

Helpful Information for your stay at SWU

Most of this info comes from my Fall 04 trip so might be a bit outdated.

Initial Experiences at SWU

Students talked about being stared at (in friendly, innocuous, and unfriendly ways, especially by older Chinese), their feeling of isolation (since they are housed in a foreign student complex with no Chinese. This shouldn't pose much problem since you are teamed up already.

Phone

The best way was to call home not from their room but a phone in the lobby of the student hotel using an IP calling card available for purchase on the main shopping street on campus (or elsewhere). These cards were available in 15, 30, and 50 RMB amounts. On the back of the card were a series of numbers as shown below.

17908 > kjkjkj > jkjkjkj > kjkjkjkn > fdkfjdkjf

3091605825
803009420ii

455608
2005/12/31

Scratch to see password #

The **red bold** numbers above are the relevant numbers. The numbers shown are those on my calling card are shown only as an example. To call home on the card I would:

1. dial **9** for an outside
2. dial **17908** . An tape recorded response would answer in Chinese and then convert to English and would instruct you to dial the number **2**
3. Following instructions, dial **3091605825** and then the **#** key
4. dial the scratch password **455608** followed by the **#** key
5. dial the **US country code** and your home number. Here is mine:
001-320-255-5236 followed by the **#** key.

If I wanted my family to call me, which was cheaper than me calling them, I would follow the procedure above and tell them to call me in my room. They called me directly using the following number:

011-8623-6829-3190, where the last 8 digits are my room number 23 in the Chongqing

number, and the rest are country(?) code numbers. My family at home used cheap calling cards.




Update: You will have phones in your rooms at Southwest but students just use them for local calls to your friends' cell phones. They are available to make international calls. However, you will have to buy a phone card plus you will be charged a long distance fee by the school. Essentially, you get double-charged if you call from your room. Students just called home from the phone at the front desk and used a phone card, which can be purchased by the small post office on campus. Parents and friends could still call the room # from the U.S. and there wasn't any charge for the student.


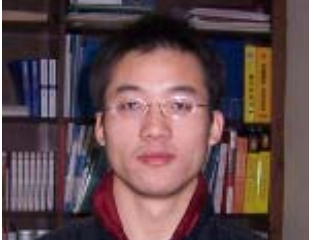



Also it isn't worth trying to buy phone cards until they you reach campus. Most cards only work from local phones (not hotel or pay phones) and only within the city boundary in which they were purchased. Students found out the hard way when they spent money on a phone card in Beijing and couldn't use it anywhere.

English Corner

Some of the students also attended English Corner on Monday, Tuesday, and Thursday night, and had a great time. I'll take you there.

Waiban Staff

Title	Chinese name	Picture
Director Foreign Affairs	Ms. Wang Jing (very interested in strengthening collaborations with CSB/SJU)	
Former Director, now Director Chinese student study abroad program	Li Yuanhu Other than the first two weeks excursions, and the Chengdu excursions, we had little to do with him. He helped arranged Beijing hotels in Dec.	
Deputy Director	Zhang Fajun (very interested in strengthening collaborations with CSB/SJU; a great guy; students loved him)	

Assistants	Dai Yuanhong (In charge of helping students with post-program travels. English is his 3 rd language, which presented some problems)	
Assistant	Zuo Linhua – English name Brahm	
Computer specialist	Tu Xiao yan Tina – extremely helpful in solving my computer problems.	
Finance person (gives me RMB when needed)	Chen Jing (accompanied us to Chengdu)	
Foreign Experts assistant	Lai Wenjia Nancy (will help director with post-program travel)	
Director Foreign Experts	Dr. (Mr.) Li Changxiao	No interaction with him.

Safety

Fill out two copies of the following Student Emergency Information card below. One they will carry with them, and the other I will keep for updated information. Use the following information:

✂

Student Emergency Information Card	
Student Name _____ Date of Birth ____/____/____ Citizenship _____ Study Abroad Program Name _____ Abroad Program Emergency Contact _____ address _____ phone # _____ cell # _____ e-mail _____ Abroad Housing Emergency Contact _____ address _____ phone # _____ cell # _____ e-mail _____ Home (U.S.) Campus Emergency Contact _____ address _____ city _____ state _____ zip _____ phone # _____ cell # _____ e-mail _____	Family (U.S.) Emergency Contact _____ address _____ city _____ state _____ zip _____ phone # _____ cell # _____ e-mail _____ Insurance Company _____ Policy # _____ 24 Hour Ph # _____ Embassy/Consulate _____ phone # _____ address _____ Equivalent 911 Abroad _____ phone # _____ Nearest Hospital Abroad _____ phone # _____ address _____ Passport # _____ Blood Type _____ Special Medical Conditions _____ Wishes In Event of Serious Injury/Death _____

Study abroad emergency contact

Henry Jakubowski
 Southwest China Normal University
 2 Tiansheng Road, Beibei, Chongqing 400715
 Phone: 86-23-6829-3190
hjakubowski@csbsju.edu

Abroad program emergency contact and address, phone, email

Office International Coop. and Exchange
 Southwest China Normal University
 Zhang Fajun, Deputy Director
 2 Tiansheng Road, Beibei, Chongqing 400715
 Phone: 86-23-6825-2377
jameszfj@swnu.edu.cn
 fax: 86-23-6886-3805

Home campus emergency contact, address, phone, email

Center for International Education,
Quad 128, St. John's University, Collegeville, MN 56321
Phone: Sharon Schmitt - 320-363-3612 or 2082
Sharon Schmitt: home - 356-7484; cell: 333-5314

Embassy/consulate phone number and address

For Chongqing area:

US Consulate General, Number 4, Lingshiguan Road, Section 4, Renmin Nanlu, Chengdu
610041

Telephone: (86-28)8558-3992 or 8555-3119, fax: (86-28)8558-3520

after hours: (86-0)13708001422

email: ACSchengdu@state.gov

Beijing:

U.S. Embassy

2 Xiu Shui Dong Jie, Beijing 100600

(86-10)6532-3431 or 6532-3831; after hours: (86-10)6532-1910

fax: (86-10)6532-4153

email: AmCitBeijing@state.gov

Food

On Campus: For breakfast and lunch, students can eat in the student cafeteria just down from the Waiban headed for the IT building. Lunch cost 3 RMB and breakfast about 2.7 RMB. Lots of food which is much less oily is served. Since cheaper food is available on the streets or in Beibei, most students will probably choose not to eat lunch and dinner regularly on campus cafeteria. There is a fast section behind the Waiban cafeteria where you can get a large take-out lunch for about 3-5 RMB.

- Student Cafeteria. Head directly uphill toward the IT building (with the big TV). It is on the first large building on the left with a parking lot in front. They sell breakfast for about 3 RMB (you pay for the item). Typically breakfast food includes steamed breads, fried and hard-boiled eggs, and pancake like dishes. Lunch costs about 3.5 RMB and you get a large scoop of rice and two scoops each of a variety of hot and cold veggies and meat dishes from two different windows. After a few days not one ate there. They also have an upstairs grill dining room which is more expensive but better.
- Waiban take out food: Just behind the Waiban cafeteria, you could obtain for about 3.5 RMB a variety of foods for takeout. It was better quality than the student cafeteria but not by much. After 4:30 PM they sold steamed breads, cakes, and jao zi for low prices.

Off campus: For the first few weeks we ate in the Waiban. The food was OK and expensive. Eventually we had only one group dinner there (Thursday nights). Students found many interesting places to eat. Here are some brief descriptions

- **Grandmas:** Walk down the hill by the kindergarten and through the entrance/exit gate for the university. Continue going downhill and take the first left. The first restaurant on the left is Grandmas (named by the students). They serve good soups and fried rice dishes. They also have limited seating upstairs. Very popular with the students.
- **Uncles:** As you go down the hill instead of turning left to go to Grandmas keep going downhill. Uncles is the first restaurant on the left. It is much larger than Grandmas and has a greater variety of dishes. A great place for Chicken-cashew or peanut dishes.
- **Stir-fry place:** As you go down the hill by the kindergarten, this is a large stir-fry place at the bottom of the hill to the right-hand side. The students thought this was great.
- **Self-made noodle place:** Go from the Waiban toward the foreign teaching building. Continue down the hill past the garage and through the main gate for the university. Turn left and you will find a series of small restaurants on the left hand side of the street. Near the end is a restaurant in which the owner makes his own noodles in front of the restaurant. Best noodle dishes (fried) the students found.
- **Crepe place:** Follow the same directions as for the Self-made noodle place, but this is about the 3rd restaurant down on the left hand side, with a yellow sign. They make taco-like or crepe-like dishes, filled with Chinese fillings. Some students loved them, other did not.
- **Hot Pot:** Go out of the main gate as you would to go to the Self-made noodle place, but cross the street. Go left and head down perhaps for about two minutes. Cross one small side street. On your right you will find a very large hot pot place where we would have group hot pots. Very good. Hot pot for about 20 people would run about 300 RMB.
- **Good hot noodle place:** Proceed as you would to go to the large hot pot restaurant. This restaurant is just before you cross the first small side street. It has very cheap but good dan dan mian.
- **Jao zi place:** Proceed as going to hot pot place. After you cross the street by the gate, turn right. Walk about 30 seconds and turn left on a small side street. On your right is a popular student bar called the Beatles. Continue up about to just before a bend in the street and you will find a small restaurant with blue and white tables and blue seats. They make good vegetable jao zi

Banks:

I was able to use my Visa Debit card at an ATM at one of the China Banks downtown (one that had a visible ATM and 24 hour banking sign). The ATM machine recognized Visa, Mastercard, and Cirrus cards. You can use credit cards in some stores for purchases.

The bank for cashing travelers checks in the Bank of China. It has many branches, but the one main office is where you must cash checks. Go out the gate as if going to the hot pot restaurant. Turn right just after the gate and walk uphill. Take the red pedestrian bridge to the other side of the hill and continue walking in the same direction as before. As you start to go downhill turn left into the street that has lots of stores. This is the start of “downtown” Beibei. Follow this winding street about until you get to a cross road in which there is a park with statues on your left. Instead go right and go into an “indented” area in the street. Set back from the main street is the large Bank of China. If you wish to change large bills into smaller one, you may do that at any of the downtown banks. I used an ATM machine at one of the Bank of China branches. If you keep heading down the main street in downtown Beibei, you will reach a pedestrian-only zone. Soon on your left you will find the largest department store in Beibei. It has a grocery store that sells peanut butter. If you keep going down the street you will soon reach a large circular plaza with a foundation (which is not running when we are in Beibei). There are many banks there. The ATM I used was at the Bank of China branch on the left hand side of the street as you walk into the circular plaza.

Post Office and Mail

Students will receive their mail from the Waiban office or the front desk in the dorm. One of the Waiban workers will notify the students as soon as possible after the arrival of the mail. Mail can be sent through China post on campus, which is in the little strip mall headed to the footbridge on the way to downtown.

Post Office and mailing: The large main post office is located past the main downtown section of Beibei. You can cab there or walk in about 25 minutes. Continue past the pedestrian zone, and past the circular plaza for about 5 minutes. You will find a very evident small park on your left often crowded with old men. Angle left there and continue for a few minutes. China Post will be on your left. I tried mailing 2 large boxes home to the states from this post office, accompanied by a English-speaking student. I had purchased the boxes there before hand, wrapped the articles in old newspapers, and took the boxes there open so they could be inspected. When I got there to send them, they wouldn't since no packages can be sent abroad with any newspapers in them. It is immaterial if the newspapers are written in Chinese or English. There is another post office on campus near the Waiban in the “strip-mall”. I sent the packages to the hotel in Beijing where we will them carry them back with us. There is not problem sending newspaper within China. The Waiban has still not resolved the problem of which packages sent to the students from the US actually get to Beibei and which ones get stuck in Chongqing and must be picked up by the Waiban.

Buses to Chongqing: Get directions to the bus station from the Waiban. Bus 504 goes to Jai fan bei (a huge shopping center) very often during the day. It costs 11 RMB one way. The last bus leaves somewhat early (around 5:00 PM) for Beibei. It takes about 45 minutes. Bus 502 (only 4 RMB but not as nice a bus) goes to Sha ping ba (a shopping area I preferred). It is not an express bus, and doesn't take the expressway but it still got to its destination in 45 minutes.

Shopping: Following the instructions above to get to downtown Beibei. Just a couple of added things. As you turn left to enter downtown Beibei (on the walk from the Waiban), if you cross the street and proceed down the street on your right, you will notice after about 2-3 minutes some stairs descending. This is one of the main entrances to the "underground" shopping markets. As you walk down, if you keep going straight, you will eventually pass through the first section of these markets. Keeping going straight and you will find at least two other sections. These shops are probably the cheapest in Beibei.

For groceries, you can go to the grocery section of the large department store as mentioned above. If you go to the circular plaza (mentioned above) down from the big department store, you will notice on the left hand side come steps going down. Follow the steps to a large, cheap grocery store.

Silk Clothes: Silk clothes (robes, blouses, pants, etc) can be made for you, but in my experience are difficult to buy pre-made in shops. We found several stores that made silk garments (robes about 180 RMB, blouse around 200). Directions: Go to downtown Beibei. By the park where the main Bank of China is located, turn right and follow the curving road around. Cross the street and proceed about 2-3 minutes down the road. On your left you will soon find an entrance into a very long row of shops. Continue all the way through that until you get to the end. As you emerge on the right hand side you will find a several shops that make silk clothes.

From Vilma

Students' Housing:

Students are housed at the Foreign Students' Dormitory on campus (telephone number: 011-86-23-6829-3100), and very close to the Waiban's office. The dorm is a five-minute walk from the Classrooms for Overseas Students. The dormitory is five years old, modern, and kept very tidy by the dormitory staff. Students share a carpeted room equipped with a private bathroom (with western toilet and shower), two twin beds, a desk, closet space, air conditioning and heat, and a telephone. The rooms are wired for internet access if students prefer to bring their own laptops. Towels and toilet paper are NOT provided. Thermos with hot water is no longer provided. Students are charged for damages to furniture and stains to carpets and/or bedspreads. Maid service and trash collection is provided every day.

Curfew on weekdays: 10 pm

Curfew on weekends: 10:30 pm

No Chinese students visiting our students are allowed in the rooms. Dorm is set up as a hotel. A staffed reception desk controls entrance of visitors. Building is equipped with 24-hour camera surveillance system.

Our students are assigned rooms on the third and fourth floor of the building. The night security person was "Thug" and he became a very good friend of the

students, allowing them to come in late (after curfew hours).

Exercise Room: Located in the basement of the building. Many new workout machines are now available.

Laundry Room and Kitchenette: Available free of charge at the end of the hallways. No dryers. Clothes are hung to dry.

Computers

The students needed their passports (but not their red SWCNU passport-like book which I distributed at lunch today), and each put 100 RMB in their accounts. I think 5 RMB went for a one-time fee, and 95 for internet access, which will be deducted with each internet usage, at the fee of about 0.6 RMB/hour (much cheaper than the 2 and 3 RMB/hour fees of internet cafes). (Three students were ripped-off at a local café by being charge 10 RMB/hour after they were quoted a lower price.)

Computer Lab: Located on the second floor. Approximately 25 computer terminals with fast internet connection. Only dorm residents are allowed to use this facility. There is only one printer available at the assistant's desk in the computer lab. Must save document on a diskette and bring it to assistant to print. **Students must bring their own diskette.** Some computers are hooked up to web cameras and microphones for phone conversations over the internet.

To buy internet time, go to the sixth floor of the Tianjiabin building (by the big screen TV on campus). The cost is 0.60 Yuan per hour of internet usage. I provided 60 Yuan per student for internet access, payable from the Office Expenses account.

Lab Hours: Monday through Friday: 10:30 a.m. to 12 noon and 2:30 p.m. to 11 p.m. (subject to change). Weekends (times change). Computer assistant must be present in lab for it to be open.

Computer Expert: Tina, in office next to bulletin board on the building's main floor, is very skilled in answering computer questions. She speaks English and is a very knowledgeable computer technician.

Accessing e-mail without using internet time: Students may access their swu.edu.cn account from any computer on campus. Follow the instructions below to check your csbsju.edu e-mail account without logging on to the internet:

- Have CSB/SJU Microsoft Outlook automatically forward your e-mail messages to your new swu.edu.cn account: <https://exchange.csbsju.edu.edu/owa/logon.asp>
- On the left margin, click on the link "Mailbox forwarding Mgmt"
- Enter your CSB/SJU username and password
- Click on "Set forwarding address on your mailbox"
- Write your swu.edu.cn account e-mail address: your username@swu.edu.cn and then click "submit".

Attaching pictures to messages using your swu.edu.cn account only takes a few seconds!