Shanghai Programs
• Introductions and Program Statistics
• Logistics
• Academics
• Life on Site
• Finances and Budgeting
• Health and Safety
• Action Items
• Wrap up/Questions
29 summer students
12 BU students, 17 non-BU
• University of Miami, Elon University, UT Austin, UT San Antonio, Northeastern, University of Washington, Johns Hopkins, Indiana University, Harvard, USF Tampa, UC Berkeley, University of Pittsburg, Sanford University, Brigham Young University, Northwestern

18 fall students
14 BU students, 4 non-BU
• Duke University, Bucknell University,

subject to change (withdrawals, new admits, etc.)
On-Site Orientation

- First few days of program
- General program & facility information
- City orientation
- Health & safety
- Group meals and city visits
Pre-Departure Roadmap

Boston University Study Abroad
Pre-Departure Roadmap

Study Abroad

twitter.com/BUabroad  facebook.com/BUabroad  bu.edu/abroad
BU Shanghai website: www.bu.edu/shanghai

Be sure to keep checking back to your pre-departure page.
Program Director:
Zoe Ho oversees all aspects of the study abroad site and program including the curriculum, faculty and staff, internships, excursions and other cultural activities, student life, health and safety, operating budgets, and relationships with institutions and organizations directly related to the program operations. Beginning in 2008, Dr. Ho served with BU’s School of Hospitality Administration as an assistant professor. She has directed the Shanghai program since Fall 2015.

Shanghai Staff  [http://www.bu.edu/shanghai/staff/](http://www.bu.edu/shanghai/staff/)

Li Mingyan, 
Program Coordinator

Zhao Yue, 
Language Coordinator

Lily Mao, 
Office Coordinator
Program Site

Program hosted by Fudan University; BU Shanghai office, classroom space
Fudan University located north of city center

Easily accessible on subway!
• Courses are taught at Fudan University, mostly by Chinese faculty
• Summer: 2 Chinese language classes, 8 credits
• Internship students take 1 Chinese course, 2 electives and 1 internship course
  • *Internship students may have the option of taking an 8-credit, intensive language course if they want*
  • Lang. & Culture students take 8-credit intensive Chinese course and 2 electives
• Students choose Chinese course before departure, and electives after arrival.

• *Add/drop period in beginning of program; you can try as many courses as you like*
• *Sample syllabi available*
• *Work with your advisor/dept. on campus to determine what courses will count for*
You will be a full-time student while in China.

- Just as intense as studying at BU
- Cannot miss class for travel, parent visits, etc.
- No incompletes; all courses must be completed before departure

The academic culture is quite different in Shanghai.

- Less constant feedback, assignments, etc.; most of final grade may consist of one exam or paper
- More formal classroom experience (no eating, arriving late, etc.)
- More lecture format, less student participation
- Professors less available
- BUT—professors are used to teaching American students
LEARN THE SKILLS IT TAKES TO BE A CITIZEN OF THE WORLD!

During the course you will:
• Set personal and professional goals for your study abroad experience;
• Learn to effectively articulate the value of your semester abroad to future employers or admissions committees;
• Learn tools for identifying cultural differences, patterns and values.

Quick Facts:
• 1-credit pass/fail – 5 very brief yet meaningful assignments.
• Open to students in all fall or spring semester programs
• Delivered entirely over Facebook

Check your Hub Page or [www.bu.edu/abroad/gle](http://www.bu.edu/abroad/gle) for the syllabus and instructions on how to enroll!
• All students are subject to BU’s Academic Code of Conduct

• Must take the full course load for a grade

• All coursework must be completed prior to end of program (or an F may be assigned)

• If accommodations are needed, notify BU Study Abroad and BU’s Office of Disability Services

• Attendance policies
  – Personal travel must NOT conflict with academic obligations
  – Details will be given during the on-site orientation and/or in syllabi
- Have your CV polished and perfected! Your CV will be read by Shanghai staff and CRCC to ascertain potential placements.

- The placement process is a PROCESS! Flexibility & patience are key.

- Do some reflection about what you hope to gain from the experience and what you are able to give the internship.

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**Internship Placement Process**

- **ASAP**
  Submit all relevant forms to Shanghai.

- **Before departure**
  Pre-placement interviews with CRCC

- **Shortly before/after arrival in Shanghai**
  CRCC reaches out with news of internship placement

- **After arrival**
  Internships begin (likely to be 2 days per week)
What an academic internship is NOT:

Not your dream job!
Not the key to an automatic job offer
Not specialized job training
Not exciting and engaging 100% of the time
Not necessarily a globally recognized company name
Not the same experience as your friends
Not optional – must complete full internship time; participation is mandatory
Not all about you! Consider the needs of your company and think of it as a way to gain new skills or work habits
What **CAN** an academic internship offer?

**Can** provide professional experience and practice
**Can** offer exposure to different management styles and organizational structures
**Can** help build your professional network
**Can** enhance cultural awareness and language skills
**Can** help you hone problem-solving skills
**Can** make you become more adaptable as an employee
**Can** help identify your skills, interests, and values to discover career paths that are (or are not) a good match
**Can** integrate your practical learning with your academic work and field of study
**Can** provide transferrable and valuable skills like perseverance and grit
Expectations and Placement

- CRCC individually matches each intern. Carefully matched based on qualifications and interest.
- No “shopping” for internships; you have one option.
- CRCC will communicate with you prior to arrival, so that’s the time to discuss your concerns.

Academic component

- Internship portfolio consisting of weekly reports, field research, and analysis
- Participation in a weekly seminar meeting
- A supervisor’s evaluation
Expect lots of difference but an amazing experience. Most students love their internship experience in Shanghai!

Getting the most out of your internship

- Be available (attendance is of course mandatory)
- Keep perspective
- Take opportunities that are presented
- Prepare for differences in Chinese business culture: more hierarchy, less American ideals of transparency, teamwork, openness
Life in Shanghai

- Will be busy! There is not much time off, and you will have program excursions during long weekends.

- May feel overwhelming at first; program staff is there to help.

Life on Site: Housing

• Assignments will be given on-site

• Meals are not included in program fee:
  • Grocery store close
  • Inexpensive restaurants nearby
• Available online
• Personal spending: students spend on average about $1800/ semester or $800/ summer
• Be sure to budget for food and local transportation
• Budgeting tips from former students
• Tell your bank and credit card companies you’re going abroad!

• Check to see...
  – if your bank has a Chinese partner, if there are any benefits
  – Anything else your bank might recommend in preparation for program

• Good to bring a backup credit card that allows you to make cash withdrawals

• You must have a 4-digit pin for your debit/credit cards

• Expect to use cash most often, except for large purchases

• $1 = 6.28 CNY
• 10 CNY = $1.59

• April 2018
Mobile Phones

You must have a local number for emergencies and ease of use.

- A cheap, pay-as-you-go mobile phone or SIM card will be given to you at orientation in Shanghai. Details on how to activate a phone and phone plans will also be given at orientation.
- The phones provided are basic mobile phones. If you are planning on bringing a phone, this phone must be unlocked in order to use it with an Chinese service provider.
- Keep your current smartphone on “airplane mode” and use apps on Wi-Fi when it’s available. (WeChat is very popular)
- US-based international mobile phone plans are more expensive and often don’t work. Skip them.

Staying connected with home

- Skype/Facetime; think of alternatives too (e.g. have your parents call your mobile from Skype)
- Email, messaging, and apps Differences locally : wifi at residence can be spotty; less public wifi spots
Culture

- Language
  - Manners of interacting
  - Thoughts
  - Values
  - Expected behaviors
  - Practices
- Communication
  - Courtesies
  - Rituals
  - Roles
  - Customs
- Relationships
1. Research your host country prior to departure
2. Keep an open mind
3. Search out new experiences and friends
4. Do not judge the people of a country by one person or one experience
5. Keep a sense of humor
6. Listen and observe rather than merely see or hear
7. Reflect daily to process your experiences
8. Use your host university’s support system
9. Stay in touch with home
10. Remember you have traveled far to learn about and experience a new culture, and to represent your country and school; most people only DREAM about having this experience.

There is no "best way" to deal with culture shock; it always depends on the individual.
Health

- Research Shanghai- and China-specific health concerns, e.g. air pollution
- Check [CDC website](https://www.cdc.gov) for vaccine recommendations and other health information
Plan ahead!

• Meet with your doctors to discuss continuing your care abroad, including your dentist, optometrist, and specialists. GeoBlue can help you find doctors and specialists in your host country.

• **Make a plan to access your medications abroad**
  - If allowable, obtain a supply for full semester
  - Find out whether your medication is available in your host country by contacting GeoBlue directly.
  - Have your current doctor write a letter listing your medications, the dosages, the generic chemical names, and what condition it's treating. Bring this letter and copies of your prescriptions with you abroad.
  - Check with GeoBlue or the host country consulate for restrictions on what/how much you can bring with you.
  - Do not plan to ship medicine abroad

• Learn about differences in medical facilities and the local health system. GeoBlue can also discuss local medical care standards with you.

• Contact our office with any concerns
Mental Health

• Talk to your therapist/counselor about mental health while abroad and make a plan before you go.

• Even if you may be excited about new opportunities, stress or anxiety may increase abroad.

• Stay Healthy:
  • Keep up routine (when possible)
  • GeoBlue covers mental health care
  • Use the on-site staff as a resource
Approximately two weeks before the program start date, all students will be enrolled in a plan from GeoBlue that provides comprehensive international health insurance coverage, as well as emergency travel assistance to cover medical and security evacuation.

- Valid for the duration of the program; extendable at the student’s expense (once BU Study Abroad has initially enrolled you in your plan)
- Detailed coverage information is provided on the BU Study Abroad Health & Safety page and again by email at the time of enrollment
- In case of need of medical treatment, mental health counseling, or emergency travel assistance while abroad, or to plan for care in advance of your departure, contact GeoBlue directly and identify yourself as a Boston University student.

All students are required to maintain their US-based health insurance coverage while abroad.

GeoBlue
Worldwide Health Insurance for Higher Education
Program Emergency Plan
• Boston University closely monitors the security situation across the world, and follows guidance from local authorities and the US State Department
• Detailed emergency plans and general safety precautions will be explained during orientation

Personal Emergency Plan
• Always have emergency contact numbers with you, both in your phone and separately
• Enroll in the State Department STEP Program to get travel alerts and warnings
• Talk with your family about communication expectations in the event of an emergency
Our Expectations of you:

We expect that you will...

- Share responsibility for your safety and that of others in the program
- You will be reachable by local phone at all times. Keep your phone charged and topped-up with minutes.
- You will reach out to program staff and your family if you experience, witness or become aware of a serious incident of any kind.
- You will report issues of any sort in a timely manner to the on-site staff (or directly to Boston if necessary) so that we can help you.
Take Responsibility for your OWN Risk Management!

• Talk to your family and friends about the location—buildings, housing, staff, insurance, resources

• Practice situational awareness: Be aware of your surroundings; be vigilant of others.

• Do not drive (road and pedestrian accidents are #1 cause of injury/death abroad)

• Do not participate in demonstrations or protests

• Drink responsibly – The majority of problems student’s face are related to alcohol. It’s not the staff’s responsibility to manage your consumption!

• Travel with others and look out for each other.

• Pay attention to the news (before and during the program)

• Practice safe sex and report any sexual assault to staff abroad.
Personal Safety

Keep your belongings safe

- Do not bring valuables or sentimental items abroad
- Avoid carrying large amounts of cash
- Monitor your wallet/purse closely. Keep money hidden, or consider a money belt
- Limit smartphone usage in public
- Carry only necessities out at night – make sure you have emergency numbers with you
- Less violent crime in China, but more petty theft
• BU provides a variety of educational programs designed to promote awareness and prevention of sexual assault and domestic violence.
• **Rape Aggression Defense (RAD) training**
• The Boston University Police Department offers RAD training several times during the year, and can schedule additional sessions on request.
• **Sexual Assault Response & Prevention Center**
• In cooperation with BU’s [Student Health Services](http://www.bu.edu/shs/wellness/), SARP provides a variety of services, including:
  – Step Up. Step In. (bystander training)
  – health services
  – mental health counseling
  – violence prevention workshops during the academic year and upon request
• **Be Safe@BU**
• The Dean of Students provides programming at student orientation and beyond to educate the BU community on a variety of safety measures, including assault prevention.
• [Wellness & Prevention Services: http://www.bu.edu/shs/wellness/](http://www.bu.edu/shs/wellness/)
Boston University is committed to fostering a safe learning environment for all members of the University community and preventing sexual misconduct.

- All forms of sexual misconduct, including rape, acquaintance rape, sexual assault, domestic and dating violence, stalking, and sexual harassment are violations of Boston University’s policies, whether they happen on campus or off campus.

- Reporting: On-site staff should be first resource. If unavailable or uncomfortable reporting, contact Title IX Deputy Coordinator Debbie Miller at millerda@bu.edu.

- BU staff/site staff are obligated to report any incident of sexual misconduct

- On-site staff will go over this in orientation
Resources

LGBTQ Resources
• US State Department Advice for LGBT Travelers
• Diversity and Inclusion Abroad: Sexual Orientation Abroad

Disability resources
• Diversity and Inclusion Abroad: Student with Disabilities Abroad
• Abroad with Disabilities Facebook Community

Women’s issues by site
• US State Department Advice for Women Travelers
• Diversity and Inclusion Abroad: Women Abroad
• BU: http://www.bu.edu/shs/resources/

Many additional resources can be found online
• Those on group flight (or around the same time) will be picked up at the airport by Shanghai staff if there are more than 5 students
• Independent arrivals will receive instructions from Shanghai staff in Zoe’s introduction email
• Independent travelers must email their confirmed itineraries to the kaelac@bu.edu

Advantage Travel:
Web: http://advantagetravelcny.com/
Phone: 315-471-2222
Toll Free: 800-788-1980
LOGISTICS
• Confirm your departure time and flight
• Arrive at the airport no later than two hours prior to your departure
• Wear heavier clothes on the flight to be able to have room in your suitcase

CARRY ON
• Passport with visa (keep a photocopy in your checked bag), as well as Fudan admission letters
• Liquids 3oz or less in plastic bags (check www.tsa.gov for up to date requirements)
• Essentials to last you a few days in your carry-on in case your luggage gets lost (toothpaste, deodorant, underwear, medicine, socks)
• Full roundtrip flight itinerary
• Site contact details and address of your Shanghai site (Handbook)

HEALTH WHILE TRAVELING
• Drink lots of water and stay hydrated; get up and move around cabin
• Be sure to time your medications while traveling
• Get on a good routine after you arrive: jetlag can take up to a week to go away!
Packing List

• **Luggage:**
  – Use bags that are light and sturdy – one large, one carry on, one shoulder bag or backpack
  – Pack only what you can carry *yourself*
  – Check airline restrictions on weight and number of bags you can take aboard, overage fees may apply
  – Do not plan on shipping items abroad
**Packing List**

- **Program Specific Items:**
  - Outlet adapter
  - Specific clothing for the site climate (and culture!)
  - External hard drive or USB drive for backing up academic work

- **What NOT to bring:**
  - Sentimental items you couldn’t do without
  - Personal appliances (hairdryers, straighteners, shavers); they won’t work, and you can get a cheap one there
Visa Overview

- You cannot apply for a visa until you receive your Fudan letters
- You are seeking a Student X2 visa, which allows for study for 6 months
- Chinese government process; BU can help advise on the process, but has no influence
- Visas must be applied for in person at a consulate (NYC), or using an agency
- Process takes 48 hours if you go in person (and pay expedite fee, $20 more)

- You will not be permitted more than one entry into China with your visa- new regulations do not allow for travel outside of China during your semester
Visa Overview

Applying through BU:

• Turn in materials to BU
  • Check hub page for list
  • **Must turn in actual passport**; if you cannot be without it, you must apply on your own

• Sign Fudan letters and return to BU

• I will FedEx your passport/visa if you apply through BU- Need best address for summer

• Will be granted **single entry**

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I’ll e-mail you when the Fudan letters arrive. If you are on/ near the BU campus, please come by to sign. Otherwise, I will mail.
Visa Overview

• Guidelines posted on hub page
• You are responsible for researching your consulate’s rules and regulations (e.g. accepted payment methods); this is especially true for consulates outside the US
• You can use an agency; added cost (~$150)
• If you go to consulate: arrive early!

Applying on your own:

I’ll e-mail you when the Fudan letters arrive; I’ll mail them to you. You cannot apply for a visa until you have them.
Some communication you can expect to receive over the next few months:

– From Boston staff:
  • Pre-departure Module and general reminders
  • BU Login (for non-BU students to access password and Blackboard on-site)
  • Getting Ready to Go e-mail (important reminders sent a few weeks before departure)
  • Insurance e-mail
  • Financial information

– From Shanghai staff:
  • Pre-departure and arrival e-mails

Join BUSA on Facebook and follow us on Twitter!
- Complete general pre-departure documents to get registered for your program
- Send flight information by May 1 (summer) July 1 (fall)
- Apply for your Chinese visa
- Watch the online module (again!)
一路平安
YI LU PING AN