Shanghai Programs

BU Study Abroad
Agenda/Introductions

- Introductions and Program Statistics
- Logistics
- Academics
- Life on Site
- Finances and Budgeting
- Health and Safety
- Action Items
- Wrap up/Questions
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
Online Resources

Be sure to keep checking back to your hub page

BU Shanghai website: www.bu.edu/shanghai
• Spring 2018
• 19 students total
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/

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.

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
- No fall break—weekends only
- 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
• 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
MAKE THE MOST OF YOUR SEMESTER ABROAD!

• Offered for Fall semester students

• CAS IP101 will provide you with tools for identifying cultural differences, patterns and values, and will challenge you to think critically about and reflect on your study abroad experience

• Course is worth one (1) credit and is Pass/Fail

• The syllabus and more information is found on the Global Learning Experience webpage

• You will receive an email invitation for the course on December 1, providing instructions for how to enroll

• Students enjoy the readings and a Spring 2015 participant said “[CAS IP101] forces you to really explore your environment and get out of your comfort zone. Gives you constant questions to think about while you travel.”
- 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.

**Internship Placement Process**

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

**Before departure**
Pre-placement interviews with CRCC (mid-December)

**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; not easy to travel outside of China

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

Life on Site: Housing

- 2-3 bedroom suites
- Private bedroom
- Shared bathroom, kitchen & living area
- Bed linens, towel and basic kitchen supplies (pots & pans)
- Washing machine (no dryer); AC/heating unit
- Ethernet (wifi routers available)
Life on Site: Housing

- You will live with other program students
- Room assignments will be given on-site
- Other international students in the building

Meals are not included in program fee:
- Grocery store near entrance
- Inexpensive restaurants nearby
### Study Abroad Program Budget—Academic Year 2017/2018

**NAME OF PROGRAM:** Shanghai Internship Program  
**PROGRAM LOCATION:** Shanghai, China  
**PROGRAM LENGTH:** 16 weeks, Fall or Spring, 16 credits

#### Program Charges

<table>
<thead>
<tr>
<th>Items</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Program Tuition</td>
<td>$25,490</td>
</tr>
<tr>
<td>Housing/Student Services Fee</td>
<td>$5,246</td>
</tr>
<tr>
<td><em>(Includes housing, airfare from designated US cities</em>*, program related activities, overseas medical insurance, and emergency travel assistance coverage.)*</td>
<td></td>
</tr>
<tr>
<td><strong>Total Program Charges</strong></td>
<td>$30,736</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Items</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medical Insurance</td>
<td>$2,045</td>
</tr>
<tr>
<td><em>(Waived if student demonstrates coverage by a comprehensive US based policy)</em></td>
<td></td>
</tr>
<tr>
<td><strong>Total Program Charges With Medical Insurance</strong></td>
<td>$32,781</td>
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#### Estimated Additional Expenses

<table>
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<tr>
<th>Items</th>
<th>Amount</th>
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</thead>
<tbody>
<tr>
<td>Board/Food</td>
<td>$1,850</td>
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<tr>
<td>Local Transportation</td>
<td>$400</td>
</tr>
<tr>
<td>Books</td>
<td>$100</td>
</tr>
<tr>
<td>Visa/Immigration Requirements*</td>
<td>$160</td>
</tr>
<tr>
<td>Personal Spending</td>
<td>$1,800</td>
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<tr>
<td><strong>Total Estimated Additional Expenses</strong></td>
<td>$4,310</td>
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</table>

#### Total Estimated Expenses

<table>
<thead>
<tr>
<th>Items</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total Estimated Expenses</strong></td>
<td>$37,091</td>
</tr>
</tbody>
</table>

*The fees, charges, and expenses shown are estimates for one semester, based on current information only and are subject to change.  
*Information applies to US citizens. Additional costs may apply for non-US citizens.  
**Additional travel costs may apply for travel to the designated departure city.*

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**Available [online]**

- Personal spending: students spend on average about $1600/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 = 6.63 CNY
• 10 CNY = $1.51

  *November 2017*
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
- Communication
- Courtesies
- Rituals
- Roles
- Customs
- Relationships
- Practices
- Expected behaviors
- Values
- Thoughts
- Manners of interacting
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.
Plan ahead!

- Visit your doctor about any health concerns or for a physical, if overdue
- Maintain regular dental appointments
- Make a plan to access your medications abroad
  - Talk to your doctor
  - Make a copy of your prescriptions
  - Check with the host country consulate for restrictions
  - If allowable, obtain a supply for full semester
  - Do not plan to ship medicine abroad
- Understand that medical facilities will be different abroad
- Learn about local health system and cultural differences
- Contact program staff with any concerns
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
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.

- Keep Healthy:
  - Investigate cultural norms
  - Keep up routine (when possible)
  - Mental health care covered
  - Use the on-site staff as a resource
Approximately two weeks before the program start date, all students will be automatically enrolled in international health insurance and emergency travel assistance services through GeoBlue, including medical and security evacuation coverage.

- **Valid for the duration of the program, and extendable at the student’s expense**
  - 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 set up appointments in advance, contact GeoBlue directly and identify yourself as a Boston University student:
    - Call collect worldwide: +1-610-254-8771
    - Toll-free inside the US: 1-800-257-4823
    - globalhealth@geo-blue.com

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

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.

“I didn’t know what to call what happened to me, I just knew it felt bad.”
You don’t have to go through this alone.
LGBTQ Resources
- [US State Department Advice for LGBT Travelers](http://www.state.gov)
- [Diversity and Inclusion Abroad: Sexual Orientation Abroad](http://www.diversityabroad.com)

Disability resources
- [Diversity and Inclusion Abroad: Student with Disabilities Abroad](http://www.diversityabroad.com)
- [Abroad with Disabilities Facebook Community](https://www.facebook.com/groups/AbroadWithDisabilities)

Women’s issues by site
- [US State Department Advice for Women Travelers](http://www.state.gov)
- [Diversity and Inclusion Abroad: Women Abroad](http://www.diversityabroad.com)
- BU: [http://www.bu.edu/shs/resources/](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 to be credited the amount of the recommended flight.

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!
• **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:**
  – Conspicuous clothing or electronics
  – Sentimental items you couldn’t do without
  – Personal appliances (hairdryers, straighteners, shavers); they won’t work, and you can get a cheap one there
Check out the Shanghai handbook for a detailed packing list!

Average Temperature (°C) Graph for Shanghai

- **Average High Temp (°C)**
- **Average Low Temp (°C)**

Temperature (°C):
- January: 1
- February: 3
- March: 7
- April: 12
- May: 17
- June: 22
- July: 26
- August: 28
- September: 28
- October: 23
- November: 17
- December: 11

-10 - 0 - 10 - 20 - 30 - 40

January - February - March - April - May - June - July - August - September - October - November - December
Visa Overview

• You cannot apply for a visa until you receive your Fudan letters (mid-December)
  • 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, or using an agency
  • Process takes 48 hours if you go in person (and pay expedite fee, $20 more)

• Different consulates may offer different number of entries
• You may apply for more entries from within China, but usually not necessary
Applying through BU:

- Turn in materials to BU
  - Check hub page for list
  - **Must turn in actual passport;** if you cannot, you must apply on your own

- Sign Fudan letters and return to BU

- I will apply for visas in January

- I will FedEx you your passport/visa

- Will be granted single entry

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

Applying on your own:

- 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!

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
- Apply for your Chinese visa
- Watch the online module (again!)
一路平安
YI LU PING AN