



YANGTZE INTERNATIONAL  
STUDY ABROAD



*Fall 2009 Information Guide for  
Studying in China*

*Use this information in combination with your Home University's  
Student Handbook for Study Abroad*

**For questions, please contact:**

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## Arranging Air Travel to China

You are responsible for arranging your own trip to China. We will show you a sample itinerary and ask that you choose a flight that arrives in Shanghai on August 30th. Your return date is flexible based on your own plans and interests in traveling after the program is over. Nanjing is close to Shanghai so you should book a flight that leaves from Shanghai unless you will be doing additional travelling on your own. Choose a date from December 18<sup>th</sup> or later. The sample itinerary shows one of your options. **Please let us know your flight details especially if you take a different flight from what is listed below, so that we are aware of your arrival time in China.**

You can purchase tickets through a travel agency such as [www.FlyChina.com](http://www.FlyChina.com). They often have prices far less than the airlines. You can use their website to compare ticket prices from different cities, but you should call them at 1-800-318-1363 to insure that you are finding the best option. Be sure to familiarize yourself with all of the terms and restrictions of these tickets before you purchase them. The estimated cost (using FlyChina) of a round trip ticket from Los Angeles, CA to Shanghai is approximately \$1,080 (as of February 27, 2009). Some discount agencies may have cheaper flights available. Prices will increase as the departure date gets closer so we recommend you purchase your ticket now. **You should complete your application and purchase your tickets as soon as possible to avoid paying higher ticket prices.**

**Important Note:** You DO NOT need to have your student visa in hand to purchase your air travel to China. You simply need to obtain the visa by the date that you depart.

### Passport and Visa:

If you do not have a valid passport, you must apply for one immediately. We need your passport number to process an invitation letter for you to study in China. Once you receive this letter, you send the letter and passport to a visa processing service (such as [www.visarite.com](http://www.visarite.com)) to obtain a visa. This process typically takes one to two weeks from the time you mail the application depending on the service you use.

You can take the flight listed below, departing Los Angeles on Saturday August 29<sup>th</sup>, **or you can choose flights from another airport that is convenient for you. The best prices will depend on how early you purchase your tickets.** You do not have to take the flight described below. It is simply the best price as of today. There are many airlines that serve China from the U.S. If you have any questions about selecting a flight, please feel free to contact Scott.

### Possible Itinerary from Los Angeles, CA to Shanghai

US \$1,080 per adult (taxes and fees included) **China Airlines**

Depart		Arrive		Total duration: 19hr 15min
Aug 29 1:15 am*	Los Angeles	Aug 30 5:30 am	Taipei	China 7
Aug 30 9:45 am	Taipei	Aug 30 11:30 am	Shanghai Pudong	China 7957

**\* Early morning departure! Please check in at the airport the night before.**

## Possible Itinerary from Shanghai to Los Angeles, CA

Depart		Arrive	Total duration: 15hr 40min
Dec 18 12:45 pm	Shanghai Pudong	Dec 18 2:30 pm	Taipei China 7958
Dec 18 4:40 pm	Taipei	Dec 18 1:25 pm	Los Angeles China 6

### Arriving in Shanghai:

After landing in Shanghai, proceed through the immigration counter and then to the baggage carousel to pick up your luggage. A YISA staff member will greet you with a large YISA sign as you come out from the baggage claim area. We will email you more detailed information once we receive your application. YISA will arrange for transportation while in China. Students will spend the first two days and nights on a guided tour of Shanghai.

### Tentative Itinerary in Shanghai:

August 30 <sup>th</sup>	day	Arrive Shanghai (picked up from airport) Stay at Hotel in Shanghai
August 31 <sup>st</sup>	All day	Guided Tour of Shanghai (The Bund/Nanjing Rd)
September 1 <sup>st</sup>	All day	Guided Tour of Shanghai (Shanghai museums/free time)
September 2 <sup>nd</sup>	10:00am	Travel to Nanjing (by Train or bus)
September 2 <sup>nd</sup>	2:00pm	Arrive at Nanjing Normal University
September 2 <sup>nd</sup>	3:00pm	Campus Tour and Beginning of Orientation
September 2 <sup>nd</sup>	afternoon	Move into apartments
September 3 <sup>rd</sup>		Classes begin

### Weather in Nanjing

Jan	Feb	Mar	Apr	May	June	July	Aug	Sep	Oct	Nov	Dec
<b>Ave High (F)</b>											
44	47	56	68	78	84	90	90	82	72	61	49
<b>Ave Low (F)</b>											
29	32	40	50	60	69	76	75	66	55	43	32
<b>Rain (inches)</b>											
1.3	2.0	2.7	3.5	3.7	5.5	7.0	4.7	3.4	1.8	1.8	1.2
<b>Rain Days</b>											
7	10	10	12	11	12	11	10	8	8	7	10

### Additional Travel Opportunities

YISA will schedule a weekend trip to Beijing during the semester and other excursions closer to Nanjing. The train and hotel costs for these trips are included in your program fee. You will need to pay the cost of most meals during these trips. YISA will host one to two group lunches or dinners to provide you a taste of different Chinese cuisine.

*[Students can schedule independent travel before or after the program. Let us know your plans. We may be able to help you with arrangements.]* Students can explore areas near Nanjing during

the weekends or select longer distance destinations in China. When traveling, students should budget \$50-\$150 for round-trip train fare depending on how far they will travel. Budget more if you plan to fly to your destination. Students should also budget \$15-\$60 per night for lodging (depending on the quality of hotel) and well as \$5-\$25 per day for meals. Students in past programs have visited Tibet, Xian, Hong Kong, the Panda preserve in Sichuan, and many other parts of China.

**Cell Phone and YISA Operator Service:**

As a special service to students and faculty, YISA will provide you the use of a cell phone for use in China. Students will be able to call YISA operators from any part of the country to obtain immediate telephone assistance. YISA operators can help in many situations.

- Provide directions to students who are lost.
- Serve as an emergency interpreter.
- Provide other basic assistance to students when they travel off campus.

*A \$40 fee will be charged to replace lost, stolen or damaged cell phones. Students will pay for their own airtime usage in China.*

**Packing List:**

Most airlines allow two checked bags, maximum 50 pounds/23kg each. There is an additional charge at the airport for overweight luggage. Normally, passengers to China are allowed one-carry on that fits the overhead compartment, and one other small item such as a purse or personal computer. Keep your passport, tickets, luggage claim checks and boarding passes on your person at all times.

- \_\_\_\_\_ Passport with visa stamp
- \_\_\_\_\_ Plane tickets
- \_\_\_\_\_ Credit Cards and ATM Cards with PIN numbers memorized
- \_\_\_\_\_ Small amount of U.S. cash
- \_\_\_\_\_ Insurance Information
- \_\_\_\_\_ Health Documentation
- \_\_\_\_\_ Extra ID
- \_\_\_\_\_ Emergency Contact Information

**Health Care Needs:**

- \_\_\_\_\_ Prescription Medicine for duration of stay
- \_\_\_\_\_ Non-prescription medicine you commonly use (Cold Medication, Allergy Medication, Anti-Diarrhea, Tylenol, etc.)
- \_\_\_\_\_ Hand sanitizer (e.g. Purell)

**Clothing:**

- \_\_\_\_\_ Layerable, easy-care clothing.
- \_\_\_\_\_ All-weather coat with lining or Winter coat (for winter)
- \_\_\_\_\_ Comfortable walking shoes

- \_\_\_\_\_ Hat
- \_\_\_\_\_ Underwear
- \_\_\_\_\_ Long Underwear (for winter)
- \_\_\_\_\_ Socks
- \_\_\_\_\_ Workout or athletic clothing (including sweats for winter)

**Important Basics:**

- \_\_\_\_\_ Luggage
- \_\_\_\_\_ Travel Pack for Weekend trips
- \_\_\_\_\_ Money belt or Neck pouch
- \_\_\_\_\_ Mini-locks for luggage and packs
- \_\_\_\_\_ Luggage Tags
- \_\_\_\_\_ Watch
- \_\_\_\_\_ Sunglasses
- \_\_\_\_\_ Deodorant (Expensive to buy in China)
- \_\_\_\_\_ Basic Toiletries (dental floss, sunscreen, hair product, etc.)

**Electronics:**

- \_\_\_\_\_ Camera and accessories
- \_\_\_\_\_ iPod or MP3 player with AC adapter
- \_\_\_\_\_ Laptop computer with AC adapter and accessories

*Items of high value are brought at your own risk.*

China operates on 220v electrical frequency (instead of the 110v frequency of the U.S.). Be sure that any electrical devices you bring can operate in the 100-240v range. If you plan to use a hairdryer or curling iron, you should consider purchasing it in China. Most laptop computers can work on any frequency.

YISA will provide you Podcasts (audio files) of some of your Chinese language lessons that can be played on your iPod.

There is a Wal-Mart store in Nanjing that carries items for year-around needs. The items and brands found in Wal-Mart China can be very different from Wal-Mart stores in the U.S., but most of the basic necessities are available. Bring non-prescription medicine from the U.S. as they are hard to find in China.

If you wear larger sized clothing, it may be difficult to find clothes in China that fit you.

### **Make Appointment with Doctor or Dentist Before You Travel:**

Before going abroad, it is advisable to see your family doctor and your dentist for a standard check-up and travel vaccinations.

#### **Vaccinations:**

The Centers for Disease Control and Prevention does not currently require any vaccinations for travel in China or East Asia, but does recommend certain vaccinations. You should visit CDC's website for vaccination recommendations and other important information regarding health issues in East Asia.

[www.cdc.gov/travel/eastasia.htm#vaccines](http://www.cdc.gov/travel/eastasia.htm#vaccines)

Immunization shots are available at the UA's Campus Center. **(non U of A students check with your university's health center)** For an appointment call 621-6490 or visit [http://www.health.arizona.edu/webfiles/health\\_services\\_immunizations.htm](http://www.health.arizona.edu/webfiles/health_services_immunizations.htm)

#### **Prescription Drugs**

If you require special prescription drugs, you must take an adequate supply with you. You should also carry a copy of the prescriptions, including the generic names for the drugs, and written instructions from your physician in case of emergency. If a medication is unusual or contains narcotics, carry a letter from your doctor attesting to your need to take the drug. If you have any doubt about the legality of carrying a certain drug into a country, consult the embassy or consulate in China first.

**Glasses:** If you wear glasses or contact lenses, take an extra pair and your lens prescription. You will be able to purchase contact lens solution in China.

## Health Insurance in Nanjing

The cost of supplemental health insurance and medical evacuation is included in your total program cost. The coverage will be through AIG in their iNext premium program. The following link explains the scope of coverage.

<http://www.inext.com/inextweb/guestpages/features/index.html>

**Use “SKYPE” for Long-Distance Calls to U.S.:**

For convenient and free long-distance calls, we recommend you have your family and friends install “Skype” on their computer before you come to China. This will allow you to speak to each other free through the internet. To download Skype, go to [www.skype.com](http://www.skype.com). Order the SkypeOut service to call regular phones for 2 cents per minute. **Avoid buying international calling cards.** They are expensive and cannot always be used from China.

## Bringing Money

The **BEST** way to access money in China is through ATM withdrawals with your debit card and PIN number. If you have a *Bank of America* checking account, you can withdrawal money from the *China Construction Bank* ATMs without an ATM fee. Typically, credit unions also do not charge for international withdrawals, otherwise, there will be a transaction fee of \$4.00 to \$8.00 per withdrawal. Most of China’s major banks accept Visa and Mastercard for cash withdrawals (you need to know your PIN number). Credit cards (such as Visa and MasterCard) can be used at large hotels and some businesses; however, most businesses still only accept the local currency. Avoid bringing traveler’s checks to China. They are not as convenient as ATM cards.

There is a very inexpensive cafeteria near the classrooms at Nanjing Normal University, but most of our students prefer to eat off campus at some of the many restaurants and food stands in the area. You will need to budget money for your meals. The cost for food in China is generally low and there are many great Chinese and Western restaurants to explore. You will typically need around \$150-300 a month for personal and meal expenses. Budget more if you plan to do lots of shopping/gift buying in China. Here are some sample prices for items commonly purchased by students. (converted to \$)

Haircut w/shampoo:	\$7-10	Foot massage:	\$10 (60–100 minutes)
Chinese meal on the street:	\$1-3	Pizza night at Swede&Kraut	\$6
Liter of drinking water:	\$.30	dozen dumplings:	\$.75-1.5
Taxi ride in town:	\$1.2-2	dvd	\$1-2
Fancy Chinese dinner	\$6-10	fancy Western style meal	\$10-15
Lunch at KFC	\$5	ten lamb kebabs	\$2-3

If you plan to travel in China beyond the included trips to Beijing and Shanghai, you will need to budget additional funds.

## **Safety Tips While in China**

According to the U.S. embassy in Beijing, China is a safe country with a low crime rate, though pickpockets and petty thieves are common. Violence against foreigners is very rare. 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. Wear a money belt. The penalty for bringing illegal drugs into China is severe.

### **Environmental Problems**

Environmental problems exist throughout China, including Nanjing. The air can be very smoggy, but varies considerably from day to day. Consult with your doctor if you have a medical condition that could be aggravated by environmental conditions.

### **Do Not Drink the Tap Water**

As a general rule, do not drink tap water in China. Bottled water and carbonated drinks are very inexpensive and widely available.

### **Automobile Traffic**

Chinese drivers have very poor driving habits. The greatest threat to your safety in China will be automobile traffic accidents. Being aware of your surroundings and always wear a seatbelt when riding in cars. Cross streets in pairs or groups and don't assume that drivers will stop for you.

## **Housing: Apartment**

You will share an apartment with other YISA students in an attractive complex 10-15 minutes walk from the campus of Nanjing Normal University. The apartments have a small kitchen, TV, internet access, and a washing machine (but no dryer). There will be weekly housekeeping service and laundry services can be arranged for a small additional cost. You will find many open air markets, grocery stores, and excellent but inexpensive restaurants near the apartments.

## **Housing: Home stay option**

If you have chosen the home stay option in your online application, YISA will work to place you with a host family. Most Chinese host families will have a school age child. The children will most likely speak English but their parents may not. Chinese will be the primary language spoken at home. Your family will include you in many of their meals, though you will still have numerous opportunities to find meals on your own and with your classmates. If your host family lives further from campus, you may need to commute by bus or taxi. Home stays placements cannot be guaranteed for all students.