

# Shanghai Orientation Guide

Get ready for the Study Abroad experience of a lifetime in Shanghai, China!

2011-2012



## What's Inside

- 2 Getting Your Visa
- 3 What to Pack
- 4 Before You Go
- 5 What to Expect on Arrival
- 6 Class Schedules
- 6 Work & Volunteer Opp.
- 7 Food & Dining
- 7 Health & Medical
- 8 Shopping & Entertainment
- 9 Travel
- 10 Shanghai Subway Map
- 11 Yanchang Campus Map

## Welcome to Shanghai

The largest city in the world is not only known for its size. Situated upon the sea, blessed with a subtropical climate, Shanghai has flourished into a glistening cultural and financial gem of the Far East.

With the highest per capita income in China and a central position in the global manufacturing, technology and finance industries, Shanghai is the perfect place to study international trade. WEGroup has teamed up with Shanghai University to offer a Business and Chinese Culture program that provides a unique blend of international experience and academic rigor.

You will engage with a city that begs to be explored, and participate in classes that challenge and stimulate. By the end of your stay in Shanghai, you will not only have a better idea of who you are as a person, but a fuller conception of the globe on which you stand.

### Veronique George, Shanghai '09:

My experience here has been **well-rounded and valuable**. I look forward to applying what I have learned in my home country, **particularly my Chinese language skills**.





## Getting Your Visa

Be sure to apply for a visa that covers the entire time period you're there. A 90-day visa is NOT long enough for the Semester Program!

As soon as you receive your Shanghai documents from WEgroup (an acceptance letter from Shanghai University and an immigration document from the Chinese government), you need to apply for your student visa.

Because you will be in China for less than six months, you will actually be applying for a Business (F) visa, even though you are there as a student.

There are five Chinese consulates in the US, and they do not process visa requests by mail. Many students choose to hire a

visa/passport service. To use one of these services, you will mail your passport, visa application form and your Shanghai documents to them. They'll take everything to the consulate in person and then mail everything back to you, including your visa.

A single- or double-entry business visa costs approximately \$130. WEgroup recommends single-entry visas, because they are cheaper and simpler to obtain - unless there is a specific reason you must leave China during the program (such as attending a wedding or graduation).

With the exception of emergencies, any single-entry visa holder who leaves China will be denied reentry.

**If you find that you have accidentally gotten a visa that is too short, you may apply for an extension after you have arrived in Shanghai.** Program coordinator Yongbin Xia will help you.

### WEgroup recommends 3 visa services:

**Washington Passport & Visa Services**  
Washington, DC  
[www.wpvs.com](http://www.wpvs.com)

**BC Visa**  
Houston, TX  
[www.bcvisa.com](http://www.bcvisa.com)



**Atlantic Travel & Limousine**  
Washington, DC  
[atlantictravelandlimo.com/](http://atlantictravelandlimo.com/)

# What to Pack

Everything can be purchased cheaply in Shanghai. There are many convenience stores located close to campus where you can find basic toiletries and supplies.



**Clothing.** Depending on the time of year, what you pack should vary. Fall term starts out warm but will get quite cold at the end; vice versa for spring term. Bring no more than two good coats. Pack jeans and sweaters to wear during the day. Also, think in terms of layers. Once it warms up, you can shed the layers and minimize the amount of clothes you wear. Bring comfortable walking shoes that you do not mind getting slightly worn and dirty.

Bring shoes and clothes that are warm, waterproof, and comfortable. If you are a woman that wears a size 8 and up, it will be difficult to find shoes in your size. So be sure to bring shoes for all occasions. You should also pack one suit and one business casual outfit. You never know when you have to dress business casual or professional.

If you come in the summer, pack short-sleeved shirts, T-shirts, shorts, tank tops, Capri pants, sandals, etc. It gets very hot in Shanghai in the summer. However, remember to dress modestly. It is considered inappropriate in China, especially by older generations, to show a lot of skin.

You may also want to bring hats and sunglasses to protect your skin from the sun's rays. Be sure to pack a few outfits for nightlife. However, do not pack clothes that may draw negative attention, such as overly risqué outfits or shirts with controversial graphics/slogans. Sunscreen and bug spray is recommended year-round.

Do not bring your favorite clothes.

The washing machines are industrial and not gentle. You will have to hang-dry your clothes after washing, which adds a lot of wear and tear.

### **Computer**

Bring a laptop if you have one. Don't forget your charger. Install a webcam and check your microphone before coming. Your relatives will want to see you alive.

Check the voltage range on your battery. If the upper bound is at least 210-240V, you will not need a converter. You can purchase a surge protector for less than 20 *yuan* at a local store.

### **Medicine**

Bring enough of your normal medications for the entire duration of your stay.

We recommend getting a prescription for a general antibiotic (Promethazine) and the traveler's pill for upset stomach/diarrhea (Azithromycin).

Bring enough multivitamins for the entire stay. This will help balance any nutrient deficiencies that may occur because of a diet change and will help maintain your general health.

See Healthcare and Medical Section for more information.

**Hair Appliance(s).** Bring hair appliances at your own discretion. Even with a converter, appliances such as blow dryers and flat irons are easily damaged or destroyed due to high voltages. If you bring small appliances that have various

voltage settings, always place them on the lowest voltage.

**Linens and towels.** The dormitories do not provide linens or towels, but you do not need to pack your own. They can be purchased very inexpensively in China. Simply bring whatever you might need to get through a day or two until you can get to a convenience store.

### **Miscellaneous**

Items you should bring with you:

- Bars of soap
- Toilet paper (1 or 2 rolls)
- Disinfectant wipes and/or spray
- Toothpaste
- Deodorant
- Shampoo and conditioner



**Tip:** A converter will be necessary for some electronics. It is cheaper to purchase it once you arrive rather than in your home country.

- Handi-wipes
- Spare contact lenses and enough solution for your entire stay
- Glasses, if you have them

## Continued

- (even if you mostly wear contacts)
- Feminine hygiene products (pack enough for your entire stay)
- Your preferred hair and skin products--Shanghai air is very dry, and local brands may not meet your needs
- Webcam if you want video chats with friends & family back home
- Camera
- Batteries for your

- electronics
- Index cards, if you use them to study

### What *Not* to Pack

- Excessive clothing, shoes, and accessories
- Any clothing/items that could be considered offensive (Free Tibet t-shirts, Joseph McCarthy campaign stickers)
- Appliances without the appropriate voltage settings

- Any appliances not essential to day-to-day life (video game consoles, waffle irons, lava lamps)
- A lot of DVDs--movies are easy to find and inexpensive in Shanghai
- For men, clippers will not work well in China's outlets. If needed, buy a set of clippers in once in China. You will have to go to a major mall to find some.

## Before You Go

**Get 4 passport-size photos.** You will need two for your passport and one for your visa, and keep the last as a spare.

**Schedule a doctor's appointment** to take care of the following:

- Hepatitis A & Tetanus shots
- Anti-malaria medication, if you plan to visit any rural areas
- Any outstanding medical issues that may need treatment while you are in China

**Schedule a dentist appointment** if you think you may need any treatment. The program insurance does not cover dental work, except in case of emergencies.

**Check your current insurance program** for international coverage. Shanghai Semester includes emergency medical insurance, but if you think you may need treatment for a chronic or nonemergency condition, check with your current insurer to determine the extent of your international coverage.

The insurance purchased by WEGroup for this program will cover you for a few days on either

end of the program (specific dates vary by term). If you wish to be in China longer than that, please ensure that you have your own insurance to cover that time period.

**Set up a Skype account:**

([www.skype.com](http://www.skype.com)) Test it out on your computer (if you are bringing one). This program allows you to make international phone calls on your computer for a very low cost. Check with your cell phone provider about suspending your service while you are overseas. Just make sure you still have a voicemail box, and record a new greeting that tells callers how to reach you while you are away.

**Check with your financial aid office,** if applicable, to ensure that all the proper paperwork is in place and that your aid will still apply while you are overseas. Make several copies of your transient form, as different departments will need this information.

**Give WEGroup your outbound travel information,** so that an SU representative can meet your flight when you arrive in Shanghai.



*Tip:* Keep copies of your passport, visa, immunization records, travel insurance and the paperwork from Shanghai University in your carryon luggage. Have at least one set of copies accessible when you go through customs.

# What to Expect Upon Arrival



WEgroup scheduled trips:

Shanghai City Tour  
September 15, 2011

Day Trip to Suzhou  
October 1, 2011

*Both trips will be managed by China Highlights, a local tour company. You'll receive information on these trips before arriving in China.*



The arrival dates scheduled for you are a couple of days before classes start, so you have time to adjust. You are welcome to arrive even earlier in Shanghai to sightsee, but you will be responsible for your own transportation and accommodations.

You are scheduled to arrive one day before registration, but there is a full week between registration and the start of classes. Plan to spend this time resting, unpacking, and getting oriented. You will have ample time to explore the city during this week, so don't be afraid to leave campus!

WEgroup and Shanghai University will both be providing orientation events and trips during this time.

If you choose to arrive on the dates specified by SU (instead of arriving early to sightsee), a representative of Shanghai University will be there to meet your flight and take you to your dormitory.

**Please note: Shanghai University requires a cash cleaning deposit of approximately \$115 (800 RMB) for your dormitory room.** This will be returned to you upon departure if your room is in good condition.

You will also be responsible for the cost of electricity. Be sure to bring extra cash, traveler's checks or an ATM card to withdraw money during the first few days. You may also wish to purchase a local prepaid cell phone. We recommend using ChinaMobile.

One word to remember when first visiting a new country is *patience*. You will have to display this valuable personality trait in almost every situation, especially when it comes to communication. Keep in mind that English is not as prevalent in China as it is in Western countries, and it may take a while to communicate with the locals.

Your first communication attempts with locals at stores and on the streets will be an advanced game of Charades. Be sure to master how to act out common items such as Ethernet cord, surge protector, and shampoo.

It is very common in China for locals to point and stare at foreigners, though less so in a cosmopolitan city like Shanghai. You're more likely to see this on trips to outlying areas. Do not take offense to this; it is not meant rudely. In most cases, they are simply curious about other cultures.

**Crossing a Chinese street is an acquired skill.** WAIT FOR WALK SIGNS, AND STILL CHECK IN ALL DIRECTIONS, NOT JUST BOTH WAYS. Shanghai adds about 2,000 cars to the road every month, nearly all of whom are brand new drivers.

The Chinese students on the campus are very friendly, and many want to practice their English with American students. If you want to make Chinese friends, ask your campus program coordinator about the English Corner, a practice group that meets weekly. Many Shanghai Semester students made their closest Chinese friends through this group.

Try to use as much Chinese as you can on the street. Locals will appreciate this. It is also the fastest way to solidify what you learn in class. However, avoid shady characters that ask you to come have tea with them as friends. They will try to scam you.

If this is your first time outside the US (or even if it's not!), it is normal to feel a bit overwhelmed and confused. **Don't worry!** You will find your footing.

## Class Schedules

Be prepared to be in class for 3-4 hours at a time, with breaks every 45 minutes to 1 hour. You will typically take each class once or twice a week. You will need pens and/or pencils and paper. These items can be purchased either at the campus supply store or at stores in the local vicinity. A flash drive will be helpful as well.

Get plenty of rest and food outside of class. Some professors allow you to eat during class and some do not. It is definitely rude for you to nap in class, as often happens on US campuses!

Please adhere to each professor's set of rules and guidelines. No dress code is enforced, but try to dress modestly and conservatively. You are encouraged to ask the professor for copies of any PowerPoint presentations or other electronic course materials.

Depending on your course, you may be asked to take a final exam or write a final paper.

**Attend all classes!** It is best to review the Chinese you learn in class each night. It is extremely difficult to learn new words and characters in large quantities in one night.

**Kendra Rich, Shanghai '08:**

**Thank you** for the chance to be here and **experience this continent**. I am really forever grateful!

## Work & Volunteer Opportunities

There are numerous opportunities to engage in community service or even get a job.

Most opportunities are advertised in the lobby of the international dormitory. You can also ask your campus program coordinator for other ideas or opportunities.

Work and volunteer opportunities include but are not limited to:

- Internships
- Participating in various festivals/ city exhibits
- Tutoring
- Volunteering at local elementary schools

Be sure to contact your campus program coordinator for details.

**Recommended website for study abroad preparation:**  
[www.studentsabroad.state.gov](http://www.studentsabroad.state.gov)



Classes are taught by English-speaking Chinese professors. Past participants report that their coursework was very interesting and easy to understand.



*Tip:* Don't get sucked into keeping track of social life back home. Facebook is blocked. Consider it a blessing.



## Food & Dining

When you arrive, the campus program coordinator will disburse your first month's food stipend. You will get the stipend every four weeks.

There are five cafeterias on campus, open at different hours but serving the same menus every day. When you are ready for some variety, there are many other places to dine around campus.

There are many local, international, and American chain restaurants in walking distance of the university, including:

- McDonald's
- Burger King
- Pizza Hut
- KFC
- Starbucks
- Dairy Queen

Many of these restaurants can be found one block outside of the university's West Gate. Beware, portions will be smaller and free drink refills are rare.

Family-owned, hole-in-the-wall restaurants are best. Average cost is 7 RMB to 10 RMB per person. These are the best meals in Shanghai and are a great way to experience China.

Street vendors often carry the best food items in China. If you see something interesting, don't be afraid to try it, but use a little caution when necessary. Past students report trying some things they never thought they'd eat – sheep testicles, snake, scorpion, duck's head, and goose tongue.

Try different kinds of tea – green tea, milk tea, flavored tea. A favorite spot is Co-co Bubble Tea, located outside the south gate on Yanchang Rd.

**Smartshanghai.com** is a great website to find new and interesting restaurants. In most cases, the website will also provide transportation routes, restaurant locations, contact info, and menus and prices.

Be mindful that the Chinese do not waste food--if you try something you do not like, you will still be expected to pay for it. You rarely get to exchange it for something else without paying for it.

**Tip:** If you have allergies or special dining needs, make sure these are known before you order a dish.

## Health & Medical

Each student is provided with health insurance that will cover medical emergencies. Students are required to pay the deductible. In the event you visit a doctor or the emergency room, you are expected to pay for the cost. You will be reimbursed once you fax the receipts and paperwork to the insurance company *within two weeks*.

In the event you must visit a dentist or doctor, consult with your campus program coordinator for recommendations. There is a clinic on campus. However, it is recommended that you visit a hospital or local expatriate office. Shanghai No. 1 People's Hospital is the best hospital in Shanghai, but is far from campus.

If you have certain medical problems such as asthma, constant

headaches, etc. it is important that you bring your medication or treatment equipment--and also have a back-up method. For example, asthmatics should bring an extra inhaler and any other treatment options that may help in case of emergency.

Dental treatment is not covered by the Shanghai Semester insurance unless it is an emergency.

**Shanghai No. 1 People's Hospital**  
**International Medical Centre**  
**585 Jiu Long Lu**  
**Tel: 6306 9485 (Appointments)**  
**Tel: 6306-9480**  
**(Administration)**  
**Fax: 6306 9484**

# Shopping & Entertainment

Haggling is an art form in China. Practice, practice, practice. Don't pay more than 40% of the original asking price for any product. The only places you can't haggle are department stores and grocery stores.

Most of the ridiculously cheap items you will find in the standard markets are knockoffs, and probably will not hold together very long. If you have the good fortune to go shopping with a local, s/he might be able to help you find the seconds and overruns – real designer products from the official factory floor. The factories always make more products than are ordered, and the extras typically wind up in the back rooms of the shops. Examine them closely and haggle hard.

## Shops

**RT MART.** Similar to Wal-Mart. Located in the DaNing International Shopping area. A university representative will take you here on your first night in Shanghai.

**South Bund Spinning Market.** You can have virtually any clothing custom made here – suits, dresses, sweaters, dress shirts, jackets, coats, and pants.

## **Shanghai Technology Museum**

**Underground Market.** Located on Line 2.

**Old Shanghai Antique Market,** near the YuYuan Gardens.

**Dagu Rd.** Great for DVDs or an occasional Dr. Pepper (cannot be found anywhere else in Shanghai).

**Qipu Rd Market.** Pre-made clothing, sunglasses, accessories.

**Student Stores.** Located on campus – notebooks, snacks, pens, breakfast, and other needs.



## Clubs and Bars.

[www.smartshanghai.com](http://www.smartshanghai.com) is a great website for exploring Shanghai's nightlife. Most of the major clubs are open every night, and offer free admission and fairly inexpensive drink specials throughout the entire week. The majority of the larger clubs play hip-hop and pop songs, while some of the specialized clubs may play more house and techno music. Popular clubs and bars include:

- Muse
- M2
- Windows
- Guan Di
- I Love Shanghai (Tuesday)
- Ladies Night
- Bund Brewery (Wednesday)
- Ladies Night
- Park 97
- Mint Lounge

## Other Attractions

- Yu Yuan Gardens
- Jade Buddha Temple
- Shanghai Circus
- Chinese Acrobatic Show at the Portsmouth Ritz Carlton
- Shanghai World Financial Center
- The Pearl Tower
- Century Park
- The Watertowns
- Shanghai Zoo
- The Bund (particularly at night)
- Jin Mao Tower
- SuperBrand Mall
- People's Square

The prices for museums and attractions vary. However, most offer discounts to students with valid ID.

**Tip:** The legal drinking age in China is 18, but please exercise caution and good judgment in any foreign city. Many US universities require their students to adhere to the US drinking age and other restrictions while abroad. Be sure to check your home institution's policy.



## Travel

WEgroup and Shanghai University will organize some trips for you, but you are also encouraged to travel on your own!

To explore Shanghai, buy a metro card, available at the help desk at the Yanchang station. The deposit is 20 RMB. Learn to read the metro map (included in this document), and explore the city when you first arrive via metro.

Always carry your University Emergency contact card. You can show it to a cab driver to get home. University gates close at 11 PM, but you can enter through the west gate side door at any time.

Shanghai is a big city. As in any major metropolis, use common sense and watch for pickpockets. Avoid illegal taxis. All official taxis are clearly marked, and over 90% are pastel VW Santanas.

When you travel, bring toilet paper. It is not provided in most places. *Lonely Planet* offers these additional tips for getting around China:

Long-distance buses are one of the best means of getting around. Services are extensive, main roads are rapidly improving and with the increasing number of intercity highways, bus journeys are getting quicker (often quicker than train travel). Another plus is that it's easier to secure bus tickets than train tickets and they are often cheaper. Buses also stop every so

often in small towns and villages, so you get to see parts of the countryside you wouldn't see if you traveled by train, although breakdowns can be a problem.

Although crowded, trains are the best way to get around in reasonable speed and comfort. The network covers every province, except Hainan. At any given time it is estimated that over 10 million Chinese are travelling on a train in China, except during Chinese New Year when most of China seems to be on the railway.

Traveling by train is an adventurous, fun and efficient way of getting around China and meeting the local people. A variety of classes means you can navigate as you wish: if you can endure a hard seat, getting from A to B is very cheap. Opting for a soft sleeper means things can get pricey.

While trundling around China in buses or chugging across the land by train is great on occasion, China is a country of vast distances. If you don't have the time or inclination for a drawn-out land campaign, take to the air. China's air network is extensive and the country's rapid economic development means that its civil aviation fleet is expected to triple in

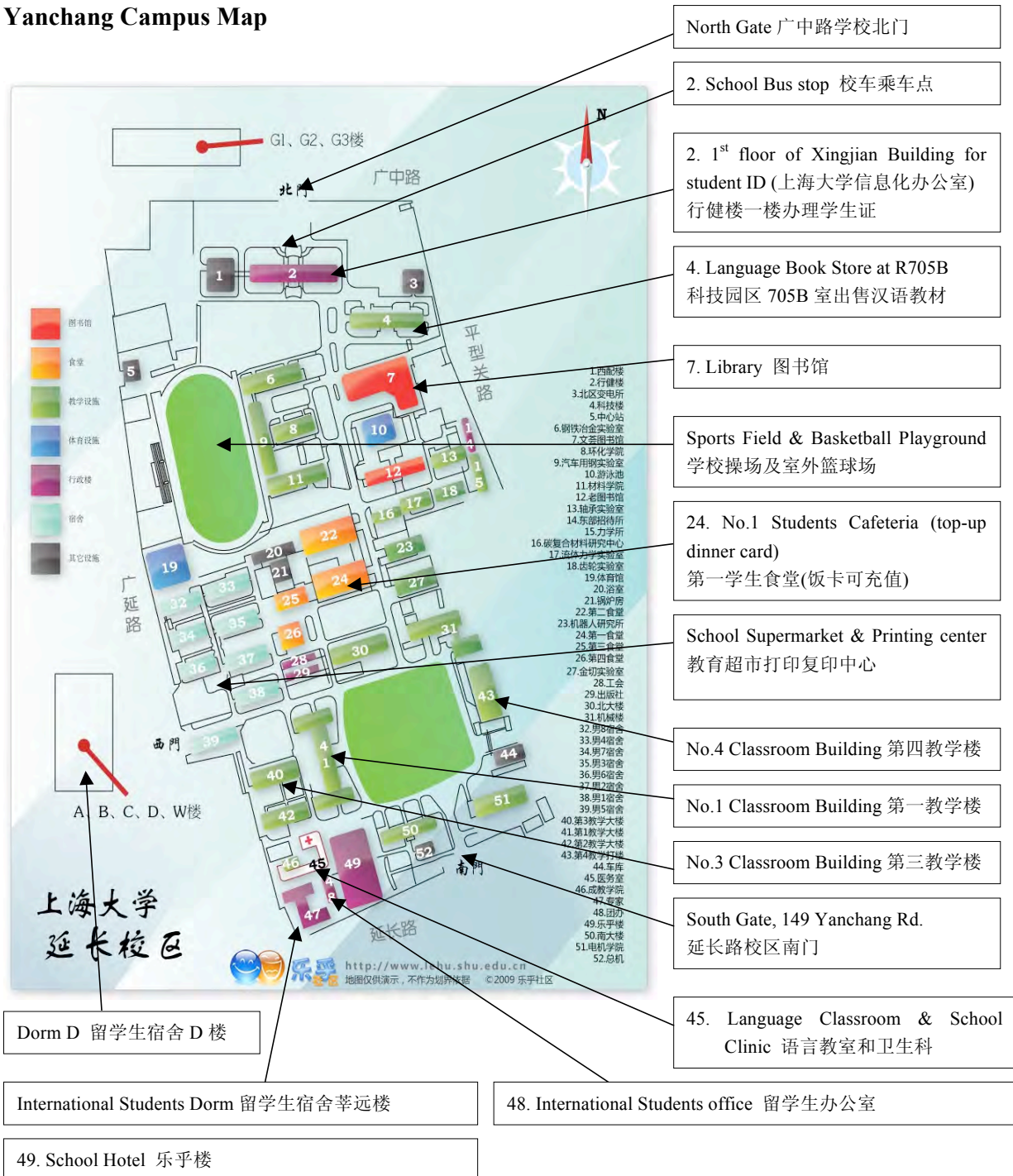
size over the next two decades, with up to 2000 more airliners being added to the existing fleet by 2022. With predictions that China could become the world's most visited tourist destination by 2020, the nation is shaping up for a further upsurge in domestic air travel. Airports are being built and upgraded all over the land, making air transport increasingly appealing.

**Tip:** Document your experience in whatever way works for you – blogging, handwriting a journal, etc. But remember that Facebook, Twitter and other social media sites are blocked, and freedom of speech is not a right in China. Your electronic activity is likely to be monitored (though unlikely to cause problems unless you are directly agitating about Tibet or other sensitive topics).



# Yanchang Campus and Surroundings

## Yanchang Campus Map



- Attn: 1. Please check in the International Students Dorm (No. 47 on map) first at any time and then register at International Students Office during the office hour (8:00—11:00, 13:00—16:00) from Monday to Friday.
2. Chinese Language Textbooks can be bought at Room 705B of book store (No. 4 on map).
3. School bus (No. 2 on the map) runs every 1 hour from 9:00 to 15:00 to New Campus (0.5 hour drive).



## Contact information

### On-Campus Program Coordinator & Student Contact: Yongbin Xia

SU College of International Exchange

149 Yanchang Road

Tel: 0086-21-56331820

Fax: 0086-21-56333187

Email: [xiayb@mail.shu.edu.cn](mailto:xiayb@mail.shu.edu.cn)

*WEgroup contact:*

*Chaney Kourouniotis, Vice President*

*[chaneyk@worldeducationgroup.com](mailto:chaneyk@worldeducationgroup.com)*

***Final Tip:*** Have fun, be patient, and keep an open mind.  
China is great. You will get as much from this experience as you put into it. Feel free to contact World Education Group for more details or if you wish to speak with any Shanghai alumni before you go.