



INTERNATIONAL PROGRAMS

CROSSING BOUNDARIES > CHANGING LIVES

Shanghai Program Manual



INTRODUCTION

Congratulations on your decision to participate in Pepperdine University's Shanghai Program!

This program manual contains information specific to the Shanghai Program. You have also been given the International Programs' Student Handbook with general information, rules and regulations for all International Program participants. We expect you to read all information provided in both handbooks carefully.

This program manual provides you with the most updated information and advice available at the time of printing. Changes may occur before your departure or while you are abroad. Your flexibility and willingness to adjust to these changes as they occur will help you in having the best study-abroad experience possible.

Our handbooks are revised annually by International Programs in Malibu. Your comments and suggestions for next year's handbook are welcome. Please direct them to the International Programs Office in Malibu.

Prior to departure, one of the best ways to prepare for study abroad is to learn as much as possible about your program's host country as well as the countries you will visit. Visit the International Programs website, talk with faculty and program alumni, visit the suggested websites included in this program manual, and consult books about the area. Your flexibility in adjusting to unanticipated situations and cultural differences will determine, in great part, the kind of experience you will have while abroad.

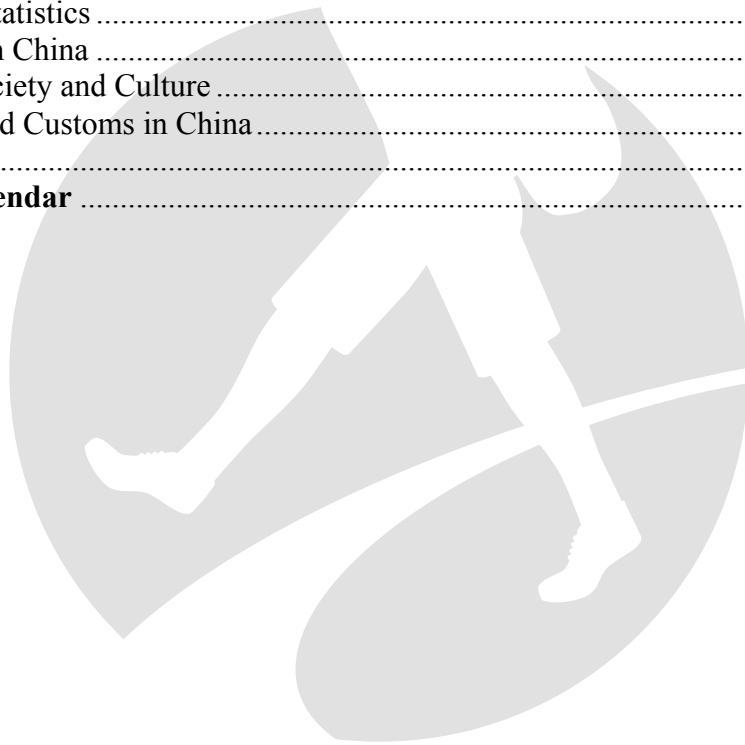
We wish you a successful and rewarding study-abroad experience!



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History of the Shanghai Jia

The Shanghai Jia (上海家, pronounced “jah”), is the nickname used for the Shanghai house. Constructed in 1937 (the same year that George Pepperdine College was founded), the original facility was built toward the end of the foreign concession period of Shanghai's history when the city was still divided in control by foreign colonial powers. The facility was built to house the Chinese owners of a German-affiliated paint company and reflects a European “garden-villa” style residence. During the rise of the Communist party, the house, along with many other residences of its size, was controlled by the government and made a home for multiple families in order to “redistribute wealth” amongst the working classes. In the 1970's and 80's, when China began opening up to more economic development, the property served as offices for several businesses. The facilities and property were renovated and expanded in the late 1990's, adding two additional buildings. The Jia is in one of the most historic and convenient locations in the city.

Location

The Shanghai Jia is located in the beautiful and historical Jing An district – exactly a 10-minute walk west from Jing An temple. Although accessible to the heart of Jing An district, the house sits off of the historic and quaint Yu Yuan Road, Lane 532, which is full of preserved, historical residences. Within a 10-minute walk of the Shanghai Jia, students can reach the historic Jing An Temple and park, west Nan Jing Road, a fantastic mix of local and western restaurants, side-alley markets, two subway stations (Jing An Temple and Jiang Su Road), and a major business district that features some of

Shanghai's largest commercial high-rises. It is the best blend of familiar, western places, sprinkled with "real China" markets, noodle-shops, baozi stands, and quaint alleys. It is also located 1.5 km north of the American consulate and the Héng Shān International Community Church. Besides the student rooms and a faculty apartment, the property also features a private garden and accommodates the program offices, three classrooms, a library, computer lab, a large student lounge room, and a study room.

Program Office

The Program Office is situated on the ground floor of Building 1 and is open to students Monday through Friday from 9:00am to 12:00pm and 1:00pm to 5:00pm.

Telephone

There is a public phone in the lobby that can call outside of the facility, either locally or internationally. Local calls can be made by dialing '0' to reach the outside line, and then dialing the local number. International calls may only be made with the use of an International Phone Card, which you will receive from the Director. These are widely available in convenience stores or small shops and typically cost around \$.07/min for calls back to the US. You can also research calling cards online that can be used with a local access number.

Many students also purchase a local SIM card to use with their cell phone and add a feature that allows international calls to be made from their cell phone. Others use Skype or similar internet solutions, although sometimes, internet speed can make good connections (especially with video) problematic.

Seaver Faculty and Staff

• Charlie Engelmann	(+86 21) 5238 6807	Director
• William Wu	(+86 21) 5238 6807	Assistant Director
• Gigi Zhang	(+86 21) 5238 6807	Program Assistant
• Jia Guard Booth	(+86 21) 6252 1360	Guard on Duty 24/7
• Shanghai Jia Office	(+86 21) 5238 6807	

For purposes of emergency only, parents and others should be given the Director's mobile phone number, which from the United States is + 011 (86) 15800391554.

Country and City Phone Codes

- The country code for China is 86.
- The city code for Shanghai is 21.
- Mobile phones typically DO NOT have a separate city code; the number may be dialed directly from within China or from outside of China by adding the China country code at the beginning.

Thus, to dial the program office from the US, you should dial +011 (86 21) 5238 6807.

Emergency Numbers

- Police 110
- Ambulance 120
- Fire 119

Skype

Many students prefer to use Skype as an inexpensive and efficient method for communicating with friends and family.

Student Mail

Students may have personal mail sent to the program office: *Please make sure your name is listed on the package.* You will be notified by program staff if you have personal mail, and it may be picked up in the Program Office during normal working hours.

Classroom Facilities

The program has three classrooms on-site at the Jia. Typically, one day of the week students are bused to Fudan University and classes are held on-campus there. When classes are in session, please refrain from making noise outside the classrooms; if your room is directly above a classroom, please refrain from listening to loud music or making excessive noise while class is in session. Eating and drinking are not permitted during class nor is the use of cell phones.

The classrooms may be used for study during non-class periods throughout the day and into the evening. Equipment (which includes electronic devices within the classroom – projectors, computers, screens, etc.) may only be used by faculty or staff. Any items left unattended in the classrooms may be thrown away during cleaning periods. Classroom furniture and equipment must not be moved out of the classrooms without receiving prior permission from the Program Director.

Academic Partner: Fudan University (复旦大学)

Pepperdine's Shanghai Program is honored to be partnered with Fudan University. Fudan University is one of the oldest leading, co-educational, and most selective universities in the People's Republic of China. Its institutional predecessor was founded in 1905, shortly before the end of China's imperial Qing dynasty. It is a comprehensive university highly ranked in physical and social sciences; considered one of the top 3 universities in China, it is widely considered an 'ivy-league university of the East.'

All Pepperdine students accepted into the Shanghai program will be invited to China under a study-abroad partnership with Fudan University, and all classes not taught by Pepperdine staff or faculty will be taught by Fudan University faculty. Classes are held at Fudan University once a week.

Student Rooms

Keys

Keys to rooms will be issued to each student upon request. In years past, most students do not use these keys, but rather keep their doors unlocked/opened. If a student does choose to request a key, he or she will be asked to pay the cost of a new key if it is lost or misplaced. Please report the loss of keys promptly. Keys must be handed into the Program Office at the end of each semester.

Keys will open your individual room door. The security of your belongings and whether your room door will remain locked/unlocked is up to you and your roommates. Please keep in mind that although we are a family, theft is still possible, and it is highly recommended to keep personal valuables adequately secured.

Student Kitchen

The kitchen is for communal use. There are utensils, crockery and cutlery available. Please wash and put these away after use and do not take them out of the kitchen. Be sure to label anything you put in the refrigerator. Refrigerators are located in the laundry room and the third floor lounge. The refrigerator located in the kitchen is for breakfast workers only and should not be accessed by any student. Students will be responsible for throwing away their own food.

It is critical that students clean up after themselves (wipe counters, hotplates, and wash any dishes used). Be aware of how easily illness can spread and use hot water and soap. It is each user's responsibility to keep these areas clean and tidy so that everyone can enjoy them. If the kitchen is not cleaned after use, the privilege of using this kitchen could be lost. When you leave the kitchen, please ensure that the stove is turned off.

Study Rooms

The reception area, conference room, sunshine room, student lobby computer lab, and classrooms may be used after-hours as study-areas. The large and small classrooms are available for quiet work. Please be respectful of people studying in these rooms. These study rooms and shared areas are open to all students 24 hours every day.

Laundry

There are washing machines and dryers available for student use for free! Students are responsible for purchasing their own detergent and dryer sheets. Two sets of washers and dryers are available in the bathrooms of Building 3, and two sets are available in the laundry room of Building 2. Students are responsible for removing their own laundry from the laundry areas when finished. If you need to start a load, please place other finished laundry to the side in baskets provided in the room. Please see posted notices in laundry rooms for other details and instructions.

House Security

Students may enter or leave the guard gate at any time, but the gate will remain closed throughout the day and night for security. Pepperdine students participating in the program will be allowed entrance to the facility by the guard on duty. Guests should sign in at all times at the guard booth.

Personal Safes

A small personal safe is provided for every student. It is highly recommended that cash and other valuables be stored in it. Please see the student office if you need assistance with resetting the combination. Additionally, you are encouraged to keep all personal items – computers, iPods, books, clothes – in your rooms when not using them and not to leave them in other places throughout the Jia. This helps prevent items from getting lost, and keeps the facility living environment clean.

Theft

The University does not provide insurance coverage for thefts of personal property. As the University cannot assume responsibility for student property, please secure all personal belongings and valuables. Please also be aware that because so many students live together in the same facility, items left around often get lost or misplaced. It is your responsibility to keep track of your own items, and to lock valuables in your safe.

Fire Safety

Fire extinguishers are located on each floor and under no circumstances should be moved or used unless there is a fire. Setting off the fire alarm triggers an automatic call to the fire station and will incur significant cost. Break glass in fire alarms only in a real emergency.

Hot plates and heating coils are fire hazards and are not permitted in the rooms. Smoking and the burning of candles and incense are prohibited. Please ensure that the smoke detectors in your rooms are uncovered all times. Fire inspectors make regular unannounced checks and will make official reports if these rules are not observed.

Do not use electrical appliances in the bathrooms. Faulty insulation of an iron or hairdryer in connection with water is lethal with 220-volt power supplies. You cannot use most US electronic appliances in China – if you are unsure please check before you plug anything in. Adapters and electronic items such as hairdryers can be found at electronics shops or in larger supermarkets.

During a fire drill or an actual fire when the fire alarm rings, exit the building using the most direct route and the nearest exits, closing fire doors behind you if it is safe to do so.

When safely out of the building, remain on the sidewalk until the person in charge accounts for all students and other residents.

The doorway between connecting Building 1 and 2 should NEVER be opened, except in case of fire or other building evacuation. The door has a seal placed on each side that may not be removed and that will break if the door is opened; except in case of emergency, opening this door will result in disciplinary action.

House Policies

In order to maintain the integrity of the principles upon which the University was founded, it is necessary that certain policies and regulations be observed. It is understood that each student who enrolls in Pepperdine University will assume the responsibilities involved in adhering to the regulations of the University in general and in those promulgated for the International Programs in particular. It is expected that students participating in the International Programs will be in harmony with the Christian ideals of the institution and self-monitor behaviors and life-styles that will contribute to a harmonious living environment. Malibu Campus or “Shanghai” rules apply whenever the group is identifiable as Pepperdine University (e.g. on field trips and in restaurants during group meals).

Student Conduct

- Please respect the needs of others for quiet, solitude, and privacy. Defer to those who are sleeping and reading, especially after midnight. Do not handle the belongings of others, and do not move, borrow or take things without prior permission. Respect each other’s space. Be especially aware when going to your living area’s designated showers to be appropriately covered; during the daytime hours, do not go into or out of the shower areas in only a towel, as there may be people of the opposite sex in your area.
- Sexual behaviors inconsistent with traditional Christian values or sexually compromising acts are not permitted within the Shanghai Jia or while participating in the program; think of the Jia as an extension of Pepperdine’s campus in Malibu. The final determination of whether an act is sexually compromising will be at the discretion of University officials.
- Smoking is not permitted anywhere in the buildings, including the balconies. It is discouraged anywhere near the building.
- Firearms, alcoholic beverages, and illegal drugs are not permitted in the Jia. Empty alcohol containers may not be stored in the rooms. However, if you wish to purchase wine or spirits to take home you may deposit them for safekeeping in the Program Office. Any breach of the rules relating to the alcohol policy of the University will result in disciplinary action.
- Theft or vandalism (including acts of malicious mischief, as well as willful and wanton damage or destruction of property) will be subject to disciplinary procedures.
- Students have the responsibility of vacuuming and dusting their rooms and should make sure that their rooms are kept orderly and clean. Vacuum cleaners are available for students in the laundry room; once used, it is your responsibility to return the vacuum cleaner to the laundry room. Routine room checks will take place throughout the semester and will be carried out by RAs. Failure to maintain

a room in reasonable order may subject the resident to disciplinary measures. Please put full garbage bags in the large garbage cans by the stairs.

- Bed linens will be distributed to students at the beginning of the semester, but students are responsible for washing their own linens. Staff clean the bathrooms regularly, but residents are responsible for keeping the bathrooms reasonably clean.
- Furniture is not to be disassembled or moved from room to room. Furniture must not block fire exits, and fire-extinguisher boxes must not be moved under any circumstances.
- Students must store their empty suitcases in their rooms; there is not storage space to accommodate these items elsewhere in the facility unless otherwise noted. Suitcases and belongings may not be stored in hallways, corridors, or student lobbies/lounges.
- You are not allowed to prepare food, eat or to wash your dirty dishes in the rooms. Food or supplies from the kitchen or dining room may not be taken to the bedrooms. Students are not allowed to take cutlery, tableware or crockery to their rooms at any time.
- Residents must use masking tape or 'blu-tac' to attach posters or decorations to the walls; you may not use nails, screws, etc.

Room Inspections

The University reserves the right to inspect rooms or a student's belongings at any time to ensure the safety of the students and the security of their possessions. The University also reserves the right to remove and store any items deemed hazardous such as firearms, explosives, chemicals, and so forth.

Room Visitation Hours

Residence policy permits visitation by members of the opposite sex (i.e. Seaver students only) in student rooms only between 10:00am and 1:00am. The purpose for the visitation hours is to ensure the security and privacy of all students, as well as to maintain an atmosphere conducive to academic achievement. These hours are in effect 7 days per week and there are no circumstances which merit exception. An RA or other Pepperdine official will consider it a violation for all individuals present at the time of any confrontation, whether or not the guest was invited or hosted by another student.

Noise Tolerance

Do not make noise that can be heard outside the building between 10:00pm and 6:00am. We live in a residential neighborhood and our neighbors can hear conversations in the garden and outside areas.

Privacy Guidelines

Please respect the privacy of other students including computer and personal space. Invasion of privacy of another student in any form may lead to disciplinary sanctions, and any attempt to obtain or access the private electronic data from program participants or staff will result in severe sanctions, possibly including dismissal from the program.

Dress Code

Students should be properly dressed outside their rooms. Bathrobes, sleepwear and sunbathing attire are inappropriate in public areas in the Jia. Footwear must be worn at all times in public areas for safety and health reasons; shoes may be removed while inside and you may use house slippers to avoid soiling the carpets. Public areas include the Sunshine Room, classrooms, student lobby, reception area and program office.

Weekend Sign-Out

Students leaving Shanghai or planning to be absent from the Jia (permitted on weekends only) are requested to 'sign out', detailing when and where they are travelling and leaving a contact number using the online 'Travel Log' (login at <https://services.pepperdine.edu/seaver/internationalprograms/travellog/main.htm>).

Students must sign out for themselves and must not sign out for other students. It is not sufficient for one member of a group of students travelling together to sign out for the group collectively. Students must return to the house by midnight on Sunday. When students are out of town and cannot return by the expected time, they should make every effort to call the Director or resident faculty. Students in the Program are required to live in the housing provided during the school week unless they have written permission from the Director.

Absences Guidelines

A student who is absent from the program without informing the Director, Assistant or Resident Faculty is subject to disciplinary action. For example: if your plane or train is delayed and you will not arrive home at the house on Sunday evening, please inform the director immediately so search procedures are not begun unnecessarily.

The Jia Between Semesters

The Jia will be closed during vacation periods between semesters. Students must leave the facility on the last day of term and are not allowed to stay in the Jia when the term is finished without prior permission of the Program Director. Generally, permission will only be given under extraordinary emergency circumstances and not because prior planning was not made. The program office will assist students in finding other suitable accommodations in the city should they need to stay in Shanghai after the program's end or come prior to the term's start. Several options are available, often for only USD \$15 per night.

Porches and Balconies

To be respectful of our neighbors, please refrain from making any noise, even quiet conversation, outside the house after 10:00pm. The only balcony that is available to student living areas is in Building 1.

Air Conditioning/Heating

Shanghai has extreme climates, very hot and humid in the summer months and quite cold in the winter. All bedrooms and most public areas have individual air conditioning/heating units inside; each room will be given the remote control for the units

in the room. Although you are welcome to use these units to make sure that your room is adequately cooled/heated, DO NOT leave the units running when no one is in the room, and please only cool or heat to reasonable temperatures – both for the sake of utility bills and energy stewardship. If units are left running unattended, rooms may lose privileges to use these units indefinitely.

Water Coolers

Tap water is not potable (unsuitable for drinking) in Shanghai, but you may use tap water for washing your face or brushing your teeth. If you need drinking water, please use the water coolers in each living area. Additionally, there are water coolers in the kitchen, student lobby, and program office. Empty bottles should be placed next to the cooler when finished. The program office will order water every week to ensure there is plenty for your needs.

Toilets

It is common practice in China to not flush toilet paper. Because our facility is older, some toilets run on an underground septic system, and the other toilets can easily clog should you try to flush fibrous materials. Toilet paper and other fibrous materials should not be flushed down the toilet but thrown into the wastebaskets next to each toilet. The waste will be collected and thrown away every day.

Guests/Visitors

Guests are permitted in the Student Lounge only in special cases. Typically, the only areas they may enter are the Sunshine Room and reception lobby. All guests must be signed in at the Program Office or, if closed, at the guard booth. Guests who are not residents of the Jia can only be received in the public areas (reception area and Sunshine Room) from 9:00am to 11:00pm. Guests are never permitted on any of the floors that contain student bedrooms without the permission of the Program Director. Guests (i.e. non-Seaver students) are not permitted in any of the student bedrooms at any time.

For Family and Friends

Due to limited space (and depending on the number of program participants), we are generally unable to accommodate guests for overnight stays. A list of local hotels and accommodations is available in the program office; guests should generally plan on making accommodation plans outside of the Jia.

If space is available, students may have immediate family members or friends stay overnight during weekends only (i.e., Friday through Saturday nights) under the following conditions:

A. The Director must grant prior permission.

B. The maximum stay per guest is two nights. There will be a charge per guest per night, which includes clean bed linens.

C. Students must assume full responsibility for their guest's conduct within the framework of the University policies, including no smoking, no alcoholic beverages, and observance of all other codes of conduct. (This also applies to guests received during regular hours and guests attending group meals).

Meals

Students purchase lunches on their own using money from the Stored Value Cards provided by the program. Stored Value Cards (SVC) are like a personal debit card; your allowance is loaded monthly in dollars. Students can draw off individual amounts at local businesses or ATM stations or withdraw cash from the card. Students are given \$3.50 per week for processing and withdrawal fees. Students can save money by making large withdrawals, thus saving the processing fees.

Group dinners will be provided Monday through Friday at different local restaurants on a set, rotating basis, although some group dinners will be 'on your own' – meaning, additional money will be added to your SVC card to choose a dinner location. All dinners will be located within a convenient distance from the program house. Although group dinners will include a variety of western and Chinese restaurants, please be prepared for most Chinese cuisine to be vastly different from American or European cuisine. All meals will be prepared and served in accordance with local customs, and provisions cannot always be made for special diets.

Students are provided meals as follows:

- 7 breakfasts per week at the Shanghai Jia.
- Money for lunches Monday – Friday will be loaded on SVC (50 RMB per meal)
- Group dinners will be at restaurants set on a rotating schedule.

Breakfasts and Lunches

A Chinese and American style mixed breakfast will be provided in the house daily, with baozi (steamed stuffed buns), mianbao (steamed rolls/bread), other local Chinese breakfast foods, and a selection of breads, jellies, spreads, cereals, yogurt and juices. Typically eggs and bacon or sausage are available every other day. Breakfast will be served in the Sunshine Room at the Jia everyday, 7:00am – 9:15am from Monday through Friday. You may not bring breakfast into class; since language classes are held each morning from 8:00am – 9:00am, it is recommended you eat before class. Breakfast will be left out until 9:15am. Lunches are completely up to you; you are highly encouraged to get to know some of the small shops and restaurants around the Jia and within walking distance at JingAn Temple. You are also free to use the program kitchen to make yourself meals according to your preference.

If a student wishes to invite a guest to either breakfast or dinner, they must first request permission from the Program Director.

Food must not be removed from the fridge or cupboards in the program kitchen without permission. Failure to comply with this rule will result in disciplinary action. Any left

over food will be placed in the student refrigerator in the laundry room or in the small refrigerator in the sun room.

PACKING

What do you need? What should you leave behind? How will you ever get all of your things into the suitcases the airline will let you check in? The answer to all three of these very valid questions is *“LESS IS DEFINITELY MORE!”* Do not take too much and choose carefully what you do take.

As to choice, that should be determined by two factors: climate and cultural differences. As to quantity, that will be determined by airline luggage restrictions. Airlines have strict luggage allowances, and they will charge you a costly excess baggage fee for exceeding the maximum weight or size allowed. In some cases they may refuse to allow luggage on the airplane.

Typical Luggage Allowance

Policies on maximum number of checked luggage, dimension and weight restrictions, and checked luggage fees vary from airline to airline. It is the student’s responsibility to check with his or her airline for these luggage restrictions. Most airline carriers charge a fee for each piece of checked luggage. Fees vary by airline, and it is the student's responsibility to be prepared to pay these fees at the airport.

What to Take

During the week, students have a schedule much like Malibu. Classes and meals will take up most of the day, but evening activities may vary. The most common student dress is casual – jeans or khakis, long-sleeved shirts, sweaters and sweatshirts. Shanghai weather is full of extremes. Generally speaking, the summers (June – August) are quite hot and humid. The fall semester (September – December) will start very hot, then have several months of more moderate weather, and then start to get quite cold. The spring semester (January – April) will begin very cold, and gradually warm to be quite moderate.

How can you pack enough clothes for all the seasons? You may not be able to! There is good news, however; clothing in China is relatively inexpensive – depending on how well you learn to bargain! Availability of sizes (which generally tend to be smaller than western sizes) and the quality of manufacturing may vary, but as a general rule of thumb, supplemental clothing for all seasons can be purchased at relatively little cost. Keep in mind, however, cheaper costs are often accompanied by lower-quality and wide variety in sizes may be difficult to find at bargain prices.

Bring clothing that layers well or that comes in sizes you cannot do without. Start with jeans or slacks and a long-sleeved shirt. For really cold weather, add an under layer of thermal or silk underwear (one bottom and one top should be sufficient) and a top layer that is lightweight and warm (a hoodie or polar fleece pullover), which you can add or remove, depending on the temperature. The outer layer (coat) needs to be waterproof and warm. A winter coat or ski-type jacket is ideal for very cold weather and travel. It might also be desirable to have a long, dark-colored raincoat or pea coat for city wear. Three pairs of shoes should cover it: comfortable walking shoes are a must (waterproof is preferable), athletic shoes for daily wear and exercise, and nicer shoes for dressy occasions. In the summer and early fall months, sandals can relieve the humidity and heat considerably; closed-toed or sport-sandals are preferable to ‘flip-flops,’ as city life (and streets/restrooms/public transportation, etc.) can be dirty, and your feet may appreciate not being unnecessarily exposed. Because it is custom (both for traditional and hygienic reasons) to remove one's shoes when entering a residence, slip-on shoes are convenient.

Shanghai tends to be a fairly cosmopolitan city, and fashions and expectations for dress do not have many ‘set rules.’ You should, however, be aware that although there is a (relatively) large foreign population in the city, you should expect to be stared at and watched by locals occasionally – this increases exponentially when traveling to rural towns and cities. A good rule of thumb is to avoid wearing anything that draws unnecessary attention to you.

Suggestions from Program Alumni

- Practical clothes that are dark-colored, machine-washable, wrinkle-resistant, and colorfast will last longer and be more comfortable. Keep in mind that storage space is more limited in the Shanghai bedrooms than it is in the Malibu dorms.
- Don’t take too many shoes. You’ll be much happier with a few pairs of versatile, comfortable shoes than a suitcase of shoes to match every outfit. Plus, shoes in China are inexpensive and very affordable!
- Your stomach will likely go through an adjustment phase to local cuisine. This is normal, but plan on bringing anti-diarrhea tablets with you in case of ‘emergency.’
- You can find personal products like toothpaste, shampoo, soap, etc. overseas - often even the same brands. However, bring your favorite product if you can’t live without it. The brands overseas may differ slightly from those in the U.S. Please keep in mind that Shanghai is a large, urban city; although public hygiene is much higher than average for other parts of China, plan on bringing anti-bacterial hand gel and a portable pack of wet wipes – especially when traveling.
- Monasteries, temples, and other religious sites may require modest attire, which is defined both for men and women as covered shoulders and long pants (or skirts). Women may wish to carry a large, lightweight scarf during warm weather so they can quickly cover their shoulders.
- If you are on medication, bring a supply from home. U.S. brands of medicine are often difficult to find in China, and prescriptions will not be filled overseas. Even generic brands of aspirin, cough syrup, etc., may be difficult to find (Chinese

medicine is very different from Western medicine). It is **HIGHLY RECOMMENDED** to at least bring a small personal supply of over-the-counter basic stomach, cold and flu medicines (including Nyquil/Dayquil, Pepto Bismol, and an anti-diarrheal) and some type of painkiller (Aspirin, Advil, Tylenol, etc.). When traveling with a medication, keep it in its regular prescription container and keep a copy of your doctor's prescription with you. If you must take medication by injection (i.e., insulin) please carry your doctor's letter describing your condition and inform Pepperdine's staff overseas immediately upon arrival.

- Bed linens are provided in the house but you need to take your own towels and washcloths. When you travel, you will find that many hotels do not provide washcloths. (If space is an issue, you can always get towels overseas. Just take one and purchase more if you need them.)

Clothing

- Slacks or jeans
- Long-sleeved shirt
- Warm sweaters/polar fleece pullover
- Warm coat (which you may need to wear over dress clothes) and/or jacket
- Warm, water-proof shoes or boots
- Walking shoes
- Underwear, warm socks
- Cold-weather/rain gear: thermal underwear or heavy knit tights, gloves/mittens, warm hat or scarf
- Warm pajamas and a lightweight robe
- Slippers or sandals – bare feet aren't allowed in our houses or in hotel lobbies
- Some special occasion wear (theatre, opera, banquet, a date?!)

Other Essential Items

- Emergency envelope (see the Student Handbook for details)
- Telephone calling card – purchase a local card upon arrival in Shanghai
- Extra passport photos (at least five)
- Travel alarm clock
- Lightweight towel and washcloth (at least one of each; more can be purchased locally)
- Backpack for weekend travel
- Money belt or passport pouch (to store valuables under your clothes)
- Umbrella (may also be purchased cheaply in Shanghai)
- Flash drive
- Spare contacts or glasses (although these can also be purchased locally at the glasses market if you know your prescription information)
- Supply of prescription medication
- Personal supply of basic over-the-counter cold medicine, painkiller (Advil, Tylenol, etc.), and anti-diarrhea medicine
- Chargers for personal electronics
- Ladies, you may want to bring a personal supply of feminine products!

A Few Tips

- Avoid over-packing your bag so that the airport security screener will be able to easily reseal your bag if it is opened for inspection.
- Avoid packing food and drink items in checked baggage.
- Place identification tags with your name and phone number on all of your baggage, including your laptop computer. It is a good idea to place an identification tag inside your baggage as well.
- Pack one change of clothing and necessary toiletries in your carryon luggage. Suitcases do not always arrive when you do.
- Roll your clothes instead of folding them. This saves space and leaves room for overseas purchases.
- Wear your bulkiest, heaviest shoes and your coat or jacket on the plane so you won't have to pack them.
- Use the space inside your shoes for small items (socks, toiletries, etc.)
- Don't forget to save space for your books!
- DO NOT pack money or credit cards in your checked luggage.
- SAVE SPACE for your return trip – luggage restrictions can be even more strict flying from Asia to the United States.

Do Not Bring

- Linens
- Expensive jewelry or other valuables
- Too many of one item
- Sophisticated electronic equipment
- Things on the packing list that you'd rather buy overseas
- Anything you don't absolutely need

Electrical Appliances

Voltage and plugs differ in China. Using an American appliance (110 volts) on Chinese electricity “fries” the appliance. Voltage converters commonly sold tend to work well, but this can depend on the specifications of the individual devices that are connected – use with caution. A good rule of thumb is to always double-check the required voltage currency before plugging in anything. Most computers and sophisticated electronic equipment (digital cameras, etc) manufactured in the last few years will have ‘universal power supplies’ that will operate to the manufacturer’s specifications on either 110v or 220v current.

Chinese plug shapes do differ from those used in the United States, but adapters can be purchased cheaply at stores near the Jia (less than \$1 USD). Purchasing these adapters before arriving in Shanghai is not necessary. Adapters are also provided in the Jia.

It is not recommended to bring along hairdryers, straighteners, or curling irons, as these can be obtained cheaply in China, and can be used without a voltage converter.

Rechargeable batteries in normal sizes (AAA, AA, etc.) are also widely and cheaply available in China; bringing your own is not necessary.

TRANSPORTATION

Arriving in China

The group flight participants in the Shanghai Program will fly from LAX to Shanghai Pudong International Airport. Flight exemption students should follow the instructions that follow at their point of entry into China. When you arrive at your final overseas destination, you will have to pass through Immigration or Passport Control before leaving the airport. You will be asked to show your passport and visa.

U.S. citizens studying in China must apply for a student visa. Students will be given instructions on obtaining this visa well in advance of the program's start date. Please note that there is a fee associated with this visa. Non-U.S. passport holders may be required to have visas to enter some countries. It is the responsibility of International Programs participants to make sure that they have all the necessary visas for the program country and the country of the Educational Field Trip BEFORE DEPARTING the U.S. Consult local consulates and/or embassies to obtain information about which countries require visas.

The next step in entering China is passing through Customs. Pepperdine students should pass through the gate posted "Nothing to Declare" (Green) since, as visitors they can expect to consume or carry out whatever they bring in.

Residence Registration

When you arrive in Shanghai, you will need to complete a residence registration form. This form will be taken to the local police station by Program Staff to register your residence at the Shanghai facility. No extra documentation beyond your passport and valid visa is necessary, although copies of both should be made at the Pepperdine facility in advance. You will be responsible to pay a registration fee of approximately 200 RMB in local Chinese currency; credit cards will not be accepted. Please note that you will also need to have five extra passport photos; you can also take these at the photo booths located at most subway stations.

Transportation to Your Facility

By Taxi

Taxis are relatively easy to find and inexpensive as a mode of transportation in Shanghai. Although some taxi drivers speak a little English, most will speak very little if any at all. If you do not feel comfortable pronouncing the tones of the house address correctly, you

can always use the address card provided to you upon arrival, which will also be available at the Program Assistant's desk. Taxi fares start at 14RMB for the first 3 kilometers, and most taxi fares within the central area of Pudong cost less than 30 RMB. Take note that taxi fares increase to 18RMB past 11:00pm.

By Train

Shanghai has two train stations. One is simply referred to as the "Shanghai Railway Station" (上海火车站). The other station is known as "Shanghai South Railway Station" (上海南火车站). The Shanghai Railway Station is a stop on subway line 4, and the South Railway station is a stop on subway line 3. From either train station, you may either take a taxi to the Jia, or take the subway to the JingAn Temple stop on line 2, which is within a 10-minute walk of the Jia.

By Bus

Buses are a frequently used part of public transportation in the city, and once you arrive, you will quickly learn what lines provide convenient access to different parts of the city. Bus fares are 2RMB. Information on the bus lines is available in the program office. Two bus stops immediately to the right and left of the lane the Jia is located on provide easy bus access to People's Square/Park, and the Zhongshan Park area (both central areas for shopping, eating, and activities).

Public Transportation Cards

Public transportation cards are widely used in Shanghai, and allow you to pay for buses, subway, and taxi fares with a single, electronically registered card. You can purchase a transportation card in any subway station with a deposit of 50 RMB (refunded on return), and add money at any station. This is a very convenient way to be sure you will always have money set aside or available to return to the Shanghai facility.

You will be provided with a Shanghai Public Transportation card, pre-loaded with 50 RMB of credit. Each student that is issued a card must return the card at the end of the semester to the program office; if your card is lost or stolen, you are responsible for purchasing a new one that must be given to the program at the end of the semester. You are responsible for putting additional money on the card if you wish.

Returning to the United States

Upon return, United States Immigration and Customs require a valid passport and a statement about articles purchased outside the United States. Immigration officers check passports and make sure that the customs declaration form presented on the airplane has been completed. After collecting luggage from baggage claim, the customs declaration form and luggage is then presented to a Customs officer, who may ask either to see any purchases or search luggage. It is wise to place all purchases together in the same suitcase and retain receipts that prove the amount of purchase. Do be aware that the United States is particularly sensitive to imported goods that violate copyright and trademark laws. Although pirated DVD's, computer software and even 'fake' brands of

clothes and accessories are widely available in China, these items may be subject to confiscation or fines if discovered by customs officers.

A U.S. citizen or permanent resident may bring goods totaling a value of \$800 into the United States. If purchases exceed that amount, the customs official will compute the duty, usually including articles with the highest rate of duty in the allowed \$800. (Rates of duty vary for different kinds of articles.) Should unclaimed articles be discovered in a search, they may be confiscated and/or a fine levied. Duties and fines must be paid either by cash, personal check, or credit card before leaving the Immigration and Customs facility at the airport.

Live animals, plants, or other agricultural products (including sausages and other meats) may not be brought into the United States. A person twenty-one years of age or older may bring in one bottle of liquor. A person eighteen years of age or older may bring in two cartons of cigarettes. Products from Cuba – including Cuban cigars – are banned altogether. Anything purchased from Duty-Free at an airport or on an airplane is included in these limits. Customs officials will confiscate goods in excess or in violation of these standards.

STUDENT EMPLOYMENT

Resident Advisors

One male and one female RA are hired and trained by the IP Office prior to departure. RAs are expected to work together with the Program Director, Visiting Faculty, and IP Office to create a strong learning community, maintain Pepperdine standards, and promote the IP mission statement within the group. Through planning events, acting as a leader and working as a liaison between the students and the Program Staff, RAs are essential for the development of comradery within the house.

Media Coordinator

One IP Media Coordinator (IPMC) is hired and trained by the IP Office prior to departure. The IPMC acts as a liaison to the IP Office for collecting photos and video footage from the program and then creating videos from that footage. The IPMC creates two end-of-the-semester videos, an Orientation House Tour video, a service-oriented video, and a 5-minute video to be shown at *The Return* the following Fall semester. Additionally, they are responsible for creating two “check in” videos per month while abroad. These videos are posted onto both the IP and program-specific Vimeo sites: <http://vimeopro.com/pepperdine/ip> and <http://vimeopro.com/pepperdine/shanghai>

Library Worker

The library worker is hired on the Malibu campus before departure for the program. This position serves as a resource for managing and organizing the library resources at the Jia, and helping students to more effectively use online library resources provided by the Pepperdine University Libraries.

Student Worker Positions

Typically, there are several student worker positions available in any given semester. Although hiring is ultimately up to the discretion of the Program Director, positions are typically filled by a simple ‘drawing’ of eligible workers at the beginning of the semester or by conducting short interviews for relevant positions. The positions listed below are typically hired, although specific positions may change from semester to semester.

Breakfast Workers

Responsible for setting out breakfast foods, and breaking down breakfast setup Monday – Sunday.

Office Worker

Assists program staff with administrative tasks and office errands as needed.

Facilities Assistant

Assists with keeping areas of the facility free from clutter, identifying and reporting facility maintenance needs, tracking bicycle checkouts, etc.

Service Coordinator

Every semester, a student volunteer is elected as service coordinator for the program. This person is directly responsible for leading the service team in identifying, scheduling, and coordinating service activities for the group.



Service opportunities change from semester to semesters, but past opportunities have included trips to local orphanages, participating in community fundraising events, teaching English to local school children, and on-going volunteer work with a local homeless relief shelter. Program participants interested in becoming engaged in service will have the opportunity to identify areas of involvement upon arrival in the program, and to serve on a service committee lead by the service coordinator.



Pre-Arrival Information: IMPORTANT

China has a lengthy process to get a temporary residents permit. Before arriving in China, you are applying for an "X2" visa, which is valid for only 30 days and can be used to apply for a temporary residents visa (Z visa) upon entering China. The Shanghai program staff will guide you through the multi-week process of converting the X2 to a Z visa once you arrive, but please be aware of a few things. First, you will not be able to travel internationally until the Z visa is secured (but you can travel domestically). For Fall students, this means no international travel during the October holiday (Oct 1-3). Also as part of the process, all students will need to do a medical exam at a hospital designated for foreigners applying for Z visas. Every foreigner on a Z visa in China does this exam - it is not optional. The standard health examination involves the following:

- A small blood test to rule out HIV, hepatitis and syphilis
- An ultrasound scan to check for diseases in internal organs
- An X-ray for tuberculosis
- An ear, nose and throat exam
- An electrocardiogram (ECG) check to rule out heart disease
- A skin check for contagious skin diseases
- A blood pressure check
- A lymph node check
- Confirmation of your height and weight
- Urine, feces and phlegm may also be checked in special – and rare – circumstances

The health exam will be conducted during orientation week. If you have any questions, please contact that Shanghai program.

The Shanghai municipality consists of 15 districts, four counties, and the Pudong New Area, and covers an area of 6,341 sq. km (2,448 sq. miles), with its urban area measuring 2,643 sq. km (1,020 sq. miles). The eight main urban districts, running from east to west, are identified here.

Pudong

Located across the Huangpu River from the Bund, Pudong (literally “east of the Huangpu”) was formerly backwater farmland before 1990 when it was targeted by then-Chinese President Deng Xiaoping to lead Shanghai and the rest of China into a new age of economic growth. Today it is home to the Lujiazui Financial District with its many modern economic monuments (Oriental Pearl TV Tower, Jin Mao Tower), the Shanghai stock exchange, Asia’s largest department store, a riverside promenade, and the Pudong International Airport.

Huangpu (Downtown Shanghai)

The city center of old Shanghai lies in a compact sector west of the Huangpu River and south of Suzhou Creek. It extends west to Chengdu Bei Lu (the North-South Elevated Hwy.), and encompasses the Bund, People's Square (Renmin Guangchang), and the Shanghai Museum.

Nanshi (Old Chinese City)

Though officially part of Huangpu District, this area immediately south of downtown and the Bund, between the Huangpu River and Xizang Nan Lu, is often considered its own neighborhood because as the old Chinese city, it was different in every way from the western concessions. Today's old Chinese city (or Old Town) includes the Old Town Bazaar with its traditional shopping, Yu Yuan (Yu Garden), Shanghai's old city wall, and the Confucian Temple.

Hongkou

(Northeast Shanghai) Immediately north of downtown Shanghai, across Suzhou Creek, this residential sector along the upper Huangpu River was originally the American concession before it became part of the International Settlement in colonial days. Today it's a developing neighborhood with a few sights: the Ohel Moshe Synagogue, the Lu Xun Museum, and the Duolun Lu Commercial Street.

Luwan (French Concession)

Beginning at People's Square (Xizang Lu) and continuing west to Shanxi Nan Lu, this historic district was the domain of the French colonial community up until 1949. The French left their mark on the residential architecture, which boasts such tourist sights as Fuxing Park, the historic Jin Jiang Hotel, the shops along Huaihai Zhong Lu, the new Xin Tiandi development, and the former residences of Sun Yat-sen and Zhou Enlai.

Jing An (Northwest Shanghai)

This is where the Jia is located. North of the French Concession and part of the former International Settlement, this district has its share of colonial architecture, as well as the modern Shanghai Centre. Two of the city's top Buddhist shrines, Jing An Si and Yu Fo Si (Jade Buddha Temple), are located here, as are a number of Shanghai's top hotels and restaurants.

Xuhui (Southwest Shanghai)

West of the French Concession and south along Hengshan Lu, this area is one of Shanghai's top addresses for cafes, bars, and shops. Sights include the Xujiahui Cathedral, Longhua Pagoda, Tai Kang Road, the Shanghai Botanical Garden, and the former residence of Soong Chingling.

Changning (Hongqiao Development Zone)

Starting at Huaihai Xi Lu, directly west of the Xuhui and Jing An districts, this corridor of new international economic ventures extends far west of downtown, past Gubei New Town and the Shanghai Zoo, to the Hongqiao Airport.

*Source – www.frommers.com

Personal Finances

The Chinese Renminbi (RMB) or Yuan is the currency used throughout mainland China and in Shanghai.

Credit Cards

Purchases made with credit cards are billed in the local currency and the credit card company converts the amount to dollars. Since most credit card companies are major financial institutions, they receive the bank conversion rate, which is far better than may be obtained by converting travelers' checks or cash. Many money exchanges in China allow the use of a Visa or MasterCard to obtain cash – usually for a steep fee. Although American Express is not as widely accepted for purchases as Visa and MasterCard, an American Express card offers unique advantages. We strongly recommend that you call your credit card company in advance to inform them you will be temporarily living in another country so they do not mark your charges as fraud; this applies to your ATM cards as well.

ATM Cards

Obtaining cash from automated teller machines with ATM cards is probably the most convenient option for obtaining cash in China. Cards marked “Plus,” “Cirrus,” and a red star symbol are widely accepted, although not all ATMs accept all cards. Most major US bank ATM cards will be accepted by at least one of the major Chinese banks. ATMs only accept four-digit pin numbers, so before departure, be sure to check with your bank to determine whether or not your current ATM card has an international PIN. Also, be aware that banks charge fees for ATM transactions, and sometimes fees are charged both by the bank that provides the ATM card and the bank that operates the automated teller in China. Consult your bank in advance to determine the amount of these charges, and make planned withdrawals to avoid excessive fees. Where accepted, most major credit cards are accepted in China (Visa, MasterCard, and American Express).

A notable exception to these ATM transaction fees is the nearby China Construction Bank, which does not charge fees on Bank of America Debit Cards. Please note this only applies to the BOA Debit Cards and NOT your BOA SVC Card.

Cash

In Shanghai, and most of China, cash is still king. Although some retail stores and nicer restaurants accept credit cards, the vast majority of all financial transactions in China are done on a cash-basis. Credit cards and debit cards are simply not as popular in mainland China. You can expect that 90% of your purchases – whether transportation, food, clothes, or electronics – will be paid for in cash. Smaller markets, supermarkets, and retailers will not have the option of paying by credit card, and except in larger department stores or Western chains, credit cards are simply not accepted. It is imperative that you are able to access cash from a western bank account using an ATM card, as this will be the primary way you will have access to money while in China.

If possible, take along \$100.00 exchanged into the currency of the country to which you are going. This initial money will be helpful during your first few days abroad. Money also may be exchanged at Los Angeles International Airport but the exchange rate may not be favorable.

Cultural Activities

Shanghai offers a range of activities that will make your study here meaningful and culturally enriching. Throughout the year you will have the opportunity to attend shows, service activities, and trips to museums and cultural sites throughout the city, and participate in language exchanges with other Chinese college students from Fudan University.

Other listings and announcements are made available throughout the year, but you may also visit <http://www.culture.sh.cn> to get current listings for the variety of concerts, shows, museum exhibitions, and other cultural activities and events that are ongoing throughout the city.

Churches

In English

SCF (Shanghai Community Fellowship)

53 Hengshan Lu, French Concession near Wulumuqi Lu

衡山路 53 号 近永嘉路

English Services: Sunday 2:00pm, 4:00pm, Chinese Services 9:00am, 6:00pm

Tel: 6437-6576

Website: <http://scfenglish.com/>

In Chinese

Grace Church 怀恩堂

375 Shaanxi Bei Lu, Jing An District near Beijing Xi Lu

陕西北路 375 号 近北京西

Chinese Services: Sunday 9:00am (With English Translation via headset)

Tel: 6253-9394

Postal Services

Post Office

The nearest post office is located near JingAn Temple at 1737 Beijing Xi Lu 北京西路 (on the corner of Wanhangu Lu 万航度路). It is open from 7:00am – 7:00pm.

Express Mail Services

Should you need to send something via an express carrier (such as FedEx, DHL, etc.), please make arrangements with the program office for pickup and payment.

Bookshops

There are not many foreign bookstores in Shanghai, however most major bookstores have an English and foreign language section. The closest foreign bookshop is located in the Portman Plaza.

Dining Out

The cost of food in Shanghai can range from very cheap to very expensive – depending on where you choose to dine. Local food stands and small restaurants can offer full meals ranging from 8RMB – 20 RMB; fast food restaurant meals can usually be purchased for less than 30RMB; chain restaurants or Western restaurants can vary widely, but average 50-100RMB per meal. You are given 50RMB per lunch, which is loaded on your SVC card. It is up to you how to budget this money for your lunch meals. Great local options exist right around the corner from the house (turn right outside of the Yu Yuan gate, and head towards Zhen Ning Road) – small bakeries and restaurants offer delicious local Chinese meals at relatively inexpensive prices. If you head toward Jing An Temple, you will find a variety of fast food restaurants, and some other larger chain restaurants that offer both Chinese and western meal options at higher prices. Don't forget that the program kitchen can be used to prepare your own meals if you desire!

Shopping

Most shops are open all week and close between 8:00am – 10:00pm. The nearest grocery store is Tesco on Zhen Ning Road, its about a 5-10 minute walk.

Getting Around the City

Shanghai has an extensive and very convenient public transportation system including subways and buses. The Jia is located within a 5-10 minute walk of JingAn Temple Subway station, and Jiangsu Rd. station on line 2. Although the bus system is a little more complicated to initially figure out, buses are also extremely affordable and convenient (and help you to practice reading Chinese characters!)

Taxis are also an abundant, and relatively cheap means of transportation in the city. Minimum fares begin at 12 RMB (\$1.60) and 30RMB (\$4.50) is typically more than enough to get you anywhere within a central location in the city. Split between 2-3 other students, this also becomes very affordable.

During orientation in Shanghai, all students will be given a public transportation card; money can be loaded on to this card to use on subways, buses, and in taxis.

Personal Safety

Compared to any large cosmopolitan city, Shanghai is an incredibly safe city to live in and study. Petty theft of personal items does happen if one is not careful with bags when travelling or not properly locking a bicycle, etc., but violent crime is incredibly low. Pick-pocketing is the most commonly experienced form of crime, though pick-pocketers will typically not assault or threaten targets. Students should exercise basic caution anywhere in the city with regards to personal items (carrying wallets in front pockets, keeping purses tightly zipped and tucked under one arm, etc.). Although basic personal safety precautions should be used (refer to the IP Handbook for more information), students are typically fine to be out late at night whether alone or in small groups.

Frequently Asked Questions

Q: Are there gyms or workout facilities available near the jia?

A: There are several gyms that students have signed up for, ranging in price, equipment/facilities, and distance. A list of gyms will be distributed upon arrival for students to look into joining; groups of students joining at the same time may be able to negotiate a group discount!

Q: Is it possible to get or use a cellphone in Shanghai?

A: It is not only possible, but relatively cheap (and recommended). Cell phones can be extremely convenient for texting directions and staying connected with the other students, program staff (and even local Chinese friends!) For approximately USD \$30, you can purchase a basic phone and sim card, with a small prepaid balance of calls. Most cell users in China use prepaid minutes, which means you can simply purchase more minutes as needed. Typically, USD \$15 is as much as you will spend in a month (although some students spend less, and some spend more). You can also add a international-dialing service that allows you to call home for a relatively cheap rate (like adding a phone-card to your cell phone).

If you already have a quad-band phone that is carrier unlocked, you may be able to simply purchase a sim card locally to use with your current phone. Depending on your phone model, data plans may even be available locally to add to your sim card.

Q: Is there anything special I should bring?

A: Shanghai is a modern, cosmopolitan city, but you should be aware that if you have special needs or specific product brands for a particular item, these should be brought with you (such as medicine, dietary products, etc.).



INTERNET RESOURCES

U.S. Government Sites

- Library of Congress: www.loc.gov/rr/international/portals.html
- State Department: www.travel.state.gov/
- Center for Disease Control: www.cdc.gov/travel/
- U.S. Transportation Security Administration: www.tsa.gov/public/
- Federal Voting Assistance Plan: www.fvap.gov/

Visitor Information

- Currency Converter: www.oanda.com/convert/classic
- Shanghai Info: <http://www.shanghai.gov.cn/shanghai/node17256/index.html>
- IP Vimeo Site: <http://vimeopro.com/pepperdine/ip>
- Shanghai Vimeo Site: <http://vimeopro.com/pepperdine/shanghai>

General and Travel Information

- Lonely Planet: http://www.lonelyplanet.com/destinations/north_east_asia/china/
- Yahoo: <http://dir.yahoo.com/regional/countries/>
- Corniche Travel: www.corniche.com/
- STA Travel: www.statravel.com/

News and Entertainment

- News: <http://www.chinadaily.com.cn>
- News: <http://www.china.org.cn>

Fudan University

- <http://www.fudan.edu.cn/englishnew/> Medical Assistance

Internet Sites in China

Please note that the Chinese government actively monitors and routinely blocks sites from being accessed within the country. This may, at times, prevent students from accessing sites they are familiar to visiting, including, but not limited to: blogging sites such as Tumblr, news sites, personal networking sites (MySpace, Facebook), Google Images, Wikipedia, YouTube, and other sites containing content that is deemed 'politically sensitive.' If you plan on keeping a blog while you are in China, it is highly recommended you set it up while in the US, as access and ability to create a new blog from within China is often blocked. Generally speaking, blogs hosted at Blogspot.com are more accessible than those hosted at Wordpress.com at this time. The downloading of any illegal matter is forbidden, and compliance with the Pepperdine Network Policy and the laws of the People's Republic of China is expected.



MEDICAL ASSISTANCE

Medical Insurance

The Chinese Department of Education requires all incoming foreign students to purchase a basic student medical insurance plan. The cost is 300RMB per semester and will be collected by the program office. This plan primarily provides coverage for major emergencies and is not recommended as a sole-means of insurance. Students should have their own international insurance plans set-up prior to arrival in the program.

Please be aware that most international insurance programs work on a ‘reimbursement’ basis – though you should check to see if your provider services direct billing internationally. Typically, this means students need some means to pay for their hospital bill on-site; receipts and treatment details are then submitted to your insurance company and reimbursed to you. Please be familiar with your insurance policy’s procedures, and know that the *program cannot pay for medical treatment on behalf of a student*.

Medical Service

Medical care in China, while perfectly adequate, reflects certain cultural differences over medical care in the US. Typically, emphasis is not put on physical comfort or privacy in Chinese hospitals; communal treatment rooms are normal for most hospital visits, and private rooms are typically 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 US.

During your stay in Shanghai, the program uses two primary hospitals for student needs. The Huashan Hospital – reputed as one of the top hospitals in Shanghai, is closest to the Jia, and is commonly used for less urgent hospital visits (colds, etc.). The foreign floor of the Huashan Hospital is staffed primarily by Chinese doctors and nurses that speak English. For ongoing treatment or more serious medical issues, the program typically refers students to the United Family Care Hospital; it is staffed primarily by foreign doctors and nursing staff and has facilities that are more typical in layout of a US hospital.

Upon arrival to the program, each student is furnished with a business card that gives instructions, in English and Chinese, on how to get to either hospital.

Pharmacies

Medication prescribed by a doctor can be picked up from any pharmacy; many hospitals have pharmacies on-site that can also fill prescriptions. The nearest pharmacy is located just east on Yuyuan road, and is open all week from 8:30am – 7:30pm.



TRAVELING

Public transportation in China is reliable and efficient. Shanghai has a very developed public transportation system of subways and buses, and you are encouraged to explore these options when getting around the city. Rail travel is also easily accessible from within the city as a major hub to the rest of the country. The two train stations in Shanghai, the Shanghai Railway Station and Shanghai South Railway Station, are both accessible either by taxi or subway. There is a local train ticket office located at 77 Wanhangu Lu (near Beijing Xi Lu); train tables and tickets can be easily purchased there.

Travel Agencies

For domestic and international flights, students generally elect to use a number of Chinese travel websites, or make arrangements for travel through local travel agents. Program staff can help put you in contact with local travel agents upon arrival, and can sometimes assist with helping you determine the best options for travel.

The following sites are popular among students for searching for airfares throughout Asia. Please note, some sites do not accept foreign credit cards, and only accept payment in cash upon delivery of the tickets.

- <http://www.elong.com>
- <http://www.ctrip.com>
- <http://www.kayak.com>

Day Trips

A number of locations within Shanghai and just outside of the city serve as ideal locations for shorter day trips. Upon your arrival in orientation, suggestions for trips will be provided to you, along with recommended modes of transportation.

Trains

China has a well-developed and affordable train system, although because of the country's size, train-travel is not practical for some breaks due to distance. Please note that train tickets typically cannot be purchased online but are sold at a local ticket office, and can only be purchased 10 days in advance of departure. Feel free to ask the program staff for help in searching for train routes, times, and fares.

Bus Companies

Please work with the program staff on-site to book buses or vans for day-trips as needed.

International Airport

Shanghai has two airports; although both are international airports, one focuses on domestic flights and shorter international flights. Please be careful when purchasing tickets, and make sure you are aware of which airport is servicing your flight.

Pudong International Airport (PVG)

This is Shanghai's main international airport, servicing major international flights, etc. It is accessible at the end of subway line 2, the Maglev train, or taxi/bus. From the Jia, allow approximately 50 minutes to 1 hour under normal traffic conditions.

Hongqiao International Airport (SHA)

This airport mainly services domestic flights but does have some closer international routes as well. It is accessible at the end of subway line 2, or by taxi. From the Jia, allow approximately 25-30 minutes under normal traffic conditions.

Hotels and Hostels

The Jia is centrally located in the city, and a variety of hotels can be found through online searches, but there are two options that we consistently recommend for friends or family that are visiting the city:

Inexpensive Hostel: <http://letourshanghai.com>

Hotel Nikko: <http://www.nikkoshanghai.com>
(5-star hotel close to the Pepperdine facility)



Facts and Statistics

- **Location:** Eastern Asia bordering Afghanistan 76 km, Bhutan 470 km, Burma 2,185 km, India 3,380 km, Kazakhstan 1,533 km, North Korea 1,416 km, Kyrgyzstan 858 km, Laos 423 km, Mongolia 4,677 km, Nepal 1,236 km, Pakistan 523 km, Russia (northeast) 3,605 km, Russia (northwest) 40 km, Tajikistan 414 km, Vietnam 1,281 km
- **Capital:** Beijing
- **Climate:** extremely diverse; tropical in south to subarctic in north
- **Population:** 1,298,847,624 (July 2004 est.)
- **Ethnic Make-up:** Han Chinese 91.9%, Zhuang, Uygur, Hui, Yi, Tibetan, Miao, Manchu, Mongol, Buyi, Korean, and other nationalities 8.1%
- **Religions:** Daoist (Taoist), Buddhist, Muslim 1%-2%, Christian 3%-4%

- **Government:** Communist state

Language in China

Chinese is a family of closely-related but mutually unintelligible languages. These languages are known variously as f'ngy'çn (regional languages), dialects of Chinese or varieties of Chinese. In all over 1.2 billion people speak one or more varieties of Chinese. All varieties of Chinese belong to the Sino-Tibetan family of languages and each one has its own dialects and sub-dialects, which are more or less mutually intelligible.

Chinese Society and Culture

The Importance of “Face”

- The concept of 'face' roughly translates as 'honor', 'good reputation' or 'respect'.
- There are four types of 'face':
 1. *Diu-mian-zi*: this is when one's actions or deeds have been exposed to people.
 2. *Gei-mian-zi*: involves the giving of face to others through showing respect.
 3. *Liu-mian-zi*: this is developed by avoiding mistakes and showing wisdom in action.
 4. *Jiang-mian-zi*: this is when face is increased through others, i.e. someone complementing you to an associate.
- It is critical you avoid losing face or causing the loss of face at all times.

Confucianism

Confucianism is a system of behaviour and ethics that stress the obligations of people towards one another based upon their relationship. The basic tenets are based upon five different relationships:

- Ruler and subject
- Husband and wife
- Parents and children
- Brothers and sisters
- Friend and friend

Confucianism stresses duty, sincerity, loyalty, honor, filial piety, respect for age and seniority. Through maintaining harmonious relations as individuals, society itself becomes stable.

Collectivism vs. Individualism

- In general, the Chinese are a collective society with a need for group affiliation, whether to their family, school, work group, or country.
- In order to maintain a sense of harmony, they will act with decorum at all times and will not do anything to cause someone else public embarrassment.
- They are willing to subjugate their own feelings for the good of the group.

- This is often observed by the use of silence in very structured meetings. If someone disagrees with what another person says, rather than disagree publicly, the person will remain quiet. This gives face to the other person, while speaking up would make both parties lose face.

Non-Verbal Communication

- The Chinese' Non-verbal communication speaks volumes.
- Since the Chinese strive for harmony and are group dependent, they rely on facial expression, tone of voice and posture to tell them what someone feels.
- Frowning while someone is speaking is interpreted as a sign of disagreement. Therefore, most Chinese maintain an impassive expression when speaking.
- It is considered disrespectful to stare into another person's eyes. In crowded situations the Chinese avoid eye contact to give themselves privacy.

Etiquette and Customs in China

Meeting Etiquette

- Greetings are formal and the oldest person is always greeted first.
- Handshakes are the most common form of greeting with foreigners.
- Many Chinese will look towards the ground when greeting someone.
- Address the person by an honorific title and their surname. If they want to move to a first name basis, they will advise you which name to use.
- The Chinese have a terrific sense of humour. They can laugh at themselves most readily if they have a comfortable relationship with the other person. Be ready to laugh at yourself given the proper circumstances.

Gift Giving Etiquette

- In general, gifts are given at Chinese New Year, weddings, births and more recently (because of marketing), birthdays.
- The Chinese like food and a nice food basket will make a great gift.
- Do not give scissors, knives or other cutting utensils as they indicate the severing of the relationship.
- Do not give clocks, handkerchiefs or straw sandals as they are associated with funerals and death.
- Do not give flowers, as many Chinese associate these with funerals.
- Do not wrap gifts in white, blue or black paper.
- Four is an unlucky number so do not give four of anything. Eight is the luckiest number, so giving eight of something brings luck to the recipient.
- Always present gifts with two hands.
- Gifts are not opened when received.
- Gifts may be refused three times before they are accepted.

Dining Etiquette

- The Chinese prefer to entertain in public places rather than in their homes, especially when entertaining foreigners.
- If you are invited to their house, consider it a great honor. If you must turn down such an honor, it is considered polite to explain the conflict in your schedule so that your actions are not taken as a slight.
- Arrive on time.
- Remove your shoes before entering the house.
- Bring a small gift to the hostess.
- Eat well to demonstrate that you are enjoying the food!

Table manners:

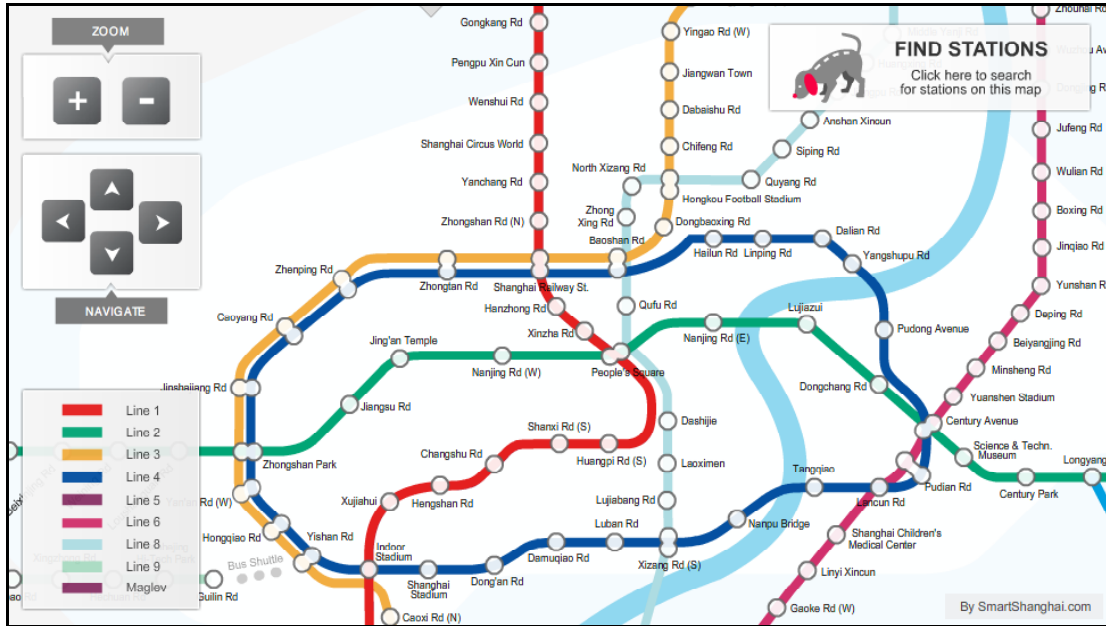
- Learn to use chopsticks.
- Wait to be told where to sit. The guest of honor will be given a seat facing the door.
- The host begins eating first and offers the first toast.
- You should try everything that is offered to you.
- Never eat the last piece from the serving tray.
- Be observant to other peoples' needs.
- Chopsticks should be returned to the chopstick rest after every few bites and when you drink or stop to speak.
- Do not put bones in your bowl. Place them on the table or in a special bowl.
- Hold the rice bowl close to your mouth while eating.
- Do not be offended if a Chinese person makes slurping or belching sounds; it merely indicates that they are enjoying their food.
- There are no strict rules about finishing all the food in your bowl.

Tipping Etiquette

- Tipping is becoming more commonplace, especially with younger workers although older workers still consider it an insult. Leaving a few coins is usually sufficient.



Subway Map



Street Map of Jia and Surroundings

