A blog from UCI. Contemporary affairs with a popular approach to history. Requires a VPN from China.
- **Caijing** magazine, English: An excellent Chinese source of investigative reporting.

Books

The following are listed in order of priority—beginning with a text all students should read, then some general readable accounts, and finally readable, accessible books on specific aspects of contemporary China.

- **Hessler, Peter** *River Town: Two Years on the Yangtze*, New York: Harper Perennial edition, 2006. The author (later a New Yorker writer) was a Peace Corps volunteer in the town of Fuling where his students “taught him about the complex processes of understanding that take place when one is immersed in a radically different society…”
EAP STUDENTS SAY...

As a Chinese-American, the biggest problem was that the locals didn’t understand that I am American because I don’t have blonde hair and blue eyes and I don’t speak Chinese well.

Be prepared to be shocked. China is not for the weak. Expect to grow up a lot, to learn about the world and other people.

Esherick, Joseph W. Ancestral Leaves: A Family Journey through Chinese History, Berkeley: University of California Press, 2011. The author, currently director of the Beijing Study Center, relates the turbulent history of late imperial, republican, and contemporary China through the lives of several generations of one Chinese family.

Wakeman, Carolyn and Yue Daiyun To the Storm: The Odyssey of a Revolutionary Chinese Woman, Berkeley: University of California Press, 1985. Autobiography of a PKU Chinese literature professor and her husband, a well known philosophy professor, spanning three decades from her student activist days at Beida in the late 1940s through the Cultural Revolution and the post-Mao period in the 1970s. Good background on PKU’s history in the Mao years.


Social Conduct

Drugs and Alcohol

Never feel pressured to drink. The Study Center can help you to devise polite and friendly ways to avoid drinking without avoiding the camaraderie associated with drinking.

While the use of drugs is strictly forbidden by law, Chinese laws are not as strict for consumption of alcohol. Unfortunately, there is often a danger to public safety or unruly behavior when people drink. It is best for foreigners to walk away from such scenes; it is much worse when foreigners are involved.

If you are of legal age and choose to drink, you are advised to use good judgment; do not display any intoxicated behavior in public places. If you abuse drinking, behave in a disorderly manner, or cause problems for your housing or host university, you will face disciplinary action by EAP.

Illicit drug use is strictly prohibited in China and violators face serious consequences including significant jail time.

Respect

China is a country with a high population density. To function well in this society, Chinese people show great respect for others. In practice this means that they do not speak loudly or play radios, stereos, TV, or musical instruments so loud as to disturb neighbors. A useful rule of thumb to follow is that if noise can be heard outside of the walls of your room, it is too loud.

“EAP STUDENTS SAY...

If you are not Asian, expect to be stared at. Many Chinese (of both sexes) find Westerners very interesting to look at, especially in smaller cities with fewer tourists. Don’t let it bother you. It will happen a lot. You don’t have to tell people your name or give them any information if you don’t want to.

Don’t be frustrated by the fact that everyone wants to practice their English with you. Be understanding.”
Improve Your Language Skills

The more standard Chinese (Putonghua) you know before departure for China, the more rewarding your time abroad will be. Before departure:

- Be sure you are completely familiar with pinyin Romanization and simplified characters.
- Look at one of the textbooks used in China, such as *Elementary Chinese Reader* or *Intermediate Hanyu Duben*, to gain greater ease with simplified characters.
- Spend 45 minutes a day or at least five sessions a week working to improve your written and spoken Chinese.
- Read aloud anything in Chinese for 20 minutes at a time. Read progressively faster, striving for correct pronunciation.
- Watch Chinese movies and listen to Chinese music.
- Find Chinese-speaking language partners and practice speaking with them.
- Keep a diary in Chinese.
- Keep a journal of Chinese phrases, expressions, whole sentences, and a collection of structures.
- Practice Chinese phrases picked up from conversation and reading.

**Advanced Students**

- Read Chinese newspapers and magazines using a dictionary.
- Read two books in Chinese, one fiction and one non-fiction.
- Read a book in Chinese in your major.
- Practice writing about your major field in Chinese, using simplified characters.

**Reference Books**

Have a good Chinese-English dictionary available on arrival. The dictionary compiled by the Beijing Language Institute is recommended; the American edition, the *Pinyin Chinese-English Dictionary*, is available in paperback (Wiley, 1982).

Past EAP students prefer the *Concise English-Chinese, Chinese-English Dictionary* by A. P. Cowie and A. Evison (The Commercial Press, 1986). It is also printed in China and readily available.

Liang Shih-Chiu’s pocket *Practical Chinese-English Dictionary*, printed in both Hong Kong and Taiwan, is another suggestion.

Students working in pre-modern Chinese should take their favorite Chinese-English reference books as they are virtually unavailable in China.

“EAP STUDENTS SAY...”

*Switching from complex characters to simplified characters took time and effort. But once I made the effort, it all fell into place and I now think the simplified characters are easier to read and write. Try to avoid looking up a character twice. When you learn something new, concentrate on it, repeat it, and practice.*
**ARRIVAL & ORIENTATION**

### Special Travel Notification

If you are not a U.S. citizen, special travel restrictions or entry requirements may affect you. Contact the Chinese consulate in San Francisco or Los Angeles for details.

### Travel Documents

- The name on your passport, all EAP applications, and host university applications must be identical in order to secure a visa, which is required for this program. Direct questions you may have regarding this matter to the Campus EAP Office immediately.

**Visa**

Obtain a visa in the U.S. prior to departure. Do not enter China without a visa. Your initial length of stay in China determines which visa will be issued. If you decide to extend participation in EAP while abroad, you will need to apply and pay for a visa extension in China before your visa expires; otherwise, you will be fined for overstaying your visa.

You can request a single-, double-, or multiple-entry F visa from the Chinese consulate. Fees differ for each visa type. If you only have a single-entry F-type visa and wish to travel outside of the Chinese mainland (including trips to Hong Kong, Macau, or Taiwan) during the term, you will need to pay for a reentry permit each time you return. Contact your local Chinese consulate for details.

UCEAP suggests that you request a multiple-entry F visa valid for 180 days. However, the consulate determines the type of visa issued.

Students with Hong Kong, Macau, or Taiwan passports have “home visit permits” and do not need to apply for a visa. Contact your local Chinese consulate for more information.

**U.S. Travel Registration**

As soon as you know your flight plans prior to departure, register online with the U.S. Department of State. Registration is free and allows for the nearest U.S. embassy or consulate to be a source of assistance and information in case of difficulty or an emergency while traveling abroad.

### Photocopies

It is easier to replace lost or stolen documents when you have photocopies. Photocopy all important documents in duplicate, including passport photo pages, visa pages, vaccination certificates, travelers checks receipts, airline tickets, student ID, birth certificate, credit cards (front and back), etc., then leave a copy at home with a parent or guardian and pack a set in various pieces of luggage. Spending a few moments copying documents now will save you time if you lose important documents in China.
EAP STUDENTS SAY...
One of the most difficult problems for me was the winter cold. Multiple layers of warm clothing are a must.
You can buy just about anything now—most Western brands are available.

Packing Tips
You can buy almost everything you need in China. It is a good idea to take a few things with which to start, since it will take time to become familiar with the city. Shanghai is known for its shopping. Carrefour, Metro AG, E-Mart, Walmart, and Watson’s are good places to find familiar items from home.

The UCEAP Insurance Plan includes a personal property benefit. It is your responsibility to review the coverage and ensure that it will meet your needs. Identify each item of luggage on the inside and outside with your name, home address, and destination. You can buy most of the things you need in China, but EAP students recommend taking the following items:

Essential
- Comfortable walking shoes
- Washable, easy-to-care-for clothing
- Heavy-duty water bottle
- Appropriate attire for special occasions
- Flip-flops for the shower (though you can buy them after arrival)
- Insect repellent with DEET and anti-itch cream (there are a lot of mosquitoes)
- Medicine kit (Ibuprofen, cold and antidiarrheal medication, cough syrup)
- Ziploc bags (you can buy more locally when you run out)
- Flashlight and duct tape
- Antibacterial gel (bathrooms often do not have paper towels or sinks)
- Warm clothing that can be layered (gloves, long underwear, socks, scarves, sweaters, coat)

Optional
- Contact lens solution
- Family photos (useful as icebreakers)
- Surge protector for 220V
- Preferred brands of toiletry products, such as dental floss, deodorant, hair products, facial cream, blister treatment, and feminine hygiene products
- Nail clippers
- Simple combination lock
- Bottle and can opener (pack in checked luggage, not in carry-on)
- Sewing kit
- Recipes
- Metric system conversion chart
- Pocket knife (pack in checked luggage, not in carry-on)

Some students obtain name cards after they arrive in China, once they have their contact information settled. Name cards are used for networking and social purposes and can easily be printed at local copy shops around town.
Climate and Dress

Chinese dress is casual, although you should take a more formal outfit for special occasions.

Shanghai is warmer than Beijing, and the summer is hot and humid. Temperatures can reach in excess of 100°F during July and August. Frequent rainstorms clear the air slightly but leave everything (including clothes) damp. During the winter, temperatures do not often exceed 50°F.

Public buildings are not heated in the same manner as they are in the U.S. The heat is turned on in mid-November and is turned off in mid-March, so you will need warm clothing until the heat comes on. When the heat is turned on, EAP students often find classrooms and other buildings to be too hot and dry. The opposite is true in the summer; some classrooms may not be air-conditioned. Most dorms, buses, and major shopping malls are air-conditioned.

Travel lightly. You frequently have to carry your own baggage and the less you take, the easier the trip. If possible, limit baggage to one medium suitcase and one small flight bag or backpack. You will wash your clothing regularly so pack less. You can purchase clothing for all seasons in China; however, if you wear large or tall sizes, you may have difficulty finding your size. It is easy and inexpensive, however, to get clothing custom-tailored. Many foreigners in Shanghai do this. Those with larger feet (over size 8 for women or 10 for men) will not easily find shoes in China and need to plan accordingly. The EAP Student Budget does not include funds for the purchase of clothing abroad.

Gifts

Take a few small, lightweight, American gifts for your foreign hosts and new friends. Suggestions include Frisbees; T-shirts with city, state, or campus logos; UC pens or pencils; decals; baseball caps representing Major League teams; See’s candy; California pistachios or almonds; California postcards, posters, scenic calendars; and coins and stamps.

Contact Lenses

If you wear contact lenses, take the prescription and a pair of glasses with you in case the heat or the city environment makes contacts uncomfortable. If you find you can wear contacts in Shanghai, they are readily available at half the U.S. price in all brands and colors. Various brands of saline solutions, daily cleaners, and enzyme removers are also available.

Pre-Program Travel

Do not plan to travel outside of the U.S. after finals at UC and before the program begins. Each year, the Chinese host universities send acceptance letters on different dates, sometimes only a short time before the program’s Official Start Date. You need to be in the U.S. to receive the acceptance materials and apply for a visa.
Official EAP Start Date

Program calendars are subject to change. The Chinese government occasionally makes last-minute pronouncements forcing schools to adjust their semester dates on account of special events, natural disasters, terrorist threats, or the redistribution of public holidays.

There is no EAP group flight to China. You are responsible for making your own flight arrangements. Even if you are on full financial aid, you are responsible for reserving and purchasing your plane ticket. The Financial Aid Office will not make reservations or payments for you. You are strongly urged to purchase a changeable airline ticket (standby tickets are not appropriate) and to confirm your flight schedule at least two weeks before your departure date. When traveling always carry your passport, visa, ticket, prescription medications, and money. Never put valuables in your checked luggage.

The start date of the program can change due to unforeseen circumstances. You are responsible for making modifications to your travel itinerary to accommodate such changes. EAP is not responsible for unrecoverable transportation charges incurred due to independent travel arrangements or changes to the host university calendar.

In order to keep informed of program changes, update MyEAP with any changes to your contact information.

Failure to arrive on the Official Start Date is cause for dismissal from the program (Student Agreement, Section 10). More detailed arrival information and directions to the check-in point are provided in the EAP Predeparture Checklist. If you arrive before the Official Start Date, call the Shanghai Study Center to report arrival.

If you plan to arrive in China earlier than the mandatory Official Start Date, you may need to make your own hotel reservations. EAP and the Shanghai Study Center cannot always make arrangements for you to move into housing earlier than the established move-in date. Often the rooms are still occupied by other students, so space is not available.

Financial Aid Students

Your financial aid package is based partly on the EAP Student Budget for the program. The estimated round-trip airfare is based on the cost of a changeable student fare to China. If your independent travel costs are greater than the airfare estimate in the EAP Student Budget, notify your financial aid counselors. Neither EAP nor the Financial Aid Office can guarantee that the additional cost will be funded by financial aid.

Return Travel

If you do not make round-trip arrangements, be sure to book a return flight with plenty of lead time. Study Center staff can refer you to a local travel agency for information on return travel.

You cannot leave the program before your exams are officially over. No special arrangements will be made for students with non-refundable plane tickets or early departure dates. See your EAP program calendar in the Participants portal of the EAP website for departure date information.
On-site Orientation
At the beginning of your program, you will attend an orientation that covers information related to Fudan University or East China Normal University (ECNU) as well as EAP. Participation in all orientation sessions is mandatory. The following topics are covered:

- living arrangements
- academic affairs, including MyEAP course registration
- banking
- transportation
- medical care
- safety
- social activities
Local Transportation

Bicycles

Riding bikes in China is not like riding around a UC campus or neighborhood. You must exercise great care because many drivers and cyclists do not observe traffic rules, streetlights, or crosswalks. In addition, safety on the road is dubious (exposed manholes, ditches under construction that are unguarded by barricades). At night, hordes of cyclists cruise dimly lit streets without lights or reflectors. Although traffic is heavy and chaotic, most EAP participants have enjoyed the mobility that a bicycle affords.

Many students purchase bicycles when they arrive in China; new bikes are available for about $25 to $80. All bikes should be locked to something solid, like a tree or a pole. Even if your bike is inexpensive, you will want to spend enough money to buy a solid and safe bike lock to prevent theft.

Parking lots for bikes abound, mainly near stores. Pay the attendant, lock your bike, and off you go. Use an additional lock on your bike. If you leave for vacation or know you will not be using your bike for a while, secure your bike in your room.

Motorcycles and Cars

Do not operate a motorized vehicle in China. Not only are the traffic patterns difficult to figure out, but the cost of insurance and potential complications from accidents should be enough to dissuade you from driving.

Accidents involving these kinds of vehicles are common, and some EAP students have been involved in them. Caution is of the utmost importance in this regard. Instead, use public transportation which will take you anywhere you want to go.
FINANCIAL INFORMATION

Understanding Your Finances
Understanding your finances before, during, and after EAP is crucial to having a successful time abroad. The following list outlines just a few of the many things you will need to know before departure.

Detailed information on the following topics can be found in the Money Matters chapter of the UCEAP Guide to Study Abroad:

- Contact information for finance questions
- How to estimate the cost of your program
- Budget instructions and information
- How to and who can make payments to EAP
- EAP student account information
- Banking before and after arrival
- Fees and penalties
- Loan information
- How financial aid works while on EAP (how do I get my financial aid from my home campus and how are my fees paid)
- Various forms (e.g., direct deposit, etc.)

MyEAP Student Account
Your MyEAP Student Account is similar to your home campus Financial account. It will be available as soon as you are selected for your program in MyEAP. The fees that you owe UCEAP are posted to your account, and you can make payments through this account using e-checks or credit cards (MasterCard or Discover). Fees will be applied after your program predeparture withdrawal date, which is listed in MyEAP.

EAP Student Budget
Carefully review your UCEAP Student Budget.

Your UCEAP Student Budget lists the fees you will pay to UCEAP and an estimate of the personal expenses you will need to plan for. It does not include the cost of recreational travel or personal entertainment. The fees due to UCEAP will be posted to your MyEAP Student Account after your program predeparture withdrawal date. Program fees are subject to change. View your EAP Student Budget frequently.

Instructions
- Download and print your EAP Student Budget and Payment Vouchers.
- Note the deadlines on the Payment Vouchers.
- Give the EAP Student Budget and Payment Vouchers to the person responsible for paying your EAP bills. Sign them up for Third Party Authorization so they can make payments online.

For further information see the Money Matters chapter of the UCEAP Guide to Study Abroad and the Money Matters tab of your Participants Portal. If you are on financial aid, see also the EAP Financial Information web page.
Handling Money Abroad

➤ The official currency unit used in China is the yuan or renminbi (most often abbreviated RMB).

Get used to carrying more cash in China than you would in the U.S. People do not use checks, and credit cards are not as frequently accepted as they are in the U.S.

Students on financial aid who extend their participation should review the Extension of Participation chapter of the UCEAP Guide to Study Abroad.

Shanghai is one of China’s most expensive cities, but many things are less expensive than in the United States. Meals and food are quite inexpensive, unless you want to eat in places catering to foreigners. Some students have found that foreigners are charged more than locals for items purchased in markets without fixed prices. If you can learn ways to bargain in Chinese or if you go shopping with a local Chinese friend, it will save you a lot of money.

Initial Expenses

Take money to China in the form of credit cards, ATM cards, travelers checks, and cash. ATM cards are the most convenient way to get cash, although you should be aware of your account's daily withdrawal limits and plan accordingly. Many U.S. banks offer a foreign currency service where account holders can order RMB a few weeks prior to departure.

Change enough money into RMB at the airport to cover arrival and initial expenses, including dorm rent (see the Housing & Meals chapter in this guide for information on dorm payment). Have access to at least the equivalent of U.S. $2,000 to cover dormitory room charges for the fall semester and miscellaneous expenses during the first two months.

You may use your U.S. ATM card at most ATMs in China (provided the symbols on the ATM match your card), and ATMs are everywhere. Travelers checks are used less frequently now than in the past, but can be cashed with a passport at most banks and hotels.

Exchanging Money

In Shanghai, you can change U.S. cash at almost any bank or even some major department stores (with a passport) and can change travelers checks at the Bank of China.

The Study Center will provide further information about exchanging money and the best places to do so. There are banks and ATMs in close proximity to all EAP locations. The bank rate on any given day is standardized throughout China, so you will get the same rate wherever you go; only the transaction fee will vary. Counterfeit bills are a big problem in China and some EAP students have received bad bills changing money on the street.

There is a money exchange window at the Shanghai Pudong Airport outside the International Arrivals gate. Exchange rates at the airport and most hotels are about the same. There will be a small fee charged per transaction (no matter where you exchange money). The fee varies by location and date. U.S. currency can be conveniently exchanged for foreign currency, and is good to have for airport purchases, airport transfers, and departure taxes when returning to the U.S.
EAP STUDENTS SAY...

Bargaining is a must. Don’t be afraid to try. Most people will admire you for doing it and it will greatly improve your Chinese.

Banking

With your passport, you can establish either RMB or U.S. dollar savings accounts, with the option of a local ATM card. You cannot get U.S. currency from the ATMs, only RMB. Interest rates vary. Wire transfers from the U.S. can be deposited into either type of bank account. Personal checks from U.S. accounts cannot be used to make purchases in China, and EAP does not recommend using them.

Wire transfers to your bank account in China usually can be accomplished within three working days. Provide the sender with the Chinese account number, the corresponding bank’s address in the U.S., and the Chinese bank’s Swift code. If you think you may use this option, check with your home bank before departure to see what else they may require.

- If you are on financial aid and extend your participation, anticipate that funds will not be available for a few months. Budget carefully for subsistence and travel during the break between semesters.

Credit/ATM Cards

Visa and MasterCard are accepted in China at major department stores. In addition, money deposited into an account in the U.S. can be accessed via Visa, MasterCard, or American Express from ATMs in China on the Plus or the Cirrus systems. There are service fees for each transaction, even for viewing account balances.

Cash is issued in RMB. Exchange rates are fixed at the official rate. The maximum cash withdrawal per day is RMB 2,500. You can also get cash advances on your credit card, but beware that most credit card companies will charge high interest on cash advances. Check with your credit card company and bank for restrictions and possible fees associated with using your card abroad.
Communications Abroad

Phone Services

Telephone calls to China are far less expensive than calls from China. However, callers should remember that China is 15 hours ahead of Pacific daylight saving time in the U.S. Current students suggest that you make a plan to have your friends or family call you in China, since the cost is much less than to call the U.S. from China.

Making phone calls to China is still somewhat difficult, but getting easier and cheaper each year. Family and friends should learn how to say the numbers and your name in Chinese.

Callers from the U.S. can reach you at the dorm. You will receive your telephone number after arrival. The wealth of options—cell phones (relatively cheap now), calling cards, and card-activated phones in dormitory rooms—makes most calling options in China a possibility.

Cell phones are highly recommended for your convenience and safety. It will also allow the Study Center to reach you promptly in case of an emergency. The Study Center will help you get a cell phone and subscribe to an inexpensive plan after orientation in Shanghai.

Voiceover Internet Protocol (VoIP), the technology for transmitting voice conversations via the Internet, is popular with students who take a laptop abroad. Social networking software such as Skype and QQ (Chinese) are commonly used to make free or low-cost calls over the Internet.
Computer Access and Use

E-mail
You must regularly check your e-mail in China since it will be used as the main mode of communication between you and EAP for routine business and academic advising. Access to computers on campus is easy and relatively inexpensive.

Computers
EAP students strongly recommend that you bring a laptop to China. Chinese software can be purchased easily in Shanghai.

Laptops come with a transformer that works on either 120V or 220V without modification.

Be aware that the Chinese government restricts access to a range of Internet sites, including common ones such as YouTube, Facebook, and Blogger, among others. The list of blocked sites changes frequently.

Fudan
The foreign student dormitory at Fudan can have broadband Internet access service added to student rooms. You will pay a charge for installation and use. In addition, there are many wireless hot spots on the Fudan campus, and you can also use the on-campus computer center and access points in the library.

ECNU
There are three university computer centers, one in the Student Activity Center, one in the International Student Dorm Building No. 2, and one in the library. By putting money on a student ID card, you can use the computer centers, access library materials, pay for food on campus, and even get discounts for traveling. Lines at the computer lab are usually long, but you will learn which times are the least crowded.

There are also a few public Internet cafés in Shanghai. Try the Shanghai Library as an access point (and get a library card while you are there).
Be cautious when using “private” agents to assist with housing searches. To avoid scams, consult with the Study Center before making a deposit or entering into any agreement.

**Housing & Meals**

**Where Will I Live?**

During the summer program at East China Normal University (ECNU), you will live in an on-campus university dormitory for foreign students. A housing application will be sent to you during the application process and placement will be announced prior to departure.

At Fudan University, you may either live in a university-arranged dormitory or off campus with approval from the Study Center. Many EAP students live in the Tonghe Apartments, across the street from the Foreign Students Apartments (FSA). If you arrive earlier than the mandatory EAP arrival date, you must make your own hotel reservations. Information will be provided in the EAP Predeparture Checklist online or by e-mail.

ECNU and Fudan dorm rent must be paid in RMB. The dormitories will not accept U.S. dollars, travelers checks, or personal checks for payment. Fudan University accepts credit cards such as Visa and MasterCard for dorm payments, but ECNU does not. Unless otherwise instructed, all students (even those on financial aid) must make their own housing payments on time and in full. Financial aid will not make housing payments. Financial Aid Offices report financial aid commitments to EAP. These funds are applied to the EAP student account. If there is a credit balance, EAP will request a disbursement based on the financial aid disbursement schedule.

If you arrange private housing, be sure to register with local authorities, especially if your housing situation changes during the program. Housing for foreigners must be officially registered with the Chinese government at all times. Unfortunately, not all apartments are properly registered. In the past, some students have been evicted for living in illegal housing. If you do not follow the proper registration process, you may experience difficulties with local authorities and may be fined. EAP will not be able to assist in such a situation.

**East China Normal University**

**Q: Where will I live?**

**A:** During the summer, you have two options for on-campus housing, both of which are for foreign students: International Student Dorm Building No. 2 and International Students’ Apartment (also called International Exchange Center).

The International Student Dorm Building No. 2 is a newer dorm, equipped with beds, desks, wardrobes, TV, air-conditioning, private bathroom, public kitchen, and public laundry room (shared with other residents on the same floor). Facilities here are better than those in the International Students’ Apartments. If you choose this option, you may share the double room with another UC student (sharing the cost), share the room with a local Chinese student (paying full cost and covering the Chinese student’s rent), or have the entire room as a single and pay the full cost.

The second housing option in the International Students’ Apartment (International Exchange Center) is similar. For a slightly lower price, rooms with beds, desks, wardrobes, TV, and air-conditioning in this older dormitory are also available. You would share a public bathroom, kitchen, and laundry room with other residents on your floor. If you choose this option, you can live in the double room by yourself (paying full price), share the room and the cost with another UC student, or share the room with a local student, paying his/her full cost.
Q: Can I live in a Chinese student dormitory?
A: No. ECNU does not permit this. In addition, past UC students have found the quality of these rooms well below what they are used to at UC. The Chinese student dorms are noisy and crowded, often with six or eight students to a room.

Q: How do I pay rent?
A: You are responsible for paying the total cost of the summer housing to ECNU in RMB immediately when you check in. Travelers checks and credit cards are not accepted. Estimated costs are online in the EAP Student Budget.

Q: How are roommates assigned?
A: The Study Center will contact you about housing preferences. At that time, you indicate your choice of roommate (if you have a preference) and choice of dormitory. If you want to live with a Chinese roommate, you would also notify EAP of your preference at that time.

Q: Is there Internet access in the dorm rooms?
A: Yes. You will need to purchase network cables to connect to the Ethernet socket.

Q: What are the bathrooms like?
A: Bathrooms in the International Students’ Apartment are communal and located on each floor. They have both Western and squat toilet fixtures. Bathrooms are cleaned daily and sanitary conditions are bearable, but not pristine. Shower shoes (flip-flops) are highly recommended.

Bathrooms in the International Student Dorm Building No. 2 are private (one per room), with Western-style toilets and shower facilities.

Q: What do I need to know about the kitchens?
A: You cannot cook in your room, but there is a public kitchen on each floor. The kitchens at both dorms are voluntarily cleaned by students using them, as are the dorm rooms. The communal kitchens consist of a small room with a small gas burner. Keep all your kitchen utensils and belongings in your own room, as theft can occur in the common rooms.

Q: If I plan to extend to the BNU program, what do I do about housing?
A: If you apply to extend your EAP participation to BNU fall, you must inquire with the Beijing Study Center staff about housing options and housing application deadlines. You may also refer to the separate EAP Program Guide with information about the BNU programs to learn more about fall housing options at BNU. Discuss roommate options with the dormitory managers and the EAP Study Center.
Fudan University

Q: Where will I live?
A: You can choose where you will live. Many students live in the on-campus Foreign Students Apartments (old building) or in a privately owned facility off campus for students. The Foreign Students Apartments is 23 stories and has over 700 rooms, both singles and doubles.

A new Foreign Students Apartments building is scheduled to open in 2011. It will be seven stories and have 125 suites, each with four single rooms, one sitting area, and two bathrooms.

Chinese citizens cannot live in the Foreign Students Apartments. Many students who do not live in the Foreign Students Apartments choose to live in the Tonghe apartments across the street, which are also furnished and have a similar layout. Many students prefer Tonghe because the rules and regulations regarding visitors are not as restrictive as at the Foreign Students Apartments. The Study Center will provide additional information prior to departure.

Q: Can I live in a Chinese student dormitory?
A: No. Fudan University does not permit this. In addition, past UC students have found the quality of these rooms well below what they are used to at UC. The Chinese student dorms are noisy and crowded, often with six students to a room.

Q: How are roommates assigned?
A: At the time of application, you select either a single or double room. You will be assigned to a dormitory room (and roommate for double room) by Fudan University based on availability at the time of application.

Q: What is provided in the Fudan dorm?
A: On the first floor there is a reception desk that operates 24 hours per day. You will be required to present your identification card to enter the building and to receive visitors. There is also a laundry service, mail room, mini market, and small lounge. You can park your bicycle in the basement. Rooms are accessed by one of four elevators in the building. Each floor has two small public kitchens (at either end of the floor) and residents share the gas ovens, refrigerators, and card-activated washing machines. There are also water heating systems (samovars) to boil water before drinking. On the tenth floor there are card-activated clothes dryers. The dorm’s mini market sells all the prepaid cards necessary to use services in the dorm.

Q: What is provided in the individual dorm rooms?
A: Each furnished room is equipped with a private bathroom, balcony, air-conditioner, card-operated (201 card) telephone, broadband Internet access, and cable television connection. You are responsible for paying all costs associated with Internet and cable usage. Television sets are not provided in the rooms, but you can rent them from the dorm.
Q: Are linens and towels provided?  
A: No, linens and towels are not provided in the individual dorm rooms. You must buy your own bedding, towels, pillows, etc. You can easily buy what you need at the dorm after arrival or, if you want a wider selection, in nearby stores for reasonable rates. It is not recommended that you bring linens from the U.S. to China, unless you have specific needs.

Q: Is there Internet access in the dorm rooms?  
A: Yes. A broadband Internet connection can be installed in the rooms after arrival; estimated cost for use is 1–2 yuan per hour. Fudan recommends that you take your own laptop or purchase one after arrival. There are many convenient wireless hot spots around campus in addition to the campus computer center and library computer access.

Q: What do I need to know about the kitchens?  
A: The cooking rooms are voluntarily cleaned by students using them, as are the dorm rooms. Keep all your kitchen utensils and personal belongings in your room, as theft may occur from the common rooms.

Dorm Safety
Under most circumstances, the fuwuyuan (service people, including desk clerks at dorm entrances, guards, janitors, and other dorm personnel) do not enter the dorm rooms except to clean. However, theft results when people neglect to lock their doors. Break-ins are rare, but do happen. Some desks have locking drawers in which to keep valuables. The rooms do not usually have private safes, so find an alternate means of securing valuables. Remember to lock your valuables, including your passport and residence permit. When traveling, take copies of your important documents and leave the originals locked up safely. Never carry your passport with you unless you are going to the bank to change money or to an official government office.

Doing Laundry
A limited but comfortable wardrobe is most practical in China. Laundry detergent has improved in China, and Tide with bleach is available. Without bleach, white clothing looks gray after a few washes. Delicate items can often be ruined in washing machines or dryers, so you may want to hand-wash special items. Dry cleaning is not up to international standards, although it is acceptable. Each host university has rooms with coin- or card-operated laundry machines.

At ECNU, there are shared washing machines in the dormitories on each floor. There are no dryers so clothes must be line dried. Since the air in the rooms usually is dry during the winter, clothes hung in the room can dry overnight (summer is humid and drying takes longer).
EAP STUDENTS SAY...

Be careful of street food. It may be harmless once in a while, but some students got sick from eating food from street stalls.

Meals

Dining options abound in China. Shanghai is known for its wide variety of delicious food. With an international population, just about everything is available, but first try all the local specialties. If you like fish, you will enjoy the local delicacies that Shanghai’s proximity to the ocean provides. There is a wide variety of American fast-food restaurants (KFC, McDonald’s, Pizza Hut, etc.) and local food courts in malls. There are also “food streets,” which are entire streets dedicated to food stalls and restaurants. Vegetarians should visit Shanghai’s monasteries for traditional Buddhist cuisine.

An array of fresh produce, meat, and vegetables is available at several local markets. While produce prices are sometimes marked on the stalls, this should not deter you from bargaining; never pay more than the stipulated price. Often, those who do not speak Chinese well or who appear to be foreign will be charged more—but you should bargain. You can find a large variety of staples, including grains and spices at various markets.

Do not drink tap water. Take (or buy after arrival) a bottle that can hold boiling water without melting. Hot water is usually available in the dorms from 6 a.m. until midnight. Boiled water for drinking is not available before 8 a.m., so you should fill a thermos the night before. Bottled water is available everywhere, and past students have purchased an office-type water cooler (with five gallon bottles and water delivery service) to share at inexpensive prices.

ECNU

On campus there are two Western-style restaurants and three Chinese-style student cafeterias that accept either cash or a prepaid meal card. Off campus there are countless restaurants of all varieties and qualities. During orientation, you’ll be informed about good places to eat and popular menu choices (both in Chinese and English), so you can order on your own. There’s also a huge grocery store just outside the main gate which makes it easy to purchase whatever you want to cook and eat. There are plenty of American-type snacks available at this store.

Fudan University

There are many locations to eat. There is a student cafeteria within a five-minute walk of the dorm where one can get a good lunch or meal for around one dollar. The dormitory has a coffee shop that is open until 9 p.m. There are several other student cafeterias on campus. Details about the wide variety of restaurants outside the campus will be provided during orientation.
Extracurricular Activities

Get Involved

Participating in extracurricular cultural and social activities while on EAP is an excellent way to meet people, improve language skills, and integrate into the community. Participate in on-campus student clubs. Join sports, musical, theater, or arts groups. Volunteer at local organizations, attend lectures and receptions held in academic and community circles, and get the most out of your time abroad. Opportunities are not limited to those mentioned in this guide. This section discusses a few of the many activities past students have enjoyed.

In addition to the existing local resources (local magazines and online websites), the Study Center staff has information on academic, cultural, and social events, and will arrange a few activities and excursions for the EAP group.

Take advantage of a wide range of activities, including everything from ballroom dancing to calligraphy and tai chi. Sports have been a good entree into Chinese university life for some. The more familiar sports—soccer, basketball, volleyball, tennis, and badminton—abound. Tutoring English is also a good way to mingle with Chinese students. In addition, Shanghai has developed an active club and disco scene that is popular on weekends.

Work in China

On a student visa, exchange students are not permitted to work in China. Working illegally is not endorsed or supported by EAP; however, many students find unpaid or academic internships, which provide interesting résumé-building experiences.

Travel

Individual travel is permitted only on free weekends, but you are responsible for making your own arrangements. You must inform the Study Center Director of your travel plans by completing the MyEAP Travel Sign-out and Absence from Shanghai Form (available in hard copy and electronic forms at the Study Center) if you will be gone for more than three days.

While there is time to pursue individual interests, you are expected to attend classes and participate in organized activities and excursions. Chinese universities are strict about attendance, and absences may bar you from taking the final examinations or from receiving final grades.

There are more than 600 cities and areas in China open to visitors without special travel permits, including most major scenic and historical sites. However, the U.S. Department of State advises visitors to be aware that Chinese government regulations prohibit travel in certain areas without special permission. For more information, contact the nearest Chinese embassy or consulate or contact the American embassy or American consulate once abroad.

The Lonely Planet website provides good travel tips, youth hostel information, etc. The Lonely Planet guide is almost impossible to find in China. It sells out as soon as it is stocked. Take a copy from home.

Post-ECNU Summer Break

Between the summer ECNU program and the start of the fall term there is a break of several days. You are encouraged to travel during that time and will need to make arrangements to store your luggage. The Study Center may be able to store your belongings at the Study Center office.
Health

In addition to the following sections, read the Health chapter of the UCEAP Guide to Study Abroad.

Health Care Facilities

As medical or security emergencies can happen at any time, plan ahead; research the health care system in China. The standards of medical care in China are not equivalent to those in the United States. Medical facilities with international staffs are available in Beijing and Shanghai and a few other large cities, but the level of care may be inadequate.

Even in the VIP/foreigner wards of major hospitals, patients have frequently encountered difficulty due to cultural, language, and regulatory differences. Physicians and hospitals have sometimes refused to supply American patients with complete copies of their Chinese hospital medical records, including laboratory test results, scans, and X-rays.

Both municipal and private ambulance service in China remain substandard. Response time is typically very slow and transport to the nearest hospital can take a considerable amount of time due to congested traffic conditions. Most ambulances are poorly equipped and staffed by individuals lacking EMT training akin to that found in the U.S. or Western Europe. If you are injured or seriously ill, you may be required to take taxis or other immediately available vehicles to the nearest major hospital rather than wait for an ambulance to arrive.

ECNU and Fudan University have clinics that can handle normal maladies and routine emergencies. Shanghai has world-class medical facilities with many English-speaking physicians:

**ECNU Clinic:** [lxs.ecnu.edu.cn/English/more.php?181](http://lxs.ecnu.edu.cn/English/more.php?181)

**Fudan Clinic:** [www.fudan.edu.cn/englishnew/athletics/health.html](http://www.fudan.edu.cn/englishnew/athletics/health.html)

If you feel sick or have a medical emergency, seek medical attention and contact the Study Center immediately. The Study Center can recommend which clinic to visit, provide the necessary medical insurance claim forms to complete, and help make arrangements with your professor if you expect an extended absence.

**Huashan Worldwide Medical Center**

No. 12 Wulumiqi Zhong Road
Shanghai 200040, China

**Phone:** (86) 21-6248-3986 or (86) 21-5288-9998


**Shanghai Mental Health Center**

600 Wan Ping Nan Road
Shanghai 20030, China

**Phone:** (86) 21-3428-9888

Medical Insurance Coverage

UCEAP strongly recommends that you have an emergency credit card on hand or quick access to cash in case of an emergency.

The required UCEAP Insurance Plan covers you while on EAP in China. However, hospitals do not accept credit card payments and they do not process insurance claim forms. In some hospitals, you may have to pay a cash deposit before being admitted. Debit cards are not acceptable forms of payment. You must pay for medical services at the time they are rendered and then submit the proper claim forms and receipts (no need to translate). Be sure to have funds available to you to cover this contingency.

Medical insurance claim forms are available on the EAP website.

Staying Physically Healthy

The required online UCEAP Travel Health Education Certification course is designed to provide you with predeparture health-related advice and recommended vaccinations. You are responsible for reading all health and UCEAP-related materials.

Visit the CDC Travelers’ Health website for health information. Learn about the health risks related to your trip by going to the Destination page and choosing the country or countries you will be visiting.

Tips:

- Know beforehand the signs and symptoms of illness, especially if you are susceptible to bacterial, fungal, or viral infections that healthy immune systems usually conquer.
- Healthy behaviors, such as being careful about food and water, protecting against insect and mosquito bites, and washing hands frequently with soap and water are important ways of preventing many common travel illnesses. Do not eat undercooked food and/or food from street vendors. Do not drink unpasteurized dairy products.
- To prevent serious parasitic infections, avoid swimming, wading, or rafting in bodies of fresh water, such as lakes, ponds, canals, streams, or rivers.
- Avoid handling all animals. If you are bitten or scratched, immediately wash the affected area with soap and water and seek medical attention.
- Plan to take care of your health as much as possible and take a small personal medical kit containing cold remedies, cough drops, cough medicine, throat lozenges, antibacterial gel, and medication for diarrhea, nausea, and upset stomach. Take enough to get you through the first few weeks until you can find what you need in China.

Even if you are healthy, you need to be prepared. China is almost the same size as the United States, but it has five times the population, and densely populated areas are prone to more frequent viral outbreaks.

You may be susceptible to diarrhea, colds, and other illnesses after arriving in China. Take a small personal medical kit containing cold remedies, cough drops, cough medicine, throat lozenges, and medication for diarrhea, nausea, and upset stomach. Have enough to get you through the first few weeks until you can find what you need in China.
Air Quality
Excessive air pollution is a major problem in most Chinese cities. According to World Bank statistics, 16 of the world’s 20 most polluted cities are in China, and before the Olympics helped clear the air, Beijing was the worst. Shanghai, Qingdao, Tianjin, Hong Kong, and Shenyang are not far behind. Some visitors develop a sore throat during the first few days in the city due to the air pollution.

Smog could exacerbate existing heart or lung diseases. If you have respiratory or other medical condition that may be affected by polluted air, consult with a physician before departure. Shanghai plans to adopt a version of Beijing’s traffic restrictions to clean the air, clear the roads, and save energy.

Smoking
China is the largest tobacco production and consumption country in the world. There are an estimated 350 million smokers in China. Shanghai health officials started a crusade to clean up the city’s air by introducing strict new rules to restrict smoking in public places. However, many smokers are still commonly found inside and outside buildings. Smoking at mealtime is acceptable. If you have a chronic health condition that is exacerbated by cigarette smoke, consult with your physician before departure.

Drinking Water
Dehydration can be a particular problem during travel. Learn to recognize the signs that you are not getting enough fluids.

China’s water supplies are often inadequate and many are polluted. All water in China must be boiled or treated before drinking. Most dorms and hotels have boiled water available for drinking (for tea, or plain, after it cools). Do not consume tap water, fountain drinks, or ice cubes; rather, drink only boiled water or beverages in sealed containers. Take (or buy after arrival) a heavy duty water bottle that can hold boiling water without melting. Cholera is active throughout the country. You must observe precautions.

Infectious Diseases
UCEAP continually reviews information from the U.S. Centers for Disease Control and Prevention (CDC) and World Health Organization (WHO), works closely with medical experts on the UC campuses, and monitors local host university and country health resources.

Exercise care to prevent avian flu: avoid poultry farms, contact with animals in live food markets, and any surfaces that appear to be contaminated with feces or fluids from poultry or other animals; only eat thoroughly cooked poultry products. Refer to additional information on the UCEAP website.

In the event of a pandemic, UCEAP’s ability to assist you abroad may be severely limited by restrictions on local and international movement imposed for public health reasons by foreign governments or the United States.
Psychological Health and Stress

Speak with returnees and gather detailed information before you leave for China. If you are currently seeing a specialist for a psychological health condition, meet with the specialist to make sure that you have a plan in place to reach out to local resources, if needed. If you are facing a recent or ongoing mental health condition, set up, before departure, an ongoing therapeutic relationship with a local psychotherapist to support you in staying healthy. The Chinese Society of Psychiatry and Beijing Huilongguan Hospital provide Chinese Psychiatry Online, which includes information and news about psychiatry and mental health in China.

Living abroad can be stressful. Do not be surprised to think, “It’s not what I expected.” Expect the unexpected and beware of romanticized misconceptions or unrealistic expectations. Life in China, fast-paced as it is, involves crowds, noise, and a foreign surrounding. Ask for insight from locals, acknowledge this as a valuable learning experience, and be open and accepting of the differences you encounter. You will grow to understand and appreciate China more, and it will make your stay more enjoyable as you adapt to the new environment.

Culture shock and homesickness are normal. It is easy to become worn down from physical and mental stress due to the vastly different environment. To counter this, eat well, stay hydrated, get plenty of rest, and share concerns with the Study Center.

Additionally, for someone on a tight budget and with limited free time, a year in China may mean a constricted lifestyle. For diversion, students find that some sort of regular activity, whether with an interest group like a chorus or hiking club, or study of traditional dance or calligraphy, offers an outlet for practicing Chinese and getting a break from textbooks.

Prescription Medication

Take enough prescription medication to last the entire time you are abroad if your prescription is legal in Shanghai. Commonly prescribed and over-the-counter medications in the United States will likely be difficult—if not impossible—to find in China.

Pack prescription medications in your carry-on luggage and store them in the original, labeled containers. Upon arrival, Chinese customs officials may ask for a copy of the prescription or letter from a physician on letterhead with a detailed explanation including the purpose, generic name of the medication, and prescribed dosage. You should know the generic name or chemical makeup of your medicines.

Refer to the Health chapter of the UCEAP Guide to Study Abroad for more information on taking medication and supplies abroad.
SAFETY

Crime
Shanghai is a relatively safe destination with a crime rate comparable to that of major cities in Western Europe, but lower than those of certain large Chinese cities such as Beijing and Guangzhou. Exercise normal cautions, particularly if you are out late at night.

The most common types of crime in Shanghai are petty crime and scams; violent crime is rare. Petty crime is particularly a concern at tourist sites and in crowded places. Beware of pickpockets and purse-snatchers, especially along the main shopping and tourist areas. Petty crime is also a problem on buses and on the heavily used Shanghai Metro. Robbery is rare in Shanghai, but it does occasionally happen. Crime rates typically rise just before and during Chinese New Year.

Police are generally effective and helpful to foreign crime victims. The police force has English-speaking personnel available to assist foreigners, but officers usually only speak Shanghainese and/or Mandarin Chinese.

Tips
The best deterrents against crime are awareness and common sense. Travel in groups and avoid unfamiliar areas after nightfall.

Take prudent measures to protect your own well-being and your belongings, just as you would in major cities in the U.S.

Men should place their wallets in front pockets; women should drape the shoulder straps of purses across their body, keeping them in view and under control at all times. If you use a backpack, do not place items of worth inside.

Show purpose and awareness while walking around, assess your surroundings and heed all signs—even instincts—that alert you to possible danger. Situational awareness is necessary to avoid being a victim of crime.

Keep your dorm door and windows locked at all times, both when you are in your room and when you are not, and never allow strangers to enter the premises. Every incident of dorm robbery in the past occurred while dorm doors or windows were left unlocked. Do not invite strangers or questionable acquaintances to your dorm. Do not give your personal information to strangers or go places with them alone.

Develop a sound emergency exit procedure for your dormitory and other public buildings. For your protection, outside doors may be locked overnight and first-floor windows often have bars over them. There are building staff on duty both day and night who will unlock doors and help to evacuate people in case of an emergency. However, you must survey the situation in your own dorm area regularly and develop at least two workable emergency evacuation plans.

Stay in close touch with the Study Center and attend all meetings organized by Study Center officials.
As many locals do not speak English, it is important to have a good phrase book and dictionary. Also, keep a card with your local contact information written in Chinese. This will help direct non-English speaking taxi drivers to the right location. It can also be useful to have other pertinent information translated to keep with you, such as places you plan to visit, information for local contacts, and emergency contact information.

Criminal Penalties
While in China, as in any foreign country, you are subject to that country’s laws and regulations, which sometimes differ significantly from those in the U.S. Americans are not protected by U.S. laws while in China. Penalties for breaking the law abroad can be more severe than those enforced in the U.S. for similar offenses. Persons violating the law, even unknowingly, may be expelled, arrested, or imprisoned. Penalties for possession, use, or trafficking of illegal drugs are strict, and convicted offenders can expect severe jail sentences and fines.

Government Scrutiny
Be aware that there is no reasonable expectation of privacy in public or private locations. All means of communication—public phones, cell phones, faxes, e-mails, text messages, etc., are likely monitored. The Chinese government has access to the infrastructure operated by the limited number of Internet Service Providers (ISP) and wireless providers operating in China. Wireless access to the Internet in major metropolitan areas is becoming more and more common. As such, the government can more easily access official and personal computers.

The Chinese government has publicly declared that it regularly monitors private e-mail and Internet browsing through cooperation with local ISP. The government also employs several thousand individuals to police the Internet. Some bloggers are subject to particular scrutiny in China where such activity is often carefully monitored and in some cases blocked, depending upon the subject matter.

In general, be discreet about discussing politics and religion while in China. These are sensitive issues and are regulated by the government. Officials monitor information travelers bring into the country, especially political or religious material. Writing that is deemed antigovernment is not allowed, including some Christian literature and anything that supports the Tibetan freedom movement.

Dual-National U.S. Citizens
Dual-national U.S. citizens, particularly those with dual Chinese and United States nationality, should realize that entering China using their non-U.S. passport could mean that the Chinese government may not afford them the consular protections to which they are entitled. While the U.S. government will offer consular services to all U.S. citizens regardless of dual nationality, use of other than a U.S. passport to enter China can make it difficult for U.S. consular officers to assist dual-national U.S. citizens who have been arrested or who have other concerns with the Chinese government. China does not recognize dual citizenship. U.S. Embassy and Consulate officials are often denied access to arrested or detained U.S. citizens who do not enter China using their U.S. passport.
Traffic and Transportation Safety
The rate of traffic accidents in China, including fatal accidents, is among the highest in the world. Driving etiquette in China is still developing, and the average Chinese driver has less than five years’ experience behind the wheel. As a result, traffic is often chaotic, and right-of-way and other courtesies are often ignored. Travelers to China should note that cars, bicycles, motorbikes, trucks, and buses often treat road signs and signals as advisory rather than mandatory. Vehicles traveling in the wrong lanes frequently hit pedestrians and bicyclists. Cars regularly make right turns at a red light without stopping and will not yield for pedestrians.

Be careful while walking near traffic and when crossing streets in China; pedestrians do not have the right of way. Most traffic accident injuries involve pedestrians or cyclists who are involved in collisions or who encounter unexpected road hazards (e.g., unmarked open manholes).

Transport security is a concern in China, and using mass transit alone is inadvisable. Public transportation systems are well developed in major cities but infrastructure and services are limited in rural areas. Criminals operate on subways, buses, and commuter trains; bus and rail stations are havens for pickpockets and thieves. Taking steps to reduce vulnerability when riding trains or buses is necessary.

Public buses are often uncomfortably crowded and passengers typically must be able to read Chinese to read maps and fare charts. Drivers usually do not know any foreign languages. Pickpockets and thieves operate on city and long-distance buses.

Using taxis is generally safe but unscrupulous drivers sometimes try to con foreigners into paying higher fares. Insist that the driver use a meter. If a driver refuses to use a meter, exit the vehicle and use another taxi. Keep windows rolled up and doors locked. Bags and other valuables should go on the floor or in the trunk. Carry all personal belongings, even if a driver will stay with the car.

Many taxi cabs do not have functioning seatbelts for passengers. If seatbelts are available, you are strongly encouraged to use them to reduce the risk of injury.

On trains, petty theft is the most common crime; keep valuables secured. Robbery is also a growing problem that has led to the deployment of mobile police teams at stations with notable security problems and on crime-prone train services. Outside main cities, few stations have strict security measures to limit access to platforms, where scam artists and other petty criminals have a presence.

Try to use trains during daylight hours only, if possible. Booking the highest-class ticket available is recommended. Do not accept food or drinks from strangers; criminals occasionally drug unsuspecting victims. Never leave belongings unattended when traveling on trains.
Emergency Contacts

What Constitutes an Emergency?
Emergencies are circumstances out of the ordinary, unplanned, or unexpected, which threaten the health, safety, and well-being of you and/or your fellow students. The following are considered true emergencies:

- Any situation that places a student or students at risk, including illness or harm, or other traumatic incidents that require immediate response
- A student who has been arrested
- Civil unrest or a natural disaster in the host country

In an Emergency
Contact local emergency services first and then contact the following:

If you are in the U.S.
- During office hours (8 a.m.–5 p.m. Pacific Time): Contact the Operations Specialist at the EAP Systemwide Office
- After office hours: Call the 24-hour emergency phone number at (805) 893-4762

If you are abroad
Carry local emergency contact information at all times:

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<tr>
<th>Service</th>
<th>Number</th>
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<tr>
<td>Ambulance</td>
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<td>Fire</td>
<td>119</td>
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<tr>
<td>Police</td>
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| U.S. Embassy in Shanghai American Citizen Services | Westgate Mall, 1038 West Nanjing Road, 8th Floor
  Phone: (86-21) 3217-4650 ext. 2102, 2103, 2114
  Fax: (86-21) 6217-2071
  Regular hours:
  8:30–11:30 a.m. and 1:30–3:30 p.m., Monday–Friday
  (closed Tuesday afternoons)
  After-hours emergencies: (86-21) 6433-3936
  E-mail: shanghaiacs@state.gov
  Web: shanghai.usembassy-china.org.cn/index.html

If you have a health or safety emergency and do not have access to local or Study Center emergency contact information, call the EAP 24-hour emergency phone number at (805) 893-4762.