CHINA
SHANGHAI

Language & Culture, East China Normal University (ECNU)—Summer
International Studies, Joint UC-Fudan University (JPIS)—Fall
Fudan University—Spring

2012-2013 Program Guide
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
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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 on the UCEAP China, Shanghai page.

Study Center Abroad

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

Professor Chia-Ning Chang, Study Center Director
Ms. Selena Liu, Program Officer
UC Study Center
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Phone Number Codes

U.S. international code ............... 011
(dial this to call from the U.S.)
China country code ............... 86
Beijing city code .................. 10
Shanghai city code ................ 21

Approximate Time Difference

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

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

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

ACADEMIC INFORMATION

Academic Culture

The Chinese University

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

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

Relationship with Faculty

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

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

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

Remember to address an instructor as “professor” or “Professor [last name].” The use of first names is particularly unacceptable in Asia.

Host University vs. UC Courses

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

However, at UC’s host universities, where increasing numbers of faculty have spent periods of study or research abroad, instructors generally assume that American students will raise issues; in some cases the instructors even require class participation. Nevertheless, be sensitive to the cultural norms of the Chinese teaching style and do not confuse seemingly authoritarian or didactic characteristics of those norms with the individual attitudes of instructors.
The course materials are likely to be less structured and less clearly outlined than is usual in UC courses. Week-by-week syllabi with specific assignments are rare. You must exercise self discipline and initiative, and organize your time and activities to give priority to your academic work. Your experience in a course will depend on the interest, thought, and diligence you put into your studies.

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

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

**Exams and Grading**

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

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

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

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

Grades for summer are usually available in late September. Grades for fall are usually not available until mid-March due to the Fudan University calendar and the timing of Chinese New Year; spring grades are usually not available until early to late October. Early grades are not possible as the timing is based on host university processes.

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

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

Language & Culture, East China Normal University

Program Description

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

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

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

Required:

- Placement test
- 12 UC quarter units; the variable unit option is not available
- Letter grades for all courses; the pass/no pass grade option is not permitted

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

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

Tutors

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

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

Required:
- Minimum of 18 UC quarter units; usually four or five courses
- Core course: Debating Globalization (letter grade required)
- One additional UCEAP program-specific course
- Two or three additional courses from the expanded list, depending on the number of units of each course

JPIS and Host University Courses
You choose your courses from the set list of courses for UCEAP participants. Courses are limited because the regular Fudan University fall semester continues into January whereas your program finishes in December. The courses include discussion, field trips, and research projects. Once classes start, expect syllabi that detail the course topics and activities. Instruction in some of the JPIS courses may differ from your experience in UC courses. Available courses vary and not all courses will be offered each year.

JPIS Program Courses Previously Offered (taught by UC and Fudan faculty):
- Debating Globalization
- Economics of Development in an Era of Globalization
- Chinese-American Relations and the Rise of Asia

Fudan University Courses Previously Offered:
- Modern Chinese History
- History of Diplomacy in Modern China
- Westerners in Early Modern China
- History of Chinese Thought
- China’s Media and Politics

Course Registration
You preregister for courses prior to the start of the program. You will receive instructions and a course list in late July or early August. You can adjust your schedule during the registration period. Final course registration takes place after arrival in Shanghai at both the host university and through MyEAP.

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

Program Description
This spring program primarily offers courses in economics and business taught in English. The program is intended to serve students of business and economics, political economy, development, and global and international studies.

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

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

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

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

Course Registration
You preregister for courses prior to the start of the program. You will receive instructions and a course list in late December or early January. You can adjust your schedule during the registration period. You will complete your course registration after arrival in Shanghai at both the host university and through MyEAP.

Fudan University has a strict two-week add/drop period that you must follow.
EXTENDING UCEAP PARTICIPATION

Plan Ahead to Extend
Extending your UCEAP participation is possible. If you are considering this opportunity, submit an approved Departmental and College Preliminary 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 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.

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

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

Educate Yourself

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

Recommended Reading

Online Sources and Periodicals

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

Pomfret, John


Chang, Jung


Esherick, Joseph W.

Ancestral Leaves: A Family Journey through Chinese History, 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.

Wakeman, Carolyn & Yue Daiyun

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

Yang, Rae


Chen, Guidi & Wu Chuntao


McGregor, James

The Party: The Secret World of China’s Communist Rulers, 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.

Naughton, Barry

UCEAP STUDENTS SAY...

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

Social Conduct

Drugs and Alcohol

Never feel pressured to drink alcohol. 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 abroad, 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” (aka 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."

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

**Advanced Students**

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

**Reference Books**

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

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

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

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

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

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 applications must be identical in order to secure a visa, which is required for this program. Direct questions you may have regarding this matter to the Campus EAP Office immediately.

Visa
Obtain a visa in the U.S. prior to departure. Do not enter China without a visa. Your initial length of stay in China determines which visa will be issued. If you decide to extend participation in 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.

UCEAP suggests that you request a multiple-entry F visa valid for 180 days. You can request a single-, double-, or multiple-entry F visa from the Chinese consulate. However, the consulate determines the type of visa issued. If you only have a single-entry F-type visa and wish to travel outside of the Chinese mainland (including trips to Hong Kong, Macau, or Taiwan) during the term, you will need to pay for a reentry permit each time you return. Contact your nearest Chinese consulate for details.

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

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

Photocopies
It is easier to replace lost or stolen documents when you have photocopies. Photocopy all important documents in duplicate, including passport photo pages, visa pages, vaccination certificates, travelers check receipts, airline tickets, student ID, birth certificate, credit cards (front and back), etc. 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...

“
You can buy just about anything now—most Western brands are available.

Bring your own medications! People got food poisoning so be careful! Get some Imodium and go see your doctor to get some medicine for stomach flu. It’s better to be safe than sorry.

China doesn’t have regular bar deodorants, only those rolling gelled ones, so bring your own!
”

Packing Tips

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

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

Essential

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

Optional

- Laptop
- Contact lens solution
- Family photos (useful as icebreakers)
- Converter for small appliances (both 120V and 220V)
- Surge protector for 220V
- Preferred brands of toiletry products such as dental floss, deodorant, hair products, facial cream, blister treatment, and feminine hygiene products
- Nail clippers
- Simple combination lock
- Bottle and can opener (pack in checked luggage, not in carry-on)
- Sewing kit
- Recipes
- Metric system conversion chart
- Pocket knife (pack in checked luggage, not in carry-on)

Some students obtain name cards after they arrive in China, once they have their contact information settled. Name cards are used for networking and social purposes and can easily be printed at local copy shops around town.
Chinese dress is casual, although you should take a more formal outfit for special occasions.

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

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

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

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

Pre-Program Travel
Do not plan to travel outside of the U.S. after finals at UC and before the program begins. Each year, the Chinese host universities send acceptance letters on different dates, sometimes only a short time before the program’s Official Start Date. You need to be in the U.S. to receive the acceptance materials and apply for a visa.
Program calendars are subject to change. The Chinese government occasionally makes last-minute pronouncements forcing schools to adjust their semester dates on account of special events, natural disasters, terrorist threats, or the redistribution of public holidays.

**Official UCEAP Start Date**

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

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

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

Failure to arrive on the Official Arrival Date in time for the start of the program 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.

If you arrive before the Official Arrival Date, call the Shanghai Study Center to report arrival. You may need to make your own hotel reservations. UCEAP and the Shanghai Study Center cannot always make arrangements for you to move into housing earlier than the established move-in date. Often the rooms are still occupied by other students, so space is not available.

**Financial Aid Students**

Your financial aid package is based partly on the UCEAP Student Budget for the program. The estimated round-trip airfare is based on the cost of a changeable student fare to China. If your independent travel costs are greater than the airfare estimate in the 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. Study Center staff can refer you to a local travel agency for information on return travel.

You cannot leave the program before your exams are officially over. No special arrangements will be made for students with non-refundable plane tickets or early departure dates. See your UCEAP program calendar in the Participants portal of the UCEAP website for departure date information.
On-site Orientation

At the beginning of your program, you will attend an orientation that covers information related to East China Normal University (ECNU) and/or Fudan 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
- insurance
- study extension
**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. Used bikes are much cheaper, usually about $15 to $20. 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 difficult to figure out, but the cost of insurance and potential complications from accidents should be enough to dissuade you from driving.

Accidents involving motorized 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 take you anywhere you want to go.

**Subway**

The Shanghai Metro system has an extensive network consisting of multiple lines that operate at frequent intervals daily. The subway closes from late evening to 5 a.m., so be prepared to pay a cab fare to return home if you stay out late at night.

You can purchase and reload a Shanghai Public Transportation Card (SPTC), also known as jiaotong yikatong, at Shanghai Metro stations. Single ride tickets are also available. Fares are determined by the distance traveled and range from RMB 3 to RMB 10.

Visit the [Shanghai Metro](https://www.shanghai-metro.com) website for additional information.

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**UCEAP Students Say...**

“Buses are cheap, but crowded and slow. Get a bus map and figure out how to get around. In most cases it’s the best way to travel.

I traveled mainly by bike. To the foreign observer, the streams of bikes along roads look intimidating, but actually everyone knows what they’re doing. No one moves suddenly, no one goes too fast, and, for the most part, no one gets hurt.

Buy a bicycle. It makes you mobile and puts you right in there with the masses. Any time you want to buy something, visit someplace, or wander around, you can just hop on your bike. It’s preferable to buses, which are so crowded.

If you want to explore, utilize the metro system. It’s actually very extensive and goes to a lot of interesting places (but be careful about what time each line closes, they can vary).

Get a transportation card! It will save you a couple RMB when you take the bus and metro in the same day, and no hassle to find change. The metro is very convenient and can take you almost anywhere.”
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.
Handling Money Abroad

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

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

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

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

Initial Expenses

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

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

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

Exchanging Money

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

The Study Center will provide further information about exchanging money and the best places to do so. There are banks and ATMs in close proximity to all 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. Counterfeit bills are a big problem in China and some UCEAP students have received bad bills changing money on the street.

There is a money exchange window at the Shanghai Pudong Airport outside the International Arrivals gate. There will be a small fee charged per transaction (no matter where you exchange money). The fee varies by location and date. U.S. currency can always be exchanged for foreign currency; keep some on hand for airport purchases, airport transfers, and departure taxes when returning to the U.S.
Banking

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

- If you are receiving 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.

Credit/ATM Cards

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

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

Phone Services

Approximate Time Difference: 16 hours; 15 hours during summer months (daylight saving time)

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

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

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

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

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, MSN, 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 bring a laptop to China. Chinese software can be purchased easily in Shanghai.

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

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

ECNU
International student dorm rooms on campus have Internet access. You will need a network cable to connect your computer to the Ethernet socket.

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

There are also a few public Internet cafés in Shanghai. Try the Shanghai Library as an access point (and get a library card while you are there).

Fudan
Internet access is available in student rooms at Tonghe Apartments and Fudan’s Foreign Student Apartments. You will pay a fee for installation and use. In addition, there are many wireless hot spots on the Fudan campus, and you can also use the on-campus computer center and access points in the library.
**Housing & Meals**

**Where Will I Live?**

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

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

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

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

**East China Normal University**

**Q: Where will I live?**

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

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

The second housing option in the International Students’ Apartment (International Exchange Center) is similar. For a slightly lower price, rooms with beds, desks, wardrobes, TV, and air-conditioning in this older dormitory are available. You would share a communal bathroom, kitchen, and laundry room with other residents on your floor. If you choose this option, you can live in the double room by yourself (paying full price), share the room and the cost with another UC student, or share the room with a local student, paying his/her full cost.
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.
”

Q: Can I live in a Chinese student dormitory?
A: No. ECNU does not permit this. In addition, UC students have found the quality of these rooms well below UC standards. The Chinese student dorms are noisy and crowded, often with six or eight students to a room.

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

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

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

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

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

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

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

Q: Where will I live?
A: You can choose where you will live. Many students live in the on-campus Foreign Students Apartments or in a privately owned off-campus facility for students.

The Foreign Students Apartments Main Building is 23 stories and has over 700 rooms, both singles and doubles. The new Foreign Students Apartments Affiliated Building is seven stories and has 125 suites, each with four single rooms, one sitting area, and two bathrooms.

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

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

Q: How do I pay rent?
A: You are responsible for paying a deposit and the total cost of the housing to Fudan in cash (RMB) or by credit card during registration. Estimated costs are online in the UCEAP Student Budget.

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

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

Q: What is provided in the individual dorm rooms?
A: Each furnished room is equipped with a private bathroom, balcony, air-conditioner, card-operated (201 card) telephone, broadband Internet access, and cable television connection. You are responsible for paying all costs associated with Internet and cable usage. Television sets are not provided in the rooms, but you can rent them from the dorm.

Q: Are linens and towels provided?
A: No, linens and towels are not provided in the individual dorm rooms. You must buy your own bedding, towels, pillows, etc. You can easily buy what you

UCEAP STUDENTS SAY...

“In my opinion, FSA offers a lot of privacy, but Tonghe offers the space to have friends over.”
need at the dorm after arrival or, if you want a wider selection, in nearby stores for reasonable prices. It is not recommended that you bring linens from the U.S. to China, unless you have specific needs.

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

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

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

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

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

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

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

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

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

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

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

**Get Involved**

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

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

Take advantage of a wide range of activities, including everything from ballroom dancing to calligraphy and taichi. Sports have been a good entree into Chinese university life for some. The more familiar sports—soccer, basketball, volleyball, tennis, and badminton—abound. Tutoring English is also a good way to mingle with Chinese students. In addition, both UCB and UCLA have alumni associations in Shanghai that organize activities on a regular basis. Fudan students have also recently started a Fudan-UC student alumni association. Shanghai has developed an active club and disco scene that is popular on weekends.

**Work in China**

Exchange students on student visas 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.
UCEAP STUDENTS SAY...

You don’t have to tip at hotels, in taxis, or for regular services.

Travel is cheap in China. Bring a Lonely Planet guide (travel bible), small compass, wet-naps, and antibacterial gel. Traveling gets dirty.

Traveling around China improved my speaking ability more than anything else. Speaking to people while traveling and seeing different cities improved my knowledge of Chinese geography and social conditions.

Traveling is fun, but don’t forget you are already in one of the most interesting and exciting cities in China.

Travel

The UCEAP Student Budget does not include funds for recreational travel.

Recreational travel is permitted only on free weekends and public holidays, and you are responsible for making your own arrangements. You must inform the Study Center Director of your travel plans by completing the MyEAP Travel Sign-out and Absence from Shanghai Form (available in hard copy and electronic forms at the Study Center).

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

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

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

Post-ECNU Summer Break

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

**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 staffs are available in Beijing and Shanghai and a few other large cities, but the level of care may be inadequate. Typically, emphasis is not placed on physical comfort or privacy in Chinese hospitals; communal treatment rooms are normal for most hospital visits, and private rooms are very uncommon. Students seeking medical care in China, especially in smaller, rural areas, should expect medical services to differ substantially from what they would expect in the U.S.

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

Both municipal and private ambulance services in China remain substandard. Response time is typically very slow and transport to the nearest hospital can take a long time due to congested traffic. Most ambulances are poorly equipped and staffed by individuals lacking EMT training. If you are injured or seriously ill, take a taxi or other immediately available vehicle to the nearest major hospital instead of waiting for an ambulance.

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

English-speaking physicians are available at several medical facilities in Shanghai:

- **Huashan Worldwide Medical Center**
  
  No. 12 Wulumiqi Zhong Road
  Shanghai 200040, China

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

- **Shanghai Mental Health Center**
  
  600 Wan Ping Nan Road
  Shanghai 20030, China

  **Phone:** (86) 21-3428-9888
UCEAP STUDENTS SAY...

“Wash your hands, watch your step, and don’t pet stray dogs.

Some Chinese medicines work wonders for anything from severe coughs to diarrhea.

Take toilet paper with you wherever you go. Health conditions are bearable, but be careful and stay as clean and healthy as possible.”

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**Medical Insurance Coverage**

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

The required [UCEAP Insurance Plan](#) covers you while on UCEAP in China. Hospitals do not accept credit card payments, they do not process insurance claim forms, and you are expected to pay when services are rendered. In some hospitals, you may have to pay a cash deposit before being admitted. Debit cards are not acceptable forms of payment. Be sure to have funds available to cover this contingency.

The UCEAP insurance claim process is detailed in the Insurance chapter of the UCEAP Guide to Study Abroad.

**Staying Physically Healthy**

The required online UCEAP Travel Health Education Certification course will provide you with predeparture health-related advice and recommended vaccinations. After you take the course, visit with a travel health professional for vaccinations. You are responsible for reading all UCEAP health-related materials.

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

**Tips:**

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

Even if you are healthy, you need to be prepared. China is almost the same size as the United States but 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.
**Prescription Medication**

Take enough prescription medication to last through the end of your stay abroad, only if your prescription is legal in Shanghai. Commonly prescribed and over-the-counter medications in the United States will likely be difficult—if not impossible—to find in China. Contact the UCEAP travel assistance provider, Europ Assistance so they can advise about availability and legality of your medication. **Phone:** 1+866-451-7606; **E-mail:** ops@europassistance-usa.com

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.

Medication prescribed by a doctor in Shanghai can be picked up from any pharmacy; many hospitals have pharmacies on-site that can also fill prescriptions.

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

**Infectious Diseases**

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

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

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

**Allergies**

See the **Health Chapter** of the UCEAP Guide to Study Abroad.

**Air Quality**

Excessive air pollution is a major problem in most Chinese cities. According to World Bank statistics, 16 of the world’s 20 most polluted cities are in China. Some visitors develop a sore throat during the first few days in the city due to the air pollution.

Smog could exacerbate existing chronic conditions. If you have a medical condition that may be affected by polluted air, consult with a physician before departure. Updates on air quality and related issues in China can be found on the VECC-MEP website.
**Smoking**

China is the largest tobacco production and consumption country in the world. There are an estimated 350 million smokers in China. Shanghai health officials started a crusade to clean up the city’s air by introducing strict new rules to restrict smoking in public places. However, many smokers are still commonly found inside and outside buildings. Smoking at mealtime is acceptable.

If you have a chronic health condition that is exacerbated by cigarette smoke, consult with your physician before departure.

**Drinking Water**

Drink plenty of water to prevent dehydration. Learn to recognize the signs that you are not getting enough water. Dehydration makes a person tired, cranky, and stiff-jointed. Being dehydrated can bring on headaches, aches and cramps, and other more serious physical ailments.

China’s water supplies are often inadequate and many are polluted. All water in China must be boiled or treated before drinking. Most dorms and hotels have boiled water available for drinking (for tea, or plain after it cools). Do not consume tap water, fountain drinks, or ice cubes. Drink only boiled water or beverages in sealed containers.

Take (or buy after arrival) a heavy duty water bottle that can hold boiling water without melting. Cholera is active throughout the country. You must observe precautions.

**Psychological Health**

Speak with returnees and gather detailed information before you leave for China. If you are currently seeing a specialist for a psychological health condition, meet with the specialist to make sure that you have a plan in place to reach out to local resources, if needed. If you are facing a recent or ongoing mental health condition, set up, before departure, an ongoing therapeutic relationship with a local psychotherapist to support you in staying healthy.

The Chinese Society of Psychiatry and Beijing Huilongguan Hospital provide [Chinese Psychiatry Online](#), which includes information and news about psychiatry and mental health in China.

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

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

If you are on a tight budget and have limited free time, a year in China may mean a constricted lifestyle. 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.
**SAFETY**

**Crime**

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

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

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

**Tips**

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

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

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

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

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

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

Stay in close touch with the Study Center and attend all meetings organized by Study Center officials.

As many locals do not speak English, 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, such as places you plan to visit, information for local contacts, and emergency contact information.
Government Scrutiny

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

Local Laws

Local laws and penalties, including ones that appear harsh by U.S. standards, apply to you. If you are arrested or jailed, the U.S. Government will do what it can to help you but they cannot get you out of trouble or out of jail.

China does not recognize dual nationality. Travelers holding U.S. passports who also hold Chinese citizenship are likely to be regarded by the Chinese authorities as a Chinese citizen, even if you travel to China on your U.S. passport. If you have formally renounced Chinese citizenship, carry clear evidence that you have done so. 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.

As a foreign national over 16 years of age, you are required to carry your passport with you at all times. Police carry out random checks, especially during periods of heightened security and around major sporting or political events. Failure to produce your ID can lead to a fine or detention.

There are strictly enforced laws which prohibit demonstrations without prior approval from the government. If arrested, you could be jailed or deported.

The use of drugs is forbidden by law. There are severe penalties in China for drug offences including the death penalty.

Homosexuality is not illegal but there are no specific laws in place to protect the rights of LGBT people.
Traffic & Transportation Safety

The rate of traffic accidents in China, including fatal accidents, is among the highest in the world. Driving etiquette in China is still developing. Traffic is often chaotic, and right-of-way and other courtesies are often ignored. Cars, bicycles, motorbikes, trucks, and buses often treat road signs and signals as advisory rather than mandatory. Vehicles traveling in the wrong lanes frequently hit pedestrians and bicyclists. Cars regularly make right turns at a red light without stopping and will not yield for pedestrians.

Be careful while walking near traffic and when crossing streets in China; pedestrians do not have the right of way. The concept of yielding or stopping for a pedestrian or bike is unknown. Even if crossing a one-way street, always look both ways.

Most traffic accident injuries involve pedestrians or cyclists who are involved in collisions or who encounter unexpected road hazards (e.g., unmarked open manholes).

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

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

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

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

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

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.

Fire Safety

For information, read the Fire Safety section of the UCEAP Guide to Study Abroad.
Natural Disasters
The rainy season occurs between April and October. Severe rainstorms can cause flooding and mudslides which may interrupt essential services. Typhoons can occur along the southern and eastern coasts between May and November. Monitor weather reports if travelling in affected areas. Identify local shelters.

China is subject to earthquakes. In general, the seismic hazard of Shanghai is low to medium. For more information about earthquake history in China, visit earthquake.usgs.gov

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 local emergency contact information at all times:

Ambulance .......... 120
Fire .................. 119
Police .............. 110

U.S. Embassy in Shanghai
American Citizen Services
Westgate Mall, 1038 West Nanjing Road, 8th Floor
Phone: (86-21) 3217-4650 ext. 2102, 2103, 2114
Fax: (86-21) 6217-2071

Regular hours: 8:30–11:30 a.m. and 1:30–3:30 p.m., Monday–Friday (closed Tuesday afternoons)

After-hours emergencies: (86-21) 6433-3936
E-mail: shanghaiacs@state.gov
Web: shanghai.usembassy-china.org.cn/index.html

If you have a health, 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