

**2009 Summer Exchange Program: Student Handbook
(Based on Fall 2007 Fall Study Abroad Handbook)**

I. FINANCIAL INFORMATION

Planning Your Budget: Your tuition, room, two weeks of food, and program excursions are pre-paid by the Center for International Education at CSB/SJU. While in China you will need money for personal expenses such as postage, faxes, phone calls, supplies, food/meals, local bus fare, short and long-term travel (if you plan to travel after the program), and gifts. The cost of living in China is much lower than in the United States.

It is practically impossible to predict how much a given person will spend during the course of a semester abroad. Individual tastes, financial resources, and budgeting ability vary greatly. It is possible, however, to give you an average spending money amount obtained from former participants. On the average, students spend about \$1500 (this included traveling during and after the program). Remember, this is an average, with some participants spending less and others spending considerably more depending on personal tastes.

Foreign Exchange: Take your personal spending money (\$1500) with you in the form of traveler's checks of small denominations (\$20, \$50, \$100) and credit/cash card/s.

Visa and American Express traveler's checks are commonly used and accepted. You will need your passport to cash traveler's checks. Keep your currency exchange receipts as you will need them if you want to change yuan back into dollars at the end of the program.

The currency in the PRC is renminbi (RMB), also known as a yuan or, in Sichuan, a kuai. RMB are counted as yuan, which are divided into fen (cents). Units of 10 fen are counted jiao. Paper notes are issued as 50-, 20-, and 10-fen units. Coins are in denominations of 1, 2, 5 fen and 1 yuan.

ATM machines are available in Beibei and other cities. There is a Bank of China ATM on campus on the strip mall by the foot bridge. Bank of China has reliable ATM machines accepting Cirrus and Plus cards.

One suggestion for getting emergency funds during the course of the program is with a credit card. **In the last several years students were able to obtain on the spot Chinese currency cash advances with their Visa credit card) from the Bank of China in Beibei. This will work fine as long as you do not exceed your credit line. Plan to have a family member make your credit card payments so you can rely on getting a cash advance with your credit card in an emergency.** Wiring funds to China does not work well and is not recommended.

Credit Cards: Credit cards, such as Visa or American Express can be used to withdraw cash if you lose your money, lose your flight ticket, change your flight return plans, or encounter an emergency. Visa is accepted to obtain Chinese currency cash advances at the Bank of China in Beibei. It is advisable to have a pin number with your credit card as these are required at times.

The following foreign credit cards are accepted in China: Mastercard; Visa; American Express; JCB; and Diners. These card holders can draw cash at the Bank of China or use the cards for payment in stores, restaurants, and hotels designated by the Bank of China.

You should call your credit card company before you leave and inform them they you will be in China for 4 months. If they don't know, they might prevent a purchase from your card while hear, since they might view it as an unlikely transaction based on your purchase history. Make sure to have the number to call if your card is stolen in a separate place from your card.

Traveler's Checks:The Bank of China can cash traveler's checks sold by international commercial banks and traveler's-check companies in the United States, Canada, Australia, Hong Kong, Japan, Britain, France, Switzerland, and Germany.

The Bank of China also serves as agent for traveler's checks of the American Express Company, the First National City Bank, Thomas Cook Traveler's Check Co., Sumitomo Bank, and the Swiss Bank Corp.

II. WHAT TO PACK FOR CHINA

Travel light! Pack enough for a week and it will last for the semester. Pack one "dress-up" or better outfit. Shorts, pants, T-shirts, sweatshirts and long underwear for winter will be what you need. Warmer clothes can be purchased in Bei Bei for less the the price at home (if you are the size of average Chinese people). You will need comfortable shoes for walking and climbing (hiking shoes are especially recommended). Just bringing flipflops is not recommended given how dirty the streets are and also the fact that you will be hiking up uneven trails etc. Larger shoes for both women and men can be difficult to find. You will also need an umbrella or hooded raincoat/poncho.

Considerations when selecting clothing. Avoid bulky items. It must be easy to wash and colorfast, dry quickly, and be wrinkle-free. Polyester or Nylon fabrics are better than cotton given that your clothes will have to air dry in humid conditions. Pick a color scheme and have everything match so a few garments go a long way. Dark colors are best. Clothing that can be layered is also helpful. If possible, pack things that can be considered casual and some-what dressy. Also, wardrobes are much more limited in China, so don't bring too many clothes. It is not uncommen to wear the same outfit several times before washing due to the difficulties with laundry.

You must be sensitive to the culture of which you are a temporary resident. Clothing should be flattering to you and acceptable to members of the culture you plan to visit. Provocative outfits may offend just as they would in the U.S. Consider the impact your clothing has on others. Some young women are wearing shorts (very few "short shorts") in China now but few women wear low cut tops.

Suggested Clothing:

Women: conservative, casual wear-mix-and-match clothing such as a sweater, pants, or jeans, and one moderately dressy outfit for a party or special event.

Men: conservative, casual wear shirts, jeans, one pair slacks and wrinkle free shirt for special events, a sweater.

Both: Rain gear: parka/poncho and an umbrella. Make sure that if your backpack is not waterproof,

your poncho is large enough to cover your backpack too. A couple of pairs of wool sox are good since on mountains its cold, they wash and wear well, and a second pair is important if the first gets wet.

Coat: A fall coat is adequate, especially if you bring clothes that can be layered. If you aren't larger than the average Chinese person, you can easily buy a jacket in China.

Activity and Athletic Gear: hiking clothes and shoes, sweat pants, sweatshirt, etc. You will be walking a lot and the roads/paths are often in poor condition. Athletic clothes are expensive in China.

Shoes: sports/tennis shoes, a casual dress pair (optional), and hiking shoes.

Other items of clothing: thongs/shower shoes, socks (lots/wool is great) and underwear.

There are many tailors and shops in Beibei, which take orders for custom made garments, including sweaters. Their services are every inexpensive. A full man's suit in 2007 could be purchased for about 550 RMB and a short sleeve pants suit for a woman for 260 RMB, sleeveless traditional dress about 160 RMB. 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 tunnel of "underground 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. Some students recommended a tailor at the right hand side as you emerge from the tunnel. That particular tailor is the 3rd one from the end and has a small dark red sign. He did a nice job and had good prices. The prices vary greatly so the students may want to shop around in the stores located in the street that emerges from the tunnel.

Baggage: Limit yourself to a backpack **or** a sturdy suitcase with wheels and small carry-on. You must be able to carry comfortably what you take.

Chinese airlines have their own weight restrictions and because you have several flights within China, you must comply with those restrictions or pay their excess baggage fees. You are allowed a total of 20 kg (44 pounds) of total check-in baggage.

Available Western Products in 2007: Except for deodorant, all the toiletries you will need are available in Beibei.

Products not available

Deodorant, tampons may not be available, dental floss, body lotion, Antibacterial hand sanitizer/wipes

Talk about shopping: You can and should barter at all tourist sites (prices will often come down by half or even by 10x) , at the underground market and open air street markets. In most of the major dept stores prices are fixed.

Useful Items to bring:

- wash cloth (if you want one) that dries quickly (thin/or polyester one)
- plastic bags of all sizes (especially ziplocks)
- a calling card
- credit card/s

- small backpack for daily use
- journal notebook so you can journal immediately
- one book about China (novel, biography, etc.) because it is fun to switch books with one another throughout the term
- little gifts--postcards of CSB and SJU, Minnesota, your home state, etc., CSB/SJU pens and pencils, little mugs, t-shirts (Walgreen's have cheap Minnesota T-shirts in St. Cloud). College stickers (one restaurant still proudly displays a Blazer sticker) People here love anything with CSB/SJU on it! If you go on teaching opportunities, some rolls of pennies might be nice. You may have three different classes of about 30 students and an easy momento some students brought were pennies. Left over senior pictures are also a good gift.
- family pictures to share with Chinese friends
- for those courses such as management and
- Senior Seminar, buy textbooks (Consult the faculty supervising the course),
- duct tape, safety pins
- The Lonely Planet Guide (find others to share with so you save money and luggage weight).

III. TRAVELING IN THE FIRST TWO WEEKS IN CHINA ARRANGEMENTS

During your first two weeks in Asia you will travel from Beijing to Xi'an, Guilin and Yangshou, visiting many historical and cultural sites. From Guilin you will travel to SWU in Beibei, Chongqing, Sichuan, where you will live and attend classes. Flight arrangements for these internal trips are made by the Foreign Affairs Office in Beibei. At the end of the program, you will be provided with the means (funds) to travel from Beibei to Beijing. Your director will ask for information on all travel plans for China. This information is needed by the Foreign Affairs Office, which is responsible for you while you are in China. They will assist with travel arrangements.

Again, China Airlines has a weight restriction of 44 pounds (20 kg) for luggage for passengers on their flights. Trains also assess charges for overweight bags. Overweight charges are approximately 200 yuan (about \$25) for every 10 kilos overweight. Oversized bags also get penalized. Program participants are responsible for any excess baggage charges.

Phone Card: You may want to consider buying a telephone calling card in China or the US before you leave if you want to phone family and friend in the first two weeks. You can get information from your long distance company. Small towns and villages in China may not be equipped with telephones from which you can place international telephone calls. Students can also buy phone cards in China (see Phones later on in this document). If you bring a laptop and your hotel rooms in the first two weeks of excursions have web access, you could use SKYPE to call your friends and family. Again see **Telephone** in the next section for more information. You can also use a calling card that you have prepurchased in the US on the web (such as through www.callingcard.com). The cost is about 3 cents/minute.

IV. LIVING AT SOUTHWEST UNIVERSITY

Residence: You will be assigned to a double room in the New Waiban at Southwest University. **Your address will be as follows: Your Name, c/o Office of International Cooperation and Exchanges, Southwest University, Beibei, Chongqing, PEOPLE'S REPUBLIC OF CHINA 400715.** Each room will have two twin beds, bathroom, air conditioner/heater, desk, closet space and telephone. Your residence building is the International Student dorm. You will receive clean bed linens each week. Your room will

be vacuumed and trash will be emptied every day. There is a laundry room and kitchenette available free of charge at the end of the hallways. No dryers, clothes are hung to dry. Towels and bathroom tissue are not provided. The rooms are wired for internet access. If you take your laptop, be sure that you carry it on all aircraft, do not put it into your check-in luggage.

The telephone number in the Office of International Cooperation and Exchanges is: 011 86 23 6825-2225 or 011 86 23 6825-2377; the fax number in the office is: 011 86 23 686-3805

Students must follow the following rules and procedures at the International Student Dorm

- 1) There is a 11:00 PM curfew to be inside the Foreign Students dorm (the door is locked and the staff at the Reception Desk controls the entrance of visitors. The building is equipped with 24-hour camera surveillance. Visitors must leave by 10:15.
- 2) Key deposit, phone deposit and phone bills are issued monthly at the New Waiban front desk/lobby area on the 3rd floor of the building.
- 3) Rooms need to be returned to their original state and any damage or repair charges are assessed at the end of the semester and must be paid immediately by the student occupants.

Meals: Your group leader will hold some group meals in the Waiban and some in local restaurants. You may choose to eat at student fast food by the Waiban Restaurant (cheap and easy) or student cafeteria (come out of dorm, turn right, turn right again by the Waiban and walk about 3 minutes its on your left) both of which is located near the student residence or in some of the small restaurants on campus or in Beibei. If you eat out, the following precautions are recommended: wipe the water out of your bowl and take your own chopsticks (always wash these with boiled water) and ask for new chopsticks (or look for these since many restaurants have them) versus reused ones if you don't have your chopsticks with you. There are many very good restaurants near campus, that are easy to get to and very cheap.

Activity Room: An activity room, which is available to you and guests of the Office of International Cooperation, is located next to the Waiban Restaurant. There are ping pong tables (paddles and balls are very cheap-about 10 kwai in the underground market)and majong tables (there is a set in the closet) to use in there. This is where parties are held.

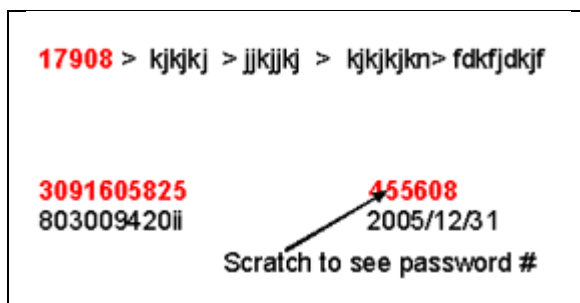
Available Services: Most services, including clinics and post offices are closed from 11:30 AM to 2:30 PM (11:30 - 3:00 PM prior to October 1). Classes also do not meet during this time.

Electrical Power/Appliances: China is currently standardized at 220 volts, 50 cycles, and there are a few power outages. Any appliance requires a voltage adaptor. Battery-operated items are your most reliable choice in China.

Telephone: An international direct dial telephone is available in your residence building; telephones for local calls are available in each room (students are charged a monthly telephone service fee of about 15 yuan per room). Students can receive calls from home in their rooms. China is 13hours ahead of Minnesota time (14 hours after daylight saving time switches back to standard time), so set up calling times accordingly.

The EASIEST and CHEAPEST way to call home and for parents for reach you is to load SKYPE on your computers and call using **SKYPE** either to each others phones or to your computers. You will need to by a set a headphones and an optional webcam is great, if your friends/family have on their computers.

You can also buy a phone card in Beibe. The best to buy are the 17908 cards (see back, top left of card for number). The back of the card is shown below. The **red bold** numbers are the relevant numbers. The exact numbers shown are those on a typical calling card and are shown only as an example.



To call home on the card you would:

1. Key in **9** for an outside
2. Key in **17908** . An tape recorded response would answer in Chinese and then convert to English and would instruct you to select the number **2**
3. Following instructions, Key in **3091605825** and then the **#** key
4. Key in the scratched password **455608** followed by the **#** key
5. Key in the **US country code** and your home number. For example: **001-320-255-1111** followed by the **#** key.

To call your room from the states, key in

011-8623-6829-xxxx

where the last 8 digits (6829-xxxx) are your room number 23 in the Chongqing number, 86 is the China country code and 011 is the international code for you US long distance dialing.

You can also buy a cell phone which can be convenient if you have many Chinese friends or other obligations here. Here is some advice from a student: The best way to do this is to get a Chinese friend to help (that is unless you know how to talk cell phone lingo in Chinese when some ppl cant do it in English). First, the cell phone. You pretty much have a fine working phone if you go into a shop and buy a new one. New phones range from 300 to 2000 kuai. Used ones range from 100 to 300 kuai. When buying used ones make sure the battery is okay, its in English, you get a charger, etc. Also if you get a used one and it breaks make a deal you will come back and have it fixed for free.

Buying a phone. You can get a plan but... there's a simple alternative, buying minutes as you go. That's pretty simple. You have the option of having a regional phone card or one you can use in call of china. After you use up your minutes, you go to a shop called M-zone where you add minutes. There's a word in Chinese I cant remember to ask for more minutes. (Use a Chinese friend!). When you add your minuets you add them by giving them your phone number and money. You can by the phone cards at China Mobile stores and cell phones stores and even little booths randomly around the street. Don't forget the Chinese friend.

Computer/Internet Access: Students do have e-mail accounts through SWU and have access to computers and the Internet in the Computer Lab located on the 2nd floor of the dorm. However, there is

limited access times, and most of them are not working. **It is strongly recommended by the students in 2007 that students bring laptops.** There is only one printer available. It is recommended that you have a very current virus protection program and bring a flash drive. Some of the cost of computer/internet/e-mail access (50 rmb for approximately Xxx hours per student) is paid by the program and students may purchase additional hours. There are several types of internet plans. One, for 40 RMB/month, will give you unlimited internet access. This is good if you play streaming audio from the web and otherwise download large files. The main other plan cost 50 RMB for a large amount of web time but it seemed that many students drained that account quickly if they downloaded much.

Photocopying: There are photocopying centers on campus and a photocopying service is also available just outside the Foreign Affairs Compound. A fee is charged for copying and price varies with quantity, but is typically more than at CSB/SJU.

Mail: Incoming Mail is delivered to the Residence Hall where you live. Airmail from the United States takes 10-14 days for delivery. Express mail may take 6-10 days. Outgoing mail takes a bit longer (about 2 weeks).

If you receive a package, you will get a notice from the campus post office. The Waiban may charge a small fee (5-10 yuan) and you will receive your package. Outgoing packages (parcels) must be mailed from the downtown post office.

Outgoing letters can be weighed at the campus post office, where you can also buy stamps and envelopes. If more than one stamp is needed, all stamps must be placed on the back of the envelope.

Church in Beibei: There is a multi-denominational church in Beibei. It is sanctioned by the government, and not an underground church. It has services on Sunday at 8:30 am (very crowded, mostly with older people, standing room only, with singing starting at around 7:00 am) and at 10:00 am. I took a group of students to the 10:00 am service after the Sunday market. To get there, following these directions: Go to downtown Beibei onto the pedestrian zone with the smaller CBest store. Continue to the circular plaza with the Bank of China on your left and the Sunday market/river straight ahead. Turn right if your standing in the middle of the plaza and walk about 20 minutes straight ahead. Eventually you arrive at the Number 9 Hospital at a T in the road. Now go back in the direction you walked and turn left at the first street. (I only describe going to the hospital and turning back to give the reader an absolute way to get there. Alternatively, when you are headed right from the circular plaza toward the hospital, you turn right on the last main street before you arrive at the hospital.) There are some small food and flower markets there. Walk about 5 minutes down this road. You will see a building with a red cross on the left hand side. That is a pharmacy. Keep going and you will see a large building with a steeple and cross. You can't miss it if you are on the correct road. The second service started at about 10:10 and ran to about 11:35. The priests in 2007 were both women. They served communion.

Weather: When you enter China in early September, you can anticipate very hot, humid weather. As fall approaches, you will find that there is less sunshine; most of the time the sky is overcast. Fall is usually a rainy season. You will only have heat in your residence at night, and public buildings (classrooms) are never heated. By November temperatures drop and you will want warmer clothes. Long underwear is recommended; it is warm and takes little space in your suitcase. Clothes that can be layered are also highly recommended. A fall jacket and light gloves or thin mittens are usually sufficient for the November and December weather in Beibei. However, the excursion to Mt. Emei will require warmer clothing. Outer clothing, such as jackets and gloves, can be easily and inexpensively purchased in Beibei (if you are not bigger than the average Chinese- which is smaller than the average

Minnesotan!).

Summer 2009: Hot and Humid. Lots of Rain.

V. EXCURSIONS AND FREE TIME ACTIVITIES

During these excursions, you will stay in hotels or university dormitories. You will need your passport to register at each. It is also a good idea to bring a Xeroxed copy of the first two pages of your passport with you on these excursions--just keep them in a separate place from your passport. The Center for International Education will provide you with several copies of your passport and will insert them into your passport or include them in your passport pouch.

On any excursions, be sure to leave enough front seats in the bus for the personnel from the Foreign Affairs Office, a local guide, and your directors. This is standard Chinese protocol.

Day Excursions:

The Waiban will arrange some smaller day-long trips. These may include a trip to Chongqing to Jie Fan Bei, old town, the rivers park, etc. In addition, your program director may arrange for some as well, including a trip to Jin Dao Gorge (Xia). Trips arranged solely by the Waiban will have no additional student expenses.

Your own excursions:

You will want to find activities in the area to do with your friends on your own. Here are some things to do around Beibei/Chongqing .

- City park in Beibei. Keep walking past the pedestrian zone until you near a small semi-circular park on the left filled with old men talking. It's on the right before you get there up a nondescript parking area toward a gate. There may be traditional Chinese orchestra and singers on Saturday when the weather is good.
- Beibei Sunday market. Keep going past the pedestrian zone as in (1) and turn left at the semi-circular park. Head toward the main street in front of you. Cross it and you will find the city market extending toward the Jailing river.
- Take Bus 502 to JieFan Bei (where we went on our group trip to Chongqing city) or Shapingba, another not so crowded shopping area. You can catch buses right outside the Mao gate, or you can get them at the bus stations in downtown Beibei. The easier way, if there are seats available) is to catch a bus outside of the gate. Flag down the bus, ask if it is going to Jie Fan Bei or Shapingba and give them 10 RMB (one way). If you wish to catch the bus at the bus stations, see the directions below to get to the right ones.

For Shapingba following these instructions: Go over the foot bridge and head to downtown Beibei by taking the road downhill until you get to the first bend to the left, heading to the first underground market entrance. (Don't take the step to go the big C-Best). Keep going toward the pedestrian zone. When you hit the park on the left (as if you were heading to KFC), turn right (you'll have to follow the rotary). Keep walking until you come to a stop light. Turn left and keep walking. If you're not walking on the left hand side of the street cross it. Keep going past a lot of buses. By

one area where buses are emerging you'll see a ticket store, with bus numbers 505 and 504. However you will notice buses emerging there with the number 502. This is the bus to Shapingba. Ask at the ticket window to be certain. I think it is 10 RMB. In this area is Geleshan, a large area of parklands and historical interests

For Jie Fan Bei following these instructions: Do the same as you do for Shapingba bus but keep walking down the street until it curves to the left (after a series of food stalls). About 100 feet after that you will see another ticket window and bus area with more buses numbered 502. This one goes to Jie Fan Bei. The ticket window also says 502. I also think this bus goes to Nanping, another cool area. Nanping has French Naval Barracks and lots of hot springs parks, and the Golden Eagle. I don't know much about this area and its sites.

Please pay great attention to where you get off of the bus. You must get the bus at the same place where you were dropped off (for Jie Fan Bei) or just across the street going the other way (for Shapingba). The last bus to Beibei is around 6 PM so plan to return early.

- Ciqikou (Old Town), where you probably will go once on a Waiban programmed excursion. Will get updated info about bus number. I think it is the 502 again but am uncertain.
- Just north of Beibei headed to the highest mountain in the area (Jinyun Mountain) are Jinganbei (historical village), the North Hot Springs (3 km from the village entrance, and Jinyun Mountain itself (9 km from the village entrance). You could walk part way or all the way to these sites if you have time. The easiest way to the mountain top is to take the cable car. To get there, walk left out of the closest gate to the foot bridge (as if you are going to the Moslem restaurant), and walk about 20 minutes to the cable car. The cable car is about 15 RMB each way. If you're brave, go across the street from the gate nearest the food bridge and wait for a 504 city bus. When it stops say the words Jinyun Shan. That should do it. A cab to the top is about 50 RMB.

To get to Jinganbei (historical village), walk to the cable car station and continue about another 5 minutes (quarter mile or so) until you reach a brown overhead sign that says Jinganbei (Historic Village) on the right hand side of the road. It's immediately after a sign for the "Light Hotel" (written in English on the sign). Turn right there and walk down a narrow road about 1 mile to the village.

To get to the North Hot Springs (which was closed in 2007 from June through at least the end of the year for repair), go another 2 miles past the entrance to the village.

- Jin Dao Xia (Golden Knife Gorge) is about 3 hours away by bus on a bad road, but it is well worth it. Hopefully your director can help schedule a group visit there. On the way is a very cool old village.
- Hechuan Fishing Village and the old town of Laitan are also worth a visit. You will have to take a Chinese friend with you to find your way their by bus.

Free Time Activities: You will obtain the most from your experience abroad if you are open to meeting and attending activities with Chinese acquaintances/friends. Chinese students will be eager to meet you and have an opportunity to speak English. You can use this as an opportunity to practice Chinese. Chinese students welcome invitations to Halloween, and Christmas parties (or other gatherings of the group).

An easy way to meet Chinese students is to go to English corner, right by the library. It's usually held on xxx Tuesday and Thursday nights around 8:30 pm in a dark outside corner of the library. Ask the Waiban for a student to take you there the first time. You'll find many Chinese students practicing their English and they will vigorously welcome you. The first time is a little intense since you'll be surrounded by many students asking you questions about Yao Ming and the 2008 Olympics. Sometimes there are topic nights.

There is a movie auditorium on campus immediately adjacent to the Library where English films are regularly shown on weekends. There are also concerts and plays occasionally on campus that you may be notified about, sometime with insufficient notice.

Chinese students welcome your participation in sports. Students on the program may participate in soccer, basketball, volleyball, track, badmitton, and various forms of Tai Chi. Student in 2007 played in intramural soccer and some even for the University team.

Re-entry Into the United States: Be prepared to show receipts for each of your declared purchases. If you don't have receipts (receipts are not common in China), keep a log of your purchases that includes the date of purchase, place of purchase, and cost of the item.

VI. ADDITIONAL RESOURCES ON CHINA

Video tapes on China available at our libraries

- *Heart of the Dragon* (12 part series on China)
- *The Chinese: Adapting the Past, Building the Future*
- *A Great Wall* A Chinese American family visits relatives in China full of cultural misunderstandings and cultural connections
- *Iron and Silk* (the book is better, but the movie does have lots of examples of cultural adjustment and learning)
- *The Mystery of Chi* part of the *Healing and the Mind* series with Bill Moyers fascinating
- *The Last Emperor*
- *To Live*
- *The Silk Road*

Recommended Books (some of these are available on site in China, but they are excellent summer reading in preparation for our program).

- *China Wakes* by Kristof and Wudunn
- ***Wild Swans* by Jung Chang - AWESOME**
- *Bittersweet* by Leslie Li
- *Riding the Iron Rooster* by Paul Theroux
- *Red Azaleas*
- *Iron and Silk* by Mark Salzman
- *Alone on the Great Wall* by William Lindesay
- *The Ugly Chinaman* by Bo Yang
- *The Ugly American* by Lederer & Burdick (focuses on North Americans abroad who succeed and fail as intercultural communicators a series of short stories)
- *Life and Death in Shanghai* by Nien Cheng
- *The White Tiger* by Robert Collins
- *Red Star Over China* by Edgar Snow
- *Two Years in the Melting Pot* by Lin Zongren
- *Chairman Mao Would Not Be Amused* by Howard Goldblatt
- *Evening Beijing Chats* by E. Perry Link
- *Li Po and Tu Fu* by Arthur Cooper
- Also try reading some Chinese children's stories/fairy tales

There are lots of resources on the web for Chinese language software some links on the China homepage, but they're easy to search out yourself. Check with the new Chinese language teacher for better recommendations.

Check out the China Program web page: www.users.csbsju.edu/internationaleducation/

IX. Top Ten List of Student Recommendations from Fall 07 to Students for Fall 08

- 1) Be open to trying everything at least once – food and experiences.
- 2) Sometimes you can soak in more of your surroundings by separating yourself from the group for a while – be mindful.
- 3) Accept the fact that things will rarely go as planned – T.I.S. (this is China)
- 4) Really try to connect with the Chinese people and make new friends. English corner is a good way to start that process.
- 5) Keep trying to speak Chinese even when you get laughed at.
- 6) Keep a journal of your experiences; sights, smells, sounds and emotions.
- 7) Plan your own mini adventures at least once a week.
- 8) Teach others about your culture while they teach you about theirs.
- 9) Take care of yourself physically and mentally. This journey demands good health.
- 10) Keep in touch with family and friends but also give yourself space.

10. Pack smart. Bring all the basics clothes you'll need. A few favorites but nothing too nice or irreplaceable.

9. Bring toothpaste and dental floss to last the semester.
8. Bring body lotion-- they don't have it here.
7. Try to get out every single day-- walk around, buy fruit, take pictures of babies. It goes by too fast.
6. Take a motor taxi.
5. Go down by the river on a nice night (near the Sunday market).
4. Climb down Mt. Emei.
3. Do the teaching weekend.
2. Bring your patience and sense of humor and you'll love the chaos.
1. Be mindful.

10. Explore Chongqing as much as possible

9. Try to put a lot of effort into learning Chinese, it'll pay off in the end.
8. It may be hard, but hang out with the Chinese or international students.
7. Only eat Western when you HAVE to.
6. Try as much "exotic" food as possible (in the end at least you can say you tried it)
5. Go to student activities on campus
4. Watch out for squatting children.
3. Get a massage.
2. Go to BBQ or Hot Pot past midnight at least once.
1. Do as much as you can fit into your schedule.

- 1). Bring a laptop, or make sure there is one computer in your room.
- 2). Hike down Mt. Emei, no matter what.
- 3). Practice Mindfulness if you have the chance.
- 4). Go to Barbeque, it is so Good!
- 5). Get to know the restaurant owners. They are amazing!
- 6). Take advantage of every opportunity to hang out with Chinese friends.
- 7). Be in shape, you have a lot of stairs to climb.
- 8). You can't buy deodarant so bring lots.
- 9). Take a weekend trip with some friends
- 10). Most importantly keep an open mind and have fun. It flies by!

1. Be in shape because you have a lot of stairs to climb.
2. The dorm gets cold in December: bring warm clothes!
3. You cannot buy lotion so bring it along!
4. Bring old clothes: your clothes will get stained and stretched out!
5. Computer access is limited so either bring your own or be prepared to have limited access!
6. Get to know the international students in the dorm: they are friendly, lots of fun, and very knowledgeable.
7. Spend a few nights out in Chongqing.
8. Study for Chinese class!
9. Take a few motorbike taxi rides!
10. Explore Beibei!

1. All the clothes and shoes are fit for asians...keep that in mind when packing
2. i could not find any sweatshirts, only zip-ups
3. try the stick pot grill place across from uncles-it's the best thing in the world
4. learn as much of the chinese language as you can at the beginning of the trip-it's fun being able to communicate
5. Go to the Metro grocery store in Chongqing-it has real cheese
6. buy as many souvenirs as you want-you won't regret it
7. when people say it's cold on top of that mountain they're not kidding-it's freezing
8. bring an iPod
9. Journal everyday of the trip
10. read about the sights you'll be seeing before you see them

1. bring a laptop
2. no one cares if you wear the same clothes day after day, so you don't need to bring a lot
3. but the clothes are fit for tiny people so don't expect to be able to buy a lot of clothes
4. unless you have tiny feet, you will not be able to find shoes
5. bring books to share
6. be mindful everyday because before you know it, you will be going home
7. don't expect any of your clothes to stay clean
8. take lots of pictures
9. practice your squatting skills; bring a lot of toilet paper
10. learn as much Chinese as you can

1. teaching weekend in shehong is a must
2. bring lots of hand sanitizer
3. you won't regret the things you do, but you will regret the things you don't do
4. go to the cotton club in chongqing for a night out
5. bring a laptop if you have one
6. go to the pearl market in beijing
7. tell your parent to send at least one care package
8. ride a motorbike
9. bring an alarm clock from home
10. take a lot of pictures

1. Bring good tennis shoes
2. Buy a water jug for your room
3. Bring a rain jacket
4. Bring a light weight towel
5. Climb down the mountain if the weather is nice!
6. Bring a camera with a rechargable battery, batteries in China are bad!
7. Bring a sweatshirt and sweatpants.
8. BRING YOUR OWN COMPUTER!!
9. Study chinese before you come, even if it is just some basics.
10. Use skype for communicating back home.

1. Bring a computer
2. Invest in a really good camera.
3. Pack a pair of very comfortable pants (Sweatpants or Pajama pants) for around the dorms. In the end of November and early December it gets really cold. Also when you go to Emei Shan it will be super cold.
4. Plan on arriving in china early or staying after to travel. It will be worth it. You can always change you departure date if you decide you don't want to stay after.
5. Bring comfortable sandals. Keens or Texas.
6. Try to be mindful on a daily basis.
7. Get to know the other international students in the beginning of the trip, you will learn a lot and meet some great people.
8. Don't plan on buying any footwear if you have larger than a Men's size 9
9. Start studying Chinese early on, Starbucks in Chongqing is a great place to study. There are a lot of English speaking Chinese people who go there and are very happy to help you.
10. Go to Muslim Restaurant, it is amazing and inexpensive!

1. bring lab top. the computer lab hours are terrible and the computers don't work well.
2. bring a watch, there are zero clocks in china.
3. bring a rain jacket, it rains a lot and it's nice for some of the trips you take.
4. ride the motor bikes in beibe
5. get water cooler for your room
6. bring deodorant, they don't have any in China.
7. bring a big memory card for camera, you will want to take a lot of pictures/videos. you can buy

memory cards at the pearl market for cheap.

8. have a camera with a rechargeable battery because batteries in China are terrible. they don't last at all.

9. buy a DVD player once you get to beibe.

10. play basketball or soccer. it's a great way to meet people and it's very fun.

1. Buy items that scream "China"....Don't buy things that you could probably find in the US

2. You will never regret taking too many pictures...you will regret taking too little though

3. If you can, learn some Chinese before you come to China, it will completely enhance your experience

4. Get into the loose leaf tea. So good and so fun to drink.

5. Don't count on the Waiban for anything

6. Travel after the program - you will not have another chance to be able to do it as cheaply or as easily again.

7. Try Club True Love in Chongqing

8. Try to get away from the internet and DVDs and walk around CHINA when you are bored instead...I guarantee your boredom will disappear quickly.

9. Try everything - keep an open mind.

10. See everything you can, taste everything you can - take advantage of being in China and it will be an amazing experience for you.

1-Bring good walking shoes.

2-try to pack in a hiking backpack, it will be easier to travel with.

3-Have at least one laptop per room.

4-Make friends early and never pass up an opportunity to hangout with new friends because you have to study ;) you will always have another test but you only have a couple of months in China!

5-Bring a pillow case or something that comforts you for in your room.

6-Have pictures of your family and if you plan on teaching bring enough small gifts, such as pencil, coins, post cards, for an entire class of 35.

7-Eat at new restaurants every meal...

8-Bring toothpaste because Chinese toothpaste just isn't the same...

9-Bring thin hat and gloves for winter.

10- VISIT JIUZAIGUO!

1. Teach English- Either volunteer to teach in the local Elementary School or go on the Teaching weekend. The kids are so excited to see Americans and will treat you like celebrities. It is such a good feeling to know that you they really appreciate you coming and you will make so many memories.

2. Get a Haircut- The haircuts in China are so much more than a haircut! They will massage your head, arms, back and shoulders before/while they wash your hair. Then they spend a long time making sure that every hair lies in the right place. The haircut is also very inexpensive. Just remember to bring a picture to give them just so you know what you are getting before it is too late.

3. Computer- Bring a computer! The computer labs are very unreliable and the hours are only in the afternoon. The internet works well in the rooms and there is rarely times when it is down.

4. Books/Cards/MP3- Bring some stuff to do while you are on plane and buses. If you bring books you can switch with other people on the trip. Cards are nice when you are on the boat trip and for down time. Also, MP3 players help pass time on long trips.

5. Chongqing- Visit Chongqing often. The city has a lot to offer- Malls, restaurants, museums and great night life. It also is nice to spend time walking the city.

6. English Corner- Go to English Corner at least once. You will enjoy meeting new people and learning about Chinese culture. Don't give up after the first visit, you can make some really good friends at English Corner.

7. Get to know people outside the group- You may feel comfortable with the people you are around, but step out of your comfort zone and make new friends. Don't just make Chinese friends, the dorm has people from all over the world and they are more than happy to get to know you.

8. Try new things- Whether it is Pigs brains or just starting a conversation with someone new. The more you open yourself up to new things the more you will take away from your experience.

9. Write a Journal/Blog- You may think this is time consuming, but you will enjoy looking back at what you did and what you were thinking during the trip. Blogs also help you family feel connected to you.

10. WALK- Be Chinese and walk everywhere. You will see more while you are walking than if you take a cab or a motorbike everywhere. Also, try taking in your surroundings as much as possible, this may be the only time you will experience some things.

1. If you are thinking of wanting to use a cell phone in China, don't be afraid to bring your own and just buy a Chinese sim card.
2. Learn and speak as much Chinese as possible.
3. When looking for a good/new restraint (1st ask others) 2nd, look for busy crowded places
4. Learn to function on Chinese time.
5. Bargain, bargain, and bargain some more.
6. Saying a proper goodbye is not easy but its worth every second you put into it.
7. Treat service personnel very kindly!!!
8. Carry a small notebook to write down ideas, Chinese phrases, tasty dishes, etc.
9. When going to China, keep a watch on your time back home just so you have an idea of when you will be tired, hungry etc. and do the reverse when coming back home
10. Make friends with everyone (*Guanxi*!!!) Got to invest in the *Guanxi*.

1. Start making friends right away, these will be friendships that will last for a lifetime.
2. Make sure not to overstress yourself, give yourself some space when you need it. China can be very overwhelming if you never get time to think about all that is going on.
3. Find some good food places and make sure you keep going back to those to develop a relationship with those store owners.
4. Teach when given the opportunity

5. Explore around Beibei before you start going into Chongqing, get to know the city you live in.
6. Dont over pack, you can buy everything you need in China except some medications maybe?
7. Bring some nice gifts from the US for good friends you will meet.
8. Challenge yourself, live "outside your box" while you are in China. You can learn a lot about yourself if you manage to do this.
9. Ask the people around you for help if you need it, expecially your teachers, they are always willing to help. Don't be to proud to ask for help when you need it.
10. Bring a computer!

2004 STUDENTS' TOP TEN LISTS OF RECOMMENDATIONS

1. Some days it seems as though nothing goes according to plan, but as long as you stay calm and keep an open mind somehow everything works out.
2. Pack light and with things that can be doused in oil at any given moment.
3. Become friends with the Waiban staff, but do not count on clear communication or much help at all.
4. Take advantage of English teaching opportunities. They are often very fun and rewarding.
5. Do not buy knock offs in Beijing you will not want them at the end of the trip.
6. When you go to Mount Emei Shan do not climb down if it is raining.
7. Try everything once.
 1. Things in China break down or don't work (Cars, plans, clocks that you buy for less than a US dollar) and this is normal, despite the urge, don=t freak out!
 2. Phrases in Chinese you should know before you arrive in Beijing: how much, too expensive, numbers (1-10), and where is the toilet.
 3. Babies and small children don't wear diapers, they also don't use toilets. Watch out for squatting babies.
 4. China is amazing but after a while it starts to feel like home. While this is a good thing be sure to stop yourself once and a while and listen to the sounds, realize you can't understand the billboards or whatever you have to do to remind yourself you are in China.
 5. Bargain, bargain, bargain, bargain!!! In *all* major cities prices will be inflated for foreigners. You *must* bargain.
 6. Get to know the Waiban staff, they are fun to be around and they can be a huge asset and most helpful people you will meet.
 7. Eat at the smaller, corner restaurants. They are cheaper, the food is just as good and it has an interesting environment.
 8. Buy a Lonely Planet China book they can help you navigate most of the larger cities.
 9. Be sure to allocate adequate time to plan any travel plans after your stay in Beibei.
 1. Take care of your passport.
 2. Bring clothes that you wouldn't mind leaving behind.
 3. Bring one dress up outfit.
 4. Be patient. Things might not seem to be going your way, but things always work out in the end in China
 5. Get involved with the culture. Don't be shy.

6. Go to English corner at least once.
7. Take the money and go find your own cheap restaurant.
8. Pack light, but be sure to bring some warm clothes.
9. Bring a rain jacket.
10. Do not feed the monkeys.

1. Find out about English corner as soon as possible. Go early and often. This is the best way to meet Chinese students.
2. Be careful about handing out your phone number or e-mail. If possible, make arrangements with Chinese students before giving your phone number so you get a feel for the relationship. They will call often and demand your time often. (This being said, it is ok to tell them "you are busy")
3. Don't expect things to fall neatly into place upon arriving at the university. It will take you at least a week to figure out laundry, telephone calls and internet access. It will take longer to get a feel for where things are on campus.
4. Look into buy meals off campus.
5. Ask your Chinese teacher words for specific foods. Ask Chinese friends the names of dishes that foreigners like; we all tend to say similar things. When ordering food, you can say the names of dishes to the waiters/waitresses; they'll write them down for you (it works differently than America; you'll figure it out quickly).
6. Take care of your health; I personally found that, once I got sick, it was *extremely* difficult to get better.
7. When asking the Waiban to organize travel plans, start early and check often to make sure things are going according to plan. Don't be afraid to apply polite pressure.
8. Locate places that sell fruit. The day I started buying fruit was a beautiful day.
9. Learn the cities of Beibei and Chongqing as quickly as possible. This is very convenient if you need anything.
10. Be patient, and don't feel that being discouraged is a bad thing. You will be very discouraged at times; you wouldn't be normal if it didn't happen.

- 1.) Pack light- everyone says it but honestly do it and what you pack make it dark clothes and very interchangeable!
- 2.) Bring a raincoat!
- 3.) Bring good traction shoes (you probably only need sandals and a hiking/running shoe mixYtwo pairs will do!)
- 4.) A sleeping bag isn't really necessary but a sleep sheet is nice to have
- 5.) A bottle of water only should cost 2 yuan, but be prepared to be ripped off everyday! But don't be afraid to barter.
- 6.) Expect to not spend much money while in Beibei, but traveling time will be expensive.
- 7.) If you see something you like buy it. You might not see it again!
- 8.) Don't bring your big backpack up to the top of Emei Shan. You may end up hiking down the mountain with it and that isn't fun!
- 9.) Don't expect the language to be mastered when you leave. It is a hard language to learn and everyone speaks English with you. But work at it, use it as much as you can because a lot of phrases will be very useful!
- 10.) Leave everyone at home on a good note. Things happen quickly and life keeps going on at home, be prepared to help someone through a tragedy or deal with a death. Our group experienced a few, the support of one another helps to no end!

11.) Have a carefree, positive, laid back attitude when in China. It will make the experience more pleasant and less stressful!

- 1.) Bring a board game (trivial pursuit would be excellent).
- 2.) Pack clothes you can easily part with and don't care too much about.
- 3.) Purposely get lost in downtown BeiBei during your first week, it is a great learning experience.
- 4.) Make Chinese friends. You may get to know some amazing people, otherwise they can serve as guides and help you with random stuff.
- 5.) Carry a little notebook and pen with you at all times. Use it for writing down a new food you may like, phone numbers or anything. It comes in handy.
- 6.) Go to Sha Ping Ba in Chongqing. It is more fun than Jie Fan Bei.
- 7.) Do not be afraid to barter. If they say a price, shake your head and offer one third of that price and go from there. You are both looking for a good deal.
- 8.) If any of your Chinese friends know how to cook, make them teach you. It is fun and you will learn how to make some of this exquisite cuisine.
- 9.) Have a sense of humor. Otherwise, you may not enjoy China. And your life may not be nearly as long.

1. Try different kinds of food
2. Check out activities on campus
3. Go out and meet Chinese people
4. Climb down Mt. Emei but watch out for the monkeys
5. Never pay asking price to vendors on the street
6. Bring lots of pictures of home and family
7. Practice the language
8. Take advantage of every opportunity offered
9. Manage your time there's plenty of free time, but it still needs to be done
10. Be patient with everything!

Bring IPOD

Try everything from food to activities

First two weeks are exhausting, don't stay up too late

Take a lot of photo so bring a big memory card for digital camera

Bargain like there's no tomorrow and don't let them rip you off

Buy dvd player and dvds when you get to dorm

Bring travel board games along

Prepare yourself because you will be dealing with the Waiban you'll know what I mean.

Don't climb down Mt. Omei you'll regret it

Others:

Don't forget to bring warm clothes B China is colder than you think

Cipro will be your lifesaver

Unless you enjoy pain, don't walk down Mt. E Mei

Try EVERYTHING: chicken feet, brain, snake wine . . .

Find Grandma's the closest restaurant from campus with a partial English menu

Always have toilet paper and hand sanitizer handy

Learn to love squatting

BEWARE of Bai Jiu!!

1. Don't climb all the way down Mt. Emei unless it is a beautiful day.
2. Don't show the monkey's on Mt. Emei that you have any food unless you are prepared for a fight, or are willing to give it up.
3. Keep track of your passport
4. Bring a wallet in addition to a money belt. Although they are really cheap in Bei Bei.
5. If you want to forgo becoming bald cut your hair short enough so that you won't have to get it cut again in china.
6. Don't bring too many white t-shirts they begin to look dirty rather quickly
7. Bring more than one pair of pants, especially if you are above average height
8. Bring an IPOD for bus rides.
9. Make sure to take a motorcycle taxi if you truly want a crazy experience.

1. Keep a journal.
2. Study up on China before you go, read the suggested readings your director will give you, and learn a few key phrases.
3. Bring lots of pepto bismo.
4. Hold a panda at the Panda Breeding Base in Chengdu!
5. Bring dark clothing.
6. Go to English Corner at least once. It's a great place to make Chinese friends.
7. If you plan on traveling afterwards, pack in a large backpack (not a suitcase) and bring a sleep sack for hostels.
8. Have a general idea of where you want to go during travel time and start planning early!
9. Don't expect to find good western food (unless you are in Chengdu).
10. Go into everything with an open mind and don't be afraid to try anything at least once.

1. Clothing: Pack as light as you can and do not bring with anything you would regret leaving behind. Bring dark clothing, because most food here has oil and it shows up really badly on light clothing, but

not as badly on dark or black. Don't worry about bringing clothes that do or don't have words on them. No matter how hard you try, you will inevitably stick out. Wear what you are comfortable in. I suggest bringing t-shirts. The weather starts to get pretty cold by October, so pack more long sleeves than short. And yes, layering is super important!

2. Don't just wait around for your Chinese friends to call you. [English corner is a great place to make friends by the way!] Make an effort to get in contact with them, because they will be super excited. Many times your friends will ask you to do things very last minute and you will probably feel like it is a huge burden, but believe me that you should do whatever they ask because it will be really fun. If you really don't want to do something, don't be afraid to say no. (Saying your busy is a polite way to say no)
3. Plan and research your after semester travel plans as early as you can. Even if the waiban tells you that you should come back later, you should be persistent in solidifying and buying tickets at around Thanksgiving time or shortly after.
4. Don't spend too much time with the group, but don't alienate yourself from them either. At the beginning, know that all of you are feeling the same way and that everyone may also be feeling like they don't fit in. Be as open-minded and non-judgmental as you can, because the people you think would least likely be your friends may become your best ones yet.
5. Bring a few good books to read, because you will have a lot of free time on your hands. If you buy a DVD player, do not watch movies too often. It is a waste of time. If you are going to watch one, buy an Asian film. They are really interesting and they help you understand the culture a little bit better.
6. Exercise! Like I said, you have a lot of free time so you might as well. If you do not currently go running at home, make it a point to start in China. It gives you good time to think about the day and have alone time to yourself. Plus, with all of the food that you will most likely like to eat, you will gain weight if you do not do some sort of exercise. Most people think they will lose weight when they come to China. In fact the opposite is true! So start a plan and stick with it.
7. Try every kind of food and cultural thing that you possibly can. Only ask what you are eating after you have already tried it. Don't let the appearance of anything in China bother you.
8. Don't put something off to do later. By the end of the trip you will have so many things accumulated to do later, that you won't have enough time to get them done.
9. Presents: They cost little to you, but they mean the world to your Chinese friends. Anything small that you could possibly buy as a keepsake for them will mean so much. For example, picture books, socks, post-it-notes, key chains, post-cards, or anything with English words on it would be great. The Minnesota store in the Mall of America has a million things that would be perfect for your friends here.

- 1.) Don't buy new clothes from the states for the trip
- 2.) Beginning of the trip was very warm and the end cold; so pack accordingly
- 3.) At the beginning if you feel on the outside of the group, remember most of the other students are going through the same emotions
- 4.) Do not allow tour guides to help you bargain; ask the directors for help.
- 5.) Pack LOTS of pepto
- 6.) Make sure all credit and debit cards will work in China before leaving
- 7.) Warm clothes are needed for Mount Emei (don't bring large luggage up the mountain)
- 8.) Almost anything needed can be purchased cheaper in China
- 9.) Make independent travel plans early on

- 1.) Bungee jumping at Northern Hot Springs Park
- 2.) Hike in Three Dagger Gorge

- 3.) Climbing to the highest point on the Great Wall-amazing, but wear good shoes
- 4.) Raincoat a definite plus, although umbrellas can be purchased everywhere
- 5.) Bring a book or two in English- it's nice to trade throughout the semester
- 6.) Sunset on Emeishan
- 7.) Hike down Emeishan- be prepared to climb down with packs down slippery stairs
- 8.) Underground market in Beibei
- 9.) Bring lots of hand sanitizer/wipes- soap is not provided in restrooms
- 10.) Driving boats on the lake at Summer Palace
- 11.) Silk shops- pants, traditional blouses, robes, and other things can be made relatively inexpensively. Good presents
- 12.) Hike up Moon Mountain in Yangshuo, the extra path to the top is worth it
- 13.) Try to learn a little Chinese before coming- not necessary, but would be very useful in the first weeks of traveling
- 14.) Go to English Corner often, meet Chinese friends

- 1.) Take lots of pictures the first two weeks. Chances are you won't be going back to these places ever again. Do not rely on getting copies from other students.
- 2.) Journal even when you feel too tired and especially when you are traveling.
- 3.) Practice Chinese everyday. It is the world's most spoken language and it can get too easy to depend on your Chinese friends who speak English.
- 4.) Read about historical sites in the Lonely Planet before you visit them.
- 5.) Attend every group event. Many turn out much better than expected.
- 6.) Make use of your free time. If the weather is nice out go outside. It will rain more than you'll expect and you won't be able to go outside.
- 7.) Explore Chongqing and Beibei. There are Hot Springs nearby, a mountain to climb, orange orchards and more.
- 8.) Go to English Corner. It will help you to make Chinese friends and learn a lot about the culture.
- 9.) Think before you complain. China is different from America, but 4 months is not enough time to make a judgment.
- 10.) Allow yourself to be shocked, homesick, and bored. Every emotion will happen in China and many will feel as if they are multiplied.