



# China, Tianjin: UW Intensive Chinese Language IAP Program Handbook Summer 2017

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The UW Intensive Chinese Language summer program is offered by International Academic Programs (IAP) at the University of Wisconsin-Madison. This IAP Student Handbook supplements the IAP Study Abroad Handbook and provides you with the most up-to-date information and advice available at the time of printing. Changes may occur before your departure or while you are abroad.

Questions about your program abroad (housing options, facilities abroad, etc.) as well as questions relating to your relationship with your host university or academics (e.g. course credit and equivalents, registration deadlines, etc.) should be directed to IAP at UW-Madison.

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## CONTACT INFORMATION

### On-Site Program Information

#### Program Leader

##### Professor Hongming ZHANG

UW Madison Department of East Asian Languages and Literature

+86 139 202 76755 (mobile)

[hzhang6@wisc.edu](mailto:hzhang6@wisc.edu)

\*Professor Zhang is the overall administrator for the Tianjin, China program and his main responsibilities include: training local teachers with different cultural and pedagogical background; having meetings with program assistants, lecture instructors, discussion instructors, and tutors; coordinating with local institutes and governments; handling program financial business; and overseeing the whole program to make sure it runs smoothly.

#### Program Assistant(s)

There are program assistants for the program who are graduate student at UW-Madison. The PAs will live on the same floor(s) as the program participants in Tianjin and will be available throughout the program for academic, cultural, health and safety and other questions.

##### Fang Yan

+86 185 026 97625 (mobile)

[fyan7@wisc.edu](mailto:fyan7@wisc.edu)

Program Assistant

# Home University Contact Information

## UW-Madison Information

International Academic Programs (IAP)  
University of Wisconsin-Madison  
301 Red Gym, 716 Langdon Street  
Madison, WI 53706  
(608) 265 6329  
(608) 262 6998 fax  
[www.studyabroad.wisc.edu](http://www.studyabroad.wisc.edu)

### Erin Polnaszek Boyd

IAP Study Abroad Advisor  
Tel: 608-265-6329

E-mail: [eepolnaszek@studyabroad.wisc.edu](mailto:eepolnaszek@studyabroad.wisc.edu)

Erin will be able to answer general questions about studying in Tianjin, applying for your Chinese visa and other pre-departure information (including health and safety, academics, financial questions, etc.).

### Weston Bland

IAP Enrollment Specialist Advisor  
Tel: 608-265-6329

E-mail: [wbland@studyabroad.wisc.edu](mailto:wbland@studyabroad.wisc.edu)

Weston will be able to answer questions on the application process to the Tianjin program as well as questions on submitting your course equivalent requests.

# Emergency Contact Information

## IAP Emergency Number

In case of an emergency, you may call the main IAP number +1 (608) 265 6329 between 8:00 a.m. and 4:30 p.m. Monday to Friday; after-hours or on weekends call the IAP staff on call at +1 (608) 516 9440.

## Local Emergency Numbers

While in country, you will have the phone numbers of the Tianjin staff; you will call them directly if you need immediate assistance while abroad. Other local emergency numbers include:

- 110 for Local Police
- 114 for Operator
- 119 for Fire Department
- 120 for Medical Emergencies
- 122 for Traffic Emergencies

## Embassy Registration and Information

All program participants who are U.S. citizens must register at the U.S. Embassy before departure as this will help in case of a lost passport or other mishap. You can register on-line at <https://travelregistration.state.gov>. If you are not a U.S. citizen, register at your home country's embassy or consulate.

United States Embassy  
No. 55 An Jia Lou Lu  
Beijing 100600  
China

### American Citizen Services

Fax: 86-10-8531-3300  
Emergency Contact Number: 86-10-8531-4000  
E-mail: [AmCitBeijing@state.gov](mailto:AmCitBeijing@state.gov)  
[http://beijing.usembassy-china.org.cn/contact\\_us.html](http://beijing.usembassy-china.org.cn/contact_us.html)

## PROGRAM DATES

### Summer 2017

#### Session I

Depart United States	May 25, 2017
Arrive in Beijing/Program starts	May 26, 2017
Program Ends/Depart from Beijing	July 3 2017

#### Session II

Depart United States	July 6, 2017
Arrive in Beijing/Program starts	July 7 2017
Program Ends/Depart from Beijing	August 14, 2017**

#### Session I & II

Depart United States	May 25, 2017
Arrive in Beijing/Program starts	May 26, 2017
Program Ends/Depart from Beijing	August 14, 2017**

\*Students can leave as early as August 12<sup>th</sup> but all students must depart by August 14.  
You will find more detailed dates on the **Program Calendar** found in your My Study Abroad account.

## PREPARATIONS BEFORE LEAVING

### Immigration Documents

#### Passport

A passport is needed to travel to China and to obtain your student visa. Apply immediately for a passport if you do not already have one. Passport information and application forms can be found on

the U.S. State Department website <http://travel.state.gov/passport/>. If you already have your passport, make sure it will be valid for at least 6 months beyond the length of your stay abroad.

## Visa

You will need a business visa (F Visa) to enter China. **You must secure your visa before leaving the US or may be denied entrance upon arrival in China.** It is your responsibility to apply and receive your visa. IAP will provide instructions but ultimately you are responsible for the application. IAP does not have any control over what type of visa or the overall visa decision made by the Chinese consulate. The consulate has the right to deny anyone a visa or to give a different type of visa than what you applied for. They can also ask for any additional information that they want to have before granting a visa. You will need to pay close attention to the information provided by the consulate and follow it closely.

You may apply for the visa through Mag Vacations, a Chicago-based travel company and China visa agent **OR** by making an appointment to appear in person at a US-based Chinese consulate.

For more information on what you need to do to apply for the F visa and to download the visa application, review the visa information found in your My Study Abroad account under the Travel & Visa Section.

You will only receive a visa to last the duration of your time in country, typically either 60 days or 90 days. If you are given a 60 day visa, you must depart China within 60 days to avoid a penalty. UW cannot control the visa validity for any given student and it is rare that the Chinese consulate will grant a visa beyond the dates of the program so you should not plan for personal travel after your time on the program ends until you know what length of visa you are issued.

## Handling Money Abroad

The official currency of China is the Renminbi (RMB or CNY). The main unit of RMB is the yuan (jiao/mao=0.1; fen=0.01). RMB is printed or coined in the following forms: 100 yuan, 50 yuan, 20 yuan, 10 yuan, 5 yuan, 1 yuan, 5 jiao, 1 jiao, 5 fen, 2 fen, and 1 fen. To check the current exchange rate, visit <http://www.oanda.com/currency/converter/>. You can also print "Traveler's Cheat Sheets" at this website to carry with you while in China.

## Banks

You may exchange or withdraw money upon arrival in Beijing Capital International Airport. There is a 24-hour bank next to the baggage claim, just before the airport lobby, as well as several banks and ATMs in the lobby just outside the baggage claim gate.

If exchanging money, you are recommended to exchange only a small amount due to the inflated exchange rates offered at the airport. It is also possible to convert dollars to RMB at any foreign exchange bank with a valid passport. It is illegal to exchange dollars for RMB except at banks, hotels, and official exchange offices. You are advised to keep all receipts from money exchanges, as they may be required to exchange RMB back to USD. You should not carry large sums of money on your person and should properly store cash in security safes provided in the dormitory rooms.

A Bank of China 中国银行 branch is located near campus on Qixiangtai Road 气象台路 if you wish to exchange or withdraw money. If you wish to have money sent via a wire transfer, you will need to open

a bank account (valid passport and phone number required). Once open, you will need to provide the following account information to the sending party:

- Bank name
- Bank address
- Receivers name
- Account number
- International switch code
- Name of any intermediate bank (if applicable)

Assistants at the Bank of China branch can provide more information on wire transfers and opening a bank account. The fee for a wire transfer is approximately 80 USD.

An alternative to a wire transfer is to write a personal check and bring it to the Bank of China. There is a charge of 10 USD per check plus about 100 RMB. Funds take about 4 weeks to become available.

## **ATM/Debit Cards**

ATMs are generally available in China. Before departure, **notify your financial institution about your travel plans and dates in order to ensure that your account is accessible while you are abroad.** Consult with your financial institution also about any fees or surcharges for using an ATM in China. There are nearby ATM machines for major bank cards. You are advised to not go alone to use an ATM machine. When using ATMs, be aware that there may be a withdrawal maximum of 2000 RMB per transaction and 20,000 RMB per day.

## **Credit Cards**

Credit cards such as Master card and Visa are acceptable for payment at some hotels or tourist stores. Most of the places you will visit will not accept credit card so you will want to get in the habit of always carrying RMB around. Even if the store/restaurant indicates they do accept credit cards, they might tell you it doesn't work when you go to pay the bill.

## **Packing**

While most things are readily available in China, some items may be more expensive, difficult to be mailed internationally, or simply inconvenient to purchase there; hence, you may wish to bring particular items with you from home. Recommendations include: specific toiletries (tampons, shampoo, toothpaste), over-the-counter medications, condoms, etc.

## **Clothing**

As you pack, remember that it is a little hotter in Tianjin in summer than it is in Madison. Your everyday clothes in Madison, such as t-shirts and jeans will work in Tianjin. You can always buy clothes inexpensively in Tianjin. Clothing recommendations to pack include:

- Sandals
- Shorts
- Hat
- Raincoat
- Swimsuit
- Formal outfit (for special occasions)
- Jacket or sweater (if you plan to travel to cooler climates in China, e.g. mountainous regions)

## Personal Items

- Towel
- Deodorant
- Body wash
- Toothpaste
- Dental floss
- Toothbrush
- Tampons
- Contact lens solution
- Hand sanitizer
- Any over-the-counter medicines you think you may need
- Any prescription medication you are taking filled to last the entire time you will be abroad
- Umbrella

## Course Materials

The program will utilize the same textbooks used in the Chinese courses on UW-Madison campus. You are advised to purchase textbooks and workbooks prior to departure and bring your books with you to Tianjin. The list of textbooks will be sent out to all participants in early May. If you are on the UW campus, you will be able to purchase your textbooks from the UW Bookstore. Contact the academic program assistant with any questions about course materials.

You should also bring dictionaries and other reference books. Some reference materials and tapes may be available for purchase in Tianjin at the bookstore near the post office on Weijin Road.

## Gifts

Generally speaking, teachers and administrative staff in Chinese universities do not accept gifts from students. However, inexpensive gifts that are reflective of your home state/the US may come in handy.

## Electronics

Electricity in China runs on 220V, 50 cycles AC. There are at least five different types of plugs currently in use in China. The most frequently found types are the two-pronged American style and the three-pronged, angled Australian style. An adapter with the American and Australian styles should be sufficient and should be bought before entering China.

You may choose to bring a laptop computer, MP3 player, and other electronics, though you are advised to confirm that these devices will work with 220V in China and that a plug adaptor (Duogongneng chazuo 多功能插座) is available. You should not bring electric appliances such as hair dryers if they are not compatible with 220V.

# TRAVEL AND ARRIVAL

You are responsible for arranging your transportation to and from China. The major airport near Tianjin is Beijing Capital International Airport (PEK) [www.bcia.com.cn](http://www.bcia.com.cn). You may use travel agents to help you in finding airplane tickets, such as STA Travel or Mag Vacations in Chicago (800) 793 8856. United Airlines,



Hainan Airlines and Air China offer non-stop 13-hour flights from Chicago to Beijing, and United and other airlines also offer connections in LA, SF, Korea, and Japan. American Airlines also operates a non-stop flight between Chicago and Beijing. You are encouraged to arrange flights with other students on the program if possible.

On the arrival day, program staff will meet you at Beijing International Airport. Staff will arrive by 12:00 p.m. and will be waiting outside the exit of the international arrivals area with a “UW-Tianjin” sign. If you arrive early, you are advised to remain in the international arrivals area until program staff arrive. A bus will be available from Beijing Capital International Airport to transport participants to Tianjin.

**Please note that only program participants will be allowed on the bus – no family members, friends or other non-program participants are allowed on the bus from Beijing airport to Tianjin.**

All participants must arrive by the program date and no later than 9:00PM if you want to be taken to Tianjin on the program bus. **If you arrive outside of this day and time, you will need to arrange your own way to Tianjin.**

If you arrive in Beijing before the arrival day or arrive in another city in China, you must notify program staff and work to arrange your own transportation to Tianjin. To travel to downtown Tianjin from Beijing airport, take a public shuttle bus located in the bus depot outside of the airport. If you require assistance, you may approach the airport information center and tell them you wish to travel to Tianjin and want to take the shuttle bus. You can also take a taxi to the Beijing train station and take the train from Beijing to Tianjin.

Upon arrival in downtown Tianjin, you may take a taxi to the program accommodations (*Tianjin Shida, Guoji Jiaoyu Zhongxin*) which takes approximately 20 minutes and costs between 15 to 20 RMB. You can show the driver the following address:

Tianjin Normal University  
Balitai Campus  
57-1 Wujiayao Road, Hexi District  
International Golden Bridge Hotel

河西区，吴家窑大街 57 号增 1 号  
天津师范大学  
八里台校区  
金桥宾馆

There is **no** return group bus to the Beijing airport at the end of the program. All participants will be responsible for arranging their own way back to Beijing and should keep this in mind when booking their return flight. The onsite staff will be able to help with any questions you may have as you arrange your return details.

## THE ACADEMIC PROGRAM

### Nankai University

Located in Tianjin, the third largest city in China, Nankai University is one of the most famous universities in China. Enlai Zhou, the late Premier of China, was one of the most honorable alumni of Nankai. The campus buildings are set amongst many beautiful willow trees and a number of small lakes with lotus flowers.

The College of Chinese Language and Culture was set up by the university specifically to offer Chinese programs to international students. The college began enrolling international students in the early

1950s, and since then, more than ten thousand overseas students have studied Chinese on the Nankai campus. Over the years, the college has developed a highly successful mode of teaching Chinese to foreigners with an emphasis on academic excellence and quality teaching. The college is a recognized national testing center for both the Chinese Proficiency Test (HSK) and the Certificate to Teach Chinese as a Foreign Language. It has a successful track record of helping students prepare for these tests. Most of the teachers in CCLC have taught Chinese in foreign countries, such as the USA, UK, Korea, and Japan.

You will receive instruction primarily from instructors of Nankai University's College of Chinese Language and Culture while living and studying with other program participants on the Balitai campus of Tianjin Normal University.

**Please note that the program is not based at Nankai University and you should not expect to be located on this campus for the duration of the program.**

## **Tianjin Normal University**

Tianjin Normal University was established in 1958 and is rapidly developing into a first-class comprehensive university, emphasizing both teaching and research. The main campus of the university covers an area of 680,000 square meters, making it the largest of all the universities in Tianjin. This new campus features impressive modern architectures featuring excellent, modern learning facilities. The original Balitai campus in the city is near the Water Park, the Tianjin television and radio tower, several venues of the 2008 Olympic Games, and the world gymnastics championship stadium.

Tianjin Normal University campus map [www.tjnu.edu.cn/admission/swf/map.swf](http://www.tjnu.edu.cn/admission/swf/map.swf)

The Tianjin Normal University campus is continuously undergoing development and changes. Because of the relocation of the main campus to the outskirts of Tianjin, the area where our program is based no longer has a campus environment to it and you should expect to feel like you are in a hotel more than on a campus. In addition, there may be construction around the hotel and class building.

## **Orientation**

After arrival in Tianjin, you will attend an orientation that includes a language placement exam and campus tour of Tianjin Normal University and Nankai University, as well as information on:

- Program calendar
- Emergency contact information
- Tianjin Normal University ID card
- Class schedule
- Cultural class arrangement
- Instructor contact information
- Dormitory arrangements
- Tutoring arrangements
- On-site program regulations
- Emergency contact tree
- Information about gym and fitness class

# Course Information

## Courses

The program is an academically intensive language program offering classes in beginning, intermediate and advanced Mandarin, and classical, conversational and business Chinese, as well as courses in Chinese culture. During the on-site orientation, you will take a placement test that assesses your language skills in order to place you in classes with students of similar levels.

Class sizes will be small (approximately 5 students), so students with different backgrounds (e.g. absolute beginners, heritage students, and dialect students) can be more easily placed in appropriate classes. Upon special request and availability, smaller classes (about 3 students) may be arranged.

**Beginning Chinese** is for those who have little or no knowledge of Chinese. You will learn the basic pronunciation and sentence patterns of the language. The material focuses on daily conversational content. The texts will help you to enter the wonderful world of Chinese language and culture. *Equivalent to UW-Madison courses EA 101 and 102.*

**The Intermediate Chinese** course, will adopt the fluency-through-accuracy approach. You will work on laying a solid foundation for the four language skills (listening, speaking, reading, and writing). The material gradually moves from daily conversational content to texts that have substantial “real world” content, covering issues especially relevant to American students studying in China. The texts provide deeper insight into the Chinese way of life and the intricacies involved in being a resident of China. *Equivalent to UW-Madison courses EA 201 and 202.*

**The Low-Advanced Chinese** course will further improve the four basic language skills. Selections from modern Chinese literature and Chinese social studies will expose you to reading a variety of styles, while at the same time introducing you to the complex fabric that makes up modern China. *Equivalent to UW-Madison courses EA 301, 302 and 299.*

**The Advanced Chinese** course is designed for extensive reading and study for students of advanced competency. You learn to interpret and analyze important modern literary texts and also learn the vocabulary needed to discuss the modern societies of America and China and the issues that face people in those societies today. *Equivalent to UW-Madison courses EA 401, 402, and 699.*

**Classical Chinese** is designed to help those who already have attained the intermediate modern Chinese level to read and interpret Classical Chinese. Around 30 pieces of text will be covered, and through an analytical approach, the students will learn the grammar and basic vocabulary of this ancient language. *Equivalent to UW-Madison courses EA 321, and 322.*

**Conversational Chinese** is designed to further strengthen the conversational performance of the students. *Equivalent to UW-Madison course EA 333.*

**Business Chinese** is designed to focus on the language used in the business world in China. The materials will cover a wide range of business activities/documents. You will also read business news/articles. *Equivalent to UW-Madison course EA 379.*

**Chinese Linguistics** is designed to introduce knowledge of Chinese language including phonetics, phonology, dialectal variation, language neighbors, writing system, morphology, and syntax,

including historical and philological aspects. Those who already have attained the intermediate modern Chinese level can take this course. The two courses are listed as electives for Chinese Majors. *Equivalent to UW-Madison courses EA 431 and 432.*

## **Tutorials**

In addition to regular classes, you will have one-to-one tutorials one hour per day, Monday through Friday. You are required to participate in the tutorial hours and finish all the homework assigned.

## **Culture Courses**

Besides intensive language study, the program also offers elective courses on topics of Chinese culture taught by specialists from Nankai University and the Tianjin community. These courses reinforce the regular language study and are designed to introduce students to an aspect of Chinese culture. All students must take one course and may select from such offerings as:

- Calligraphy and Chinese painting course will introduce students to the art of writing Chinese characters and painting with a brush. This class will meet once a week for one hour and requires the students to purchase a set of writing tools (course teacher will provide recommendations).
- T'ai-chi (*taijiquan*) class will introduce students to the traditional Chinese martial art. This class will meet once a week from 6:30-7:30AM on a weekday.
- Chinese opera singing class. This class will meet once a week for one hour.
- Er' hu, a two-stringed Chinese traditional musical instrument, made of wood. This class will meet once a week for one hour and requires the students to each purchase an Erhu (course teacher will provide recommendations).

Courses are generally arranged in the afternoons, with the exception of T'ai-chi classes (early morning). You are responsible for purchasing course materials (e.g. painting brushes, dancing costumes, etc.). There will be a talent show at the close of the program where you can demonstrate the performance art and talents learned in the cultural classes. Culture classes meet one hour per week and class times will be announced on-site according to the availability of classrooms and facilities.

## **Week-long Break**

There will be a week-long break starting on the sixth week of the program for students who are staying for both Sessions I and II. You can take this time off to explore China and gain maximum exposure to the diversified Chinese culture and society. You will be traveling at your own expense and should budget accordingly. The program will provide you with travel related information and offer consultation in trip planning. You will be asked to submit your travel itinerary plans to the Tianjin staff. If you prefer, you are welcome to remain in Tianjin in the program housing.

## **Caifeng**

Every Tuesday morning from 10:30-12:00, you will go outside of the campus for *caifeng* activities (i.e. grocery shopping, neighboring university visits, historic city site visits). During the first two to three weeks, teachers will go with you to nearby grocery stores and shopping malls, as well as the campuses of Nankai University and Tianjin University, helping you and your group to practice in-class Chinese in real life situations. You will be required to find and choose five new terms from every *caifeng* activity and learn how they are used in daily language. From the 3<sup>rd</sup> or 4<sup>th</sup> week onwards, you will be given the opportunity to choose from a list of important historic places of Tianjin to visit on your own.

In addition to the *caifeng* visits, you are required to turn in the words you find to get bonus points

## Registration

Prior to departure you will submit your course requests via your My Study Abroad account. IAP will email you with instructions on submitting course information.

## Equivalents and Course Equivalent Request (CER)

Each course you take abroad must be assigned a UW-Madison “equivalent” course in order for your grades and credits to be recorded on an UW-Madison transcript. See course descriptions above for UW-Madison equivalents. You will be asked to submit your course equivalent requests sometime in April.

## Non-UW Madison Students

Non UW students can consult with the program staff and their home institution for help in determining which courses they should register for and to determine how the courses will transfer back to their home institution. Non UW students will be able to request an official UW Madison transcript after all grades/courses have been posted to their account after the program has concluded.

## Credits

You are required to enroll in the equivalent of 12 UW-Madison credits while on the Tianjin program if you are staying for both sessions. If you are staying for only one session (Session I OR Session II), you will be required to enroll in the equivalent of 6 UW-Madison credits. There are no exceptions to the number of credits that can be taken on this program.

## Pass/Fail/Drop/Audit

You can opt to take courses pass/fail if you are eligible. Please refer to the IAP Study Abroad Handbook for academic policies, found in your MyStudyAbroad account.

## Grades and Grade Conversions

**Language Courses:** There will be a daily quiz (5 to 10 minutes) and a weekly test for each course. There will be a midterm exam during the middle of each course and a final exam during the final week of the course. Exams normally consist of an oral and written test. The instructor of the course will decide the weight of each exam. Student participation will also be an important part of the final grade.

The culture courses and the other program activities, such as the Chinese table, *caifeng*, as well as guest talks will altogether count towards your final grade. You are evaluated mainly by attendance, rather than performance.

Grades will be converted according to the following scale:

Nankai University	UW-Madison
93+	A
88-92	AB
82-87	B
76-81	BC
70-75	C

60-69	D
0-59	F

# LIVING ABROAD

## China

China is the biggest country in Asia and has the largest population in the world. With a history of five thousand years, the country displays extraordinarily rich cultural heritage. In recent years, the country has been developing at an amazing speed. China now welcomes visitors from all around the world to explore its past and present. China is a country of beautiful natural sceneries, often accompanied by important historical and cultural contexts. You will be able to enjoy countless styles of food and folk music in addition to scenery and architecture.

## Tianjin

Tianjin is the third largest city in China and one of its biggest ports in Northern China. It is only an hour's drive from Beijing, the capital of China, and 50 minutes' drive from the seashore. And the newly completed C-Train (*Chengji* train, which means inter-city express) further shortens the distance between Beijing and Tianjin to only 30 minutes. Tianjin is also a city of delicious food and colorful attractions. In the center of the city, not far from the Nankai campus, are shopping areas with a variety of stores and numerous restaurants. The low prices of food and goods make Tianjin a desirable place for foreigners to try many of China's specialties. Large prawns are Tianjin's most famous seafood.

Tianjin is also a center of folk arts and performance. The people in Tianjin are big fans of Beijing Opera as well as martial arts (Chinese *Gongfu*). Tianjin is a major site of export and import business. The TEDA (Tianjin Economic-Technological Development Area) developing district is one of the biggest business zones, attracting foreign investments and storage business.

## Housing

You will be housed with other program participants in dormitory-style double rooms in Tianjin Normal University's **International Golden Bridge Hotel** (*Jinqiao Binguan*). All rooms are furnished with western-style desks, beds, closet, private shower, and western-style toilet, and are equipped with air conditioning. All rooms have phone and internet access available, although the reliability will not be the same as what you are used to in the states..

There are free washing machines located on each floor. Laundry service is also offered (note: clothes dryers and dry cleaning are not available in the dormitory). The dormitory does not provide laundry detergent, towels, toilet paper, or other personal items, so you should bring your own or purchase these items in Tianjin.



You are responsible for any costs from damages to your room during your stay. The cost of the program covers housing in the dormitory from 12:00 p.m. on the arrival day to 12:00 p.m. on the departure day.

If you wish to arrive early or stay later, you are responsible for booking room arrangements at your own expense. You may book rooms for visitors during the program at *Jinqiao Binguan* or at one of the other campus guest houses.

## Meals

You are responsible for your own meals during the program and may purchase food at the hotel restaurant or other restaurants near the campus. The majority of meals will be Chinese cuisine, along with some offerings in other Asian and American-style food. Vegetarian options exist, particularly in some ethnic restaurants, but maintaining a vegetarian diet can be somewhat challenging at restaurants serving regular Chinese fare. Chinese-style breakfasts typically cost less than 5 RMB and can be purchased near the campus. Lunch costs around 10 RMB and dinner is about 15 to 40 RMB, depending on location.

- International Golden Bridge Hotel restaurant  
The hotel restaurant is decently priced with standard cuisine.
- Convenience store  
Students may purchase snacks and beverages from the convenience store located on the seventh floor of the program dormitory.

Western-style foods are not usually available in restaurants, but off-campus restaurants such as McDonalds and KFC can be found nearby on Baidi Road 白堤路. Many fast-food restaurants (including McDonalds, KFC and some pizza stores) deliver until midnight every day. Tipping at restaurants is not common and is usually not accepted.

There are no kitchen facilities located in the hotel although some students will opt to purchase a mini refrigerator to keep in their hotel room. The program staff can assist anyone interested in doing this upon arrival.

## Student Life

**Social Activities:** On the campus of Nankai University, student basketball courts and soccer fields are available for use with student ID. Approximately 15 minutes from the Tianjin Normal University campus are public fitness clubs, which have swimming pools, for a monthly membership cost. Also nearby campus is the Tianjin TV tower where students can participate in various activities with local people, such as roller skating, dancing and Taiji.

## Shopping

The campus is located in downtown Tianjin near numerous shopping areas that sell Western and Asian foods and goods, with banks and travel agencies close by as well. Cash is recommended for purchases in most shops, while credit cards may be used at large shopping malls and supermarkets (e.g., Vanguard 华润万家, and Carrefour 家乐福). Return policies in China can vary from the United States, so students are advised to ask a shop assistant about returns before making any purchase.

# Transportation

## Subway

There is a subway station that is with 5-minute walking-distance from the campus. You can take the subway train to downtown, train stations, as well as almost all the places of interest in Tianjin. A one-way ticket costs 2-4 RMB. You can also purchase a stored value card (valid for up to one year) which deducts the cost of each subway ride from the card at discount rate each time you use it.

## Bus

Buses are usually the most inexpensive, though not most convenient, form of transportation in Tianjin. Fares cost a minimum of 1.5 RMB for the regular bus and 2 RMB for air-conditioned buses. Buses serve Tianjin Normal University with stops located near campus. When taking the bus, be aware that buses can get very crowded, increasing the potential for pickpockets. Consult bus schedules carefully as routes and timetables may be difficult to understand initially.

## Taxi

Taxis are inexpensive compared to the United States, with base fare starting at 8 to 10 RMB for the first 3 kilometers and between 2.4-3 RMB for each additional kilometer (no tipping required). There are usually many taxis in the streets and outside the university entrance. Be sure to ask for a receipt every time you take a taxi.

## Train

There is a new light-rail system in Tianjin which can be used to go to the Tianjin Economic Development Area (TEDA) as well as the port area. Tickets may be purchased at most subway stations.

## Bicycle

Bicycles are another option for local transportation but they are frequently stolen. You can purchase a bicycle in Tianjin for between 200 and 1000 RMB at supermarkets and stores. Second-hand bicycles are cheaper (about 50-90 RMB) and are less likely to be stolen.

# Health

There is a drug store (Heping Yaodian 和平药店) for over the counter medications located one block north of the post office.

In case of an emergency, contact the program staff immediately or dial 120 (for medical emergencies). There is a western style hospital in Tianjin that students can access. Program staff will accompany students in need of care to medical facilities. The hospital is Tianjin United Family Hospital, 22 Tianxiaoyuan, Tanjiang Road, Hexi District, Tianjin 300221, 24hr Service Center : 4008-919191. Tianjin United Family Hospital: (022) 5856 8500. Urgent Care: (022) 5856 8500.

## Prevention

Prevention is the name of the game. It is not fun to be sick and feeling lousy when you are in Asia. Although taking precautions may require a little extra time and forethought, they are well worth taking



if they keep you healthy. As you read through this health information, please pay close attention to all the suggestions for preventing illness.

Where adequate water-treatment and sewage disposal are not maintained, animal and human feces can readily contaminate water and food either directly or indirectly by flies and other insects. In markets, foods are often exposed to a variety of flies and other filth-bearing insects and are handled by numerous individuals who may be unacquainted with hygienic principles. In addition, such foods are frequently freshened by being sprinkled with contaminated water. Just because something "looks safe" to eat or drink does not mean that it IS safe to eat and drink. It is recommended that you only eat fruits that can be peeled.

## **Water**

You will want to avoid drinking tap water while in China. When purchasing bottle water, make sure to check the seal on the cap and verify that it hasn't been broken before purchasing the water.

You may also treat the water to make it drinkable; there are many ways of disinfecting water available at most camping supply stores. Students have used everything from iodine solutions to water-soluble iodine tablets. When you purchase a water purifier, you want to make sure that it is potent enough for the water in China. It is a good idea to check out your options with the CDC (Center for Disease Control) <http://www.cdc.gov> and your health care provider.

## **Foods**

The key phrase is "boil it, peel it, or forget it", especially when traveling in rural areas. It is virtually impossible to wash away all microorganisms from vegetables with many tiny cracks and crevices such as lettuce, celery and cabbage. It is, therefore, unwise to use these items for salads. On the other hand, tomatoes, cucumbers and onions with smooth skins, are easily washed and can be peeled. If you choose to eat salads, it is wise to restrict your salads to these items.

Fruits and vegetables should be thoroughly washed with detergent and tap water to remove dirt and other extraneous materials. They should then be soaked in a disinfectant solution. Do not eat foods bought on the street because you do not know the water source used in preparation.

## **Air Quality**

The air in China is polluted and can sometimes trigger reactions in students with asthma or other respiratory concerns. You are advised to speak with your doctor about suggestions for minimizing the impact of the inhalation of polluted air. Masks can be purchased in China but it is recommended that you pack a mask in your luggage if you have asthma or other respiratory concerns.

## **A Special Note about AIDS/HIV and Sexual Health**

The risk of acquiring the HIV infection through sexual contact is growing. If you are sexually active, beware, be smart, be safe, always use a condom and use it properly.

If you are or think you may be sexually active while overseas, bring the birth control you will need with you. Condoms are available, but the quality is questionable. Do not place yourself at unnecessary risk: Bring American condoms and use them if you are going to be sexually active while you are overseas. The morning after pill might not be available, pending where you go and what doctor you are treated by.

It is also important to note that the rules of confidentiality in relation to STI testing in China are not the same as the rules here in the US. Should you decide to get a STI test while in China, you will want to be prepared for the doctor/clinic to share your test results with the Tianjin study abroad program staff, whether you want them to or not. If you think you need to have a STI test taken while in Tianjin, please communicate your concerns with the Tianjin program staff or whoever you feel most comfortable sharing the information with.

## **Prescription Medications**

If you are taking prescription medications, it will be important for you to work with your doctor to secure enough of the prescription(s) to last your entire time in China. You will not want to expect to find your prescriptions in China or to have a family or friend ship you the medication, as it will most likely not make it past customs.

You are encouraged to meet with your doctor prior to departure to discuss going abroad with the medications and to have a general physical.

The CDC has a podcast on Safe and Healthy Travel to China which can be listened to here: <http://www2c.cdc.gov/podcasts/player.asp?f=10137>. In addition, you can also find the CDC Guide to Safe and Healthy travel online here: <http://wwwnc.cdc.gov/travel/content/survival-guide.aspx>.

## **Safety**

Crimes are uncommon, and those that do occur usually involve petty theft or vandalism. However, as in any new situation, it is better to be somewhat cautious until you are more familiar with the city. We recommend that you not take large amount of cash with you, and to stay on campus after 6:00 p.m.

You are cautioned not to frequent night clubs and bars in China. Unlike bars and night clubs in the United States, these places in China are not safe entertainment places where most Chinese people go. There have been documented incidents involving U.S. students and Tianjin police warn international students not to visit these establishments.

On campus, a reception desk at the Internatiognal Golden Bridge Hotel checks visitors who enter the program accommodations; however, it is strongly recommended that you keep your room locked at all times, even when inside the room, to prevent the possibility of theft. Laptop computers, MP3 players, and other high-value items should be properly secured while passports, money, and other valuables should be stored in the room security safes provided.

In case of any emergency, you should first call the mobile phone of the resident director or program staff, or call 110 and ask for English speaking assistance.

### **Emergency Contact Phone Numbers:**

- 110 for Local Police
- 114 for Operator
- 119 for Fire Department
- 120 for Medical Emergencies
- 122 for Traffic Emergencies

These numbers you can dial for free from any phone (including public IC card and coin phones; there is no need to use an IC card or coins).

In China, there is no promise or expectation of individual or institutional privacy under the law.

- “... Hotel rooms (including meeting rooms), offices, cars, taxis, telephones, Internet usage, and fax machines may be monitored onsite or remotely, and personal possessions in hotel rooms, including computers, may be searched without your consent or knowledge.” (From the U.S. Department of State China Country Information:  
<https://travel.state.gov/content/passports/en/country/china.html>)
- Telephones and SIM cards are widely available, and minutes can be purchased at many convenience stores. Vendors require identification, usually a U.S. passport from U.S. citizens, from anyone purchasing a SIM card, and the purchaser’s identity is registered with the government.
- You may be asked by Chinese authorities to simply handover your smart phone, laptop or other device (tablet, etc.) for a complete inspection that includes access to your data and files.
- Under Chinese law, you may be directed by Chinese Authorities to share access to any files on your devices – including a demand to decrypt protected files or drives.

This information is shared so that you can be knowledgeable about Chinese law and protect yourself while abroad. You should comply with Chinese Authorities when asked and report any incidents involving Chinese Authorities to your UW Program Leader. The UW Program Leader will work with you to report details to the U.S. Embassy as soon as possible.

Regarding technology, here are some strategies to utilize:

#### Before Traveling

- Strengthen your passwords --disable the “remember me” function on your device and always manually enter your username and password while abroad
- Update commonly used software and applications – especially your antivirus software
- Install “full-disk” encryption on your laptop—but remember, you may be directed to decrypt any file or the disk if it is inspected by authorities
- Delete any sensitive files from your machine and empty your “trash bin” prior to departure – bank account information, previous year Turbo Tax, etc.
- Enable your screen lock and timeout functions; enable firewalls on your device
- Disable file-sharing programs on your device (such as Google docs, Box, etc)

#### While Abroad

- Terminate your WiFi connections after use, do not just close out of the application - TURN OFF the device’s WiFi capability entirely when not in use
- Use VPN log-in to access the network
- Do not click on links sent to you in texts or e-mail messages
- Do not download new applications while abroad

Avoid anyone who might take advantage of your good will and future for their own purpose. Although it is very unlikely, it has happened in the past to visitors in China. Unfortunately, there are those who would try to entrap you by cultivating a relationship now, even as a college student, in order to coerce your cooperation later on, with the potential to ask or demand that you engage in industrial or even state espionage once you are established in a professional career following graduation. If you are approached by anyone for a purpose that is not clearly part of your intended experience as a study abroad student or that you perhaps find suspect or questionable, politely discontinue the conversation

or relationship immediately and discuss the circumstances with your IAP Study Abroad Advisor or UW Program Leader.

And as a general rule, do NOT accept any sort of payment for services or for items in your possession—no matter how innocent the offer might seem, they could be trying to establish a relationship that places you in the wrong circumstances with the appearance that you have conducted an illegal transaction in a country in which you are not a citizen.

## Travel

Since the program is an intensive language program, it is recommended that you be judicious in the amount of time spent traveling. Before traveling, you must notify the program staff and provide an itinerary and contact information during your period of travel.

You may travel to Beijing as well as other major destinations in China from the Tianjin main train station. One-way train tickets to Beijing from Tianjin cost between 38 to 60 RMB per person and take approximately 90 minutes. High-speed train service is available for a higher cost and takes approximately 30 minutes. Train tickets are available for purchase at the Nankai University Post Office for a 5 RMB surcharge.

You are strongly encouraged to not leave the country during the program. If you are considering doing so, you will need to make sure that you have a multiple entry visa. If you only have a single entry visa and leave the country, you will not be allowed to reenter. Attendance in class is a large part of your grade and failure to return from travel due to delays or other unexpected travel situations will not be considered excused absences.

Due to the sensitive political environment and complex travel regulations, you are strongly advised not to travel to Xinjiang or Tibet. The U.S. Department of State has issued a travel warning to U.S. citizens regarding travel to Tibet and provides Country Information Sheets for information about travel restrictions and entry clearance. Program staff are not able to provide assistance in organizing travel to Tibet.

## Communication

### Mail

Express mail may be sent through the business office located on the second floor of the dormitory. The closest post office to campus is located on Weijin Road (卫津路). FedEx service, including pick-up, is also available in Tianjin.

Letters and packages may be sent to the following address:

Tianjin Normal University  
International Golden Bridge Hotel  
Attn: (Student Name)  
57-1 Wujiayao Road, Hexi District  
Tianjin 300074  
China

中国天津  
河西区，吴家窑大街 57 号增 1 号  
天津师范大学八里台校区 (300074)  
金桥宾馆  
(Student Name)

Allow significant time for overseas delivery.

## Telephone

When making calls, keep in mind time zone differences [www.timeanddate.com/worldclock](http://www.timeanddate.com/worldclock). To make an international call to the United States, dial the access code for the country from which you are calling plus the United States country code (always “1”) followed by the appropriate U.S. area code and local number. To call internationally from the United States, dial “011”, the country code, city access code (if necessary) and the phone number. Country and city codes can be found online [www.timeanddate.com/worldclock/dialing.html](http://www.timeanddate.com/worldclock/dialing.html). Some of above steps can vary if you are using a calling card.

To call a student on the program, callers must dial the international access code (011 in the United States), country code (86), city code (22), the phone number of the dormitory, and the room extension (for example, if the room number is 6301, then the extension number is 6301).

There is a telephone in each dormitory room which can be used for international as well as domestic calls. Cost is 100 RMB per month, not including a deposit for the phone (note: you must retain your receipt in order to receive your deposit back at the end of the program).

Incoming calls to dormitory phones are free, but calls placed from the room will be charged. You are advised to use an IP calling card when dialing out from your dormitory phone, which may be purchased from the convenience store on the seventh floor, as well as other shops on and nearby campus. Domestic long distance rates are generally inexpensive, while the rate for calling the United States is approximately 2.4-4 RMB per minute when using the IP cards. Without an IP card, the rate is approximately 8 RMB per minute

When dialing from a public phone, an IC calling card must be purchased and inserted into the phone in order to dial. IC calling cards are available for purchase in post offices, hotels, newsstands, and other locations at a cost of 20 to 50 RMB.

Mobile phones and SIM cards are available for purchase in Tianjin from 350 RMB (secondhand phones may be available for cheaper). Various plans are available on a “pay as you go” basis. When purchasing a mobile phone or SIM card, a Chinese ID may be required (students may wish to ask their tutors for assistance in purchasing a mobile phone). When making calls with a mobile phone, the cost of a call may vary according to the time of day.

## Email

Internet service is available in dormitory rooms. You may activate the service by going to the business center on the second floor of the dormitory for an IP address. A 50 RMB deposit is required for the service, and you must retain your receipt in order to receive your deposit back at the end of the program.

There is an internet bar (including printer) in the dormitory building open from 10:00 a.m. to 12:00 a.m. daily, at a cost of 5 RMB per hour. In addition, an internet lab is available in the classroom building on the second floor, adjacent to the teachers’ office. The lab is open from 12:00 p.m. to 11:00 p.m. and costs 1 RMB per 10 minutes.

# STUDENT TESTIMONIALS

The quotes below are comments from past participants; they reflect various students' experiences and are included to provide different perspectives. IAP does not endorse any specific view expressed in this section.

## Handling Money Abroad

Before you leave for China you should check with your credit card company and bank to see if they are going to charge you any fees for using your cards overseas. Also, let your financial companies know that you are going overseas so that they don't freeze your account while you are gone.

## Packing

I would recommend buying converters, adapters and blow dryers in China. I would also recommend bringing laptops because most communication is through e-mail.

## Shopping

Take a taxi to get to Carrefour (10-15 RMB) and Home World (8-12 RMB).

You should buy adapters, converters, a hair dryer, and an alarm clock (if necessary) at one of these two stores.

You can also buy food and drinks to keep in your room. My roommate and I bought a mini refrigerator from a girl on campus. You should not pay more than 300 RMB.

## Travel

Renting a taxi for the day to go to the "Tianjin" great wall should cost approximately 350-400 RMB. This trip takes 3 to 3 1/2 hours each way.

You should not get charged for your hotel until you check in.

Trip Booking Websites

[www.elong.com](http://www.elong.com)

[www.ctrip.com](http://www.ctrip.com)

[www.travelchinaguide.com](http://www.travelchinaguide.com)

[www.hotels.com](http://www.hotels.com)

[www.qunar.com](http://www.qunar.com)

## Communication

Cell phones are pay as you go and money can only be added to the SIM card within the city it was purchased. So if you are traveling for a weekend or a week, we recommend putting additional funds onto your phone. We recommend that students buy cell phones with the help of tutors.

A good website for your family to buy a phone card from is [www.callingcardplus.com](http://www.callingcardplus.com).