



Yangtze International  
Study Abroad  
扬子国际交流项目



## Spring 2008 Policy and Information Guide

### **Living in China**

As a student of the YISA program, you are also invited guests of the Nanjing Normal University. In many cases, the people you meet will form much of their understanding of American people through their interactions to you. While you are here learning about Chinese culture, they are trying to learn about American culture from you. Many behaviors of the local citizens will appear unusual to you, as will your behaviors appear to them. There is much to learn from all of the people you will meet in the next few months.

### **“Cultural Shock”**

There are many positive aspects to studying abroad. However, certain individuals may take a bit longer adjusting to a new culture and its environment. The frustration and confusion that may occur is called “culture shock”. It is normal and more common among those who have not traveled as much internationally. Culture shock may manifest itself in depression, sleeping difficulties, homesickness, trouble concentrating, an urge to isolate yourself and irritation with your host culture. You can deal with culture shock by staying busy, discussing the issue with classmates and YISA staff, writing or calling home to hear a reassuring voice and trying to remain positive.

### **YISA Cell Phones**

As a special service to all students, YISA will provide each student with a cell phone for use in China. YISA will collect a deposit equal to the value of the phone (¥250), which will be returned to students at the end of the program. The deposit will be forfeited for any lost, stolen or damaged cell phones. These phones operate on a different frequency from phones in the U.S. Students can also choose to purchase their own phones for use in China instead of using the YISA issued cell phone. YISA has paid for the first 100rmb of airtime for each cell phone. Students will pay for any additional cell phone usage in China.

### **Roaming Fees**

Cell phone minutes cost very little if you only use your phone in Nanjing. However, the roaming fee for using phones outside of Nanjing is very high. You can easily spend a hundred RMB worth of cell phone minutes in a short amount of time if you frequently use your phones in Shanghai, Beijing, etc. When you are traveling outside of Nanjing, we recommend that you primarily use text messages to communicate with others.

### **Recharging Phones**

Students can recharge their phones at China Mobile stores by given their cell phone number to the clerk or by purchasing recharge cards. YISA staff can recharge students' cell phones remotely when needed. Students will be responsible for repaying YISA for the recharged amount.

### **Housing**

YISA rents furnished apartments at Wu Tai Hua Yuan for student housing. Apartments will vary from unit to unit. Some students will have private rooms, and others will have roommates.

Wu Tai Hua Yuan homes are condominiums owned by private homeowners. Each homeowner is renting their home to YISA to use as student residences. It is essential that you take good care of these apartments. Students are responsible for any damage to the apartment, furniture or equipment. For routine repairs and maintenance, students can contact YISA staff.

Apartments in China are not build with the same quality materials as they are in the U.S. Because of this, it will be common for various items in your apartment to need repair. Most small repairs can be made by the YISA handyman. Please contact Zhang Fan to arrange for repair services.

### **Keys**

Students will each be issued a key to their apartments during check in. Replacement of lost keys will cost ¥50 each.

### **Utilities**

China is suffering from a countrywide shortage of power. Students are therefore encouraged to conserve utilities as much. Please turn off lights, TV's, air conditioners and/or heaters when leaving the apartment.

### **Electricity and Hot Water Usage**

Each three-bedroom apartment will have an average budget of 700RMB per month for electricity, gas and hot water. You will use more electricity in the first month because of the cold weather, but you should be able to reduce this usage from March to May.

Chinese buildings do not have good insulation, so the result of leaving your AC or heat on all day while you are gone is that much of it will be wasted. If you like to keep your apartment heated to a very warm temperature all day long even when you are gone, be prepared to pay additional fees for electricity.

Hot water is also charged based on usage. The cost for hot water is 10 times the cost of regular tap water. Therefore, please do not waste hot water.

### **Internet**

YISA has set up each apartment with ADSL internet connection. Multiple computers can share an internet connection through a wireless modem. You will be able to surf Chinese websites at broadband speeds, but accessing American websites can be very slow because all internet access must go through a single congested cable under the Pacific Ocean. Please contact Zhang Fan if your internet needs repair.

### **Housekeeping**

Your rooms will be swept, dusted, garbage removed and bathrooms cleaned by a YISA housekeeper twice a week during the daytime. The housekeeper will also wash sheets and pillow cases every other week. If there is anything in particular you want cleaned, please inform the housekeeper directly (in Chinese) or contact Zhang Fan if you need a translator.

### **Laundry**

Each apartment will have a washing machine for you to do laundry. In China, people do not use dryers (instead they hang their clothes to dry to conserve electricity). If you do not wish to do laundry yourself, you can ask the housekeeper to wash and hang your clothes for 1 RMB for a small load. YISA can also send your clothes to a laundry service that will wash and fold your clothes for about 20-25 RMB per load.

### **Health Insurance and Medical Emergencies**

YISA contracts with iNext (through AIG insurance) to provide a wide range of medical services for you while in China including 24-Hour Medical Information & Assistance. All students will also have \$50,000 Medical Expense coverage through AIG insurance. You also have coverage for hospitalization, emergency medical transportation, loss of baggage, travel delay, and travel document replacement.

### **Hospital**

The primary hospital for medical services is the Provincial People's Hospital located at 300 Guangzhou Lu. This hospital is just a few block west of NNU on the North side of the street. If you need to go to a hospital, call a YISA staff member to serve as an interpreter.

### **General Sickness**

Over the course of your stay, you will mostly likely experience some colds, diarrhea or other basic illnesses, no matter how careful you are. Most of these illnesses don't have any easy cure (except rest) and your best remedy is to take some over the counter medication to relieve symptoms such as Tylenol or Pepto-Bismol.

### **Tap Water**

Unlike in the U.S., you should not drink the tap water in China. Hotels and nice restaurant generally serve pre-boiled or purified water that is safe to drink. Bottled water and/or carbonated drinks are readily available. Most students have not had a problem brushing their teeth with tap water, but it is not advisable to drink the water.

### **Bottled Water**

You can order a 5-gallon bottle of water for your apartment. It will be delivered to your apartment for 14 RMB. Call the number on the water bottle and they will usually provide same day or next day service.

### **Safety**

According to the U.S. government, China is safe country, with a low but increasing crime rate. Pickpockets and petty thieves are common. Violence against foreigners is rare, but it is growing.

To avoid being a target of crime, try not to wear conspicuous clothing and expensive jewelry and do not carry excessive amounts of money or unnecessary credit cards. Don't leaving valuable items hanging out of a pocket (especially in crowded areas). Backpacks are an easy target in crowded areas. Do not carry your passport with you in Nanjing unless you need to check into a hotel or exchange money. However, you should always bring your passport when you travel out of Nanjing.

**Alcohol**

Your safety and security will always be compromised whenever your ability to make good decisions are impaired. When you are in a foreign country, alcohol related problems tend to be more severe than in the comforts of your home country. All regular U.S. student conduct regulations are applicable while a student is studying abroad. The penalties for bringing and using illegal drugs in China are severe. Spending time in a Chinese jail should not be part of your study abroad experience.

**Automobile Traffic**

Chinese drivers have very poor driving habits. The greatest threat to your safety in China will be automobile traffic accidents. Always look both ways before crossing a street. Cars do not stop for pedestrians in China. In China, turning cars often have a green arrow that allows them to go through crosswalks even when pedestrians have a walk signal. Students should always be aware of their surroundings when out in traffic.

**Registering with the U.S. Consulate General**

The Consul General and Public Affairs Officer at the U.S. Consulate in Shanghai strongly recommends that students register with the Consulate.

The American Citizens Service Unit (AmCit Services) provides a variety of services including: passport and citizenship services, registration of births, assistance with Federal benefits, notary services and voting information. The ACS Unit also provides emergency assistance to American citizens in distress. In an emergency, a Consulate Duty Officer can be reached at any time. In the ACS web pages, you will also find updated travel warnings and lists of local doctors and lawyers.

To register online: <http://www.usembassy-china.org.cn/shanghai/>. Click on "U.S. Citizen Service" takes you to general information page, click on "AmCit Registration", follow prompts. It takes 10 minutes to register.

**China Mailing Address:**

Yangtze International Study Abroad  
College for International Students  
Nanjing Normal University, Building #200  
#122 Ninghai Road  
Nanjing Jiangsu 210097  
China

Make sure anyone mailing you a package from the U.S. puts a local cell phone number on the package. You can ask the sender to put Zhang Fan's cell phone number on the package. The post office and other delivery companies rely on the local phone number to find the exact destination.