



Yangtze International
Study Abroad
扬子国际交流项目



Fall 2009 Policy and Information Guide

“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 to a developing country. Culture shock may manifest itself in depression, sleeping difficulties, homesickness, trouble concentrating, an urge to isolate yourself and irritation with your host culture. Remember, your goal in China is to understand the local culture, not change it.

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 ¥150 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. You are required to have a cell phone while you are in China and to keep it with you in working order. Keeping your cell phone with you is essential for your safety while 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 Phone Minutes

Students can recharge their phones at China Mobile stores by given their cell phone number to the clerk or by purchasing recharge cards. There is a China Mobile on Hua Qiao Lu and one on Guangzhou Lu. Zhang Fan 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. Wu Tai Hua Yuan homes are condominiums owned by private homeowners. 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 built 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 or door cards will cost ¥50 each.

Smoking

Please do not smoke in the common areas of your apartments. We will have some cases of smokers and non smokers in the same apartments. Please respect the right of others to avoid second hand smoke.

House Guests

These apartments are provided solely for the use of YISA students. You may have guests come over during the day, assuming that you and your roommates have discussed the ground rules. Students are **NOT** allowed to have anyone outside of the program stay over in the apartment without direct permission from the YISA program director.

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. Please don't set your Heat above 22 degrees (72 degrees). Your heaters will not be efficient at higher temperatures. 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 cables 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 tell the housekeeper directly (in Chinese) or contact Zhang Fan if you need an interpreter.

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 10 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 \$25,000 Medical Expense coverage through AIG insurance. You also have coverage for hospitalization, emergency medical transportation, loss of baggage, travel delay, and travel document replacement. You will need to pay for medical services yourself. Your insurance will reimburse you directly.

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. There is an American clinic in Nanjing as well. The cost is \$200 to see a Western doctor.

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 safe 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. It costs 9 RMB to order a 5-gallon container delivered to your apartment everyday from 8am to 7pm. You can text Zhang Fan to make an order. However, you must be in your apartment for two hours after the order is made.

Safety

According to the U.S. State Department, China is safe country for travelers. It has 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. You should always bring your passport when you travel out of Nanjing.

Taxis and Receipts

Always get a receipt when you take a taxi. The Chinese word for receipt is "piao" (fourth tone). If you ever leave anything in a taxi, the receipt is the only chance of getting it back. Every semester, we have some students leave a wallet, cell phone, or suitcase in a taxi.

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 you are studying abroad. The penalties for bringing and using illegal drugs in China are severe.

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, 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.

Mailing Packages to 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.

Mailing Address for Office:

Your Name:

**Wu Tai Hua Yuan
#21 Shanghai Road
Building 9, Room 1705
Nanjing, China
210029**

Phone Number: 136-7515-3502

You should always write a phone number on the package

Changing Status of a Class

If you wish to withdrawal from a class, you must inform your instructor and **send an email** stating your intention to withdraw to Dr. Henry Tsang by October 15th. No verbal withdrawals or other changes in status are valid.