Hangzhou, China
Summer Program
2016
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Contacts

While in China, your instructors will carry a cell phone; these numbers will be circulated upon arrival, as they change each year when the phones are activated.

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Westgate Mall, 1038 West Nanjing Road, 8th Floor
Emergency Tel: (86-21) 3217-4650, press 1, then 3
After-Hours Emergencies: (86-21) 3217-4650, press "0" for the operator.
Fax: (86-21) 6217-2071; Fax: (86-21) 6217-2071
Open 8:00am – 5pm Monday to Friday. Routine services are offered 8am to 11:30am and appointments are required.
See http://shanghai.usembassy-china.org.cn/services/contact-us.html to make an appointment.

http://shanghai.usembassy-china.org.cn
Prior to Departure

PASSPORTS
You must have a valid passport to travel to China. If you already have one, please check the expiration date and ensure that it will still be valid at least six months after your last day in China (February of the following year). If you do not have a passport or if it will expire before the above timeline, see the following site for directions on how to obtain one and apply immediately using their expedited service: http://travel.state.gov/passport

Once you have your passport, be sure to sign and scan/make copies of it. Leave a copy at home with a relative, and take a copy with you (in your suitcase, separate from your original passport). It is also suggested that you scan and send yourself an email of your passport (as well as credit/debit cards) so you have an electronic file as a backup (you may want to encrypt this). This will facilitate the process of getting a new passport in case yours is lost or stolen. Upon arrival, keep your passport in a safe place in your room such as a locked suitcase or drawer.

VISAS
You must obtain a visa to visit China. To obtain a visa, you will need at least one blank visa page in your passport. International Engineering Studies and Programs (IESP) will assist you with the visa application form and with obtaining the invitation letter from ZJU. For US citizens, the standard fee for the “F” category visa is $140 (subject to change). You will receive more information in a future orientation session about the visa.

PACKING

Luggage
Most airlines will allow you to check only one piece of luggage and take one carry-on bag. Some airlines may allow you to check a second suitcase for free. Be sure to check with the specific airline you are flying to verify luggage allowances for size and weight. Label each piece of luggage clearly with your contact information abroad and in the US. It is also strongly recommended that you have some additional clothes in your carry-on bag in case your suitcase is delayed. It is hard to find clothes in many sizes in China.

Weather
Hangzhou has a subtropical monsoon climate with mild and moist weather and four distinct seasons. May and June comprise the rainy season- be prepared for a lot of rain! The typical temperature in July and August is about 100°F and very humid. While packing, keep in mind that Chinese women do not wear very short skirts or low tops. The men dress in a similar fashion to American men. Remember to pack comfortable shoes that you can easily walk long distances in and that hold up in water!

Prescriptions and Medicines
Bring any original prescription containers labelled with your name, and a copy of the prescription from your doctor. Be sure to also bring extra contacts, contact solution, and/or glasses. Over-the-
counter medications are available at pharmacies throughout the city, although it is recommended that you take those that you use on a regular basis, as you may not be able to find the same brands.

**Suggested Packing List**
Travel light! Laundry facilities are available in the dorms, so don’t take too many clothes. Take things that you can layer, are versatile and can be dressed up or dressed down and that are comfortable for walking. Prepare for rain and very hot weather!

*Don't forget to bring the following:*
- Passport and identification papers (and copies! Also send scanned copies to your email)
- Proof of insurance (and copies)
- Credit cards (you won’t use these much, but they are good to have as back-up), ATM cards (2!) and/or traveler’s checks (and copies)
- A small amount of cash
- Travel alarm clock
- TAA approved luggage lock(s) for use in dorm rooms and travel
- Flip flops for showers (not necessarily for dorms, but nice for weekend travel)
- Bathing suit
- Laundry bag
- Protein powder & protein bars (recommended by some past participants)
- Rain coat and/or umbrella (strongly recommended, though you can also purchase there)
- Sunglasses
- Sunscreen
- Personal-care products
- A toothbrush, toothpaste, and floss. Chinese toothbrushes may be softer than the ones you’re used to, Chinese toothpaste generally does not contain fluoride, and floss may be scare.
- Prescription medication for the duration of the program
- Imodium/Pepto-Bismol or your preferred OTC stomach/diarrhea medicine & laxatives
- Tylenol or Ibuprofen
- Cortisone cream
- Insect repellent (30%+ Deet) (repellent wipes may be ideal)
- Contact lens solutions for the duration of the program*
- For women, feminine hygiene products for the duration of the program*
- All prescription medications
- Prophylactic dose of antibiotics (ie: Cipro)
- Walking shoes & shoes that can get wet but also protect your feet (ie: Teva sandals)
- Band aids (ideally waterproof ones, especially for the Huangshan excursion)
- Business casual clothes
- Voltage converter and plug adapter (think about additional travels outside of China too!)
- Water bottle
- Frisbee (easy to pack and a big hit with ZJU students)
- Chinese/English Dictionary and China guidebooks. You’ll want to get one with Pinyin and Chinese characters. Langenscheidt’s has a good small dictionary that is travel-sized.
- Pleco.com has an app for translating Mandarin. Download it to your phone and/or laptop before you go!
- String/easy to carry bag to carry daily items: camera, water bottle, umbrella, map, etc.
- ‘Dry Fit’ clothes

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- Deodorant (this can be hard to get in China- bring enough for the duration of the program)
- Raincoat (you can also purchase ponchos and umbrellas in China for cheap!)
- Soccer cleats if you’re serious about playing. There are games on the lawn on a regular basis.
- Download a VPN app on your phone before you leave.
- Pod laundry detergent. Easy to give to launderers, otherwise they use a lot of soap!
- Ethernet cable for internet in your room
- This handbook

*These items can be found in the drug store near Wal-Mart and McDonald’s (in the Yellow Dragon Sports Arena shopping area), but they may be hard to recognize and brands may vary.

**Personal Property Insurance**
IESP recommends that you have insurance to cover damage or theft to your personal property abroad. Insurance company policies vary widely on the circumstances and amount of coverage. In some instances, your parents’ homeowners’ policy or your own renter's insurance policy is enough to provide limited coverage. In other cases, a special policy must be purchased. Check with your insurance company or contact any insurance company that provides home or renter's insurance to learn more about the extent of coverage possible for personal property that you take with you abroad.

**Mobile Phones**
Low-priced new phones in China range from 200 - 450 Yuan ($25-65 USD) and can be purchased directly across the street from International College. The price includes the phone itself as well as a pre-paid service, although the extent of the service can vary. If you all buy the phones at the same place, then you can set up a virtual network and can call each other free of charge.

If you are thinking of taking your phone from here, it is important to know that most cell phones can be used internationally, provided they are a tri- or quad-band phone, after activation of an international plan. Check that your phone supports the frequencies used in China, as well as the rates that you would pay. International rates can be very expensive, especially on your US phone.

Some participants have been successful using their US cell phones WITHOUT incurring unnecessary charges from their provider. Prepaid SIM cards are readily available at many newstands and cell phone shops through China (including directly across the street from the International College). The trick is to "unlock" the phone with your US provider before departing for China. Some cell phone providers will permit this without penalty (this was verified with AT&T- double check with your provider). You may also be able to request a “reduced rate suspension”, essentially deactivating your cell phone during your time in China and avoiding charges for unused service. Upon arrival in China, you can purchase a prepaid SIM to insert into your unlocked quad-band phone. (SIM cards can also be purchased through the mail prior to departure and will be useable immediately, though this is not absolutely necessary). This also allows you to use the more advanced features of your US phone, including 3G data services. Data rates are very competitive and can be purchased in monthly allotments without a contract.

Another advantage of an active data plan is the ability to use location-based services such as Google Maps. Internet-enabled GPS navigation works FANTASTICALLY in China, especially for selecting bus routes in real-time for transportation throughout the city.

Be sure to give your number to the instructors in the group.

A great low cost alternative to call family and friends outside of China is Skype (www.skype.com). You are encouraged to set this up on your laptop before you leave, and also help your family do the same if they aren’t familiar with how it works.
Electrical Equipment
A converter and wall-socket adapter may be necessary. The Chinese standard is 220V (50Hz). Some AC power sources for electronic devices, such as AC adaptors used for computers, digital cameras, and shavers, have built-in voltage converters and do not need an additional converter. Check any AC electronics you plan to bring with you to see if they automatically adjust to the local voltage. If your converter does not include a wall-socket adaptor, be sure to purchase one that is appropriate for Chinese wall sockets. You’ll also probably need a 3 to 2 prong adapter to plug in your laptops (and other electronics) into the adapter.

MONEY
There are a number of ATM machines at the airport, including several in the baggage claim area, so there is no need to wait in line for the first one you see, but proceed downstairs where there are several others.

You will find it useful to obtain some local currency at the airport upon arrival for transportation and other initial expenses. You can obtain Yuan Renminbi (or RMB) by exchanging dollars at airport exchange offices or banks, or by using an ATM. ATMs are recommended over exchanging dollars or using traveler’s checks, as they generally offer lower fees. Exchange offices typically charge a commission on top of their exchange rate for transactions in general, and may charge an additional commission for traveler’s checks. Exchanging your money from Yuan back into dollars is not as easy and there is a limit so plan carefully.

You can monitor the official exchange rate online at: www.xe.com or www.oanda.com.

Banks
A Bank of China branch with an ATM is located near the main entrance of the university’s Yuquan campus. You can exchange and withdraw money there- it is open 9 a.m. to 5 p.m. seven days a week. The Bank of China ATMs are strongly recommended over others. Please only use Bank of China ATM’s, as students have had problems with others ‘eating’ their cards. There is an ATM at cafeteria #3 and on other places on campus and just off campus. MasterCard, Visa, Plus, Cirrus, American Express, Diners Club and Maestro are all acceptable at the Bank of China ATM’s.

Exchanging Dollars and Travelers Checks
You can exchange your American dollars into Yuan at most banks, big hotels and airports. Traveler’s checks can be exchanged only at the Zhejiang Branch of the Bank of China (No. 320 Yanan Road). There is a fee for these services. It is recommended that you take some cash and/or travelers checks, but have them as back up, not your primary source of money.

Credit and ATM cards
Only VISA and MasterCard are accepted in Hangzhou. ATMs are available throughout China, and you can withdraw money directly from your account to receive your bank’s advantageous exchange rate. Withdrawals at ATMs are charged usage fees (by your bank in the U.S. as well as the bank from which you are making the withdrawal) so to prevent excessive fees, take out a reasonable sum of money at one time (1000 – 1500 RMB) and avoid too many small withdrawals. Check with your bank to find out what fees you may be charged for ATM withdrawals and verify (and adjust if necessary) your daily withdrawal limit. Most ATMs will only give rather large bills of 100 RMB. You are strongly
encouraged to take two debit cards in case something happens to one of them. You can usually easily open a second account within your bank and make transfers online from one account to the other.

Credit cards are a good way to make purchases as they automatically convert the charges into dollars on your statement and provide you with a written record of your purchases. They also generally provide a good rate of exchange, although they may charge an additional fee for international transactions. Check with your credit-card company for details and rates. Be sure to make arrangements to have someone take care of your monthly statement while you are gone, or set up electronic payments prior to departure.

Be sure to inform your credit-card company and bank that you will be traveling abroad to prevent your accounts from being frozen as a security measure. Set up online banking prior to departure so you can keep track of your accounts.

HEALTH AND SAFETY

Insurance
CISI insurance coverage generally starts a few days before the official program start date and terminates within a few weeks of the program's conclusion, though this can vary as coverage dates are in 30 day increments. Verify the dates on your insurance card to make sure they encompass your entire duration overseas. **You may extend your coverage up to 30 days by following the process outlined below.**

CISI insurance covers some pre-existing health conditions, but this coverage is limited to $100,000. Thus, it is important to arrange for continuation of your regular health insurance coverage while you are studying abroad. Check with your current health insurance provider to see if you are covered internationally. If you need a full-time enrollment letter in order to maintain your current health insurance coverage while overseas, contact IESP.

Please note that injuries resulting from activities such as mountaineering, hang gliding, parasailing, parachuting, bungee jumping and racing by horse, motor vehicle or motorcycle are **NOT** covered by your CISI policy. Please read the details of your coverage carefully to identify other exclusions and conditions and to determine if you should obtain additional coverage if you plan to participate in activities such as these. Many travel providers who arrange travel packages that include extreme sports offer additional coverage that are specific to the activities planned on your trip.

Some programs or countries require that foreign students participating in study abroad programs purchase local health insurance in that country. You are responsible for purchasing this insurance if it is a requirement for the country where you will be studying. Students participating on these programs are still required to have CISI insurance as local insurance only provides coverage in the host country.

When going to a doctor or hospital you should present your CISI card and see if the bills can be sent to CISI's address on the card. However, the majority of medical providers overseas will prefer to receive payment from you when services are rendered and in this case, you will pay out of pocket, and will then need to send your original itemized bills/receipts along with a completed claim form to CISI (claimhelp@culturalinsurance.com) for reimbursement of covered expenses. CISI has the ability to make payments to you or to medical providers overseas in U.S. dollars, Euros or British Pounds. Alternatively, they can send U.S. dollar check payments to your U.S. address for a parent, legal guardian, or roommate etc. to deposit into an account.

In more serious cases where a hospitalization is involved, you or someone on your behalf should call
the phone number on the ID card front to open a medical case with Assist America (CISI's 24-7 emergency assistance provider). Assist America can help with verifying your coverage, guaranteeing payment to a foreign hospital, monitoring your medical progress and arranging for your medical evacuation back home (if approved/deemed medically necessary) either with or without a medical escort.

For questions regarding the CISI insurance policy, claims, or status of reimbursements for claims contact: claimhelp@culturalinsurance.com

Cultural Insurance Services International (CISI)
1 High Ridge Park
Stamford, CT 06905
Tel: 203-399-5130
Fax 203-399-5596
www.culturalinsurance.com

Assist America is CISI's 24-7 assistance partner which provides you with a worldwide, 24-hour emergency telephone and e-mail assistance service. Multilingual medical, personal, travel and security assistance and advice may be furnished to you in the event of any emergency during your term of coverage. If you require Team Assist assistance, your ID # is: 01-AA-CIS-01133. In the U.S., call (800) 872-1414, outside the U.S. call 1-609-986-1234 (collect calls accepted) or e-mail medservices@assistamerica.com.

The following Team Assist services complement the insurance benefits provided by the Medical Plan:

Medical Assistance - including referral to a doctor or medical specialist, medical monitoring when you are hospitalized, emergency medical evacuation to an adequate facility or home (when approved/deemed medically necessary) and return of mortal remains.

Personal Assistance - including pre-trip medical referral information and while you are on a trip: emergency medication, embassy and consular information, lost document assistance, emergency message transmission, emergency cash advance, emergency referral to a lawyer, translator or interpreter access, medical benefits verification and medical claims assistance.

Travel Assistance - including emergency travel arrangements.

Security Assistance - including 24-7 emergency telephone and e-mail assistance and on the ground security assistance (when approved/deemed necessary) to help address safety concerns or to secure immediate assistance while traveling.

If you require assistance from Assist America, call the number on your card and give them your Assist America Number (01-AA-CIS-01133). In the U.S., call 800-872-1414, outside the U.S. call collect, (609-986-1234) or e-mail medservices@assistamerica.com

Purchase Additional Insurance Screen
The participant portal “Purchase Additional Insurance” screen on the CISI website allows interested insured individuals to purchase a month of travel insurance on-line directly through CISI for a period of personal travel before or after his or her program.

Please note that this plan is separate and different from the group study abroad plan and provides coverage for new accidents/sicknesses and medical evacuation and repatriation within the period of
coverage while outside the U.S. A detailed brochure describing the coverage, limits and exclusions is available through a link on the “Purchase Additional Insurance” screen.

**Medical Services in Hangzhou**

Although we hope you will not need to make use of any medical services while in Hangzhou, if the need arises, there are a number of available resources.

1. **North American International Hospital Hangzhou**
   - 419 Hefang Street 河坊街 419 号
   - Hangzhou 310002
   - Hours: Monday to Sunday 09.00 am to 06.00 pm
   - Tel: 0571-8778 0120
   - Fax: 0571-8778 0376
   - (English-speaking doctors; for appointments call the phone number given above)

2. **Anchor Health International Healthcare Centre**
   - No. 12 Lingyin Road, West Lake District
   - Hangzhou 310013
   - Monday-Friday 9am-6pm
   - Saturday & Sunday: 8am-5pm
   - Tel: +86-571-8807-2705
   - Fax: +86-571-8796-8290
   - enquiry@myanchorhealth.com
   - http://www.myanchorhealth.com/
   - (2nd Floor in outpatient building in Zhejiang Hospital)
   - Bus: K7, K807, 27/K27, 1, 2, 3, 5 15/K15, 28/K28 to ‘Hongchun Qiao’

A direct billing arrangement has been set up between CISI and Anchor International Healthcare Centre as well and the North American International Hospital. Any students receiving services at either of these two facilities can have their bills paid directly by CISI instead of paying out of pocket and being reimbursed by CISI. You simply need to:

a. Present your insurance card at the facility where you receive services.

b. Call Team Assist (make a collect call to (01-817) 826-7143 or e-mail teamassist@culturalinsurance.com- charges will always be accepted) to open a medical case number.

Team Assist should take over from there so that the bills are sent directly to CISI.

Sir Run Run Shaw Hospital, Tower 3 is a 250 bed facility with services specifically for international patients. These services are designed for English-speakers, and include a clinic, medical ward, dental services and emergency services. There will be interpreters available for other languages, however the facility will be staffed by English speaking physicians and nurses. Depending on need, you may occasionally have a specialist that may not be as proficient in English, but they would be involved because of their medical competence and would have an interpreter. Emergency Services will have a dedicated room for international patients. The hospital is open to newly arriving patients from 9am (approximately) to 5pm daily. After 5pm, you will need to go to one of several different local hospitals.

**Sir Run Run Shaw Hospital**

Address: 3 East Qingchun Road, 310016, Hangzhou, Zhejiang, China

Phone: +86-571-86006613
Fax: +86-571-86044822
Email: info@srrsh.com

**International Services:**
Address: 3 East Qingchun Road, 310016, Hangzhou, Zhejiang, China
Phone: +86-571-86006016
Fax: +86-571-86945874
Email: vvip@srrsh.com

If you receive services at Sir Run Run Shaw Hospital (or another medical facility besides the two listed above), you will need to pay for these services out of pocket, get a receipt and get reimbursed by CISI.

**Emergency Protocol**
Upon arrival overseas, confirm the emergency number(s) and procedures for the UW faculty members and your host institution and carry these with you. These should be your first point of contact as they are in the best position to help you. If you need assistance and an on-site staff member cannot be reached, you can contact IESP for assistance. During **business hours** (approximately 8:30am – 4:30pm, Central Time), call the IESP office at 608-263-2191. During **non-business hours**, call 608-516-1367. This number is for a cell phone that is carried by a staff member after business hours. This is for emergencies only where the health/safety of a student is an issue.

**Rabies**
Rabies is a risk in China, as it is everywhere. If you are bitten or scratched (or even if you suspect you could have been) by a monkey or bat or any other wild animal, you will need to be treated per the rabies protocol. If you received the preventive vaccination for rabies prior to departure, you still need to receive treatment. If you did NOT receive the preventive vaccinations for rabies prior to departure, it is critical that you be treated immediately. Do not wait for symptoms to surface. It is important to notify the UW faculty members on the program as well as IESP if you are (or suspect that you are) bitten or scratched. They can help you locate the necessary medication and outline the recommended protocol.

To (hopefully) avoid any issues, it is strongly recommended that you stay away from any animals while in China. This includes trained animals used for photo opportunities, which you are likely to see at Qiandaohu (Thousand Island Lake) and on Huangshan (Yellow Mountain).

**Alcohol and Illegal Drug Use**
Cross-cultural differences exist in the consumption of alcohol. Often, rules about the acceptability of alcohol use in certain situations or contexts are very different than in the United States. Excessive drinking can impair judgment, lead to risk or harm to yourself or others and have an effect on your academic performance.

If you are in recovery or think you may have a problem, discuss your plans to study abroad with your sponsor or healthcare provider before you leave. Disclose any helpful information on your IESP Medical Self-Assessment form, and please also discuss this issue with IESP for assistance in finding support at your program site. Alcoholic Anonymous meetings are held in many cities abroad. Information about Alcoholics Anonymous international services can be found online (www.alcoholics-anonymous.org).

While drugs in some countries may seem easily available, this does not mean they are legal. Existing legislation in most foreign countries regarding the use or possession of marijuana, cocaine, and other illegal drugs imposes very severe penalties. This is true for China. Association with illegal drug users or possessors is considered the same as personal use or possession by authorities in some countries.
Penalties for use or possession of illegal drugs can include jail terms, hard labor, and even the death penalty. Neither the U.S. Embassy nor the program offices are able to exercise effective pressure to moderate these penalties. If you are arrested, you are subject to the host country’s laws and you cannot be protected from the local legal consequences. While on an IESP study abroad program, you are responsible for obeying all local laws. If IESP learns that program participants are using drugs or breaking other local laws, participants will be confronted and may be asked to leave the program.

Allergies
If you have allergies (i.e.: penicillin, latex, etc.) it is strongly recommended that you get and wear a medical alert bracelet while abroad. If you are incoherent and need to receive medical attention, this simple precaution could prevent further complications or save your life!

Food and Water
You are encouraged to follow typical practices of avoiding raw foods, making sure any food you eat is cooked fully and handled in a sanitary environment, etc. It is recommended to avoid buying food from street vendors. Tap water in China is not potable. Although you can use it for bathing and laundry, you should use bottled water for most other tasks including brushing your teeth. You can buy bottled drinking water on campus and other supermarkets when you travel. It is very cheap. The general rule is “cook it, boil it, peel it or forget it!” Vegetarians will have a hard time in China, though we have had vegetarians and vegans who have had wonderful experiences—it’s more challenging but not a roadblock. Being flexible (if possible/necessary) is also important.

Coffee
Coffee is not a popular drink in China. There are a few coffee shops within walking distance of ZJU, but none on campus. Carrefour (large department store downtown) has a foreign foods aisle with ground coffee and half and half. One can also purchase a small kettle with a wire filter there for a low price and make coffee in the rooms.

Medications
You should carry a supply of medications sufficient for your entire stay abroad. These should be in the original containers with labels with your name and the name of the medication. In case you lose any medications, it is a good idea to carry with you a copy of your original paper prescriptions so you can replace them while in China.

Over the counter medications (pain medicine, etc.) is easily obtained in China though the brands may not be the same as you are used to in the US. If you have a preference for a certain brand, take your supply from the US.

Immunizations & Malaria
A travel appointment is recommended at least one month prior to departure to receive the required immunizations. If you receive services at University Health Services (UHS), this oftentimes means making an appointment at least two months in advance of the departure date to ensure a timely appointment. Some students opt to get the immunizations done at home so insurance covers the cost. Please determine before making appointments whether your insurance carrier requires that the travel health be done at certain clinics to avoid out-of-pocket expenses that could be incurred.

It is important that your routine immunizations are up to date. Please take a copy of your
immunization history to your appointment. The information that UHS has on file is usually incomplete.

Although there is no malaria in Hangzhou, it is present in nearby regions. Before going to your travel appointment, please have at least a broad idea about your travel plans within China (or the region) so that the need for protection against malaria can be determined.

**Avian Flu**
Avian influenza H5N1, excreted in large amounts in the droppings of infected birds, is endemic. Sporadic human cases acquired by direct contact with poultry are reported in the United States. The last human and bird cases were reported in February 2008. China has reported bird and/or human cases of H5N1 in the following provinces and autonomous regions: Anhui, Beijing, Fujian, Guangdong, Guangxi, Guizhou, Hubei, Hunan, Inner Mongolia, Jiangsu, Jiangxi, Liaoning, Ningxia, Qinghai, Shanghai, Shanxi, Sichuan, Xinjiang, Xizang (Tibet), Yunnan, and Zhejiang. Although risk to travelers is minimal, avoid places where direct contact with birds and/or their secretions may occur, such as live animal markets and poultry farms. Well cooked chicken is safe to eat. Current influenza vaccines are not protective. For more information, see the CDC’s page on avian flu:
http://www.cdc.gov/flu/avian

**Travel Safety**
The U.S. State Department advises visitors to China to take routine safety precautions as would visitors to any new area by being aware of their surroundings, avoiding unfamiliar places late at night, and keeping an eye on their valuables. Visitors should also be careful in urban areas and in bar districts. The crime rate in China is low, but visitors should nevertheless be aware of pickpocketing or scams by people targeting foreigners and tourists, such as offering to exchange money at a good rate and giving counterfeit money. Exchanging money anywhere other than banks, hotels and exchange offices is illegal. For more information, go to the State Department’s web site at:
http://travel.state.gov/content/studentsabroad/en/emergencies.html

You are required to register your itinerary with the State Department, which can later use this information to assist you in case of emergency. To do so, go to the State Department’s travel registration site https://step.state.gov/step - you will need your passport and ticket in hand. Please do so prior to your departure to China.

**Cultural Adjustment**
As a study abroad student, you are granted the unique opportunity to immerse yourself in the culture of your host country and begin to understand the varying dimensions of the host culture. Several aspects of culture are easily visible like art, dress, literature, dance, music, etc. Other aspects of culture are not immediately visible like roles related to age, sex, class, occupation, kinship, courtship, decision making, etc. During your time abroad, you will be confronted with various cultural interactions that can cause embarrassment and frustration. Prepare yourself for your host country’s culture:

Educate yourself about your host country: Begin now to learn about your host country. The more informed you are about the history, politics, culture, food, religion, languages, customs, etc., the better prepared you will be for living in the host country. Some ways to begin preparing yourself include the following:

- Consult travel books
- Talk to people who are from your host country
• Meet international students on campus
• Contact returned study abroad students
• Read books about your host country
• Watch films from and about your host country
• Read newspapers from your host country
• Listen to radio stations or watch TV broadcasts that focus on international news coverage

Consider the following when preparing to enter another culture:
• How does the host country view time? Are locals early, late or on time for meetings? Are they past or future oriented?
• What role does the family play in the host culture? What role will you play in your home stay? What are gender roles?
• How is privacy viewed? How close should you stand or sit when talking with someone you know only slightly, or know well, or to a stranger?
• How are elders viewed?
• What role does alcohol play in the society?
• What is considered dating in the host country? A relationship?
• What is the power structure of the host country? Educational structure?

Self-Reflection: While it is important for you to understand the culture you are entering, it is also important that you understand yourself. When you enter another country, you enter with a unique set of personal experiences, abilities, and challenges. It is helpful to begin exploring how the experience of being in a different culture, with its different norms and expectations, will impact the various parts of yourself.

Self-exploration may be particularly important for students whose gender, race, ethnicity, sexual identity, or ability may influence access to parts of the new culture. Studying and traveling abroad may mean leaving behind supports -- physical, social, legal, emotional, psychological -- which do not exist in your host country. On the other hand, it may mean living in an environment which feels much more comfortable and accepting than in the United States.

Much about culture is learned while in the host country. Adapting to a different culture can be exciting, frustrating and challenging. No two individuals adapt at the same pace or in the same manner; however, there are several phases of cultural adaptation that people experience when living in another culture for an extended period of time experience. Below is a diagram that illustrates the process of cultural adjustment as well as a description of the phases. Most people feel that ‘return culture shock’ upon returning to their home country is the most difficult adjustment. It is important to be aware of the phases of culture shock and to talk about them with family and friends (especially those you traveled with!) to help you with the transitions.
**Process of Cultural Adjustment**

**Leaving Home**
- **General Attitude:** Anticipation, eager, nervousness
- **Events:** Planning, packing, processing, celebrating, orientations, good-bye parties
- **Emotional response:** Excitement, enthusiasm, concern about leaving family and familiar environment, desire to escape problems
- **Behavioral response:** Anticipation, loss of interest in current responsibilities
- **Physical Response:** Tiredness, generally normal health
- **Verbal Response:** “I just can’t wait to…”

**Arrival in Host Country – Initial Euphoria**
- **General Attitude:** Exhilaration, excitement
- **Events:** Welcome reception, new living arrangements, new classes and teachers, exploration of sights and shops
- **Emotional Response:** Tourist enthusiasm, sense of adventure
- **Behavioral Response:** Outward curiosity about country, avoiding negative stereotypes, enthusiasm for studies and site, passive observer of culture
- **Physical Response:** Intestinal disturbances, minor insomnia
- **Verbal Response:** “Awesome! This place and these people are a lot like home!”

**Increasing Participation**
- **General Attitude:** Bewilderment, disenchantment, restlessness, impatience
- **Events:** Classes, everyday life, responsibilities in living arrangements, unfamiliar food, language, customs
- **Emotional Response:** Frustration, uncertainty, irritability, loss of enthusiasm, skepticism
- **Behavioral Response:** Search for security in familiar activities (i.e. reading books in English), increased alcohol and/or food consumption, withdrawal
- **Physical Response:** Colds, headaches, tiredness
- **Verbal Response:** “Why do they have to do it like that? Why can’t they just…”

**Culture Shock**
- **General Attitude:** Impatience, irritation, aggression, hostility
- **Events:** Uneven work performance, confrontation with difference
- **Emotional Response:** Discouragement, lethargy, depression, suspicion, boredom, homesickness, anger, sensitivity and irritability, loneliness, comparing everything to home
- **Behavioral Response:** Withdrawal, avoiding contact with host nationals, excessive sleep, tearful, loss of concentration, tension/conflict with others
- **Physical Response:** Minor illnesses, headaches, preoccupied with personal cleanliness
- **Verbal Response:** “This place sucks! I hate it here!”
**Phase 5: Adjusting – Adaptation Phase**

General Attitude: Adjustment and/or recovery  
Events: Work performance improves, able to interpret cultural clues, sense of humor returns  
Emotional Response: Sense of comfort with surroundings, sense of belonging in culture  
Behavioral Response: Empathy, ability to see things from perspectives of host national  
Physical Response: Normal health  
Verbal Response: “Home” is home stay/residence hall/apartment, “We” includes host nationals

**Phase 6: Arrival Home – Re-entry Phase**

General Attitude: Ambivalence and state of disorientation  
Events: Wanting to tell others about experience and finding others generally not very interested  
Emotional response: Mixed-up, disconnected, disoriented, irritability, depression, desire to return to host country, uncertainty about “home”  
Behavioral Response: Criticism of home, friends, and the United States; keen interest in foreign affairs and news; apathy  
Physical Response: Colds, headaches, exhaustion  
Verbal Response: “I never realized….”

- Adapted from *The Ohio State University Study Abroad Handbook*
Arriving in China

IESP will make arrangements for a bus to meet the group at a designated time at the Pudong Airport in Shanghai and take you to the International Student Dormitory in Hangzhou. (There are two airports in Shanghai- make sure you make your arrangements through Pudong, “PVG”.) Those who arrive late are responsible for their own transportation. For those traveling on their own, Hangzhou is accessible by train, bus or plane to Hangzhou Xiaoshan International Airport. Please refer to the following instructions if you will not be traveling with the group to Hangzhou. When possible, it is strongly recommended that you travel with at least one other student, or in a small group and not on your own. You will be tired and there will be a language barrier (for most if not all of you)- it is not dangerous.

You will make your own flight arrangements. It is strongly suggested that you travel with at least one other member of the group. In addition to travel sites (statravel.com or studentuniverse.com are recommended), you may also want to try the following consolidators who offer tickets at a reduced rate, though they are usually non-refundable and dates cannot be changed: www.travel-depart.com, www.wholesale-flights.com, www.flychina.com (others also available online). China Southern Airlines is not recommended. Past participants have reported that their service is poor.

Arriving in Shanghai

Leaving luggage at the Shanghai Pudong Airport

If you opt to arrive earlier than the group, you can store your luggage at the airport for full or partial days- the best location is located between international arrival doors 10 & 11. Below is a link (in English) to this and other miscellaneous information the airport’s website: http://en.shairport.com/2012-11/13/content_15971834.htm.

Buses to Hangzhou

You can take a direct bus to Hangzhou from the airport. This is the recommended transportation back up plan if you have missed the group bus. It is much easier than crossing Shanghai (with luggage) and buying another ticket, even though it will take longer than the train.

Buses leave from the long-distance bus station (Tel: 021-68345743) on the second-floor parking lot across from Gate 15 of Pudong Airport. Buses depart at 9:30 a.m., 11 a.m., 12 noon, 1:30 pm, 3:30 pm, 5:30 pm and 7:30 pm, and cost roughly 100 Yuan.

The bus takes about 3.5 hours to arrive at the Hangzhou Yellow Dragon Sports Center (soccer stadium), three kilometers east of the International Student dormitory.

From here, you can take a taxi to the International Student dormitory, which costs about 10
Yuan. Because most taxi drivers cannot speak English, please show them the following instructions (or the card that you have also been provided).

Be aware that there are also buses that leave from PVG that go to downtown Hangzhou. This is much farther from ZJU so use ‘Huang-Long’ as your guide so you get to the desired destination. If you miss the last bus to the Yellow Dragon/Huang-Long, you can take one of the buses to downtown Hangzhou but you’ll have a longer (ie: more expensive) cab ride to ZJU.

请带我到位于浙江大学玉泉校区后校门附近的浙大留学生宿舍，谢谢！

Please take me to the International Student Dormitory near the back (or north) entrance of Yuquan campus of Zhejiang University. Thank you!

Trains to Hangzhou
The airport shuttle, located at the arrival terminal, can take you from the Pudong Airport and the Shanghai railway station. Frequent trains run from Shanghai Zhan (Main) station and from the new Shanghai South station, both on Metro line 1. Check the train schedule for the duration of the trip as some trains are considerably faster than others, and try to arrive at the main Hangzhou station as opposed to the east Hangzhou station. In general, the train will take between 1.5 and 2.5 hours, but “local” trains with frequent stops can take more than 3 hours. Then, take a taxi to the International Student dormitory (25-30 Yuan).

The high speed train travels between the Shanghai Hongqiao Station (in the Changning District) and the Hangzhou station in 45 minutes. It costs about $20 for a first class ticket, and $12 for a second class ticket. You can purchase tickets at the station or through travel agents. The website is only in Mandarin.

Taxis to Hangzhou
You can also take a taxi directly from the Pudong Airport to Hangzhou, which costs about 800-1000 Yuan for one car and takes about 3-3.5 hours.

Delayed luggage
If your suitcase is delayed, you it is recommended that you give them the address at ZJU in Hangzhou (see addresses in front of this handbook), even if you are staying at a hotel/hostel in Shanghai for a few days upon arrival. Bags often take several days to arrive, and it will delay
things further (and be costlier!) if they are delivered somewhere in Shanghai, then you have to coordinate their delivery to Hangzhou. Be sure to pack some clothes in your carry-on bag in case your suitcase is delayed! It can be challenging to find clothing in ‘average’ or larger US sizes.

**Arriving at Zhejiang University**
Upon arrival at the International Student dormitory, ring the doorbell at the front desk and say you are an American student in a summer program. The receptionist will provide you with a room key. You will need to check in with your passport- have it handy.

**Traveling in China**
If you would like to travel in China outside of the program dates, past participants strongly recommended doing so after the program rather than before. After the program you will have a better sense of the language, culture, places to see, how things work and the cost of traveling.

Please save longer trips for the longer break or after the program. Expect to have homework on the weekends and extensive traveling should NOT get in the way of the program expectations or interfere with your work in courses.
Program Calendar & Academics

TENTATIVE PROGRAM CALENDAR

(Subject to change)

May 25: Depart from US (or before)
May 26: Arrive in Shanghai (PVG) - group travel to Hangzhou
May 27: Orientation by ZJU staff, 10:00am- meet in lobby of International College Building
May 28 & 29: Scavenger hunt/walking tour of Hangzhou & settling in
May 30: Classes begin
June 3: Classes today (Friday) in exchange for Thurs June 9
June 3: Excursion to Wuzhen
June 4: Technical visit to Actuator Motors (this is a Saturday!)
June 9: Dragon Boat Festival (June 9 is the main day; ZJU dates of observation: June 9, 10, 11)
June 9: No class- Dragon Boat Festival
June 26-28: Excursion to Huangshan (Yellow Mountain)
July 7-11: Long weekend (no classes)
July 21: Last day of classes
July 22: Last night in dorms covered by program fees (students can arrange to stay longer but will be responsible for paying the daily fee)

ACADEMICS

Participants in this program will take ME 306 and EPD 397 for A-F (not pass/fail) grades and the 1 credit Mandarin course for a P/F grade, for a total of 7 credits. UW-Madison faculty members will be in Hangzhou to teach these courses and to coordinate various aspects of the program.

You will generally have courses Monday through Thursday, and the daily schedule is expected to be as follows:
ME 306: 8:00 – 10am
EPD 397: 10:15am - 12:15pm

There will be a few times when classes will meet outside of the above times, even on weekends. Please see the program calendar for class times that vary from the above schedule. The calendar is subject to change.


Several site visits to local plants are included in the program as well. These will be confirmed after your arrival in China. Past participants encourage you to maximize these opportunities to gain ‘business experiences’ in China, which may be beneficial in future interviews. Please dress appropriately for a casual business visit (button down shirts, blouses, etc. No shorts or t-shirts).

For students with no prior Mandarin, we will have a Chinese language, culture and history course for 3-4 weeks and two to three afternoons a week. This course will be taught by ZJU faculty and you will receive a pass/fail grade and one UW-Madison credit (EAS299) for its completion. Students not attending the language class are also invited to the lectures on Chinese culture (if held).
The Chinese Dragon Boat Festival

The Dragon Boat Festival is a lunar holiday, occurring on the fifth day of the fifth lunar month. It is unique to the Hangzhou area and the festivities are held in and around the Xixi Wetlands.

The Chinese Dragon Boat Festival is a significant holiday celebrated in China, and the one with the longest history. The Dragon Boat Festival is celebrated by boat races in the shape of dragons. Competing teams row their boats forward to a drumbeat racing to reach the finish end first.

The boat races during the Dragon Boat Festival are traditional customs attempts to rescue the patriotic poet Qu Yuan. Qu Yuan drowned on the fifth day of the fifth lunar month in 277 B.C. Chinese citizens now throw bamboo leaves filled with cooked rice into the water. Therefore, the fish could eat the rice rather than the hero poet. This later on turned into the custom of eating Zong Zi.

The celebration's is a time for protection from evil and disease for the rest of the year. It is done so by different practices such as hanging healthy herbs on the front door and drinking nutritious wines. If one manages to stand an egg on its end at exactly 12:00 noon, the following year will be a lucky one.
Zhejiang University and Hangzhou

UNIVERSITY LIFE

Orientation
On the first morning after your arrival, ZJU will host an orientation for you. Please meet the staff in the International College Building lobby at 10:00am on the designated date (see calendar). You will need to take the following items to the orientation:

- Pen
- Information Package you will receive when checking into the dormitory

Rooms
Depending on availability, a single or double room will be booked for you at the International Student Dormitory on the Yuquan campus. Sheets, blankets and bath towels will be provided. Each room has a bed, desk and chair, and closet for each occupant. If in a double room, you will share a TV, telephone and bathroom with your roommate. You will most likely have a single room, but please be flexible about this, as it could change at the last minute. Keys to your room will unlock the door when they are placed on the circle on the door handle. Each room will have a heater/AC unit. Please note that if you lock yourself out of your room after 11 PM there will be no one to let you in. Please plan accordingly. All items you find in the room upon arrival must be there when you check out. If these items (glasses, keys, etc.) are missing, you will be charged.

Dorm Hours
Dorms can be accessed 24 hours, and there is no formal curfew. However, school officials encourage students to return to the dorms by 11 p.m. After 11pm, the main door will be locked and you may need to ring the bell for access and be let in by the guard, or you may have access through an alternate door. Please be mindful of these local norms.

Student ID
You will receive a campus student ID for Zhejiang University upon arrival. You should carry this ID with you at all times instead of your passport. You can also use this card to obtain discounts on entrance fees, some hotels and transportation.

Communications
Each room has a phone on which you can receive calls; however, there is no answering machine or service. Local phone calls can be made free of charge.

Your dorm rooms have Ethernet and you will be charged a nominal fee of approximately 50 Yuan/month and a 10 Yuan registration fee for this service. You must use your own Ethernet cable. You should begin the set up process on the first day in Hangzhou, as it takes 3-5 days to activate. You must have your ZJU student ID to obtain the above rates. There is one line per room but you can buy a cheap router on campus if you are in a double. An internet café is located within walking distance of the front gate of ZJU, and there other cafes and restaurants with wireless throughout the city as well. The connection is not ideal and is usually challenging during ‘high traffic’ times of day such as late afternoon/early evening. Early morning times worked well for past students to obtain connections and
communicate with their families, not to mention that it was usually a good time in the US to catch someone at home!

To communicate with family and friends, the cheapest method is to use Skype, an online chat and phone system that is free for calls between computers and very inexpensive for calls from your computer to a phone line. You will need to install Skype on your laptop and the receiving computer(s) at home and obtain a headset for each computer. Go to www.skype.com for more information and to download the free software program.

Gmail has been recommended, as it automatically saves drafts every 10 seconds. Most likely, you will not have access to Facebook, YouTube or ‘our’ version of Google.com. Other sources of media such as the New York Times will also be unavailable to you in China.

Another relatively inexpensive method for communication is to buy prepaid Internet calling cards in China for international or long-distance calls. You can use the cards from your dorm phone, and rates are reasonable. You will need to buy an IP card for 10 元 at the store at the second floor lounge. This card will allow you to dial out from your dorm room. In order to call the US or another country, you will also need to buy an international IP card. These can be found at small electronics stores. This card will cost about 100 元 for about 35-45 minutes. In order to make calls from your dorm:

1. Enter 201 to get an outside line.
2. Enter 2 to switch the language to English.
3. Enter the IP card number, then press the pound (hashtag) symbol, enter the IP card pin number, and press pound again.
4. Enter 3 to use the international IP card. From this point on, all menus will be in Chinese.
5. Enter 17910 and then press pound.
6. Enter the international IP card number, press pound, enter the International IP card pin number, and then press pound again.
7. Finally, enter the country code, area code, and phone number you would like to reach. The country code for the US is 001.

Computers/Printing/Copying
You are required to take a laptop (and lock) with you to China. If you do not have one, talk to Amanda as early as possible. You are also encouraged to take a flash drive so that you can print papers and other assignments at the local copy shop, which is located across the street from the International Student Dormitory. Take a new flash drive to China, and delete all files when you are done. Viruses are easily picked up from the print shop. The shop opens at 8am (or later), so there is not time to print your homework assignments before class on the day they are due! The staff here does not speak English but you can usually understand each other through hand gestures and patience!

Meals
The first floor of the International Student dormitory has a restaurant that is popular with most students. Meals are paid for in cash.

The campus also has five other cafeterias. Generally, hours are as follows, though it varies depending on the time of year and by cafeteria:
Breakfast: 6:30 a.m. to 9:00 a.m.
Lunch: 10:30 a.m. to 12:30 p.m.
Dinner: 4:30 p.m. to 6:30 p.m.
A prepaid card is necessary to pay for meals in these other cafeterias. You have the option to purchase a card at the orientation on the first day, and it is recommended by past participants. Money can be added as needed, typically on a weekly basis at the cafeterias. Each cafeteria has different kinds of food—try them all!

Bread, milk, yogurt, cheese, bottled water, Oreos, and other snacks and staple foods are available at the Education Supermarket (1-2 minute walk from the dorm). Before you pay, the checker will ask you a question. They are asking if you want a plastic bag, for which you will be charged a nominal fee.

**Recreation**

Sport facilities on the campus (basketball courts, running track, soccer fields and swimming pools) are available to all students. You must have proof of insurance (health and civil liability) to use these facilities as well as your ZJU student ID.

**Post Office**

To get to the post office, exit Zhejiang University on Yugu Street; turn left and walk 200 meters. It is open from 8 a.m. to 5 p.m. seven days a week.

**Campus Transportation**

Both university shuttles and public transportation buses link the five campuses of Zhejiang University. You will receive campus information upon arrival; a map of the campus with important services such as library, sports facilities, post office and bank is included in this guide. Taxis are also cheap and easy to use.

**Hospital and Emergency Information**

The campus has a clinic about a 2-minute walk from the dormitory. Please see the ‘Health and Safety’ section of the handbook for the information on local English-speaking hospitals.

Emergency telephone numbers are as follows, and can be dialed directly from your dorm rooms without additional digits or calling cards:

- Fire: 119
- Police: 110
- Ambulance: 120
- Traffic: 122

If you need to go to the doctor, please take into consideration that English is (probably) not your provider’s first language. Think about how you are going to present your symptoms—use simple terms and a timeline for when things happened. Document this in writing when possible. You may need to draw or pantomime what you are experiencing, or have several ways of verbally getting at your problem. Be forthcoming about your complaints. If you don’t share all the details, it increases the risk of being misdiagnosed or your provider not being able to help you. If you have an interpreter with you, be prepared to use or hear slang or informal words to describe your circumstances, as formal terms may not be understood. There is a clinic close to the International College, however most/all staff and medical professionals do not speak English, so you will want to either take a bilingual friend or choose to visit one of the other clinics where English is spoken.

**Laundry**
There are washing machines in the dorm. It is very cheap, but will need to dry them by hanging them in your room. Some students have reported things missing. Do not leave unattended clothes in the machine. Laundry tickets can be bought at the Second Floor Convenience Store for about 2-3 元. Other students have recommended that you take clothes to a woman who has a ‘shop’ behind the international dorm (building 36). Her fees are low and she washes and dries your clothes and returns them in a few days. Don’t be surprised if you see your clothing spread on bushes to dry when you head out to class!

ATM on campus
Bank of China has an ATM on campus, just behind the international dorm.
Map of Campus
The following map of the Yuquan Campus includes several important buildings:

- International College (red building towards right side) is where the international office and international student cafeteria are located.

- You will most likely be staying in the International Student Dormitory identified as #31, although it is possible you will stay in one of the others (#30, #25 or #26).

- The campus hospital is located next to International College.

- The Education Supermarket is identified as ‘Shop’ just across the street from the hospital.

- The other cafeterias are labeled as ‘canteen’ throughout the map.

- One of the ‘Teaching Buildings’ near the library and the Mao statue will probably be where your classroom is located, and is about a ten-minute walk from the International College.

- The Mao statue is the round mark just under the purple library building.
ABOUT ZHEJIANG UNIVERSITY

In September 1998, the new Zhejiang University (your host institution) was established after the merger of four individual universities, Zhejiang University, Hangzhou University, Zhejiang Agricultural University and Zhejiang Medical University, which were all located in the city of Hangzhou. Approved by the State Council, the founding of the new Zhejiang University has been a significant move in the reform and development of China's higher education. The four universities have grown out of the same ancestry, the Qiushi Academy (literally "seeking truth"), which was founded a century ago as one of the earliest institutions of higher learning in China. As a result, they have all inherited from it the spirit of "Qiushi" and at the same time, developed their own distinctive features in teaching and research.

Under the direct administration of China's Ministry of Education, the new Zhejiang University is a key comprehensive university whose fields of study cover philosophy, literature, history, education, science, economics, law, management, engineering, agriculture and medicine. The university now has 115 specialties for undergraduate studies and is entitled to confer master's degrees in 312 programs and doctoral degrees in 237 programs. The university administers 13 National Key Laboratories, 2 National Engineering Research Centers and 3 National Engineering Technology Centers.

With a pleasant climate, picturesque surroundings and a favorable academic atmosphere, Zhejiang University is an ideal place for teaching, research and learning. Its six campuses, Yuquan, Xixi, Huajiachi, Hubin, Zhijiang, and Zijingang, now occupy a total area of 533 hectares and more than 2 million square meters of space. At present, the university has more than 23,600 undergraduates, 9,300 postgraduates and 6,200 Ph.D. candidates. Also, nearly 37,000 students take adult-education courses. The 8,400 staff members and employees of ZJU include 14 members of the Chinese Academy of Sciences, nine members of the Chinese Academy of Engineering, more than 1,200 full professors and 2,400 associate professors. With a total space of 83,000 square meters, the university library has a collection of more than 6.39 million volumes. In addition, the university has six affiliated hospitals, providing medical services to people from all over Zhejiang province.

The university is taking full advantage of the opportunities created through the merger and will continue to give priority to education and research. It seeks to offer service to the nation's economic development, and to make every effort to build itself into an institution on par with first-class international universities.
LOCAL BUSINESSES

Stores
The campus has some small supermarkets. The closest, “Education Supermarket,” is about 1-2 minutes from the dorms and has food and toiletries.

Wal-Mart has just about everything you’ll need including groceries, toys, hardware, bikes, toiletries, etc. Located in the shopping center near the Yellow Dragon Sports Stadium, north of West Lake and the Baochu Pagoda area, the store has a large grocery section that includes fresh meats, seafood, and produce, as well as packaged foods, appliances, and electronics. It is located within walking distance of the main entrance of Zhejiang University, or is only 2 bus stops away.

Supermarkets
A number of supermarkets are conveniently located near campus. Before checking you out, they will ask if you want a bag, and charge you for it if you do.

<table>
<thead>
<tr>
<th>Metro Supermarket</th>
<th>Carrefour Supermarket</th>
</tr>
</thead>
<tbody>
<tr>
<td>No. 355 East Genshan Road</td>
<td>No.135 Ya’an Road</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Jia You Supermarket</th>
<th>Wanjiafu Supermarket</th>
</tr>
</thead>
<tbody>
<tr>
<td>No. 86 Qingchun Road</td>
<td>No.38 Qingchun Road</td>
</tr>
<tr>
<td>No. 333 Fuchun Road</td>
<td>No.64 Wangjiang Road</td>
</tr>
<tr>
<td>No. 58 East Qingchun Road</td>
<td>No.38 Xintang Road</td>
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<td></td>
<td>No.2 Shuangling Road</td>
</tr>
</tbody>
</table>

Super Stores

Hangzhou is home to several super stores: Carrefour, two Walmarts, Tesco, Auchan and several Century Marts. Carrefour is a great resource for imported goods (groceries, housewares, clothing, etc.) Wal-Mart (listed above) is the closest to Zhejiang University. Century Marts are the Chinese version of Wal-Mart.

The Educational Supermarket is located across from the International College. You can find many important staples here from laundry supplies to school supplies to bottles of water.

Chinese Restaurants

Louwailou Restaurant (Tower Beyond Tower) is the most famous restaurant on Solitary Hill right at the heart of West Lake. In business for more than 100 years, it is the most authentic Chinese restaurant in Hangzhou. Be prepared to wait for a table at dinner. Specialties include West Lake fish in sweet and sour sauce, fried shrimp with longjing tea leaves, and beggar's chicken. The restaurant is located at No. 30, Gushan Road. For more information, visit http://www.louwailou.com.cn

Zhiweiguan Restaurant on Renhe Road is now the biggest and the most modern restaurant in Hangzhou. It has four stories of fine dining and top-of-the-line recreation facilities. Popular, low-priced dishes are served on the first floor, and seafood is on the second floor. The medium- and high-grade box area is on the third floor, and the fourth floor consists of a banquet room, a bar, a chess
room and a KTV recreation area. The restaurant also has great views of West Lake and is located at No. 83, Renhe Road.

**Tianxianglou Restaurant** is known far and wide for its excellent Hangzhou dishes and is located at No. 447, Yanan Road.

**Kuiyuan Restaurant** is noted for its noodle dish called "Shrimp and Fried Eel." It is said that you have not really understood Hangzhou if you have not eaten shrimp and fried eel. The restaurant is at No. 154, Jiefang Road.

**The Noodleman** is located just outside the back gate of campus. This restaurant has a full picture menu that includes meat-based noodle dishes, an off-menu vegetarian selection, and other Hui cuisine. It generally costs no more than 15 元 to eat here.

**Other Restaurants**

**Shou Kangyong Vegetarian Restaurant**, located at 38 South Yan'an Road is open 11 am - 10 pm daily. Everything is organic and MSG free, no meat, eggs or alcohol. Many vegan options as well. Excellent food—even for non-vegans/vegetarians!

**Banana Leaf** is a Thai restaurant that is a little expensive but offers dishes that feature curry, coconut, and hot peppers. Some have recommended their giant cone breads that are covered in sugar and chicken curry. Banana Leaf is located at 39 Hubin Road.

**Va Bene**, Hong Kong's popular Italian restaurant, offers superb, authentic Italian cuisine set in an old Chinese mansion overlooking the lake, at House 8, No.147 Nanshan Road, Xihu Tiandi.

**Haveli** is a fine Indian restaurant with entrees costing approximately 100 Yuan. Indoor and outdoor seating is available. Haveli is at No. 77, Nanshan Road.

**Valentino's Restaurant** at the Radisson Hotel (sixth floor) offers a new lunch menu, which features an antipasto buffet and Italian sandwiches, salads, pastas, and pizzas. Valentino’s is at No. 333 Tiyuchang (Stadium) Road.

**Paulaner BBQ** allows customers to enjoy skewers of meat for about 60 Yuan per person. Song-and-dance shows are scheduled every evening. Reservations or early arrival are recommended. At XinYu City Hotel, 315 Wen Hui Lu, 21st floor.

**Pancho's** is an authentic Mexican restaurant with homemade tortillas, etc. Salsa dancing is scheduled several nights a week. 376 Gudun Road.

**Maya Bar** has Mexican style "meaty nachos" with real cheese, chips, and chili, and they also do a very good Mexican chicken salad. 79 Shuguang Road.

**Pizza Hut** has a number of branches in Hangzhou.

- Hong Kong Branch, No.2 Dongpo Road
- Jiebai Branch, No.249 Jiefang Road
- Ruifeng Branch, No.149 Qingchun Road
Reggae Café was a favorite of past participants. It has a reasonably priced, all you can eat buffet on Friday nights. It is located at 87 Shuguang Road.

Kentucky Fried Chicken also has a number of branches in the area (and students claim that Chinese KFC is much better than the US equivalent!)

Hangzhou Apollo Wang Pizza has great pizzas and is reasonably priced. 90 WenSan Road.

Casa Miel is a French style bakery. 159 Wenyi West Rd. Xihu, Hangzhou, Zhejiang China
+86 571 8884 5172

Hangzhou Shopping

Shopping in Hangzhou is no longer limited to local specialties such as silk, tea, and lotus root starch. Today modern options abound in various shops, stores, supermarkets, and plazas that crowd the commercial center.

The Huang Long Sports Center, near Walmart, includes many little shops that sell shoes, souvenirs, electronics, and other products.

If you’re interested in purchasing Chinese clothing (keep in mind that the available sizes might be very different than those that you’re used to!), you may want to visit either Baleno or Kobron—popular chain clothing stores that have decent prices.

Hangzhou is well known for producing excellent silks and satins. The best place for purchasing silk in Hangzhou is at Hangzhou Silk City, the biggest silk wholesale and retail market in China, with more than 600 silk enterprises dealing in a variety of pure silk fabrics, garments, handicraft articles, scarves, and ties. Well known for its reliable quality and reasonable prices, it is located at No.253 Xinhua Road (at the intersection of Fengqi Road, Tiyuchang Road, and Xinhua Road) and on bus lines 11 and 28.

Hangzhou Longjing Tea (Dragon Well Tea) is considered China’s best. It is famous for its unique green color, fragrant aroma, sweet taste, and flat appearance, and is also regarded as a health elixir. The tea falls into different grades, with the best picked normally in late March or early April. Travelers can visit Meijiawu Village in West Lake District to have a cup of tea, watch a tea ceremony, and select tea under professional guidance.

Qinghefang Street, one of the most famous historic streets in Hangzhou, reflects features of the Southern Song Dynasty (1127-1279). Most preserved buildings are from the Ming and Qing dynasties.
This street offers antique buildings and local crafts such as silk parasols, brocades, noted Zhang Xiaoquan scissors and Hangzhou fans.

**Yanan Road** is considered the number-one commercial street in Hangzhou. The 3000-meter-long Yanan Road, running between the north and south sections of Hangzhou, has become the city's commercial center. Along the road are the Zhejiang Provincial Great Hall of the People, Hangzhou Culture Center, Victory Theatre, International Mansion, Hangzhou Department Store, Hangzhou Grand Hotel, and Haifeng Western Restaurant. Bordering the north end of Yanan Road is Wulin Square, the new center of culture and commerce where towers and skyscrapers are springing up, including Hangzhou Telecom Building, Zhejiang Provincial Exhibition Hall, Hangzhou Shopping Center, Hangzhou Theatre, and Zhejiang Provincial Science and Technology Museum. **Wulin Road**, a shopping paradise in the downtown area, features hundreds of shops and departments selling women’s clothing in various brands and styles.

**Sijiqing Clothing Market** is located on Hanghai Road. Established in October of 1989, the market is one of the most influential clothing wholesale and circulation markets in China. This popular market offers a large variety of reasonably priced brand-name clothes. More than 80 percent of the clothes here are sold wholesale. With good outlet stores, the Sijiqing Clothing Market is the source for clothes sold in Southeast Asia, Europe and even America.

Shanghai has more extensive shops and selections than Hangzhou, so you may want to reserve any major souvenir shopping for a weekend trip to Shanghai.

**Wushan Night Market** is located on Huixing and Renhe Roads (it was previously located on Wushan Road, but moved in 2000- some taxis may take you to Wushan Road or Wushan Square- make sure you go to the right place!). This is a fun place to go. You can find ‘knock offs’ of popular brands of just about anything.

**Shopping Malls**

<table>
<thead>
<tr>
<th>Intime (Yintai) Department Store</th>
<th>Hangzhou Department Store Mansion</th>
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<tbody>
<tr>
<td>No. 530, Yanan Road</td>
<td>No. 260, Yanan Road</td>
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<tr>
<th>Hangzhou Tower Shopping Center</th>
<th>Yuanhua Plaza</th>
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<tr>
<td>No. 1, Wulin Square</td>
<td>Near Hubin Yi (First) Park</td>
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**Tea and Coffee Houses**

The **Chenghuang Teahouse**, a classical building with five stories, is a good place to enjoy the view of scenic Wu Mountain while sipping a cup of tea and tasting pastries. This popular relaxation spot can be found at No. 3 Wushan Road, Shangcheng District.

The teahouse closest to West Lake is **Hu Pan Ju** (Lakeside Teahouse). This is a place for friends to hang out and drink tea and for visitors to taste the authentic Longjing tea and take in the breathtaking scenery of the lake. It has been one of the most famous teahouses in Hangzhou for many years, and is located at No. 23 Hubin Road.
The **Blue Mountain Coffee House** is a classic coffee house in Hangzhou. Various kinds of coffee with unique fragrances captivate guests from all over the city. Famous people in Hangzhou often assemble at this spot, located at 56-58 Dingan Road, Shangcheng District.

The **Roman Holiday Coffee House** offers Italian coffee and specialized service. The coffee house has become an ideal place for commercial affairs, get-togethers and recreation. It is located at No.152 Nanshan Road.

Beware of ‘scams’ where someone invites you to a tea house and stiffs you with the bill. At the same time, people in China are generally very friendly so some people may invite you to a tea house for a cup of tea and conversation.

**Cinemas**
West Lake Cinema: No. 95 Pinghai Road, Shangcheng District
Qing Chun Film City: No. 60 Qingchun Road, Xiaocheng District

**PUBLIC TRANSPORTATION**

**Important notes:**
1) Get a map in Chinese and English upon arrival. This will facilitate things for you and the locals who will be helping you find your way!
2) Pick up ‘business cards’ at the dorm and hotels/hostels. These have the address and a map and will be a key for finding your way back, and are indispensable for taxi drivers!

**Buses**
Public transportation reaches all sections of Hangzhou city. Ticket prices range from 1 to 3 Yuan.

You can take a bus either at the Gudang station (5-minute walk from the dorms) or Yuquan station (at the main entrance of the university) to downtown.

Small change is necessary for bus fares, as change is not dispensed.

**Taxis**
Metered taxis are easily hailed in Hangzhou, and normally charge 10 Yuan for the first three kilometers (1.9 miles). It should cost ~15 RMB to get ‘downtown’ from ZJU. Remember to use the card with the map and address that you should carry with you at all times. Don’t take unmarked taxis.

Please ask for a receipt before you exit the taxi. You can call 96520 if you accidentally leave something in the car or have are concerned about the price you were charged.

**Bicycles**
Tourist bicycles are available for rent for rides (only) on the bicycle/pedestrian path around West Lake for 5-15 Yuan per hour, though you need to leave a deposit of at least 100 RMB. It is not recommended that you purchase a bicycle while in Hangzhou due to the huge differences in the ‘rules of the road.’ Past participants found that a bicycle was not necessary and riding the bus or taking a taxi was more convenient and safer.

Hangzhou also has a ‘bike share’ program, which students and faculty are eligible to enroll in:

Past participants found it very useful to take advantage of the extensive network of public bikes available...
for 'rental' in Hangzhou. This is by far the most cost effective way to rent a bike for a short period, as the first hour of rental is completely free -- and each hour after that is only 1 RMB! Bikes can be picked up and dropped off at any of the many city-owned bike stations (see picture below).

![Bike rental stations](image.jpg)

Photo credit: Amanda Hammatt

The bicycle rental card ("IC card") also serves as a bus pass. A refundable deposit of 200 RMB is required, along with an initial card value of 100 RMB. Rental charges and bus fare will be deducted directly from the card, and replenishments can easily be made. To obtain the bike rental card/bus pass, apply in person using your passport and local address at one of four locations in Hangzhou:

- The main entrance of Orioles Singing in the Willows Park (Liulangwenying 柳浪闻莺) at No. 11 Nanshan Road (Nanshan Lu 南山路) near West Lake Museum.
- The main entrance of Wushan Square (Wushan guangchang 吴山广场) at Hefang Street (Jefang Jie 河坊街) near Wushan Square public transport station (Wushan guangchang gong jiao zhan 吴山广场公交站).
- The main entrance of Youth Palace (Qingshao niangong 青少年宫) at Beishan Road (Beishan Lu 北山路), Baochu Road (Baochu Lu 保俶路) near “Broken Bridge” (Duanqiao 断桥).
- Hangzhou Bus IC Card Service Center (Long xiang qiao). Address: 20 Longxiang Road.

It is important to verify that your bike has been properly returned each time to avoid unnecessary charges. It is advisable that you ask a Mandarin speaker to accompany you to facilitate this process.

http://www.hicenter.cn/guide_15.asp

**Trains**

Try taking the trains in China- they are wonderful! You can wake up rested in a new city ready to explore. The train to Beijing takes approximately 20 hours. The overnight 'hard sleeper' was recommended by past participants and is a reasonably priced way to get to Beijing. (Flights to Beijing took about 2 hours but are relatively expensive.)

A 'Maglev' train between Shanghai and Hangzhou is under construction. When completed, it will only take 20 minutes! The high speed train (known as the 'CRH'), which takes approximately 60 minutes between Shanghai and Hangzhou is convenient and easy to use until then.
Cultural Considerations

China is a huge country and there are regional differences at almost every level: food, culture, dress, language, etc. Southern China, where Hangzhou is located tends to be less traditional than northern regions of the country. However, there are some cultural considerations that are important to be aware of when interacting with or observing the Chinese. As a foreigner, people will be curious about you and will want to take your picture or practice their English.

To get a glimpse into the lives of several young people throughout China, you are encouraged to watch Frontline’s ‘Young and Restless in China’ http://www.pbs.org/wgbh/pages/frontline/youngchina/. In addition, every June, university-bound high school students take a huge exam that determines where they will study, which is a major factor in their future careers. This program follows several students through this process, which often takes years of preparation by the student and his/her family: http://www.pbs.org/wnet/wideangle/episodes/china-prep/video-full-episode/2722/. Understanding this exam and the pressure on these students will give you insights into Chinese culture.

Names
Chinese names are written in the opposite of order of what we are used to. Last (or ‘family’) names are first, and first names are last. This indicates that the family is the first priority and the individual comes second.

Standing Out in China
People in China are curious about those who look different, and most of you will look different to the Chinese because of your height, color or texture of your hair, body hair, skin/eye color, etc. You will notice that you are likely to be stared and pointed at, be touched, see people taking pictures of you, be asked to take pictures with you, etc. Past participants have suggested a variety of ways to address this situation: patience, stare back, and above all, maintain a sense of humor. Here’s one student’s tip: “I would recommend to just ‘go with the flow.’ I figured it was going to happen whether I am angry or happy so I might as well be happy about it. It will make their day to take a picture with a foreigner.”

Alternately, it is usually assumed that students of Asian heritage speak Mandarin and they are often singled out in the group and most questions are addressed to them. Same rules apply- be patient and maintain a sense of humor, and if you don’t speak Mandarin, you may want to learn the phrase ‘I don’t speak Mandarin’ right away!

Senior Citizens
Elders are highly respected in Chinese society. Children take care of and live with aging parents- only very rarely and in extremely circumstances are they placed in a nursing home. In Chinese culture, elders are helped across the street, bus seats are given up to them, they are greeted first, etc. We encourage you to follow these norms.

Gifts
Gifts are very common in Chinese culture. If you are invited to someone’s house, it is very appreciated to take a token of appreciation for your host. In general, gifts should be practical, and do not need to be expensive. Gifts of different value should represent different hierarchies and positions. For example, the President of a company you visit should not receive the same gift as the secretary, and a friend your age should not receive the same gift as a ZJU staff person or faculty member.
What to know about gifts:
1) Do not give a clock or watch (signifies death)
2) Do not give a notebook (signifies losing money)
3) Do not give a green hat- including one from the Green Bay Packers! (signifies that the recipient’s wife is having an affair)
4) Chrysanthemums (especially yellow ones) are for funerals – do not give them as a gift!
5) The number 4 signifies death. Don’t give four of anything (flower, fruit, etc.) or anything with this number on it.
6) The number 8 is a lucky number in China- it signifies having lots of money.
7) Do not wrap anything in black or white wrapping paper- these colors are associated with death and funerals; gold or red wrapping paper is preferred.

Important cultural tips:
1) Arrive 5-30 minutes early- this signifies respect.
2) Take a gift if invited to someone’s home.
3) Do not wear shoes into a home, or put them on furniture. Expect to change into slippers that will be provided, or to put on shoe covers.
4) Don’t stand chopsticks into the rice- this demonstrates a lack of respect to ancestors.
5) Don’t play with chopsticks.
6) You may be toasted by the host. A reciprocal toast of appreciation is expected; all individuals at the table should be toasted on an individual basis.
7) If you are done eating or drinking, leave food on your plate/drink in your cup. An empty plate/glass signifies that you are not full or still thirsty and it is the responsibility of your host to satisfy you so it will keep coming!

Gender disparity
China has been a patriarchal society for thousands of years. Although the situation has changed over the years, notably with women’s rights movements in the late 1800s and workplace equality in the socialism of the mid 1900s, this disparity is still apparent on a regular basis. The most obvious example of this is the one child policy (which has recently been amended) and the well-publicized preference for male over female babies, and the resulting population imbalance. There have been many advances toward gender equality in China, but as in the United States, there is still much work to be done. Although rare, domestic disturbances sometimes take place in public. Do not intervene, though it is likely that locals will do so.

Being Different in China
Being a foreigner in China can be frustrating and difficult. Being tall, blond, red-headed, blue eyed, dark skinned, light skinned, freckled, sunburned, curly haired, hairy, etc. will make you a point of interest. Past students have recommended being friendly, and engage people in conversation. It is key to keep your sense of humor, and remember you don’t have to tolerate rudeness.
Tourism

This information provides a brief overview of some of the attractions in the area. More detailed information on many of these sites follows this section.

ABOUT HANGZHOU

Hangzhou is the capital of Zhejiang province and its political, economic and cultural center. With its famous natural beauty and cultural heritages, Hangzhou is one of China's most important tourist venues.

Located at the southern terminus of the Grand Canal, Hangzhou is on the lower reaches of the Qiantang River in the Yangtze Delta in southeastern China, 180 kilometers from Shanghai.

Hangzhou dishes are noted for their sophisticated and elaborate preparation and refreshing taste. Try Beggar's Chicken (chicken baked in clay), West Lake Fish in Sweet Sour Sauce (vinegar-coated fish fresh caught from the lake), Dongpo Pork (braised pork) and Fried Shrimps with Longjing Tea.

The shopping environment in Hangzhou is appealing and convenient. Travelers enjoy going to Qing He Fang Street, one of the most famous historic streets in the city with features from the Southern Song Dynasty (1127-1279).

While much of the ancient city that had been the capital of the Southern Song Dynasty was destroyed during the Taiping Rebellion in the mid-nineteenth century, today's Hangzhou is a modern and vibrant economical center and a base for people with a variety of talents and skills. However, Hangzhou’s beautiful natural surroundings and unique setting by West Lake have delighted visitors for centuries. The lake itself has not only been praised by the thirteenth-century explorer Marco Polo, but also has inspired poets of great renown, such as Bai Juyi and Su Dongpo, throughout the ages.

“Above is heaven, below is Hangzhou,” is a famous Chinese saying used to describe Hangzhou, a beautiful city and still one of China's most important tourist venues today. You will likely hear this phrase throughout your stay.

OVERVIEW OF SIGHTS IN HANGZHOU

West Lake: This is one of the most prominent natural features in the Hangzhou area. Views of the surrounding areas are said to be particularly remarkable from boats on West Lake. Night-time rides on candlelit boats allow visitors to enjoy the reflection of candles in the water. Visitors can walk around the entire lake in a few hours, or shorten the walk by using the bridges spanning portions of West Lake. Biking around the lake is also popular. Swimming is prohibited, but you can take a boat or ferry to the islands in the lake, where there are small gift shops.

Ling Yin Temple: Portions of the Ling Yin Temple are more than 1,000 years old. The temple is home to volumes of literature and historical information surrounding Buddhism, as well as ancient Chinese architecture, art, and culture. There are statues here and a monastery. Monks perform services
Six Harmonies Pagoda: This 13-story structure was built on the site of an earlier pagoda that served as a lighthouse. The name refers to the six codes of Buddhism: harmony of the body, speech and thought, and the renunciation of personal pleasure, opinions and wealth. A climb to the top of the pagoda is rewarded with an impressive view of the Qiantang River. Also visit the pagoda garden with many models of famous pagodas from around the country.

Grand Canal: One of China’s great feats of early engineering, the Grand Canal links Hangzhou in the south with Beijing in the north. The longest man-made waterway in China, the canal is longer than both Suez and Panama canals. Boating on the canal is an excellent way to see ancient architecture and experience local customs.

China National Silk Museum: The National Silk Museum is the largest silk museum in the world. Complete with restored, ancient silk remnants and modern silk reproductions, the museum also allows visitors to work hands-on with silk.

National Tea Museum: Located at the West Lake Dragon Well Tea Plantation, the National Tea Museum provides a fascinating insight into the history and production of Chinese tea and is the only national museum dedicated solely to tea.

Museum of Traditional Chinese Medicine: This museum not only features information and artifacts of ancient medicine practices, but also houses a research facility that still dispenses traditional medicines by Chinese doctors.

Southern Song Dynasty Guan Kiln Museum: The kiln museum is built over the remains of the Jiaotanxia kiln, excavated in the 1980s. After seeing the relics of the kiln, visitors can see restored pottery and also make or buy some of their own.

Song City
If Song City is not included as one of the program excursions, you may want to take the time to go there on your own. There is public bus service from Yellow Dragon Stadium: “Y” in Hangzhou’s bus system stands for “you” meaning tour or travel. Bus Y4,Y5, Guan-guang (sightseeing) 8, and K504 will all take you there.

Bus Guan-guang (sightseeing) 8 seems to be the best option for students who stay on Yuquan Campus since Yellow Dragon Stadium is the starting terminal of this bus and you are more likely to get a seat at least at the beginning of the trip. It is also longer at the stop so you are less likely to miss it.

The day time ticket for the park is ~80 CNY yuan while the night show, “the Romance of the Song Dynasty Day” will cost ~100 CNY yuan each.

Other Museums in Hangzhou
Zhejiang Museum (free), http://www.zhejiangmuseum.com/
Hangzhou History Museum (free), http://www.hzmuseum.com/
OVERVIEW OF SIGHTS NEAR HANGZHOU

Beijing: China’s capital city is a two hour flight or 15+ hour train ride from Hangzhou. If you are interested in seeing the Great Wall, Tiananmen Square, Temple of Heaven (‘coolest place ever’) and the Forbidden City, make sure to schedule a trip to Beijing.

Huangshan (Yellow Mountain): A group excursion is scheduled to Yellow Mountain, which is known throughout China for its varied animal species and beautiful scenery. For this excursion, please make note of the following items to pack:

1) Passports (in a plastic bag)
2) Rain gear (cheap rain poncho or jacket is recommended; umbrella is optional)
3) Camera (charged)
4) Water (at least three 16 oz. bottles)
5) Band aids (waterproof if possible)
6) Plastic bags for covering clothes in your backpacks
7) Change of clothes including socks (including dry shoes wrapped in a plastic bag)
8) Light jacket for the late evening/early morning, which can be cold on the top
9) Good walking/hiking/tennis shoes are an absolute MUST (not sandals/flip flops, etc.) - think about which shoes will work best if they become wet
10) Lightweight pants (optional) - take them if your legs tend to get cold
11) Small, high energy snacks
12) Something to sleep in
13) Small flashlight
14) Cell phone
15) Hand sanitizer
16) Imodium, Ibuprofen, and any other medications you take regularly
17) Sunscreen/insect repellent
18) Hat/sunglasses (optional; weather dependent)
19) Tissue (for use in the bathrooms)
20) Toothbrush/toothpaste
21) Deodorant
22) If you have an allergy to mold, you’ll want to take medications as Huangshan is wet most of the year.
23) Cash, in case you decide to take the cable car down the mountain instead of walking (~60RMB), and for snacks, water, additional rain gear, souvenirs, foot massage, etc.

Thousand Island Lake: Located in a densely forested area with many different animal and vegetation species approximately 90 miles from Hangzhou, this lake offers unique activities, scenery and souvenirs. **You must take your passports for this excursion!** There is more information on this trip towards the end of this handbook.

Mt. Putuoshan Scenic Spot: Rising steeply out of the water on Zhoushan Island, Mt. Putuoshan is a natural wonder. It has been the home of monks for several hundreds of years, with some still living there today. The island has several temples worth visiting as well as natural features.
Wuzhen: Inhabited for thousands of years and located on water, the city is divided into six distinct districts. Because of its age and history, Wuzhen gives visitors insight into ancient Chinese history and culture that spans 5,000 years.

Shanghai: As the Chinese equivalent of western metropolises, Shanghai is a busy, vibrant city with all the tourism features of any big city. However, despite its size, Shanghai is a remarkably green city. Some participants have recommended going to the Jade Buddha Temple, Old Town (the Pudong District), and the Fake Market (like the Night Market in Hangzhou).
**Moganshan:** About 60 km from Hangzhou, this area is known for its cool temperatures and beautiful scenery, mountains, bamboo forests, waterfalls and hiking trails. It is an easy day trip and a great escape from the July heat in Hangzhou!

**Xi’an:** One of the four original capitals of China, Xi’an is located in the Guangzhou Province. It is the home to the famous Terracotta soldiers and is one of the country’s most revered cultural centers.
Detailed Tourist Information

WEST LAKE

"Rippling water shimmering on a sunny day,
Misty mountains shrouded in the rain;
Plain or gaily decked out like Xi Zi;
West Lake is always alluring."

These are the words composed by the famous Song Dynasty poet Su Dongpo (960-1127) when he compared the West Lake to Xi Zi, the most beautiful woman in ancient China.

Originally a shallow sea inlet, this 5.68 square kilometers (about 1,404 acres) of water became the famous West Lake. With an average depth of just five feet, the lake comprises five distinct sections. The largest part is known as the Outer Lake, and it is bounded by the North Inner Lake, Yuehu Lake, West Inner Lake and Lesser South Lake. Held in the embrace of hilly peaks on three sides, this water wonderland has been an attraction for centuries and was a favorite imperial retreat.

A number of specific features are worthy of note. To the south of center of the Outer Lake is a man-made island known as the Island of Little Oceans, which encloses four small lakes. From here one can view the Three Pools Mirroring the Moon. At night candles are lit in stone lanterns jutting out of the water, thus creating the impression of the reflections of three moons. Solitary Hill Island lies between the Outer Lake and the North Inner Lake and is an ideal spot from which to admire the view. The nearby Two Peaks Embracing the Sky is another impressive sight, especially when crossing the lake by boat.

The lake and its surroundings have all the elements of a traditional Chinese garden but on a grander scale. The natural setting of strangely shaped peaks, serene forests and springs, dense foliage and a myriad of blossoms especially in springtime are enhanced by a treasury of sculpture and architectural features. Whatever the season, West Lake is always a beautiful sight worth visiting.

Photo credit: Matt DeBoer
**Ling Yin Temple**

Ling Yin Temple can be found in a long, narrow valley between Fei Lai Feng (peak flown from afar) and North Peak, northwest of West Lake. The temple is a premier showpiece in the West Lake area and is noted as one of the ten most famous Buddhist temples of China. In 1961, the temple was added to a list of protected historical and cultural site and is considered a leading center for Chinese Buddhist culture research.

The presence of a temple on this site can be traced back to the Eastern Jin Dynasty (317 - 420AD), when, according to local legend, Huili, an Indian monk came to the area and was inspired by the spiritual nature of the scenery. He believed the sit to be a dwelling of the Immortals. He named the temple "Ling Yin" (Temple of the Soul's Retreat) because the setting has a quiet and beautiful grandeur that encourages a feeling of peace and contemplation.

The temple gained importance during the Five Dynasties (907-960 AD) when the king of the Wu Yue State initiated a large-scale development of the temple as a sign of his devotion to Buddha. During its prime, the temple comprised nine buildings, eighteen pavilions, seventy-seven palaces and halls with more than 1,300 rooms providing accommodation for roughly 3,000 monks. Over the centuries, it has been subject to many changes due to wars, religious repression and other calamities. The main temple that can be seen today is a result of the restoration that was carried out in 1974, following the ten-year Chinese Cultural Revolution.

Upon entering the first hall of the temple, visitors see a tablet inscribed with words penned by Emperor Kangxi of the Qing Dynasty (1644 - 1911). He was inspired by the sight of the temple shrouded in mist amongst the trees and gave it the title “Cloud Forest Buddhist Temple.” This first great hall, some sixty feet tall and with double eaves, is the Hall of the Heavenly Kings. On the door is a couplet that says, “Let us sit and wait upon the threshold, where we shall see another peak flying from afar. Let us welcome spring with a smile as the snow melts and the brook starts to flow once more.”

The ceiling of the hall is delicately painted with phoenixes and dragons. Images of the Four Heavenly Kings stand upon either side of the Maitreya, a laughing Buddha with a huge belly who is said to be able to “endure all intolerance and laugh at every laughable person in the world.” On passing through this hall and crossing the courtyard beyond, visitors enter the Da Xiong Bao Dian. This is the Hall of the Great Hero. The hall houses a statue of Sakyamuni, carved from 24 sections of camphor wood covered in gold leaf with an overall height of 24.8 metres (82 feet). This is one of the largest wooden statues in China. The statue is flanked on either side by twenty saints, said to be protectors of justice. Twelve disciples who serve as guards are seated along the rear wall.

Continuing through the temple complex, visitors come to the Pharmaceutical Master Hall, Great Mercy Hall and the Cool Spring Pavilion. This latter pavilion was erected a thousand years ago during the Tang Dynasty.

The Temple contains an important collection of Buddhist literature together with many other treasures. Consequently, it is a great information center for those studying aspects of Chinese Buddhism in detail. The palaces, pavilions and halls, together with their many figures of Buddhist deities, create a splendid and unique collection of architectural and artistic cultural relics, dating from the Southern Song, Ming and Tang Dynasties. Among the ancient writings are scriptures written on pattra leaves, the Diamond
Sutra copied by Dong Qichang in the Ming Dynasty, and a wood cut edition published during the Qing Dynasty.

Meals at the Ling Yin Vegetarian Restaurant located near to the Temple are also recommended. The vegetarian dishes are typical of the Chinese culinary style and are frequently regarded as food for the gods.

Admission: 30 Yuan: Ling Yin Temple
            35 Yuan: Fei Lai Feng
Bus routes: 7, 807, Tourism Bus No. 1, 2, 4
Hours: 5 a.m. to 6 p.m.

An important feature of the West Lake area, Ling Yin temple is one of the 10 most famous Buddhist temples in China.
**SIX HARMONIES PAGODA**

The Six Harmonies Pagoda is located on Yuelun Hill overlooking the Qiantang River and south of West Lake (Xi Hu). It is one of the true masterpieces of ancient Chinese architecture. Originally the pagoda was built during the Northern Song Dynasty (386-581) by the ruler of the Wuyue State, a part of which became Zhejiang Province. As well as being a navigational aid, the pagoda is said to calm the tidal waters of the Qiantang River. However, the pagoda was completely destroyed during a battle in 1121.

The current pagoda was constructed of wood and brick during the Southern Song Dynasty (420-589); during the Ming (1368-1644) and Qing Dynasties (1644 -1911), additional exterior eaves were added to the pagoda. It is octagonal in shape and some 59.89 meters (196 feet) in height. Though it only has seven interior stories, it has the appearance of thirteen stories. There is a spiral staircase leading to the top floor, and upon each of the seven ceilings, figures including animals, flowers, birds and characters are carved and painted. Each story of the pagoda consists of four elements, the exterior walls, a zigzagged corridor, the interior walls and a small chamber. Viewed from outside, the pagoda appears to be layered: bright on the upper surface and dark underneath. This is the harmonious alternation of light and shade. Upon ascending the pagoda, visitors have a spectacular view of the Qiantang River Bridge. An exhibition center detailing ancient pagodas in China was recently set up on Yuelun Hill near the pagoda.

**Admission:** 30 Yuan (including 10 Yuan to climb the pagoda)
**Bus routes:** 504, K599, K808, Tourism Bus No. 5.

The Six Harmonies Pagoda sits on the banks of West Lake, within walking distance of ZJU.
**GRAND CANAL**

The Grand Canal, 1,764 km (about 1200 miles) in length, is the longest man-made waterway, as well as being the greatest in ancient China, far surpassing the next two grand canals of the world: the Suez and Panama canals. Running from Hangzhou in the south to Beijing in the north and connecting different river systems, the Grand Canal contributed greatly to the economic success of past dynasties. Now more than 2000 years old, some parts of the canal are still in use, mainly functioning as a water-diversion conduit.

The canal seen today was built section by section in different areas and dynasties before it was linked together by the Sui Dynasty (581-618). In 604 AD, Emperor Yangdi of the Sui Dynasty toured Luoyang and moved the capital there the following year, ordering a large-scale expansion of the Grand Canal. The primitive building techniques stretched the project over six years. Some 3 million of the peasant workers, half the laborer population, died of hard labor and hunger before it was finished. This project was regarded as a waste of manpower and money, and it resulted in the downfall of the Sui Dynasty.

The Grand Canal connected the Yangtze, Yellow, Huaihe, Haihe, and Qiantang Rivers and flowed through Beijing, Tianjin, Hebei, Shandong, Jiangsu and Zhejiang with Hangzhou at its southernmost end, and therefore served as a major transportation route. Just as importantly, it greatly improved the administration and defense of China as a whole and strengthened economic and cultural interaction between the north and south.

Boating on the old Chinese canal is one of the best ways to get a panoramic view of the landscape of typical river towns in southern China, which include ancient dwellings, stone bridges of traditional designs and historical relics. Tourists also have an opportunity to enjoy local customs while taking in the scenery.

Like the Great Wall, the Grand Canal is noted as one of the most magnificent and wondrous constructions in ancient China, which can really offer travelers a profound look into China's fascinating, historical past.

**Bus Route:** 504, K4

**CHINA NATIONAL SILK MUSEUM**

Situated at the southern bank of the West Lake, the China National Silk Museum is the first state-level professional silk museum in China, as well as the biggest silk museum throughout the world. It opened to the public in 1992, and since 2004 people can visit it for free.

The museum has eight exhibition halls, including the Preface Hall, Relics Hall, Folk-custom Hall, Dyeing and Weaving Hall, and Modern Achievements Hall.

The Preface Hall introduces the 5,000-year-long history of Chinese silk culture. China is the earliest country that engaged in sericulture, filature and making clothes with silk. This hall provides strong evidence of this and shows the history of the Silk Road through which silk was spread abroad.
Several preserved relics, which cover almost every dynasty of ancient China, and a number of pictures explaining Chinese traditional silk culture, can be found in the Relics Hall. These relics are from various districts of China and include a piece of fragmentary brocade that dates back 5,630 years, the earliest silk ever discovered.

The Folk-Custom Hall displays some prominent products created by outstanding weavers, while the Dyeing and Weaving Hall explains the science of dyeing and weaving, complete with weavers demonstrating the whole process. Tourists are welcome to participate. The accomplishments of silk production, research, and trade in modern China are displayed in the Modern Achievements Hall.

The China National Silk Museum is a museum equipped with modern facilities and is dedicated to providing convenience for tourists. It offers free tours, audio guides, and pamphlets. Visitors can also stop by the museum gift shop and relax in the teahouse.

**Bus Route:** 12, 809, Tourism Bus No. 3

**NATIONAL TEA MUSEUM**

China is the birthplace of tea and has the longest history of tea culture. The National Tea Museum opened in Hangzhou in 1991 and is located in Longjing (Dragon Well) Village, west of West Lake.

This museum is the only tea-themed one in China. The museum has no external walls but is enclosed by vegetation giving the unique impression that the halls and the tea in the museum depend upon each other. Additionally, 100 distinctive Chinese characters relating to tea are encharged in the road to add color to your trip.

The museum comprises four groups of buildings which display the history and development of tea in China. The exhibition building is divided into six halls to show the history of growing and processing tea in China. Different halls illuminate different aspects of tea and its culture in China’s long history. In the Tea Customs Hall, visitors can discover the impact of tea on the lives of various Chinese minority groups. The Kaleidoscope Hall features more than 300 kinds of tea, including the six basic types of tea in China and some reprocessed teas. Audio tours are available to learn more about these kinds of tea.

The institution functions not only as a museum but also as a research center, and holds conferences on tea and its culture. In the museum, visitors also have the opportunity to see a tea art performance and drink teas in a calm and quiet place.

**Admission:** Free
**Bus routes:** 27, Tourism Bus No. 3

**MUSEUM OF TRADITIONAL CHINESE MEDICINE**

The Museum of Traditional Chinese Medicine is the only state-level professional Chinese medicine museum in China. It is seated at the foot of Wu Hill in Hangzhou. The museum is housed in the
restored ancient structure-Hu Qing Yu Tang, meaning that it is also known as Hu Qing Yu Tang Museum of Traditional Chinese Medicine.

Hu Qing Yu Tang, once known as the “King of Medicine,” was a Chinese pharmacy which began business in 1874. Hu Xueyan, the first owner of the pharmacy, was not only a successful businessman but also a high-class official in the imperial court. In China's feudal society, people doing business were widely looked down upon, whereas state officials were highly respected. Today, many tourists are attracted to the Hu Qing Yu Tang Museum to not only appreciate the treasures of Chinese medicine, but also to admire its magnificent architectural complexities and to learn more about Hu's legendary stories.

The museum consists of five parts. The Exhibition Hall introduces the development of Chinese medicine, including its origin, the life of well-known doctors in its long history, famous books of medical science, and China's medicine exchange with foreign countries. In the Medicine Preparation Hall, the museum's staff practices the art of traditional pharmaceutics. In the Chinese Health Care Clinic, visitors have the opportunity to receive Chinese-style health care by experienced doctors. The Restaurant of Medicinal Diet provides visitors with numerous medicinal diets believed to be healthy. The Sales Department sells Chinese medicine from almost all parts of China.

Admission: 10 Yuan
Hours: 8:30 a.m. to 4 p.m.
Bus routes: 8, 155

SOUTHERN SONG DYNASTY GUAN KILN MUSEUM

China has a rich pottery and porcelain tradition. The history of pottery can be traced back 8,000 years, while porcelain in China has a history of over 2,000 years. During the Song Dynasty (960-1279), this culture came to a climax. Particularly representative of that time are the products of the guan kiln. Guan kilns were the official kilns that produced high-quality chinaware for royalty, for both daily use and decoration.

Lying to the south of West Lake, Southern Song Dynasty Guan Kiln Museum is built over the remains of the Jiaotanxia Guan Kiln and is the first pottery and porcelain museum in China. It was opened to the public in 1992 and was expanded in 2002.

The museum consists of two parts: the exhibition area and the guan kiln relic. The exhibition area has three rooms. In the first exhibition room, many delicate chinaware treasures of past dynasties unearthed in Hangzhou are on display. The second room features the history of China's ceramics, as well as information on the social, political and economic development after the establishment of guan kilns in the Southern Song Dynasty. Visitors can see the fruits of ancient porcelain research and the imitation products of modern kilns in the third room. Over 8,000 restored chinaware samples are on display in the exhibition area.

The Jiaotanxia Guan Kiln was first discovered in 1930 but was seriously excavated only in the mid-1980s. The shaping workshop, and Dragon Kiln are of particular interest. As a part of the Jiaotanxia Guan Kiln, Dragon Kiln clings to a slope with a total length of 44 yards. The remains of Dragon Kiln in the protection corridor have stairs on both sides from which visitors can get a better view.
The museum also features a pottery bar where visitors can see how pottery was made long ago, and can even make their own pottery here.

Admission: Free  
Hours: 8:30 a.m. to 4:30 p.m. Tuesday through Sunday  
Bus routes: 20, 39, 308, 809

HUANGSHAN (YELLOW MOUNTAIN)

Of all the notable mountains in China, Mount Huangshan, in southern Anhui province, is probably the most famous. Originally known as Mt. Yishan, it was renamed Mt. Huangshan in 747 AD in recognition of the legendary Huang Di, who was the reputed ancestor of the Chinese people and who made magic pills for immortality here.

As with the Yellow River, the Yangtze River and the Great Wall, Mt. Huangshan has become one of the great symbols of China and requires a two- or three-day stay to be enjoyed. Mt. Huangshan can boast not only of its magnificence but also its abundant resources and great variety of zoological species, for which it has been listed as a World Natural and Cultural Heritage Site.

Photo credit: John Pfotenhauer  
Photo credit: Matt DeBoer
THOUSAND ISLAND LAKE

With 81 percent of the area covered in forests, Thousand Island Lake (Qiandao Hu) is a wonderful place to enjoy fresh air. Formed in 1959 as a result of the construction of New Anjiang Hydroelectric Power Station, it features 1,078 islands with different views in different seasons. Full of fish and surrounded by trees, tea, mulberry, and other fruit trees, Qiandao Hu is a great place to enjoy the natural scenery and local culture and observe wild animals.

Thousand Islands Lake lies in Chun'an County, about 150 km (93 miles) west of Hangzhou and is 140 km (87 miles) southeast of Mt. Huangshan.

Qiandao Hu is noted for its mountains, crystal clear water, exotic caves and strange stones. Nongfu (farmer) Spring Water, a famous mineral water brand, comes from Qiandao Hu. The scenic area can be divided into six sections based on geographical location: Southeast Lake District, Central Lake District, Southwest Lake District, Northeast Lake District, Northwest Lake District and Fuxi Stone Forest (the first stone forest in East China), each possessing their own unique and striking landscapes.

Tianchi (heaven pool), a quarry site dating from the Southern Song Dynasty (1127-1279), can be found in the Southeast Lake District. In the Central Lake District is Qiandao Hu Fishing Village, Wulong (five dragons) Scenic Area with the Animal Interest Section, and Meifeng Island, which has great views and allows visitors to enjoy grass skiing and boating. Wulong Scenic Area is made up of Lock Island, Bird Island, Zhenqu (true delight) Garden and Qishi (strange stone) Island connected by several bridges. Lock Island is a world of locks, including happiness lock, wisdom lock, health lock and carp lock. The first Lock Museum in China was built here housing the Safety Lock, the biggest lock in the Guinness World Records. The Animal Interest Section houses peacocks, snakes, monkeys and ostriches.

Distinctively cooked seafood and other local foods are available here. Souvenirs like ink stones, hemp embroideries and products made of pearls can be purchased in the area as well.

Thousand Island Lake is currently the largest forest park in China. It has been awarded many titles and received favorable comments from tourists both at home and abroad.

Please note that there are wild and semi-tame animals on several of these islands. DO NOT take pictures with, get close to these animals, or do anything to attract them (i.e.: carrying in food). They pose a risk for rabies and if you are bitten or even scratched, you must notify the UW faculty members and IESP immediately and receive a series of injections to prevent rabies infection. These must be treated within 24 hours or even a minimal scratch can become fatal.

Admission: 120 Yuan
Season: March 1 to Nov. 30

***You need your passports for this excursion- be sure to take them with you!!!
Mt. Putuoshan lies to the east of Zhoushan City, situated on Zhoushan Island, which gives its name to a group of some four hundred small islands off the east coast of Zhejiang Province. Mt. Putuoshan dominates the small land mass with its total area of about 12.5 square kilometres (4.8 square miles). The mountain is one of four in the country that are held sacred by Buddhists, and it was here that over the centuries a once large Buddhist community evolved.

The island's scenic beauty meant it was the perfect setting for temples and other religious buildings. In due course, it became known as the “Heaven of the Sea and Kingdom of the Buddhists.” In its prime, the island had 82 temples and nunneries together with some 128 shelters that housed 4,000 Buddhist monks and nuns. Even today visitors to the island will encounter monks in their traditional robes as they walk along the many paths that cross the picturesque landscape.

Major sites to visit on the island include the following:

Puji Temple: This temple dates from the Song Dynasty (960-1279) and covers 11,000 square meters (2.7 acres).
Fayu Temple: Construction commenced during the Ming Dynasty (1368-1644) and the buildings hug the mountainside in the seclusion of lofty and ancient trees.
Huiji Temple: This is also known as the Buddhist Hilltop Temple (Fodingshan) because of its elevated position.

The center of the island is covered with rich, green forests that form a tranquil setting appropriate to a place of quiet religious contemplation. It is here that magnificent and protected hornbeams grow, as
well as the famous one-thousand-year-old camphor tree, a particularly fine tree species with a circumference measuring 6 meters (20 feet).

The sandy shores of the island are also particularly attractive to tourists. "The Thousand-Step Sands" with a 1.5-kilometer (0.9 mile) beach and the smaller "Hundred-Step Sands" are very popular with swimmers and also have entertainment facilities.

Admission (subject to change): 110 Yuan regular entry, 130 Yuan during official holidays.
5 Yuan: Puji Temple
5 Yuan: Fayu Temple
5 Yuan: Violet Bamboo Grove Buddhist Temple (Zizhu Lin)
6 Yuan: Standing Kwanyin Statue of Mt. Putuoshan
47 Yuan: Luojia Hill
40 Yuan: Round-trip cable car, or 25 Yuan: One-way cable car
WUZHEN

For any visit south of the Yangtze River, the town of Wuzhen is a must-see. Located in the center of the six ancient towns south of Yangtze River, Wuzhen displays its 2,000-year history in its ancient stone bridges floating on water, its stone pathways between the mottled walls, and its delicate wood carvings.

Set on the water, Wuzhen has been inhabited for thousands of years and offers visitors insight into China’s ancient culture and history.

It is said that Wuzhen has been inhabited for 7,000 years and has, over time, produced a galaxy of talents. Mao Dun, an outstanding modern Chinese writer, was born here, and his masterpiece, “The Lin's Shop,” describes vividly the life of Wuzhen. In 1991, Wuzhen was declared a Provincial Ancient Town of History and Culture.
Wuzhen’s uniqueness lies in its layout, being 2 kilometers (1.24 miles) long and divided into six districts: Traditional Workshops District, Traditional Local-Styled Dwelling Houses District, Traditional Culture District, Traditional Food and Beverage District, Traditional Shops and Stores District, and Water Township Customs and Life District. Wandering along the east-west circuit created by these six districts allows visitors to enjoy the atmosphere of traditional cultures and the original ancient features of the town that have been preserved.

Wuzhen is easy to reach on daily tour buses from Shanghai, Hangzhou, and Suzhou (prices subject to change).
From Shanghai: 110 Yuan per person (return tickets, admission)
128 Yuan per person (return tickets, admission, tourist guide service)
From Hangzhou: 98 Yuan per person (return tickets, admission)
From Suzhou: 150 Yuan per person (return tickets, admission, tourist guide service, insurance)

**SHANGHAI**

Located in the center of China's eastern coastline, Shanghai is one of China's cultural centers and has a long history as a trading port and gateway for foreigners entering China. It is the largest economic and trade center in China. The city stands in the front line of China's economic development and has undergone dramatic changes in the last two decades. Shanghai’s Pudong area, with its cosmopolitan features, usually wows visitors.

Shanghai retains China's last traces of its unusual colonial past. The foreign architecture standing along the Bund area is a living museum of the colonial history of the 1800s.

The city has lush greenery in its open spaces, and the image of the city lit up at night will linger in visitors' minds. Shanghai has improved travel infrastructure and facilities, making the city one of the most popular travel destination worldwide.

Photo credit: Trent Glendenning and Nathaniel Grev
Students and faculty who have traveled to Beijing recommend traveling by overnight train – in sleeper cars. There are a number of options on the trains. It is recommended that you get a ‘soft sleeper’ and travel in groups of four. In soft sleepers you will have a private room with four comfortable beds, bathroom to share and a door that closes. A ‘hard sleeper’ is six beds without a door. Flying is also an option (www.flychina.com is one site to check).

Most past participants recommend visiting the Forbidden City (the intricate paintings and moving statues were very impressive, especially when one considers that these were created hundreds of years ago with no power tools!), Tiananmen Square, the Beijing Zoo, the Summer Palace and the Great Wall. Look for less touristy options to see the Great Wall- you won’t regret it!
YANGSHUO

Yangshuo is about 60 kilometers southeast of Guilin, and about 23 hours (by train) from Hangzhou. Yangshuo can be hard to find on many maps; look for Guilin, which is a very common tourist destination. From Guilin, you are encouraged to catch a bus or take a boat down the river to Yangshuo and spend the majority of your time in this area, as this is a much smaller town with a great deal of charm and many outdoor activities. You will get a feel for older villages and a slower pace of life, and you’ll enjoy clear water for swimming and boat rides. Yangshuo is a popular tourist destination, so it offers some amenities (including nicer hotels, bike/boat rental, hospital, etc) but it is not overrun with tourists.
ADDITIONAL TRAVEL RESOURCES

http://www.travelchinaguide.com/
http://www.chinatour.com/
http://www.chinahighlights.com/
http://wikitravel.org/en/Hangzhou
http://www.lonelyplanet.com/worldguide/china/
http://travel.state.gov/travel/warnings.html
General Study Abroad Policies

Policies set forth by the UW-System Administration, UW-Madison, and International Engineering Studies & Programs (IESP) guide the administration, planning, and program development or selection of all our study abroad programs. These policies and guidelines were established primarily for the protection and safety of our study abroad participants. For these reasons, we expect study abroad participants to read, understand, and adhere to the policies outlined in this handbook and their program-specific handbook.

IESP Policy Limitations on the Safety and Welfare of Participants
IESP will provide information for program participants. However, this office:

- Cannot guarantee or assure the safety of participants or eliminate all risks from the study abroad environment.
- Cannot monitor or control all of the daily personal decisions, choices, and activities of individual participants.
- Cannot assure that U.S. standards of due process apply in overseas legal proceedings, or provide or pay for legal representation for participants.
- Cannot assume responsibility for the actions of persons not employed or otherwise engaged by the program sponsor for events that are not part of the program or that are beyond the control of the sponsor, or for situations that may arise due to the failure of a participant to disclose pertinent information.
- Cannot assure that home country cultural values and norms will apply in the host country.

Rights and Responsibilities for all Students
A student’s rights and responsibilities begin when s/he enrolls in a UW System school and continue throughout his/her academic career; some of the conduct rules apply even during school vacations and off-campus or away from Madison. While studying abroad on one of UW-Madison’s sponsored study abroad programs, students are expected to abide by the student conduct rules of the university as found in three chapters of the University of Wisconsin System Administrative Code commonly referred to as UWS 14 (academic conduct), UWS 17 (non-academic conduct) and UWS 18 (conduct on university lands).

In addition, all participants signed a Statement of Responsibility, Release, Authorization and Acknowledgement of Risks to participate in Study Abroad and Exchange Programs form with their program application. For your reference, below is the text of the form.
I, ______________________________, hereby indicate my desire to participate in a study abroad/exchange program to _________________________ sponsored by the University of Wisconsin-Madison (“University”) during the period of _____________________ to ______________________. My participation in this program is completely voluntary.

If and/or when I am offered and accept a place in the University's program, I:

1. assume full legal and financial responsibility for my participation in the program.

2. will be responsible for full program costs (whether already paid or not) as stated in the withdrawal and refund schedule if I withdraw (or am required to withdraw) from the program for any reason once the program has commenced, unless otherwise stated in the program refund policy.

3. grant the University, its employees, agents and representatives the authority to act in any attempt to safeguard and preserve my health or safety during my participation in the program including authorizing medical treatment on my behalf and at my expense and returning me to the United States at my own expense for medical treatment or in case of an emergency.

4. realize that accident and health insurance, as well as insurance for medical evacuation and repatriation, which are applicable inside and outside of the United States is required for my participation in the program. While my fee for the program includes limited accident and health insurance as well as limited insurance for medical evacuation for the duration of the program while I am overseas, I acknowledge that I am ultimately responsible for obtaining insurance sufficient for my needs while overseas and for treatment in the event I return to the US for medical treatment during or after the program. I understand that the University encourages me to have appropriate insurance coverage for the entire time I am abroad.

5. agree to conform to all applicable policies, rules, regulations and standards of conduct as established by the University, any sponsoring institution and/or foreign affiliates, as well as program requirements, to insure the best interest, harmony, comfort and welfare of the program.

6. accept termination of my participation in the program by the University with no refund of fees and accept responsibility for transportation costs home if I fail to maintain acceptable standards of conduct as established by the University, the sponsoring institution and/or foreign affiliates.

7. understand that the University reserves the right to make changes to the program at any time and for any reason, with or without notice, and that the University shall not be liable for any loss whatsoever to program participants as a result of such changes.

8. agree voluntarily and without reservation to forever release from liability, covenant not to sue, indemnify and hold harmless the University, the Board of Regents of the University of Wisconsin System (Board of Regents) and their respective officers, employees, and agents from any and all present and future liability, loss, damages, costs, or expenses (including attorney's fees) which do not arise out of the negligent acts or omission of an officer, employee, and agent of the University and/or Board of Regents while acting within the scope of their employment or agency, as a result of my participation in the program, including any travel incident thereto.

9. understand, that although the university has made every reasonable effort to assure my safety while participating in this study abroad program, there are unavoidable risks in travel and study overseas that may not ordinarily be encountered at home or on campus. Those risks include, but may not be limited to:
   - traveling to and within, and returning from, one or more foreign countries;
   - foreign political, legal, social and economic conditions;
   - different standards of civil defense procedures, design, safety and maintenance of buildings, public places and conveyances;
   - local medical and emergency services;
   - local weather and environmental conditions;
10. may result in minor injuries, more serious injuries including broken bones, and in some cases, even death.

I have read the foregoing entire document and have had the opportunity to ask questions about it. I hereby acknowledge that I understand it. Knowing the risks described, and in consideration of being permitted to participate in the program, I agree, on behalf of myself, my spouse, my family, heirs and personal representatives, to assume all the risks and responsibilities surrounding my participation in the program.

I hereby expressly agree that this release and waiver is intended to be as broad and inclusive as permitted by the laws of Wisconsin and that if any portion is held invalid, it is agreed that the balance of the agreement shall continue in full legal force and effect.