The University of California, in accordance with applicable Federal and State law and University policy, does not discriminate on the basis of race, national origin, religion, sex, gender identity, pregnancy,* disability, age, medical condition (cancer-related), ancestry, marital status, citizenship, sexual orientation, or status as a Vietnam-era veteran or special disabled veteran. The University also prohibits sexual harassment. This nondiscrimination policy covers admission, access, and treatment in University programs and activities. Inquiries regarding the University’s student-related nondiscrimination policies may be directed to the campus Equal Employment Opportunity/Affirmative Action office.

*Pregnancy includes pregnancy, childbirth, and medical conditions related to pregnancy or childbirth.
YOUR UCEAP NETWORK

Local UCEAP Support

Campus EAP Office
The Campus EAP Office coordinates recruitment, student selection, orientations, 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 UCEAP administration for all UC campuses from its headquarters in Goleta, California. You will work closely with the following Systemwide Office staff:

- **Program Advisors** provide academic and operational program information to you and your campus as well as administrative support for all aspects of your participation.

- **Operations Specialists** manage the logistics of the program. They coordinate document requirements, visa application instructions, health and safety precautions, acceptance and placement by host institutions, arrival and on-site orientation, and housing arrangements.

- **Academic Specialists** advise on academic policies, review courses taken abroad for UC credit, and document your registration, grades, petitions and academic records.

- **Student Finance Accountants** assist primarily with UCEAP 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
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Student Finance Accountant
Annie Sikora
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UCEAP Systemwide Office
6950 Hollister Avenue, Suite 200
Goleta, CA 93117-5823
Phone: (805) 893-4762; Fax: (805) 893-2583
UCEAP Online

Bookmark your Participants program page. This resource lists requirements and policies you need to know before you go abroad, including your Predeparture Checklist, UCEAP Guide to Study Abroad, Program Calendar, UCEAP Student Budgets, and payment instructions.

Connect with us! Join our Facebook network UCEAP China Beijing page.

Study Center Abroad

UCEAP programs in Beijing are administered by a Resident Director and Study Center administrative staff. Together they advise students on academic matters, assist with housing, and arrange periodic group travel.

Beijing Study Center

University of California Center in China  
John Thomson, Resident Director  
126 Zhongguancun Beidajie  
Haidian District  
Beijing 100871, CHINA

Phone (calling from the U.S.): (011-86-10) 6275-2489  
Phone (calling from Beijing): 6275-2489  
Fax: (011-86-10) 6275-7774  
Emergency cell phone: (011-86) 135-2026-5802  
E-mail: beijingeap@yahoo.com

Phone Number Codes

U.S. international code ........... 011  
(dial this to call from the U.S.)

China country code ............. 86

Beijing city code ............... 10

Approximate Time Difference

16 hours; 15 hours during daylight saving time
UCEAP STUDENTS SAY...

Expect some teachers to treat you differently than the other students, namely the Japanese and Korean students. Some teachers reacted differently to us because our reading and writing skills were not always at the same level as the other students’ skills.

Teacher-student relationships are key. When you don’t prepare, instructors take it personally; when you do, they go out of their way to help.

When taking a regular course at one of the host universities, try to find a teacher who writes legibly on the board and learn the Chinese vocabulary of the subject. It may not be easy to find a good class, but you will be happy if you do.

Study hard during the ILP to help with the language barrier. That makes everything you do so much easier.

Don’t worry if you don’t make many Chinese friends during the ILP. The ILP time is a good time to get adjusted to the city and the environment. Once the fall begins, you’ll have many more opportunities to get out there and meet people.

ACADEMIC INFORMATION

Your program calendar is subject to change. The Chinese government sometimes makes last minute pronouncements forcing schools to adjust their semester dates due to special events, natural disasters, terrorist threats, or the redistribution of public holidays.

Academic Culture

The Chinese University Structure

Each Chinese university is considered a community that also operates as a social unit. The university administration takes an active role in employee and family life and faculty, staff, and their families work together as part of the larger extended family.

Admission to Chinese universities is a rare privilege. Access to Chinese universities 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 exam for admission to institutions of higher education. A smaller fraction of this number is accepted into institutions as prestigious as Peking University, Tsinghua University, and Beijing Normal University.

Relationship with Faculty

Relationships between students and teachers in China are quite different from those at UC. According to Confucian traditions, teachers in China are revered and respected by all 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 measure of personal success or failure on their part, so students try to succeed for their teacher’s sake as well as their own. The relationship between students and professors may become close and personal, but must be carefully developed over time. Past UCEAP students have reported closer relationships with summer language instructors, where the class sizes are usually smaller.

If you have a difference of opinion with an instructor, express it at a time during class designated by the instructor or privately after class, but always with the utmost tact and respect for the teacher.

Address an instructor as laoshi, which means teacher: “[Last Name] laoshi.” The use of first names is particularly unacceptable in Asia.

Host University vs. UC Courses

Make a special effort to adapt to the teaching style and requirements of your classes and do not assume that they will be as they are at UC. Approaches vary from teacher to teacher. The most common difference is that students have fewer opportunities for classroom participation; however, this is changing as increasing numbers of the faculty have spent periods of study or research abroad. Teachers generally assume that American students will raise issues; in some cases instructors even require student participation. Be sensitive to the cultural norms of Chinese teaching and the individual attitudes of instructors.

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

In the language courses, you may find the Chinese teaching methodology different from UC. In some courses, there is more focus on memorizing conversations and reading drills than there is on freestyle speaking and conversations. The majority of the courses are also heavily focused on learning characters.

Exercise self-discipline and initiative, and organize your time and activities to give priority to your academic work. Your academic experience will depend on the interest and diligence you put into it. Be prepared to independently invest time and thought in each class. The course materials are likely to be less structured and less clearly outlined than in UC courses. Week-by-week syllabi with specific reading assignments are rare.

**Program Descriptions**

The fall semester program in Beijing begins with a summer intensive language program (ILP) in Chinese at Beijing Normal University (BNU).

The year program at Peking University also begins with a summer ILP at BNU. There are several tiers of study depending on your language ability.

The Language and Culture summer program at Beijing Normal University (BNU) is held concurrently and shares classes with the ILP.

The International Summer School program at Peking University (PKU) offers coursework taught in English for international students.

The spring program at Tsinghua University offers coursework taught in English or Chinese in a variety of disciplines but primarily in the fields of engineering, economics, and business.

Graduate students in the summer Chinese language programs should focus on language acquisition and understand that individual research goals are very difficult to pursue during the summer.

**Registration**

- You will register for your courses after arrival at your host institution and online through MyEAP. Registration processes will be covered by the Study Center during your on-site orientation.

The courses offered at the host institution vary each term and year. Online preregistration for classes in China is not possible for international (non-degree) students. There are limited published course catalogs, but university departments increasingly have listings of their courses online. There is no universal standard of accuracy or thoroughness in this regard, and it is rare to find published schedules of classes much in advance of any given term.

At the beginning of each term, lists of courses are available in the individual departments. You must consult the list at the department; unless you are registered in that department, you may not duplicate or purchase it.

Detailed host university course information is not available in advance; therefore, if you want to take regular host university courses, you will need to wait until after arrival to get approval for your UC major or other requirements. Be patient and flexible with your course choices.
Tutors
The Study Center can arrange for Chinese student tutors to provide assistance with homework. The tutor can answer questions, correct your writing, and serve as a general resource. The tutors are usually graduate students from the Chinese or English Departments. You must be proactive when working with a tutor; tutors are prepared to help explain what you do not understand, but they are not responsible for re-teaching course material. Past students have found their tutors to be helpful both with academic work and as a connection with Chinese society.

Exams and Grading
At **Beijing Normal University**, if you miss one-third of the classes for a course, you will not receive credit and will receive an “F” grade.

At **Peking University**, if you miss more than 25 percent of a language course, you will not be permitted to take the final exam and will not receive credit for the course, thereby receiving an “F” grade.

Grading practices are not yet known for **Tsinghua University**.

Although practices vary, regular university courses usually have one midterm exam and one final exam or written report. Most instructors do not give frequent short quizzes, although some do. Homework may or may not be graded, but you will be penalized if you miss assignments or submit poor or incomplete homework.

Attendance is taken in Chinese language classes, and absences result in a lower or failing grade. Attendance policies are determined by the school and the instructor; it is your responsibility to know the policy for each course.

Exams in the language curriculum often are made up by staff, not necessarily in close consultation with the teacher. Tests are standardized for each level and may not always cover material exactly as it was provided in class.

In regular university courses outside the language curriculum, the tests are made up by the instructor. The instructor may permit an international student to do a term paper in lieu of the final exam or allow a longer period for writing the exam. At the beginning of classes, inform your instructors about your status as an exchange student. In general, tests require more rote memorization than UC exams.

Exam dates are not negotiable; they cannot be changed.

Questioning an instructor about your test scores or grades in China must be done very delicately if at all. First discuss your concerns and questions with the UCEAP Study Center. The Beijing Study Center provides you with a “Things You Want the Director to Know,” form on which you may record information about the courses. The form is later used to notify the Study Center Director about special circumstances that may affect your performance and grade. If there is a problem, you may need to show the Study Center your tests, homework, textbooks, and other evidence.

Grades for summer are usually available in late August or early September.

Grades for fall are usually reported in mid- to late January. Reporting varies depending on the Chinese New Year holiday.

Grades for the spring semester at Peking University are not reported until September. Tsinghua reporting is not yet known.
Intensive Language Program (ILP)

BNU fall and PKU year students participate in the same ILP. The purpose of the ILP is to raise your language skills to a level at which you can best take advantage of the fall semester language instruction and, for full-year students, successfully undertake at least one regular university class during the spring at Peking University. Writing and conversational courses are offered at several levels of elementary, intermediate, and advanced Chinese language. You will take a language proficiency test at the beginning of the ILP administered by BNU's College of Chinese Language and Culture. The test assesses listening, speaking, reading, and writing, and determines placement.

Language classes meet for four hours per day. Classes focus on conversation, listening, reading, and writing. Tutors provide individual or group tutoring in the afternoons or evenings. Coursework is normally recorded as two UCEAP courses worth 6 UC quarter units each.

Required:

- Language placement exam
- 12 UC quarter units, which may be reduced (with no reduction in course load) to no fewer than 3 UC quarter units using the variable unit option
- Letter grades are earned for all courses; the pass/no pass option is not permitted

Cultural activities and excursions may supplement the classes. In addition, several non-credit elective courses may be available in such areas as calligraphy, Wushu (martial arts), and Chinese cooking. Weekend excursions scheduled by the Study Center may include a weekend trip outside Beijing and various cultural activities around Beijing.

Following the ILP, BNU fall and Peking year students have a one- to two-week break.
UCEAP STUDENTS SAY...

“BNU summer class size was great! In one of my classes there were eight students, the other had four. This allowed for personalized lessons with lots of opportunities to participate, ask questions, and speak Chinese. The BNU summer program is relaxed because BNU expects students to be academic achievers on their own. Therefore you must take the initiative to ask questions and learn. The teachers are fantastic and enthusiastic.”

Beijing Normal University (BNU or “Beishida”)

The College of Chinese Language and Culture (Chinese Language College) at BNU is a teaching and research institute established especially for international students studying Chinese. It employs more than 40 professional teachers and includes a cognitive lab for teaching Chinese as a second language. For students with different levels of language skills, the Chinese Language College also offers a range of elective courses, such as business Chinese, Chinese characters, Chinese culture, ancient and modern literature, and Chinese and foreign education, theory, and methodology.

Elementary Chinese Program

This beginning standard Chinese language summer program is for students with no prior exposure to Chinese language. It is intensive and intends to provide the first year of Chinese language study; however, students progress at different rates and have tested into various levels upon return to UC ranging from second semester or third quarter to second year. In the nine-week program, you will spend approximately 24 hours a week in lectures, oral practice, and tests, focusing on Chinese conversation, listening, reading, and writing. You may also participate in excursions and non-credit courses in Chinese culture.

Required:

- 15 UC quarter units (two courses of 7.5 UC quarter units each)
- Courses must be taken for the full approved units (the variable unit option is not available)
- Letter grades for all courses (the pass/no pass option is not permitted)

Language & Culture Program

In this summer program, you will study written and conversational standard Chinese (Putonghua, also called Mandarin). You will take a language proficiency test at the beginning of the program to determine your placement. The language classes are the same as those of the ILP, which BNU fall and Peking year students attend, and meet for four hours per day. Classes focus on conversation, listening, reading, and writing. Tutors provide individual or group tutoring in the afternoons or evenings.

Required:

- Language placement test
- 12 UC quarter units (two courses worth 6 UC quarter units each)
- Courses must be taken for the full approved units; the variable unit option is not available. If you extend, this program becomes your ILP and the variable unit option may be used at the time the extension is approved.
- Letter grades for all courses (the pass/no pass option is not permitted)

You will participate in the same orientation, activities, excursions, and courses of the ILP at BNU.
Fall Program

-you must enroll in a minimum of 18 UC quarter units.

Following the ILP and prior to the fall term, you will take another language test through the Chinese Language College to determine your fall curriculum. Language instruction is provided through the Chinese Language College with an emphasis on reading and speaking. Classes generally have 12 to 15 students, including students from other countries. Those who get lower scores on the language test primarily take language study, normally a minimum of three Chinese language courses each term for about four hours per day.

You may also register for one elective in the Chinese Language College. If you have adequate language skills (determined by the language test), you may register for one elective in a regular university department. Recent Chinese Language College electives taught in Chinese include Business Chinese, Chinese Social Conventions, Modern Chinese Literature, Classic Novels, Modern Chinese Economy, and Current Events.

If you have advanced language ability (usually three years or more), you are encouraged to enroll in BNU's regular university classes taught in Chinese. History, biology, Chinese culture and society, and economics are popular choices.

You must score at a certain level on the language test to take regular university courses. Those with fewer than three years of university-level Chinese language instruction will probably not score high enough to take regular courses.
The lake at Beida is a good place to spend an afternoon. With a book open, you could almost be assured that Chinese students will sit down and talk. Speak Chinese even if they insist on using English.

**Peking University (PKU or “Beida”)**

**International Summer School Program**

This program offers courses taught in English in areas of Chinese culture, history, philosophy, law, and politics. Chinese language study is available at beginning and intermediate levels. If you choose to take Chinese language, you will take a placement test.

**Required:**

- Minimum of 10 UC quarter units; 12 units are possible with the optional Chinese language course (the variable unit option is not available)
- Three courses: a two-week pre-course for UC students and two subject area courses during the four-week session. You may not take a third subject area course.
- Chinese language may be taken as the fourth course only

**Year and Spring Program**

- You must enroll in a minimum of 18 UC quarter units each semester.

The following tiers of language coursework are offered. Placement is based on the results of a test administered at the beginning of the semester.

**Tier 1**

If you have limited Chinese, you will take standard Chinese language classes through the International College for Chinese Language Studies (Hanyu Xueyuan). Classes are designed to improve spoken and written Chinese and teach Chinese culture and society. You have the option of taking only two courses, one in written Chinese (hanyu ke), and one in oral-aural Chinese (kouyu ke), for a variable number of hours per week depending on the level. You may also enroll in Hanyu Xueyuan elective courses. In consultation with the Study Center, and with the assistance of the Foreign Student Office, UCEAP students studying in the Hanyu Xueyuan second term may be allowed to take up to three courses in other departments, centers, or colleges. Exercise caution if your level of Chinese is not advanced. Placement in regular courses depends on the willingness of the department, center, or college to accept you, and on the availability of space in the desired courses.

The following courses are usually offered at various levels (through the Hanyu Xueyuan or the Chinese Department’s special courses for foreign students):

- **Spoken Chinese:** numerous levels from beginning to advanced; stresses practical and elevated fluency; classroom teaching is supplemented by experiential learning assignments
- **Written Chinese:** numerous levels from beginning to advanced; emphasis on fluency in reading contemporary materials
- **Newspaper Chinese:** selected readings on contemporary issues; intermediate and advanced levels
- **Modern Literature (1911 to 1949):** surveys and select readings
- **Contemporary Literature (1949 to present):** emphasis on short stories
- **Classical Chinese:** selected readings in literature from the pre-Qin period (about 200 BCE) to the 19th century, as well as the study of phonological and grammatical systems of classical and literary Chinese
• **History of Chinese Literature**: for students majoring in literature; course divided into ancient, modern, and contemporary periods

• **Selected Readings in Chinese Literature**: parallel course to the History of Chinese Literature; includes important literary works; emphasis on comprehension of texts with a brief account of authorship, as well as the historical and social background of the works

Additional courses on a variety of subjects may be available.

**Tier 2**

If you have Chinese language skills above the level offered by the International College for Chinese Language Studies (Hanyu Xueyuan) you can take courses through Peking University's Chinese Department. Some courses are designed for foreigners and are taught in Chinese at a level more easily understood than regular university offerings.

Once your language ability is adequate (particularly by the second semester), you are encouraged to take regular university classes and conduct independent study projects.

**Tier 3**

If you have native or near-native Chinese ability or have approximately four years of university-level language study and high achievement scores on the language test, you are encouraged to take courses from the university's regular offerings. (UCEAP requires only one year of Chinese because most students will be studying Chinese.) Past students have taken courses in the departments of Art, Biology, Chinese, Economics, History, Law, Literature, Philosophy, and Political Science. All courses are taught in standard Chinese. The Study Center hires local students as tutors to help with regular university courses.

By the end of each semester, the course list and information for the following term will be posted online by departments. You can register for regular courses only after you pass the language placement test at the beginning of the semester. If you pass this test, you can obtain an introduction letter from the Foreign Students Office to the department or college to which you apply. You can then get course information from the department or college to which you are accepted. In general, you can take courses in only one department or one college, plus some “public” electives open to all PKU students. Those who study in regular departments or colleges may enroll in one or two courses offered by the International College for Chinese Language Studies (Hanyu Xueyuan), space permitting.

**Coursework in English**

There are a limited number of courses taught in English that you may take with the instructor’s permission. Information on courses taught in English is usually not available until after arrival.
Tsinghua University

- You must enroll in a minimum of 18 UC quarter units

Under this new program, you may conduct guided research work in Tsinghua laboratories, primarily those associated with the life sciences and electronic engineering departments. You may also attend courses in the Tsinghua School of Business.

If you want to take Chinese language courses you will be placed in courses provided by the Department of Chinese Language and Literature. Those who wish to focus exclusively on Chinese language study will be placed in the International Center for Chinese Language and Culture of Tsinghua.

Internships for Fall, Spring, and Year Students

- Do not expect to have enough free time to pursue an internship during the summer program.

Internships for academic credit, called UCEAP Special Study Projects, require a substantial academic component in addition to the work with the sponsoring organization. See the Academic Information chapter of the UCEAP Guide to Study Abroad for additional details on academic internships.

Volunteer, non-credit (and usually non-paid) internships may be arranged by enterprising students. If you are interested in seeking an internship, set aside time to research the Internet on possible options before leaving the U.S., and be sure to bring your résumé to distribute. Many organizations (with the possible exception of those with English-teaching positions) are looking for students with Chinese language ability who will be in Beijing more than a few months. Thus, students on the year programs may have an easier time finding internships.

UCEAP students have worked at such high-profile Beijing organizations as CNN, the U.S. Embassy, Disney, and Beijing Television, or with such non-governmental organizations (NGOs) as UNESCO and the United Nations World Food Program. In the past, the U.S. Commercial Service office in Beijing has sought interns to conduct market research reports, to research specific industries, and to work on other projects as needed. Some students find opportunities to teach English at various schools and professional language training centers. The UCEAP Study Center may be able to suggest appropriate possibilities based on previous internships held by UC students and a list of American firms operating in Beijing.
EXTENDING UCEAP PARTICIPATION

Plan Ahead to Extend

You can extend your UCEAP participation on certain programs. Possible extension options are:

- BNU summer to BNU fall
- BNU summer to PKU year
- BNU fall to PKU spring

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

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 the UCEAP Systemwide Office to activate the DPA. UCEAP 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.

The UCEAP Systemwide Office and the Study Center must approve your extension request. Approval is based on a number of factors including program criteria, academic performance, the support of your UC campus department, and available space.

Once your extension has been approved, UCEAP will notify your UC 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

- China Digital Times (CDT): A bilingual news website covering China, it aggregates the most up-to-the-minute news and analysis from around the Web, while providing multimedia content, original analysis, commentary, and translations. CDT aggregates more than 100 posts a day from Chinese cyberspace, focusing especially on content that is blocked, deleted or suppressed by state censors. Requires a VPN from China. Produced at UC Berkeley.
- The China Beat: A blog from UC Irvine. Contemporary affairs with a popular approach to history. Requires a VPN from China.
- Caijing magazine, English: Economic news of China.

Books

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

Schoppa, R. Keith  

Sang, Ye  

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…”

Pomfret, John  
**UCEAP 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.

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.

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<tr>
<th>Author</th>
<th>Title</th>
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<tr>
<td>Esherick, Joseph W.</td>
<td><em>Ancestral Leaves: A Family Journey through Chinese History</em>, Berkeley: University of California Press, 2011. The author, UC San Diego professor and former director of the UCEAP Beijing Study Center, relates the turbulent history of late imperial, republican, and contemporary China through the lives of several generations of one Chinese family.</td>
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<tr>
<td>Wakeman, Carolyn and Yue Daiyun</td>
<td><em>To the Storm: The Odyssey of a Revolutionary Chinese Woman</em>, 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.</td>
<td></td>
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<tr>
<td>McGregor, James</td>
<td><em>The Party: The Secret World of China’s Communist Rulers</em>, New York: Harpers, 2010. An eye-opening investigation into China’s Communist Party and its integral role in the country’s rise as a global superpower and rival of the United States. This account by the Financial Times’ former Beijing bureau chief focuses on the Chinese Communist Party’s control of businesses but also covers its methods of coordinating government operations, the military, and the media.</td>
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Reference Books
The Beijing UCEAP Study Center recommends two Chinese-English dictionaries that can be purchased locally in Beijing after your arrival:


($43 on Amazon, $16 in China) If you buy the version printed in China, ask the UCEAP Study Center for a copy of the missing 25 pages of English-language introduction on how to use it. This dictionary is the first strictly alphabetically-ordered and Pinyin computerized dictionary. It contains over 196,000 entries, making it the most comprehensive one-volume dictionary of Chinese. An electronic version is also available for use in PCs and cell phones.


($4 in China) This Chinese-English character dictionary, with over 10,000 entries, has been prepared under the auspices of the Chinese Academy of Social Sciences. Since its original 1956 Chinese edition, it has been revised many times, and over 380 million copies have been printed. Traditional characters are also provided, as are several very useful appendices, e.g., dynasty dates, measurements, and the Periodic Table. The other version of this dictionary, *Xinhua Dictionary with English Translation*, published by Commercial Press, Hong Kong, ISBN 9620702530, is almost the same product, but is based on traditional characters, as used in Taiwan, Hong Kong, and many expatriate communities.

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

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. Being under the influence of alcohol is the single biggest risk to your safety while here, as it can lead you to make poor decisions.

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 alcohol, behave in a disorderly manner, or cause problems for your housing or host university, you will face disciplinary action by UCEAP.

Respect
“Giving face” (i.e., giving due respect) is a very important concept in China. You must give others the appropriate respect according to rank and seniority. 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.
UCEAP 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.”

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:

- Get 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 TV shows.
- 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.
ARRIVAL & ORIENTATION

Travel Documents
A passport valid for at least six months beyond the date of your intended stay is required to enter China.

The name on your passport, all UCEAP applications, and host university application must be identical in order to secure a visa, which is required for this program. Direct any questions 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 UCEAP 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.

The F and 90 L visas are recommended for summer students. The F visa is recommended for spring semester students. You can request a single-, double-, or multiple-entry visa from the Chinese consulate. However, the consulate determines the type of visa issued. If you only have a single-entry 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.

BNU fall and all academic year participants will apply for the X visa. With an X-type visa, you must apply for a residence permit within 30 days after you enter China, which costs about RMB 600 to 1,000 and takes two to three weeks to process. The residence permit allows you to travel out of China with no limitations during your year of study (with no fee for reentry). Do not request the multiple-entry X visa; it is useless to you and more expensive.

Students with Hong Kong, Macau, or Taiwan passports must obtain “home visit permits” to enter China and do not need to apply for a visa. Contact your local Chinese consulate for more information. Peking University will only accept UCEAP students who are citizens of PRC, Taiwan ROC, Hong Kong, or Macau—even if you are a U.S. permanent resident and have a green card—for the summer program.

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.
UCEAP STUDENTS SAY...


Take stomach medicine.

Pack lightly. You can buy lots of clothes in China really cheap.

Bring good bug bite medicine, a Lonely Planet guide, and your favorite flip-flops.

You can buy wet-naps at most Chinese stores in convenient packs (look in the baby sections).

I needed lots of eye drops. After a long bike ride, eye drops are a savior.”

Packing Tips
You can buy practically everything you need in China. Past students recommend the Jin Wu Xing store for all moving-in needs. It is within walking distance of the Lanhui Gongyu dorm at BNU. Beijing has several foreign-operated hypermarts (e.g., Walmart, Carrefour, and Metro) that sell many American products.

The UCEAP Insurance Plan includes a personal property benefit, but 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 UCEAP students recommend taking the following items:

Essential
- Comfortable walking shoes
- Washable, easy-to-care-for clothing
- A formal outfit for special occasions
- Flip-flops for the shower
- Preferred toiletry products (special brand names; consider dental floss, razors, deodorant, hair products, facial cream, and feminine hygiene products)
- Insect repellent with DEET, such as Cutters or Off, and anti-itch cream (there are a lot of mosquitoes)
- Medicine kit (ibuprofen, cold and antidiarrhea medication, cough syrup)
- Ziploc bags (you can buy more locally when you run out)
- Flashlight and duct tape
- Heavy-duty water bottle
- Anti-bacterial gel (bathrooms often do not have toilet paper or sinks; you can buy Wet Naps in most stores)
- Warm clothing that can be layered (gloves, long underwear, thick socks, scarves, gloves, sweaters, coat, etc.)

Optional
- Contact lens solution
- Family photos (useful as icebreakers)
- Converter for small appliances (both 120V and 220V)
- Laptop
- Surge protector for 220V
- Simple combination lock
- 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. The Beijing Study Center can assist students with the design and layout of the cards. Name cards are widely used for networking and social purposes and can easily be printed at local copy shops around town.
Prepare for dust, dirt, and mold. If you have allergies, take all possible precautions (medication, masks for windy days) and be aware that allergic reactions can cause headaches, depression, fatigue, and weight loss.

Summer tips: 1) Jeans take forever to dry and 2) bring a sun hat.

One of the most difficult problems was the winter cold. Multiple layers of warm clothing are a must.

If you wear contact lenses, take a pair of glasses with you.

The summer heat is extreme, and the winter is nothing like what they have experienced in California, so pack accordingly.

Climate and Dress

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

Beijing has four distinct seasons. The weather goes from hot and humid in summer (July to mid-August) to very dry and cold during winter (November to February). In September the temperature is between 70°F and 80°F. Fall is considered the best season in Beijing, with comfortable temperatures. It gets cold in November (40°F to 50°F) and drops well below freezing in the winter, with little precipitation. During the winter, many rivers and lakes freeze.

If you arrive in Beijing during the winter, you should arrive wearing warm clothing. Spring is short and dry. During the warm, humid weather from May to September, mosquitoes are a problem and insect repellent is a must. In the summer, most days are humid and overcast with frequent rain.

Public buildings are not heated in the same manner as 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, you may find classrooms and other buildings to be too hot and dry. The opposite is true in the summer; classrooms may not be air-conditioned. Buses and major shopping malls are air-conditioned.

Travel light. You frequently have to carry your own baggage, and the less you take, the easier the trip. Also, you will accumulate many new possessions while in China. In order to leave room to take these new things home, it is better to avoid using the entire baggage allowance for the outbound trip. If possible, limit baggage to one medium suitcase and one small flight bag or backpack. You will wash your clothes regularly so you can take less. Past participants advise against taking bulky winter clothing—you can buy it cheaply, although students who wear large and tall sizes might have difficulty finding their size. Students with larger feet (over size 8 for women, over size 10 for men) will not easily find shoes in China, and need to plan accordingly. The UCEAP 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 or NBA teams; See’s candy; California pistachios or almonds; California postcards, posters, scenic calendars; and coins and stamps.
On-site Orientation
At the beginning of your program, you will attend an orientation that covers information related to your host university as well as UCEAP. 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

Official UCEAP Start Date

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.

Travel to the Study Center

The program calendar is 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 UCEAP group flight to China. You must book your own flight and any other travel arrangements. You are strongly urged to purchase changeable airline tickets. Standby tickets are not appropriate for UCEAP students. Even if you are on full financial aid, you are responsible for reserving and purchasing your plane ticket to China. The Financial Aid Office will not make these reservations or payments for you. When traveling always carry your passport, visa, ticket, prescription medications, and money with you. 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 in your travel itinerary to accommodate such changes. UCEAP is not responsible for any non-recoverable transportation charges you may incur for independent travel arrangements or changes in UCEAP and host university calendar dates.

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

Failure to arrive before 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 UCEAP Predeparture Checklist online. If you arrive before the Official Arrival Date, call and e-mail the Beijing Study Center to report arrival.
If you plan to arrive in China early you will need to make your own hotel reservations. UCEAP and the Beijing Study Center cannot make arrangements for you to move into the dormitory 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 UCEAP Student Budget for the program. The estimated round-trip airfare amount 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 UCEAP Student Budget, notify your financial aid counselors. Neither UCEAP 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 once abroad. Study Center staff can refer you to a local travel agency for information on return travel.

You cannot leave the academic program before your exams are officially over. Remember that Christmas is not a national holiday in China. You are not permitted to ask for a change in exam dates to accommodate your holiday travel schedule or because of non-refundable plane tickets. Year students may travel only after first semester exams are officially over and must return to Beijing for spring term according to dates set by the Study Center. See the program calendar on the [UCEAP website](#) for departure dates.
**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, stoplights, 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 UCEAP 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 $100. 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 & Cars**
Do not operate a motorized vehicle in China. Not only are the traffic patterns and driver behavior 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 UCEAP students have been involved in them. Caution is of the utmost importance in this regard. Instead, use public transportation which will easily take you anywhere you want to go in Beijing. The new subway lines make transportation to the downtown area extremely convenient.

**Subways**
The Beijing Subway system has an extensive network of multiple lines that operate at frequent intervals daily. With the exception of the Airport Express line (RMB 25), the cost to ride the subway is RMB 2 per trip. The subway does close from late evening to 5:00am, so be prepared to pay a taxi fare to return home if you like to stay out late at night.

You can purchase a subway and bus pass (Beijing Municipal Administration and Communications Card), also known as the Yikatong, at most Beijing Subway stations. These are multi-use cards, and you can reload the card using ticket charging machines located in the stations.

Visit the **Beijing Subway** website for additional information. Peking University is on Line 4.
It is important that you carefully read all of the information available in the UCEAP Guide to Study Abroad and discuss it with the person who will assist you with your finances while you are abroad.

FINANCIAL INFORMATION

Understanding Your Finances

Understanding your finances before, during, and after your program 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 UCEAP
- UCEAP student account information
- Banking before and after arrival
- Fees and penalties
- Loan information
- How financial aid works while abroad (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 UC campus financial account. It will be available as soon as you are selected for your program in MyEAP. You can make payments through this account using e-checks or credit cards (MasterCard or Discover). The fees that you owe UCEAP will be applied to your account after your program predeparture withdrawal date, which is listed in MyEAP. For the amount due to UCEAP prior to fees being posted on your account, refer to the UCEAP Student Budget Payment Vouchers. Program fees are subject to change.

UCEAP 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. Review your UCEAP Student Budget frequently. The Payment vouchers are on the second page of the UCEAP Student Budget.

Instructions

- Download and print your UCEAP Student Budget and Payment Vouchers.
- Note the deadlines on the Payment Vouchers.
- Give the UCEAP Student Budget and Payment Vouchers to the person responsible for paying your UCEAP bills. Sign this person 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 will be receiving financial aid, see also the UCEAP Financial Assistance web page.
The official currency unit used in China is the yuan or renminbi (most often abbreviated RMB).

UCEAP STUDENTS SAY...

"My biggest worry before departure was money. All I really needed to know was to bring traveler checks, a bank card, and a credit card for emergencies. It wasn’t so worrisome after all.

Travelers checks can be easily cashed near BNU and Beida at local banks. All you need is your passport.

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.

If you have a Bank of America account, you can take money out of the China Construction Bank ATMs, There are quite a few scattered around Beijing.

Handling Money Abroad

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. Chinese debit cards issued by local banks are now in common use, however.

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

There are two economies in Beijing. The prices in the expatriate economy (meals in international hotels, Western sundries, and foods) run 100 percent to 300 percent above U.S. prices. The prices in the Chinese economy (restaurants for locals, train tickets, native products, etc.) run from 10 to 100 percent of U.S. prices. You can live inexpensively if you are immersed totally in the regular Chinese economy. Most students allow themselves occasional luxuries from the expatriate economy. A Western-style or an extravagant Chinese meal at a good restaurant can cost at least $20. On the other hand, a good hearty meal in a regular Chinese-style restaurant can cost as little as a few dollars.

Initial Expenses

Take money to China in the form of travelers checks, credit cards, ATM cards, and cash. ATM cards are the most convenient way to get cash. 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.

Take $200 in U.S. currency for immediate exchange at the airport upon arrival to cover the first few days. You can also use your U.S. ATM card at the Beijing airport to obtain RMB.

Fall and year students should have access to at least U.S. $1,500 to cover dormitory room charges for the fall semester and miscellaneous expenses during the first two months abroad.

Exchanging Money

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

In Beijing, you can change U.S. cash at almost any bank or even some major department stores (with a passport) and can change travelers checks to RMB at the Bank of China. If you have a local bank account, keep the receipt each time you exchange money. With the receipt you can exchange RMB for foreign exchange within six months of the receipt’s issuance. Some banks only provide money exchange and travelers check services on weekdays. The Bank of China provides this service every day of the week. You must bring your passport with you.

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 UCEAP 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. Changing money on the street is illegal in China. Counterfeit bills are a big problem in China and some UCEAP students have received bad bills changing money on the street.
If you are on financial aid and extend your participation, anticipate that funds will be unavailable for a few months. Budget carefully for subsistence and travel during the break between semesters.

Banking

The Bank of China, the Industrial & Commercial Bank of China, and CITIC are all reputable and have branches all over the city. 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 UCEAP does not recommend using them.

Wire transfers to your bank account in China usually can be accomplished within five working days. Provide the sender with your Chinese account number, the corresponding bank’s address in the U.S., address of the Chinese bank, 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.

ATM/Credit 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. Bank of America ATM cards can be used for cash withdrawal (up to RMB 2,000 per day) at Industrial and Commercial Bank of China ATMs with no fee.

Cash is issued in RMB. Exchange rates are fixed at the official rate. The maximum cash withdrawal per day is usually 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.

Be aware that Chinese ATMs sometimes run out of cash. If this happens, go into the bank and let them know.

At BNU, there is a Bank of China international ATM south of the Lanhui Gongyu dorm. There is another ATM beside the east gate of BNU (on campus). You can find HSBC ATMs about four to five blocks from the BNU campus (near Carrefour). Other international ATMs are located wherever foreigners frequent, such as the Lufthansa Center or the China World Hotel.

At PKU, there is an ATM in the lobby of the hotel in Building 1 of Zhongguan Xin Yuan, a two-minute walk from the dorms in Buildings 4 and 6. On campus, there is a Bank of China international ATM beside the underground supermarket “WuMei” on campus, which is south of Shaoyuan. Off campus, HSBC ATMs can be found in the Carrefour supermarket, south of the campus.

At Tsinghua, ATMs can be found on campus at the Zijingyuan Dinning Hall, Taoliyuan Dinning Hall, Tingtaoyuan Dining Hall, Guanchouyuan Dining Plaza, Zijing Student Apartment Buildings No.4, 5 and 6, the Post Office, and all four banking facilities. The Industrial and Commercial Bank of China, the China Construction Bank and the Bank of Beijing, all located in Zhaolanyuan Shopping Center in the southern part of campus, as well as the Bank of China in Zijing Student Service Center (Building C), provide services for deposit and exchange of foreign currencies.
When it comes to communicating with loved ones back at home, make sure you've kept the time difference in mind and establish when and how often you will contact one another. Set realistic expectations. This way, you will be able to avoid much of the confusion and frustration involved with international communication.

COMMUNICATIONS ABROAD

Phone Services

- Approximate time difference: 16 hours; 15 hours during summer months (daylight saving time)

International 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. Telephone numbers will be made available after arrival so you can inform your friends and family. The wealth of options—cell phones (relatively cheap now), international 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. After orientation in Beijing, you can buy a cell phone and subscribe to an inexpensive plan or simply use pay-as-you-go cards.

Voice over 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 UCEAP for routine business and academic advising. Access to computers on campus is easy and relatively inexpensive.

Computers

UCEAP students strongly recommend that you take your laptop to China. Chinese software can be purchased easily in Beijing.

Laptops usually come with a transformer that works on either 120V or 220V without modification. If you need to buy a transformer; a good one will cost about $50.

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.
BNU: Each dorm room for international students at BNU has Internet access. If you take a laptop, you can open an Internet account with your student ID for a monthly fee of about RMB 60. There are also two computer labs on the BNU campus available for an hourly fee. The Beijing Study Center will help you set up a BNU Internet account upon arrival. It takes about a week to complete the process.

PKU: Every PKU international student dorm room has Internet access if you bring a computer. Wireless Internet services are available on campus. You will need a WiFi enabled laptop to access the wireless network. The Internet fee is a flat rate of RMB 90 per month.

Tsinghua: International student dorm rooms on campus have Internet access. Students can apply for an internet account after registration and will need a computer with a network card and cable to connect to the Internet. There is a RMB 90 fee for unlimited internet access.
UCEAP STUDENTS SAY...

“The most important things to take with you are flexibility and a good sense of humor. If you don’t know how to laugh at your predicaments, you’ll probably be upset much of the time.”

HOUSING & MEALS

You will be housed in either a university dormitory for foreign students or off campus housing. Chinese host universities do not permit UC students to live in Chinese student dormitories. If required by the host university, a housing application will be sent to you during the application process and placement will be announced prior to the program start date.

You will make the housing payments directly to the dormitory. You must make your housing payments on time and in full. Financial aid will not make housing payments on your behalf. Financial aid offices report financial aid commitments to UCEAP. These funds are applied to the UCEAP student account. If there is a credit balance, UCEAP will request a disbursement based on the UCEAP financial aid disbursement schedule.

With Study Center approval, students (except BNU summer) may live off campus in private apartments. Not all apartments are properly registered with the Chinese government, and the police may evict students who live in illegal housing. You must follow the Study Center’s advice, exercise caution, find reputable and safe accommodations, and register with the police. The landlord is required to accompany you to the police station and to provide a copy of the lease and apartment ownership papers.

Be cautious when using “private” agents to help you find housing. UCEAP recommends that you consult with the Study Center before making a deposit or entering into any agreement to avoid scams.

You are required to register with local authorities within 24 hours whenever your housing changes, even if you are sleeping on a friend’s sofa for two weeks. If you do not follow proper registration requirements, you may experience difficulties with local police or other authorities and you may be fined. UCEAP will not assist you in this matter.

BNU Housing Q & A

Summer Students

Q: Where do I live?

A: During the summer, you will live at BNU in an on-campus dormitory for international students in double rooms (two UC students to a room). The newly renovated Lanhui Gongyu dorm offers a daily cleaning service, frequent sheet laundry, and all bedding and sheets are provided. Rooms have private bathrooms with a shower and toilet, TV, air-conditioning, and a small safe for storing valuables. Each room in the Lanhui Gongyu has two beds, two desks and lamps, a small refrigerator, bookshelf space, and a wardrobe closet. There is a card-activated telephone in each room that you can use to make off-campus calls within the city. With a calling card purchased in China (such as the IP card), you can also use the room phone to make international calls. Most students buy cell phones after arrival. You cannot cook in the rooms in the Lanhui Gongyu. All UC students are housed in the same dorm (often with entire floors dedicated to UC students).
International students at the student dorm are a major part of the experience. Getting to know them is really important, and it’s a good way to learn Chinese because that’s often the only common language.

Q: How are roommates assigned?
A: In the summer, UC students are assigned other UC students as roommates. Since there is no housing application for the summer, it is not possible to request a specific roommate. However, if you arrive at the same time as a friend on the program, you can request to live together, or you may ask for specific UC roommate assignments during check-in.

Q: How do I pay for housing?
A: You are responsible for paying a deposit and the total cost of the room to Lanhui Gongyu in cash (RMB) immediately upon arrival at check-in or within five business days after the check-in. Travelers checks and credit cards are not accepted. The amount you need to pay will be given in the UCEAP Predeparture Checklist in the spring.

Fall Students
Q: Where do I live during the summer Intensive Language Program?
A: See the previous section for information about summer housing at BNU.

Q: Where do I live during the fall program?
A: During the fall, you can choose between many different options. You can live on campus in a foreign student dorm or, with Study Center approval, off campus in a privately arranged apartment. Most UCEAP students prefer the newer LiYun (No. 3 international students dorm) even though they are a bit more expensive than the older dorms. These dorms are hotel-like in both quality and amenities (daily cleaning service, frequent sheet laundry, etc.).

Q: How do I prepare for housing?
A: BNU will provide detailed information about housing options and how to apply for them online when they send the admission letter and JW202 form. You will apply online for your housing; be sure to apply as soon as possible for the best chance at your first choice. If you miss the deadline, there is nothing the Study Center can do to help. Visit the BNU housing website for more details and descriptions of the housing choices. You will not know the room number until you check in. You can choose roommates when you check in.

Q: What is provided in the dorms?
A: Rooms may be double or single, and most will have a private bathroom with a shower and toilet, TV, air-conditioning, card-operated telephone, and small safe for storing valuables. Some dorms will have a suite of rooms that share a bathroom. You will also find small convenience stores, restaurants, and coffee shops in the dorms (one even has a McDonald’s). There are many different types of rooms, so carefully read your options and choose the room that best fits your needs.

Q: How are roommates assigned?
A: For the fall, you can request to live with a foreign student or a UC student. Japanese and Korean roommates have been popular with recent UCEAP students and can provide useful Chinese language practice.
Q: What do the BNU dorms cost?
A: During the fall, the Lanhui Gongyu dorm will continue to be available at a slightly reduced “long-term” rate from the summer cost (for double occupancy). Other dormitories are also available at BNU during the fall. Details about fall dorm costs will be provided when you get your admission letter and JW202 form. Travelers checks, personal checks, and credit cards are not accepted for payment.

You may submit a request to change rooms during the first two weeks of the term. Approval will be subject to room availability. After two weeks, you will be expected to pay the entire fall term dorm fee in cash directly to BNU. If you decide to move out later on, you will be charged for an additional two weeks.

PKU Housing Q & A

Summer and Spring Students
Q: Where do I live?
A: You will have your own bedroom in Zhongguan Xin Yuan (ZGXY), an international students’ dormitory across the street from PKU. Each suite has a telephone, Internet access, air-conditioning, a closet, a small shared sitting room with a color TV and dining table, and a shared bathroom. Two sets of bedding will be provided. A housing application will be included in the UCEAP Predeparture Checklist.

Q: How do I pay for housing?
A: You are responsible for paying a deposit and the total cost of the room to ZGXY upon arrival. Payment can be made in cash (RMB) or by credit card (Discover, MasterCard, Visa). You may be allowed a three-day grace period to submit the full payment. If you move out early, you can obtain an immediate cash refund for unused days if you originally paid in cash; if you paid by credit card, it may take up to one month for the refund.

Year Students
Q: Where do I live during the summer Intensive Language Program?
A: You will live at Beijing Normal University where the summer ILP takes place. See the previous section for information about summer housing at BNU.

Q: Where do I live during the year?
A: You will live in a foreign student dorm on or off campus. The housing options form will be provided by the Study Center for you to fill out if you want to live on campus during the summer. Since Peking University cannot accommodate all students in their first choice dormitories, flexibility is a must. In the dormitories, you may room with students from other countries, or, depending on the dorm, pay extra for a single room.

Q: What is provided in the dorm?
A: When it comes to housing at PKU, you get what you pay for. The most inexpensive rooms contain two beds, two desks, two bookshelves, closet space for each person, and Internet access, but they do not have air-conditioning. Bed linens are provided and are regularly changed. There are card-activated telephones in each room. The rooms are slightly dark and plain, with plaster walls and polished concrete floors. Rooms are heated in the winter starting in early November.
Many of the more expensive rooms are better furnished and resemble hotels, offering private rooms with Internet connections, private bathroom, and living room. The rooms are furnished with basic necessities (bed, desk, bookshelves). Unfortunately, it is very difficult to reserve a room in these dorms; space is limited and demand is high. There is a restaurant in the more expensive dorm building as well as a convenience store and laundry facilities.

**Q: Are there any other housing options?**

**A:** There are a few other living options at PKU. In Buildings 6 and 8 at Shaoyuan (the foreigners’ complex), there are two- and three-room suites that have private baths and living rooms. They include basic cleaning services as well as clean sheets and bedding. Bathrooms are shared with one or two other people. Year students can also apply for Zhongguan Xin Yuan, which is where the summer PKU students stay. These rooms are in relatively short supply, however, and availability cannot be guaranteed. See the previous questions for more detailed descriptions.

**Q: Are the dorms clean?**

**A:** Sanitary conditions in the rooms are fine, although this depends on the cleanliness of the tenants. If your room is kept clean, ants, cockroaches, and other insects may not intrude. The sanitary conditions of the bathrooms, showers, washing rooms, and kitchen areas are tolerable, but not up to U.S. standards. Students in the cheaper dorms may be surprised to see personal refrigerators lining the hallway (there is no space inside the rooms) and personal washing machines filling the wash rooms.

**Q: What do I need to know about the kitchens?**

**A:** You are responsible for cleaning the kitchen and dorm room. Communal kitchens, available only in Shaoyuan 1-4, consist of a small room with a little gas burner. Keep all your kitchen utensils and personal belongings in your room, as theft may occur from the common rooms. An electric oven and microwave are available for public use on some floors in ZGXY.

**Q: What are the bathrooms like?**

**A:** Bathrooms in the cheaper dorms 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 more expensive dorms are private (shared in the suite) and in better condition than the less-expensive dorms.

**Q: Do the dorms have phones?**

**A:** Card-activated telephones are located in the dorm rooms. Cards can be bought in many places both on and around campus, and students should look for cards with better deals. You can always buy the IP cards for less than their printed value. Most students buy cell phones after arrival.
Tsinghua Housing Q & A

Spring Students

Q: Where do I live?
A: International students live on campus in the Zijing Apartments. There are three types of rooms available: single (private room and bathroom), AB (shared room and bathroom), and double (shared room and communal bathroom). Each room is furnished and includes a television, telephone, bedding, and Internet access. Room assignments will be subject to availability.

Housing application instructions will be included in the UCEAP Predeparture Checklist.

Q: How do I pay for housing?
A: You are responsible for paying a deposit and the total cost of the room to Zijing upon arrival. Payment can be made in cash (RMB) or by credit card (MasterCard, Visa).

Dorm Safety

Under most circumstances, the fuwuyuan (service people, including desk clerks at dorm entrances, janitors, and other dorm personnel) do not enter the students’ rooms except to clean. Break-ins are rare, but do happen, and are often the result of people neglecting to lock their doors. Some desks have locking drawers in which to keep valuables. Individual rooms at BNU have safes to store small valuable items (passports, travelers checks, money). Remember to lock your valuables, including passports and residence permits. You are advised to take a lock or two for extra security. A hard-side suitcase with locks is another good way to protect your valuables. UCEAP recommends that you travel with copies of your important documents and leave the originals locked up safely. While in Beijing, never carry your passport with you unless you are going to the bank to change money or an official government office.

Laundry

Each host university has rooms with coin- or card-operated laundry machines. Since the air in the rooms is dry during the winter, clothes hung in the room can dry overnight (summer is humid and drying takes longer).

At BNU, Lanhui Gongyu has washing machines on the fifth and seventh floor. Students use a prepaid card that includes a deposit. When you leave the dorm at the end of the program, return the card and the dorm will return the deposit. In other BNU dorms, past students have made arrangements to have a machine available, but there are also coin- or card-operated washing machines. Cards for the washers in the new LiYun dorm have a similar cost, with deposit.

At PKU, there is a laundry room for each floor of the Shaoyuan building that has washers and dryers. In ZGXY, there is a laundry room on most floors.

At Tsinghua, communal laundry facilities are available on each floor of the dorms. Dry cleaners can be found in the Zhaolanyuan Shopping Center located at the southern part of campus and outside the East Gate in Wudaokou.
Meals

Drinking Water
Do not drink tap water. Take (or buy after arrival) a heavy duty bottle that can hold boiling water without melting. Hot water usually is available in the dorms from 6 a.m. until midnight. Boiled water for drinking is not available before 8 a.m., so be sure to fill a thermos the night before. In some dormitories, hot water is provided in thermoses and refilled daily.

Bottled water is available everywhere, and past students have purchased an office-type water cooler (with five-gallon bottles and a water delivery service) to share at inexpensive prices.

General Notes on Food
In addition to Chinese and international student cafeterias where students take most of their meals, there are many small eateries both on and off campus that serve Chinese meals for a reasonable price. In Beijing, Western, Japanese, Korean, and American fast food (KFC, California Noodle King, McDonald’s, and Napoli Pizza) are available.

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; at any rate, 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.

Beijing Normal University
There are two places to eat conveniently located in the Lanhui Gongyu, but do not limit yourself to these slightly more costly options. The dining hall cafeteria is clean and normally crowded during lunch (try to get there early for best choices). Breakfast, lunch, and dinner are available. There is also a restaurant at the Lanhui Gongyu, with sit-down meals, but it is more expensive than the cafeteria. On the second floor is a small convenience store, popular for ice cream and snacks. On campus, there are numerous student cafeterias (about five) where you need to use a prepaid meal card, which the Study Center will help you obtain. The 20 RMB card deposit can be returned when you return the card. Head out any campus gate and you’ll have a short walk to countless restaurants.
Peking University
There are several student cafeterias on campus and countless food stalls and
restaurants in the neighborhoods surrounding the campus. Although cooking
in the rooms is prohibited, many students cook on hot plates in specially
provided rooms on each floor. You must be careful to not leave anything in
the cooking rooms unattended. Pots, pans, spoons, ingredients, and anything
else left unattended will be stolen. Many students in the cheaper dorms keep
refrigerators outside their rooms.

There are six large Chinese student cafeterias on campus. With your student ID,
you can obtain a cafeteria IC card, which permits use of the student cafeterias
but charges a 15 percent service fee. For those who want Western food, there
are KFCs, Pizza Huts, and McDonald’s all around campus. There are also Korean,
Japanese, and American restaurants within walking distance to campus. Eating
is not a problem for UCEAP students in China.

Tsinghua University
There are over ten student cafeterias on campus that are open for breakfast,
lunch, and dinner. Both Chinese and western cuisines are available. After you
arrive at Tsinghua, you can apply for a dining card at the Food & Beverage
Service Center. The dining card is the only form of payment accepted at most
student cafeterias and can be reloaded. There is a 15 percent service fee.
Don’t let the hot, humid, dusty, and smoggy summer atmosphere stop you from discovering all the great things Beijing has to offer.

The best cure for everything that will get on your nerves is traveling. China is an amazing and beautiful country. Buy a backpack; start reading about places to see; ask friends, family, and former UCEAP students what’s worth seeing; and expect to have some of the best times of your life.

Extracurricular Activities

Get Involved

Participating in extracurricular cultural and social activities while on UCEAP is an excellent way to meet people, improve your language skills, and integrate more fully into the community. 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.

Avoid making too many commitments early in the year. While there is time to pursue some individual interests, you are expected to attend classes and participate in organized activities and excursions.

You can take advantage of a wide range of activities including ballroom dancing, calligraphy, and taichi. Sports have been a good entry into Chinese university life for some—especially tennis at PKU. The more familiar sports such as soccer, basketball, volleyball, tennis, and badminton abound.

The range of UC student involvement in Chinese cultural activities has been very broad. Past students have studied martial arts, Chinese medicine, dance, and music through contacts that they have made—usually through the international student network.

Gym Facilities

BU

Various athletic facilities are on the BNU campus, including basketball courts, volleyball courts, badminton courts, and the running track and field near the Lanhui Gongyu. These facilities are free for students. The tennis court and some facilities inside the gymnasium are charged by the hour. There is a pool in the Qiujiuduan Gym on campus. You can purchase a monthly card or quarterly card but there are some time restrictions on use of the pool. Other gyms are available in the city at varying prices.

PKU

There are two big gymnasiums (Wu Si and Er Ti) and many outdoor sports facilities on campus. The tennis court is just opposite Shaoyuan Building 7. Make a reservation using your student ID each time. The newly opened underground fitness center inside the Science Building Complex is excellent. The gym card costs about RMB 90 per month with your student discount. There is a large swimming pool on campus at the southeast corner of the university. West of campus, there is a gym and a swimming pool at Haidian gymnasium (Haidian Tiyu Guan). There are also many gyms around PKU and Wudaokou. They offer a monthly membership.

Tsinghua

Various sports facilities are available on campus, including an indoor swimming and diving gymnasium, West Lake outdoor swimming pool, comprehensive gymnasium (badminton, table tennis, basketball, and gymnastics), West gymnasium (badminton, basketball, volleyball, and billiards), West Sports Field, East Sports Field, and Zijing Sports Complex (basketball, tennis, volleyball, and soccer). A fee is charged for certain locations.
UCEAP STUDENTS SAY...

“Travel is cheap in China. Take a Lonely Planet guide (travel bible), small compass, wet-naps, and anti-acterial gel. Traveling gets dirty. Traveling around China improved my speaking ability more than anything. Speaking to people while traveling and seeing different cities improved my knowledge of Chinese geography and social conditions.

You do not have to tip at hotels, in taxis, or for regular services.”

Work in China

On a student visa, exchange students are not permitted to work in China. Working illegally is not endorsed or supported by UCEAP and can result in your arrest and prosecution for breaking the law. However, many students find unpaid or academic internships, which provide interesting résumé-building experiences.

Travel

Individual travel is permitted on free weekends, but you are responsible for making your own arrangements. The UCEAP Student Budget does not include funds for personal travel. You must inform the Study Center by e-mail of your travel plans if you plan to be gone for an overnight trip.

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.

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There are over 600 cities and areas in China open to visitors without special travel permits, including most major scenic and historical sites. However, the U.S. State Department 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, once abroad, contact the American embassy or American consulate.

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

Post-Summer Break

Between the BNU summer and the fall term there is a break of about 10 to 14 days. You are encouraged to travel at that time. If you will be continuing to the PKU year program, the Study Center may be able to store your bags at the Study Center Office at PKU. Lanhui Apartment has helped to store students’ bags for the price of RMB3-4 per piece of luggage per day. If you will be staying at BNU for the fall, you may be able to leave your possessions in your dorm room during the vacation period and pay the normal daily room rate. More details will be provided toward the end of the summer before vacation.
Health

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 staff are available in Beijing and Shanghai and a few other large cities, but the level of care may be inadequate. In most rural areas, only rudimentary medical facilities are available, often with medical personnel who are poorly trained and have limited medical equipment and medications. Rural clinics are often reluctant to accept responsibility for treating foreigners, even in emergency situations.

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.

Public ambulance service is not reliable. Ambulance personnel generally have little training and ambulances are poorly equipped. Response times may be long due to heavy traffic. Use private transportation or a taxi when available if you need to go to a hospital.

BNU, PKU, and Tsinghua have clinics that handle normal maladies and routine emergencies. PKU has a hospital by the northeast corner of the campus. Tsinghua University Hospital is located on the far west side of campus (about one mile southwest of the dorms) and provides both outpatient clinic and hospitalization services to the faculty, staff and students.

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; can call the UCEAP travel assistance provider, Europ Assistance; provide information about the UCEAP insurance claims process; and help make arrangements with your professors if you expect an extended absence.

All UCEAP students in Beijing should seek medical care at the Beijing United Family Hospital, which is on the east side of Beijing, about 40 minutes by taxi from PKU and Tsinghua, and 20 minutes from BNU. The UCEAP travel assistance provider, Europ Assistance, and the UCEAP insurance carrier have a pre-paid arrangement with this hospital. If students first contact Europ Assistance to arrange their hospital visit, they will not be required to pay up-front for services. Otherwise, you will have to fill out an insurance claim and expect to pay hospital fees up-front, so take a credit card or large amounts of RMB.

To contact EUROP Assistance, you should call collect to 1-202-828-5896 in the U.S. (first dial “00” for international access) or you can e-mail them at ops@europassistance-usa.com

Beijing United Family Hospital

#2 Jiangtai Lu, Chaoyang District
Beijing 100016, China

Phone: (86) 10-5927-7000; (86) 10-5927-7120
Web: www.unitedfamilyhospitals.com/en/bj
UCEAP STUDENTS SAY...

Wash your hands, watch your step, and avoid stray dogs.

Expect different hygienic and etiquette practices: lots of spitting, littering, pushing, no lines, blowing snot on the ground, etc. Patience and understanding are definite virtues here. Also expect lots of traffic, pollution, and crowds.

Another possibility is the PUMC Foreigners Clinic, local in the downtown Wangfujing area. This hospital, affiliated with the Chinese Academy of Medical Sciences, is the oldest hospital in China, and has leading specialists on staff. However, their patient services and English ability may be a challenge.

Peking Union Medical College Hospital, International Medical Service
No. 53, Dongdan North Street, Dongcheng District
Beijing 100730, China
Phone: (86)10-6529-5284; (86)10-6529-5269
Web: english.pumch.cn/english/HealthInformation/tabid/160

Medical Insurance Coverage
The required UCEAP Insurance Plan covers you while on UCEAP 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.

Information about the UCEAP insurance claim process is available on the UCEAP website.

Staying Physically Healthy
In China’s vast territory, standards of hygiene can and do vary from place to place. The standard of medical care and the range of familiar medications available in China are often limited, particularly outside of major cities. Medical personnel in rural areas of the country may lack adequate training.

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

The Centers for Disease Control and Prevention (CDC) Travelers’ Health website is a good source of information. The MyHealth Beijing website maintained by an American doctor at the Beijing United Family Hospital is a reliable source of Beijing-specific health info.

Tips:
- Practice healthy behavior and avoid lowering the body's resistance.
- Bring a good multivitamin to last the duration of the program.
- Wash your hands frequently with soap and water, especially before eating.
- Do not consume tap water, fountain drinks, or ice cubes; instead drink only boiled water or beverages in sealed containers. (See Drinking Water in this section.)
- Avoid undercooked food, dairy products, and food from street vendors.
- Avoid swimming, wading, or rafting in bodies of fresh water—such as lakes, ponds, canals, streams, or rivers—to prevent serious parasitic infections.
- Avoid handling all animals. Wash any bites or scratches right away with soap and water and immediately seek medical attention.
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, including Beijing.

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 to Beijing develop a “Beijing cough” and sore throat during the first few days in the city due to the air pollution. Despite efforts to reduce pollution, coal still supplies 80 percent of China’s energy needs.

During the summer, high heat and humidity will also contribute to Beijing’s poor air quality.

The high levels of air pollution in industrialized areas of China—including Beijing, Shanghai and Guangzhou—may aggravate bronchial, sinus, or asthma conditions. Dust storms, which occur on occasion across the north of the country, can cause eye, nose, mouth and throat irritations and exacerbate respiratory and cardiovascular problems. If you have a medical condition that may be exacerbated by polluted air, be sure to consult a physician before departure.

Smoking
China is the largest tobacco production and consumption country in the world. Even though a ban on smoking in most public buildings has come into force in Beijing, it is common to see many smokers 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. Listen to your body and 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).

Never drink unboiled water. Boiled water or bottled water is the best choice. 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.
Rabies
Health authorities report a high number of animal and human rabies cases annually in China. You should be cautious in all contact with both wild and domestic animals in China.

Infectious Diseases
UCEAP continually reviews information from the U.S. Centers for Disease Control and Prevention and World Health Organization, 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. UCEAP and the Beijing Study Center stay in close contact with the U.S. Embassy in Beijing.

HIV/AIDS
HIV/AIDS is a significant concern in China. There is a risk of exposure to unsafe blood and blood products in regional China. Specifically request the use of sterilized equipment. Additional charges may be incurred for the use of new syringes in hospitals or clinics. Exercise appropriate precautions if engaging in activities that expose you to risk of infection.

Psychological Health & Stress
Speak with returnees and gather as much information as possible 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 if you need to reach out to local resources. 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 preconceptions 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 begin to adapt to your new environment.

Culture shock and homesick feelings 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 and drink plenty of water, get plenty of rest, and share any concerns with the Study Center.

Additionally, for someone on a tight budget and with limited free time, a year in China may mean a rather 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. Recognizable brands of prescription and over-the-counter medication readily available 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.

**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 Beijing, 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.
SAFETY

Crime
Beijing is a relatively safe destination with low levels of violent crime and civil unrest. There are personal safety and security issues, ranging from minor verbal harassment, pick-pocketing, and petty theft to more serious incidents.

Preventing Theft
The best deterrents against crime are awareness and common sense. Take prudent measures to protect your own well-being just as you would do on your home UC campus. Be aware of your surroundings and vigilant at all times. Pay attention to all signs—even instincts—that alert you to possible danger. Buses and trains are typically very crowded; safeguard personal belongings, particularly cell phones, and keep baggage within eyesight. Never carry an unlocked backpack on your back when walking or riding a bike.

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. Caution is necessary in isolated areas, particularly at night, and traveling in groups is advisable. Some portions of the PKU campus are not well lit at night, so exercise caution. If you are traveling in an area and feel unsafe, leave the area immediately. It is also important for you to stay in close touch with the Study Center and attend all meetings organized by Study Center officials.

Chinese Law & Criminal Penalties
While in China, as in any other 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 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.

- Do not take photographs of airports, government buildings, or other strategic infrastructure in China. Ask permission when taking pictures outside typical tourist sites.

  People caught taking pictures of sensitive installations may be subject to detention and interrogation, often without representation.

- Penalties for drug possession, use, and trafficking are strict. Offenders can expect severe jail sentences and fines. In the past, some foreign nationals have been executed for drug offenses. Other foreigners convicted on drug-related charges have received 15-year sentences.
Natural Disasters

Natural disasters are common in China. The tropical cyclone season in China normally runs from May to November, affecting the south eastern coastal regions of China. The Japan Meteorological Agency and the China Meteorological Administration provide information and forecasts (in English) about approaching storms in the region. Areas along the Yangtze River occasionally flood, with large losses of life and property. The North China area around Beijing and Tianjin is subject to earthquakes.

China is located in an active seismic zone and is periodically subject to major earthquakes.

Parts of central, southern and western China, particularly those bordering the Yangtze River experienced severe flooding in June 2011. Heavy rains also triggered landslides in Zhejiang and Hubei provinces. If travelling to the area monitor local weather reports and follow any evacuation orders issued by the local authorities.

Traffic, Transportation, & Road Safety

Transport security is a concern in China, and using mass transit when traveling alone is inadvisable. Public transportation systems are well-developed in major cities, but infrastructure and services are limited in rural areas.

The rate of traffic accidents in China, including fatal accidents, is among the highest in the world. The greatest road hazard remains the driver—most have little experience operating motor vehicles and are either overly cautious or aggressive, resulting in several accidents per day. Traffic is chaotic and poorly regulated, and right-of-way and other courtesies are usually ignored. Traffic laws are rarely adhered to and policing is done remotely by video camera (mainly speed traps). Yielding to oncoming traffic or pedestrians is unheard of, as is signaling one’s intentions in advance. Traffic signals may be absent at key locations and road closures are either poorly marked or not marked at all.

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.

Be careful while walking near traffic. Most traffic accident injuries involve pedestrians or cyclists who are involved in collisions or who encounter unexpected road hazards (e.g., unmarked open manholes). Exercise special caution when crossing streets in China; pedestrians do not have the right of way. Cars regularly make right turns at a red light without stopping and will not yield for pedestrians.

Women traveling on public transportation may be groped or sexually harassed verbally, particularly during periods of warm weather. Women should avoid traveling alone on buses and trains at night, especially since taxis are relatively inexpensive, easy to find on main streets, and much safer.
Using taxis is generally safe but unscrupulous drivers sometimes try to con foreigners into paying higher fares. Insist that the driver use a meter and make sure they activate the fare meter. Few drivers speak a foreign language, so have your destination written in Chinese characters. Private taxis and drivers are available. Avoid taking unmarked private cars (heiche) that function as illegal taxis. 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.

Crime is a potential problem on buses, trains and highways in China. Keep valuables secured at all times.

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.

Taking steps to reduce vulnerability when riding trains or buses is necessary. 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.

The physical road conditions in larger cities are generally good.

**Government Scrutiny**

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 (ISPs) and wireless providers operating in China, and monitors them closely for any sign of activities and words considered subversive or pornographic. 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 ISPs. 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 will likely mean 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.

Personal Emergency Plan

Develop sound emergency exit procedures for your dorm and other public buildings. For student 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 exit routes.

Many locals do not speak English, so it is important to have a good phrase book and dictionary. 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: places you plan to visit and information for local contacts, and emergency contact information.
Emergency Contacts

What Is an Emergency?
An emergency is a serious, unexpected, and often dangerous situation requiring immediate action. The following are considered emergencies:

- Any life/death situation
- A traumatic event requiring immediate assistance
- An arrest
- Civil unrest or 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 your Operations Specialist at the UCEAP Systemwide Office
- After office hours: Call the 24-hour emergency phone number at (805) 893-4762

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

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone/Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ambulance</td>
<td>120</td>
</tr>
<tr>
<td>Fire</td>
<td>119</td>
</tr>
<tr>
<td>Police</td>
<td>110</td>
</tr>
<tr>
<td>BNU</td>
<td>Security Guard Office: 5880-8051</td>
</tr>
<tr>
<td>PKU</td>
<td>Security Guard Office: 6275-1321</td>
</tr>
<tr>
<td>Tsinghua</td>
<td>Security Guard Office: 6278-2001</td>
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</tbody>
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U.S. Embassy in Beijing
American Citizen Services
No. 55 An Jia Lou Road
Beijing 100600

Phone: (86-10) 8531-3000
Fax: (86-10) 8531-3300

Hours: Monday, Tuesday, Thursday, and Friday: 8:30 a.m.–noon, 2–4 p.m.
Wednesday: 8:30 a.m.–noon only
After-Hour Emergencies: (86-10) 8531-4000
E-mail: AmCitBeijing@state.gov
Web: beijing.usembassy-china.org.cn/contact_us.html

If you have a health, travel, or safety emergency and do not have access to local or UCEAP representative emergency information, contact the UCEAP travel assistance provider, Europ Assistance, available 24/7:

Call international collect: 1+202-828-5896
Call within the U.S.: 1+866-451-7606
E-mail: ops@europassistance-usa.com