Dear Student,

Boston University Study Abroad Shanghai congratulates you on your acceptance into the program. Whether you are joining us for the Chinese Language and Culture Program or the Internship Program, it is our hope that your semester in China will be a special time in your college career.

You have chosen to do much more than merely study or intern in a different location than Boston. Although your classes and internships in Shanghai will in some ways be similar to those in the United States, you will be living in a culture different from your own. Many of your teachers and colleagues will of course be Chinese, and they will expose you to their ways of learning, work styles, politics, and customs and thoughts. It will sometimes be difficult to encounter so much that is new and different to you; however, novelty is stimulating and can provoke personal growth. You have demonstrated the courage to leave the familiarity and comforts of your American life to live in a developing socialist country with a distinct culture and history. It is our hope that the stimulation of living and studying in Shanghai will offer you new ways to look at the world and yourself.

Be prepared for an adventure, intellectually and for all your senses. Life in a city so large and heavily populated may be the greatest culture shock of your semester abroad. Yet if you enjoy urban life, you are likely to fall in love with the energy of Shanghai. Some Chinese customs may seem illogical or strange at first, but given time, you will learn that rather than good or bad, you are merely viewing different ways to accomplish similar things. If you enjoy eating, you are in for some amazing meals. If you like to travel and meet new people, the beauty of China and the diversity of its people will seem endless. Chinese history, religions, culture, and arts—with their deep roots and now in a state of rapid change—demand our understanding for life in the twenty-first century. Be flexible, courageous, inquisitive, and engaged and you are likely to make memories that will last a lifetime.

This pre-departure guide will introduce you to the programs in Shanghai and prepare you for your journey and stay abroad. During your orientation in China, you will receive a Shanghai Handbook that will provide more details to guide your studies, internships, and everyday life. If you have any additional questions before you leave home, feel free to contact our staff in Boston or Shanghai. We are dedicated to making your transition from the US to China as easy as possible. You can find contact information for our staff on the last page of this guide.

In Shanghai, we are waiting for your arrival and to help you create a special semester abroad.

Sincerely,

Boston University Study Abroad
Shanghai

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**BU in Shanghai**

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Preparing to Go

Thorough preparation before you leave the United States will reward you with a smoother transition to your new home. Take the necessary time to inform yourself about China, arrive with a positive attitude, and acquire the informational tools that will get you off on the right foot.

MENTAL PREPARATION

Get into a good frame of mind in anticipation of your arrival in Shanghai. The pace of everyday life and concepts of time are different. Since you will be in a developing country, prepare yourself for the fact that conveniences you enjoy at home may not be available to you. The standard of living in China is much lower than in the US, yet Shanghai is one of the country’s most modernized cities. You are likely to experience emotional ups and downs, particularly at the beginning of your time in Shanghai. Adjusting to so many changes at once can be both physically and mentally tiring! Elation and excitement are as common as homesickness and feelings of disorientation. The BU Study Abroad Shanghai staff is there to help you get through any adjustment difficulties.

CULTURAL ADJUSTMENT

When you go abroad to study, you experience differences in beliefs, laws, values, language, customs, social and political organization, etc. All of these elements will make your time in China a rich and unique experience. However, after days or weeks of excitement, you may feel overwhelmed by the strangeness of your new environment in comparison to the cultural norms you are used to at home. Most students experience some form of culture shock when living in a new country. China’s political, social, and cultural differences can cause you to feel thrilled, confused, captivated, and frustrated all at the same time. Remember that these feelings are perfectly normal and happen to most students who study abroad. Acknowledge this process, always take care of your health, and give yourself time to reflect and adjust.

Be patient with yourself as you learn about a new culture. Try to make friends with local students and spend time with them to practice Chinese, learn to play majiang or a Chinese instrument, or simply chatting. Getting involved with Fudan University students and understanding local customs will help you to feel like part of the culture and adjust to your new environment more easily. Get involved and keep yourself busy doing things you enjoy: join a sports team; go away for a weekend or day; go to movies, concerts, museums, or shopping centers. The most important thing to keep in mind is that you came to learn and enjoy your experience in China.

The more knowledge you have about Chinese culture, history, contemporary issues, and customs, the sooner you will feel like you belong there and the more you will enjoy yourself. Avoid being judgmental and stereotyping, be courageous, and keep a sense of humor. Chinese people can be as perplexed and amazed by you as you are by them. (You will have to get used to people staring at you!) At the same time, Americans and Chinese usually find huge common ground. A deep reservoir of warmth and hospitality is waiting for you in China.

RECOMMENDED READING

Get acquainted with your new host city before leaving the United States. Keep up with current events by reading articles about China in newspapers, magazines, and journals. You will also need to understand the local Shanghai culture and history.

Government Newspapers

- China Daily
- Shanghai Daily
- People’s Daily
- Far Eastern Economic Review

Recommended Books

- The Search for Modern China by Jonathan Spence. The most popular basic introduction or textbook to modern Chinese history. ISBN: 978-0393973518.
- Oracle Bones: A Journey Between China’s Past and Present by Peter Hessler. His first book, River Town, about teaching English in a Sichuan high school, is also very good. ISBN: 0060826584.
- The Spiral Road: Change in a Chinese Village by Barry Naughton. Great text if your interests are primarily in economics or business. ISBN-13: 978-0262640640.
- Beyond the Neon Lights: Everyday Shanghai in the Early 20th Century by Hanchao Lu. For a glimpse of city life in the Shanghai past that’s rapidly disappearing. ISBN: 978-0520243781
• The River Runs Black: The Environmental Challenge To China’s Future by Elizabeth Economy. For those interested in the environment and economics. ISBN: 978-0801489785


Fiction

• Brothers by Yu Hua
• Beijing Coma by Ma Jian. His first book, Red Dust, is also great.
• Death of a Red Heroine by Qiu Xiaolong. A Detective Chen mystery, set in Shanghai in the 1990s.
• Balzac and the Little Seamstress by Dai Sijie
• War Trash by Ha Jin
• Red Sorghum by Mo Yan
• Family by Ba Jin
• The Classics: Dream of the Red Chamber, Monkey, The Scholars, Three Kingdoms, Water Margin.*

*Contact the Director about the best English versions if you need help.

RECOMMENDED FILMS

• To Live (1994, Zhang Yimou)
• Story of Qiu Ju (1992, Zhang Yimou)
• The Shower (1999) Comedy
• Beijing Bicycle (2001) Classic coming of age; class tensions
• Hero (2002, Zhang Yimou) Going to see the Terracotta Soldiers in Xi’an?
• Quitting (2001) Subculture, youth, tradition v. conformity.
• Yellow Earth (Chen Kaige, 1984) Groundbreaking in its day; the first of the “5th Generation” post-Cultural Revolution films to make a splash.
• The Emperor’s Shadow (1996) Historical drama about the First Emperor of China.
• Farewell My Concubine (Chen Kaige, 1993)
• Shaolin Soccer, Kungfu Hustle. Steven Chow movies for fun.
• Drunken Master (1) and Legend of Drunken Master (2), Police Story, etc. By and starring Jackie Chan. Everyone interested in China and film must know Jackie Chan in his glory days.
• Flowers of Shanghai (Hou Hsiao-hsien, 1998) Slow and hard to follow but a great depiction of Qing literati-official and courtesan life.
• The Last Emperor (1987, Bertolucci, Best Picture Oscar): filmed in the imperial Forbidden City. Wonderful recreation of the fall of the Qing from inside the palace.

HELPFUL WEBSITES

• http://home.wangjianshuo.com
  Another good place to begin learning about SH. A blog written by 34-year-old Wang who lives and works in Shanghai. He is the owner of his own business, an “E-Bay”-like online company. His goal is to help foreigners get information on Shanghai and introduce his own life to them to increase cross-cultural understanding.

• www.nytimes.com
  Go to the NY Times webpage, or another newspaper, and under Member Services, sign up for “My Alerts” on the topic of China. Every day afterwards, you’ll receive an e-mail notice listing the paper’s published articles concerning China. This may be the best way to stay on top of the American news about China.

• www.cityweekend.com.cn/shanghai
  City Weekend (Shanghai)): English-language magazine available in SH and geared toward expatriats. Best online listings of what’s happening, addresses, phone numbers, etc.

• www.urbanatomy.com
  The link to That’s Shanghai, another great English-language magazine for expats available in SH.

• www.best-shanghai.com
  Best of the best Shanghai guide. Restaurants, spas, neighborhoods, nightlife, etc.

• http://virtualshanghai.net/index.php
  Shanghai Urban Space in Time. A research and resource platform on SH’s history with essays, photographs, maps etc.

• www.chinaknowledge.de/index.html
  China Knowledge: a guide for China studies that includes the arts, history, music, and religion.

• http://english.china.com
  A link for more great listservs: “Xianzai Shanghai” weekly listing of events; Emergency Chinese; Chinese Idioms; Chinese Recipes, and more. Called Gateway to China, this is a state-sponsored site with links to news, business, travel, etc.

• http://chinesepod.com
  Chinese language learning.

• www.chinapage.com/china.html
  China the Beautiful. A wealth of information on classical Chinese art, calligraphy, poetry, history, literature, etc.

• www.chinastudy.org
  Resources for study and travel in China.

• www.sina.com
  The most popular website in China. An information web portal.
This website created by the Department of State offers valuable information for students studying or traveling abroad. The website is an excellent resource to refer to before and during your semester abroad. In addition to practical information such as instructions on obtaining a passport and American Embassy contact information, the website also provides health tips and links for information regarding immunizations and health precautions to take abroad. Visit the Smart Travel section for insights for GLBT travelers, women and travelers with disabilities as well as information pertaining to local laws and packing for international travel. The website provides two checklists in its To Go section: a “Prep-list” and a “Pack-list” to help keep you on track as you prepare for your experience overseas.

Students Abroad Website
• http://studentsabroad.state.gov/html-site/studentsabroad/home.html.

Academics

COURSES

For the semester program, all students are required to enroll in 16 credits. Typically, students in the Chinese Language and Culture program register for two consecutive four-credit Chinese courses (for a total of 8 credits) and two four-credit elective courses. Internship students take four credits of Chinese language, along with 2 four-credit elective courses and four-credits for their internship course.

During the summer program, students study the equivalent of two semesters of Chinese language. Students must enroll for a total of 8 credits.

All Chinese language courses are taught in Chinese by instructors trained in teaching Chinese to foreign students. Our Chinese classes are designed to be compatible with those offered at Boston University. Nearly all students will take Chinese in small classes with other students in our BU program. Students with unique language requirements may attend other Chinese courses offered at Fudan University. Elective courses are taught in English by faculty from Fudan University and Boston University.

What are the classes like?

The Chinese teaching style is different from the American teaching style, and learning via new methods is part of the study abroad experience. Chinese students don’t generally interact with their professors as much or as equally as Americans do. However, the small class size in the BU program and courses designed specifically for BU students increases faculty-student interaction.

The professors at Fudan University are at the top of their field and are likely to have considerable experience working abroad and with foreign students. Some Chinese professors teaching in English will have accents that will require you to adjust your ear.

CLASSROOM FACILITIES

Fudan University, founded in 1905, is one of China’s leading universities. The word “Fudan” (复旦) literally means “heavenly light shines day after day,” and the name implies inexhaustible self-reliance and industriousness. Fudan confers bachelor’s degrees in 70 academic disciplines and graduate degrees in 225 fields. The university has an enrollment of almost 27,000 full-time degree candidates; another 20,000 studying part-time; and the second-largest foreign student population in China—some 2,800 students from around the world. Fudan boasts a highly qualified faculty of over 2,400 full-time professors and researchers.

Textbooks for your courses will be made available to you in China for purchase. If you are interested in any books that might be useful to your courses, you should purchase them in the US through any website that you prefer, such as Amazon or Barnes & Noble. You can find some English-language academic books and novels in Shanghai bookstores but the selection is not large. The Boston University Shanghai Center has its own small library that will supplement your reading needs quite well. (And film needs too!)

Fudan University Library is comprised of the Liberal Arts Library, the Science Library, and the Medical Library. It has a wide collection of more than 4.5 million volumes, including books, journals, bound volumes of newspapers, and audio-visual materials. Of these, 400,000 are thread-bound books of Chinese classics and nearly 1.4 million are foreign books. There are also 32,000 Chinese and foreign journals and periodicals. Hours vary from section to section, generally from 8 a.m. to 5 p.m. Monday through Friday, with a few sections open on the weekends. The library is excellent for research needs but very crowded with students studying. You probably will prefer to study at your apartment complex or a café rather than in the campus libraries.

Sports facilities on the Fudan campus are open to all faculty and students on campus at scheduled times. However, they primarily serve for physical education and the training of school athletes. There are also courts and fields for soccer, basketball, ping pong, and other sports on campus, and showing up to play on these fields is a great way to meet Chinese students. Many students in our program who like to work out prefer to join a local gym for better access to weight machines, treadmills, and classes in aerobics, yoga, etc.
ACADEMIC POLICIES

More detailed information will be provided after your arrival in Shanghai but please keep in mind the followings:
• Boston University’s academic policies and code of student responsibilities apply to your studies and activities in Shanghai. In addition, you must follow Fudan University regulations.
• Teachers are treated with greater respect in China than in the US and classroom decorum is important. For instance, leaving class early or arriving late is impolite.
• Class attendance is required for all courses, seminars, and field trips. Independent travel or hosting visitors are not valid excuses for missing classes.

INTERNSHIPS

In both the Fall and Spring semesters, Boston University Study Abroad Shanghai offers an unpaid internship experience in one of Asia’s most important business centers. The Internship Program gives qualified, full-time students the opportunity to experience the professional culture of China and apply their coursework in language and culture in “the real world.” Students who enroll in our four-credit internship course are required to complete an internship portfolio consisting of weekly reports, field research, work samples, and analysis. Internship course designations depend on your field of specialization. Your final grade depends on participation in a weekly seminar meeting, your supervisor’s evaluation, and your completed internship portfolio.

Remember that your internship is an academic course. You are receiving university credit for your internship. This means that your focus while interning is not merely on the work experience. You will gain work experience and something to put on your resume; however, interning for academic credits requires that you pay equal or more attention to the experience of being part of a foreign organization. Learning how a Chinese organization operates, seeing how people work together, having the opportunity to get to know and understand colleagues, speaking the language, experiencing society and culture up close—this is what the Internship Program is designed to offer you.

The Placement Process

The internship offered to you will depend on your interests, background, previous work experience, and language abilities. Flexibility is essential during the internship placement process. Instead of hoping to work for a specific company, it is more important that you think about the kind of work you wish to do during your internship. To help the BU Study Abroad Shanghai staff place you in a professional environment that you will learn from and enjoy, it is a good idea to make a list of the type of workplace atmosphere you seek, the type of the company you would like to work for, the strengths you can bring to an organization, and what you want to learn from your internship. Remember that small companies typically offer students greater responsibility and deeper experiences than larger corporations, and that the greater effort you put into the internship, the more you are likely to get out of the experience.

After consulting with BU Study Abroad Shanghai staff about your goals and preferences before you leave the US and in Shanghai, you will be offered one or two possible intern placements. After discussing workplace possibilities with the Shanghai staff, we will target one choice for your internship. You will then have the opportunity to interview with the selected organization. If the placement is agreeable to both sides, you will begin working for the organization soon after. Currently, interns work 20 hours per week in the afternoon, usually Monday through Thursday. Classes are held in the morning and internships are in the afternoon.

Internships are a new idea in China and the experience will not be identical to that in the US. For example, the staff in Shanghai has worked hard to develop relationships with various organizations and companies so that they will invite American students into their offices to intern for what they consider a very short period of time. Thus, each internship placement is arranged through personal contacts between BU and the Chinese host organization. Given this situation, you cannot “shop” for an internship placement. Instead, you will be offered a specific internship. Before you are offered a placement, you will have the chance to talk with the BU Study Abroad Shanghai staff about possible internships that you are interested in and that are right and available for you. Rather than expecting to have “choices,” be prepared for our professional staff to introduce you into a position that has been personally arranged for you and is considered best for your field and desires. It is almost as if the Chinese organization has been introduced to you by BU Study Abroad Shanghai staff and has agreed to host you.

Internship courses are available in the following academic fields:

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
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<tbody>
<tr>
<td>CAS AH 505</td>
<td>Internship in Arts/Architecture/Arts Administration</td>
</tr>
<tr>
<td>CAS EC 497</td>
<td>Internship in Business/Economics/Finance</td>
</tr>
<tr>
<td>CAS HU 425</td>
<td>Practicum in Visual/Performing Arts</td>
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Self-Assessment

How much do you know about China? Shanghai? Learn all you can about your new environment before you leave the US. This will make your adjustment much easier and faster. Think about your personal and academic goals and career plans and how studying in China fits in with them.
CAS PO 451 Internship in Politics/International Relations
CAS PO 453 Internship in Comparative Law
COM CM 471 Internship in Advertising/Marketing/Public Relations
COM FT 493/494 Internship in Film/Radio/Television
SHA HF 390 Field Placement in Hospitality Administration
CAS PO/IR 455 Internship in International Organization
CAS PS 495 Internship in Health/Human Services
COM JO 411 Internship in Journalism

While Boston University Study Abroad Shanghai will make all efforts possible to place qualified applicants in an internship they desire, Boston University makes no guarantee in this regard.

What to Bring

HANDBOOKS
Bring along this handbook, the student handbook, and all other program information distributed to you in the US before departure.

DOCUMENTS
Passport and Visa
You will apply for your visa to enter China as a student with the help of the BU Study Abroad staff while you are still in the US. You will have to apply at least a month before leaving the country for China, so make sure your passport is up-to-date and ready to go.

Passport-Size Photos
You should have already submitted the required number of photos to BU Study Abroad with your application documents and other paperwork. If not, please turn them in immediately.

Student Identification Card
Bring your BU student identification card with you. Fudan University will also issue you a Fudan student ID card after university registration. With your Fudan card, you can use the school dining hall and the Fudan library for reading ONLY.

Travel Guide
You may want to buy a travel guide to China and Shanghai such as those published by Lonely Planet or Insight or Fodors. Sure, you can find information online, but travel guides are great to have for finding out about local Shanghai sights and for when you want to travel around China.

VACCINATIONS
Before going to China, it is likely that you will need to get the following vaccinations: Hepatitis A and B, Typhoid, Japanese Encephalitis, and a tetanus shot. Of course, you must check with your doctor to determine what vaccinations are appropriate for you, depending on your health and immunization history. If you are in Boston, you may contact the Travel Clinic at Beth Israel Deaconess Medical Center located in the Lowry Medical Office Building at 110 Francis Street, Suite GB; phone (617) 632-7740; or the Travel Clinic at MGH.

HEALTH INSURANCE AND RECORDS
Before departure, call your insurance provider and verify that your health insurance policy covers you while traveling in China. If you have purchased the BU Medical Plan, you are covered while abroad. Bring details about your personal health insurance coverage and any necessary information about your medical background, including copies of drug prescriptions.

Remember that with nearly any insurance policy, including the BU Medical Plan, you will still have to pay up front in China BEFORE you receive medical services and medications. After treatment, you then apply to your American insurer for reimbursement. If you see a doctor while in China, make sure you keep copies of medication, treatment, and hospital receipts so you can apply for reimbursement.

PRESCRIPTIONS AND DRUG STORE ITEMS
You should bring copies of prescriptions for any medications you may need and for glasses or contact lenses if you wear them. Because it might be difficult to get the exact equivalent medication while abroad, we recommend you bring an adequate supply of whatever medications you may need while you live in China. You should bring your medications in their original, labeled bottles. Do not rely on mailing them to China because Customs regulations may not allow packages containing prescription medicines to enter the country.

CLOTHING
Weather varies in Shanghai with the season. People commonly joke that there are only two seasons: one hot and one cold. Shanghai has a subtropical, maritime climate; it is located on the same latitude as Florida. This means hot, rainy, and humid weather in the summer, which begins as early as May and lasts through September. Fall and spring are mild and nice seasons but short. The winter, because of the humidity and dampness, can feel very cold even though actual temperatures do not fall as low as Boston’s. Snow is very rare. Although most places are air-conditioned in the summertime, heating is not used as much as in the US so be prepared to be cold even while indoors in the winter. For
example, Fudan students often wear coats or several layers in the classroom throughout the winter.

For more on the Shanghai climate, here is one descriptive website: www.travelchinaguide.com/climate/shanghai.htm

Both the fall and spring terms will experience winter weather, so you will need to bring warm clothing that can be layered (gloves, warm socks, a winter coat, at least one pair of long underwear, etc.) Clothes that are easy to mix and layer and easy to wash and care for are best for your busy school days. As a large, cosmopolitan city, you will also find a lot of stylish, well-dressed people in the city, especially in the downtown areas. Shanghai is the fashion capital of China, after all. For going out at night, you might want to bring along some dressy clothes similar to what you would wear for a night out in Boston. Men dress quite the same here and at home. Women in Shanghai show a lot of leg but very little cleavage and much less bare arms, even in the high heat of summer. Bring conservative shirts along for internships especially.

If you are interning at a multinational-type company or in certain business fields, you may also need to have more formal clothing for work. It is advised that everyone bring at least one outfit that is appropriate for a business interview. (Women: a skirt and nice blouse or jacket, or a dress; men: nice slacks, a jacket and tie.) Some of you could conceivably wear “skirt/tie and jacket” level clothing every day to work; however, many of you will be able to still dress rather informally during your internships.

Naturally, you can shop in Shanghai and may find some great clothing at very cheap prices. You will recognize some popular stores like H&M, ZARA, Marks & Spencer, etc. However, larger American sizes are difficult to find in clothing stores here. Chinese tend to be smaller and thinner than Americans, so don’t count on it being easy to shop here if you wear either a medium or large American size. No matter your size, you can have clothes tailor-made very cheaply in Shanghai, and this is something most students really enjoy doing while living here. You can have your own clothes from home “copied” or you can rip a page out of a fashion magazine and tell the tailor, “Make me this dress.” Good fabric of every type is available.

Do not forget to bring comfortable, supportive shoes. You’ll do a lot of walking in the city and when you travel. Again, unless you have feet that are considered small for an American, do not count on easily finding your shoe size available here. You should also bring good hiking shoes, as you’ll be hiking a lot during field trips.

You may also want to bring rain gear or rain boots. A money belt to carry your passport and money while on field trips in China is a good idea, since you will go on program excursions and are likely to travel a lot on your own. As for luggage, remember to bring a bag or carry-on-size suitcase for when you are on the road.

**LAPTOPS**

It is recommended that students bring laptop computers with them. The apartment building where you will live has wireless internet service (albeit sometimes slow or down, as is typical in a developing country). There are also internet cafes nearby campus. When school starts, you will be given a log-in name and password to use the Fudan campus wireless internet. If you do bring your own computer, keep in mind the following:

- Have backup for all your important documents and software. Bring along the system installation/operation disc, especially those of you who use Apple computers. Most software available here is in Chinese and you could encounter problems using locally purchased software.
- Make sure that your computer has a built-in transformer that can handle voltages of 110 (US) to 220 (China). You need to bring a transformer with you for your computer if it is not compatible with 220 voltage.
- You should have up-to-date anti-virus software. Boston University students can either visit the Boston University website to download free software for both Mac and PC laptops, which is available at www.bu.edu/tech, or visit Common @ Mugar to configure their laptops.
- Make sure that you are entirely familiar with your own laptop and software, as the Shanghai Office does not have a technical or computer support department.
- Do NOT have your parents mail you a laptop because it will be stopped in Customs for some time and import duties will be charged.

**TOILETRIES, PERSONAL CARE, AND FIRST AID**

A wide range of soaps, shampoos, conditioners, skin care, and personal products are available in Shanghai. You should bring a travel-sized set of toiletries and at least one towel for use during your first day or two before you have a chance to go shopping. Although nearly everything you might purchase in an American drug store is available in Shanghai, the products themselves will be different. Although you can shop at Sephora or Watson’s, etc., you may still want to bring enough of your favorite toiletries and make-up products from home to last you the semester.

- Extra eyeglasses and contact lenses. Many all-purpose solutions are available here but this is something you also might want to bring. Plain old saline for rinsing is NOT available.
- Imodium and Pepto Bismol (to stop diarrhea or for upset stomach). Many Chinese products are available but these favorite American products should be brought from home.
Packing List

In carry-on:
• Shanghai Student Handbook
• General Student Handbook
• Passport and original forms from Fudan (Admission Notice and JW202) + copies
• Flight ticket/flight information + Return flight information
• Student ID card
• Address of the Tonghe dorms
• Cell number of the Director
• Any prescription medication necessary for the first week + any prescriptions, with generic name of the drug
• At least $100 in cash to exchange upon arrival in Shanghai
• Health insurance information
• Laptop, if you have one
• Flash drive

In checked bag:
• Ample supply of prescription medications in original packaging + prescriptions + generic drug names
• Bath towels (bedding and all other linens are provided)
• Appropriate clothing
• Toiletries for the initial week
• Wind-up/Battery-operated travel alarm clock
• Travel Adapter Kit (although cheap ones can be bought in Shanghai)
• Any special camera batteries/accessories
• Small sewing kit
• City bag or backpack
• Swiss army knife
• Umbrella
• Gifts to give to Chinese friends and co-workers
• Travel guide for host country

Do NOT bring:
• Do not bring hairdryers, straighteners/curlers and small electrical items (US products fuse the electrical circuits and blow up: DO NOT BRING THEM)
• Many school supplies
• Valuables that you do not need

Gift Suggestions:
• Boston University accessories
• American cookbooks with American measuring cups, etc.
• Local or American food products that travel well (maple syrup, local specialty items, hot sauce, etc.)
• Baseball hats
• American music (jazz, folk, pop, rock, etc.)
• Calendars/Coffee table books with US scenery, or from your hometown
• Local artisan crafts (pottery, textiles, etc.)
• Post cards or stationary
• Stamps (new or used ones) and state quarters. (There are many collectors in Shanghai.)
• Posters of something American
• US Quarters with states on them

OTHER ITEMS
• Gum: if you are an avid gum chewer, bring a few packs of your favorite gum. The brands are not identical here.
• Hand sanitizer: You may have a favorite product in this category.
• Tampons: Make sure you have enough if you have a preferred brand. Many varieties of pads are available but only a few brands of tampons.

PACKING FOR DEPARTURE
• Have around $100 in cash on you when you travel to exchange upon arrival in Shanghai. You can find currency exchange counters in the Pudong International Airport. You will want enough money to last a day or two, until you have a chance to go to a bank.
• You must have all of your paper work (passport, admission letter and forms from Fudan, this handbook, Shanghai staff contact numbers, etc.) readily accessible. It is wise to put your important documents in your carry-on luggage. Don’t pack them in checked luggage in case your luggage is lost or delayed.
• Before your plane lands, you will have to fill out standard forms such as an Entry/Departure form and customs declaration slip. You must have them in hand, along with your passport, when you go through Customs to enter China at the airport.

Money Matters

PROGRAM FEES
For information about the program fee and personal budgeting guidelines visit: www.bu.edu/abroad/aid/finances.html.

CARRYING CASH
Be very careful carrying large amounts of cash with you as pickpockets are common in China. Just like in the US and Europe, tourists are prime targets. You should plan to exchange about $100 into RMB on arrival so that you will have money to use when you first arrive in China.

CURRENCY
China’s currency is called the renminbi, often represented by the initials RMB (also known as CNY). The official basic units are called yuan (also colloquially called the kuai) and jiao (colloquially called the mao). One yuan equals ten mao, like one dollar equals ten dimes. Paper bills come in 1, 5, 10, 20, 50, and 100 (yuan). There are coins and sometimes paper bills for 1 and 5 mao.

The exchange rate as of December 2012 is: US dollar $1.00 = about 6.2 yuan RMB.

BANKING/ATM
You can exchange US dollars into RMB in most local banks in Shanghai. You must have your passport with you when you go to exchange money. SAVE ALL YOUR EXCHANGE RECEIPTS. You may need to present the exchange receipts if you want to change the currency back into dollars upon departure from China.

ATMs are available at all banks, shopping malls, hotels, and along most downtown streets. For many of you, using your American ATM card will be the easiest and cheapest way to access money from the US. Talk to your bank at home before you leave so that you understand the fees involved. You’ll probably be charged somewhere around $5 per ATM usage by your home American bank. Buying American Express Travelers Checks is another way to bring money over to China from home. There may be a fee to cash them at a Chinese bank, but you are protected against loss and theft.

How much money should I bring with me?
Depending on your personal standard of living and how much traveling, shopping, and dining out you do, expenses will vary. In the past, students in the Shanghai Program have spent $2,000 - $3,000. Keep in mind that although China is a developing country and many things in Shanghai are inexpensive, purchasing foreign meals and items and going out to places popular with foreigners will be expensive, or similar to their costs in the US.

If you have a Bank of America card, you can withdraw money at the daily exchange rate by using ATMs at China Construction Banks without service charges.

NEVER deposit money into an ATM with an American or foreign card. If your card happens to be eaten by the ATM, you need to return to that exact branch of the bank with your ID (passport) the next day to get your card back.

CREDIT CARDS
American credit cards such as Visa and MasterCard are accepted at large restaurants and stores but you cannot depend on local or small businesses and stores to accept them. (They may accept Chinese versions of these cards but not foreign or American cards.) Local banks normally charge an additional 3-4 percent fee for cash advances against your card.

DAILY EXPENSES
Shanghai is a modernizing city where you can get most things you desire. Food here is inexpensive, delicious and plentiful. If you eat out all the time, or prefer to eat western food, you will spend far more money than if you eat at Chinese restaurants and do some cooking.

Examples of Daily Costs in Shanghai
• A simple Chinese meal around the campus: about 10 ¥
• A shared Chinese meal downtown at a restaurant: about 50-100 ¥ per person for a large meal of many different dishes.
• A regular western meal (sandwich/pasta/salad): about 40 ¥
• A large Starbucks cappuccino: 32 ¥
• A set meal in MacDonald or Burger King: about 30 ¥
• Subway fare: 2-10 ¥
• Taxi: fares start from 12 ¥ for the first few kilometers; it costs around 40 ¥ from Fudan to downtown
• Train fare: Shanghai to cities nearby (Hangzhou/Suzhou): about 100 ¥, Shanghai to cities in middle or southern China: about 300-800 ¥ depending on seat class
• Movie: about 60 ¥ regular price; half price on Tuesdays
• Gym membership near campus: about 1,000 ¥ for a semester membership. A few students should get together and cut a deal for short-term membership.

Arrival

ON-SITE CONTACTS
Andrew Field is the Director of the Shanghai programs; and Zhu Yu is Office Manager. Together, they oversee all aspects of the program: academic, financial, internships, excursions, etc. and are there to help you have a good academic and life experience in Shanghai. There will also be a Resident Assistant for our BU program who lives in your apartment complex and will be able to help you with many things.

GROUP FLIGHTS
A round trip flight from a designated US city to Shanghai is covered in your program fee for the semester program. (You have to get to the designated city on your own.) Information on the flights will arrive under a separate cover. If you choose to use the group flight arranged by BU Study Abroad, you must contact the specific travel agency (Advantage Travel) directly to schedule your flight.

There will be no BU staff present at the departure gate in the US but Shanghai local staff will meet the students who come to Shanghai on the group flight. You will find them waiting for you at the airport with a BU sign after you pick up your luggage and go through customs. They will take you to the Tonghe International Student Center, which is your residence while you are in a BU Study Abroad Shanghai program.

For the summer program, a round trip flight is not included in the program fee. Information on a suggested flight will arrive under a separate cover.

INDEPENDENT TRAVELERS
You may arrive in Shanghai on your own because you decide to travel before the start of the academic program or to take a different flight than the group one. Independent travelers should plan to arrive at the campus around the same time on the same day as those taking the group flight. Please send your flight itinerary to both the Study Abroad Office in Boston and to the local Shanghai Office, if you are not taking the group flight.

If you arrive on your own in Shanghai, you should go directly on your own to the Tonghe apartment complex where you will live on the exact same day that the group arrives. Or, you can meet the group at the airport and take the group bus to Tonghe if your flight arrives at the airport within 30 minutes of the group flight. With either option, contact the Shanghai Program staff about your itinerary so they know when to expect you.

Tonghe International Student Village
28 Wudong Road; cross street is Zhengmin Road. (On the north side of Fudan University’s campus.)
上海市 武东路28号（靠近 政民路，复旦大学北校区）
Shanghai, China 200433
Phone: (86-21) 6510 5187

Taking a TAXI from the airport to Tonghe apartments at Fudan: Get in the taxi WAITING LINE when you leave the airport. DO NOT accept an offer from someone who approaches you with a “good deal” for a ride. Depending on traffic, the ride from Pudong International Airport to Tonghe International Student Village is about an hour long and costs 150 yuan.

EARLY AND LATE ARRIVALS
BU Study Abroad Shanghai bears no responsibility for you if you choose to arrive before the official start of the program. There will be no accommodations provided by the program and you will not be able to check in at the Tonghe International Student Village prior to the official group arrival date. You need to make your own arrangements for staying in the city if you arrive before the program starts.

Hotels nearby Fudan:

Crowne Plaza at Fudan University
199 Handan Road, Yangpu District, Shanghai
Phone: 86-21-5552 9999
Toll free in China: 40088 40888

Howard Johnson Caida Plaza Shanghai
188 Wudong Rd., Yangpu District, Shanghai
上海市杨浦区武东路188号, 财大豪生
Phone: 86-21-5557 9999

Important Numbers
Boston University Shanghai Office number:
(86-21) 5566 3378

86: country code for calling China from abroad
21: city area code for Shanghai

You do not need to dial the country or city code once you are in Shanghai.

When you call a cell phone from abroad, you add the 86 country code but not the city code.
Fuxuan Hotel
400 Guoding Rd., inside of School of Journalism at Fudan University
复旦大学新闻学院 复宣酒店
Phone: 86-21-5558 9518
Late arrival is not permitted. Orientation begins immediately for the program. If your flight is delayed, please call or e-mail the local Shanghai Office as quickly as you can.

TIME DIFFERENCE
All of China is in one time zone, which is GMT +8/UTC +8. There is no daylight savings time in China. Shanghai will thus be 13 hours ahead of Eastern Standard Time (UTC -5) during the winter and 12 hours ahead in summer.

ORIENTATION
All students are expected to attend orientation and the orientation events organized by the Shanghai Program. After you arrive, you will receive an orientation schedule, as well as one for the semester. Orientation is geared toward helping you adjust to life in China as quickly as possible, as well as getting to know the city. The local Shanghai staff will help you complete registration for Fudan, show you around campus, introduce you fully to the semester program, and help you get settled into your Shanghai life.

Housing

TONGHE INTERNATIONAL STUDENT CENTER
Students are currently housed in the Tonghe International Student Center on the northern side of campus. Your private bedrooms are furnished with the following: beds with pillows, sheets, and blankets; built-in closets; a heater and air conditioner; desks; lamps; chairs; and bookcases. Two or three bedrooms are together in a suite. Each suite has a kitchen, bathroom, refrigerator, sofa set, dinner table and chairs, and a washing machine. Suites are equipped with hot water, one TV, and wireless internet. You can expect to share your bathroom with one other suite mate. Since you live in an international student complex, your suite mates may be American or from somewhere else around the world.

Bath towels, toilet paper, shampoo, and soap are NOT provided by Tonghe. It is wise to bring travel-sized personal care items with you for use during your first day of arrival or for excursions during the semester. There is, however, a grocery store right next to the entrance of Tonghe and you can get most of what you might require immediately, if necessary. Your apartment has a kitchen but there is no cookware provided. You can buy the basic necessities you’ll need at a large Wal-Mart Store, which is about a 30 minutes walk away.

Tonghe Street Address and Phone Number

Tonghe International Students Village
28 Wudong Rd.
Shanghai, China 200433

(Located across from the north gate of the Fudan University campus.)

Phone: 86-21-65105187

Students call the US from Shanghai by dialing 001 then the US phone number, or can have a parent call (which is cheaper) from the US to Shanghai by dialing 011-86- and then their cell phone number.

Clothes dryers are uncommon in China. You should expect to hang your clothes to dry and there is even a space to do this in your apartment although you will have to buy hangers, etc.

ROOM ASSIGNMENTS
Students will be randomly arranged into apartments with other international students in Tonghe. Nearly all residents at Tonghe are also enrolled in Fudan, studying either Chinese or other academic courses. Living at Tonghe offers you the opportunity to meet people from around the world and to communicate with them in Chinese. Plenty of Americans also live in Tonghe, and it is possible one could be your roommate.

COMMUNICATION
Each student in the Shanghai Program will be provided with a cell phone with a SIM card inside. You can make international calls at a relatively inexpensive price using your cell phone.

The fastest and cheapest way to communicate with your family and friends is via internet (Skype, e-mails, etc.) Each room inside Tonghe has wireless internet. You can set up your account according to the instruction sheet in your room, or with help from staff during orientation. Check with the Resident Assistant or front desk if you have any problems setting up your internet service. There are several internet cafes near Tonghe as well.

Mail
There is a post-office close to the front gate of campus. Letters between the US and China usually take about two weeks. Packages can arrive from the US faster if the sender
Addressing Mail
Although you won't have your building and room numbers until you arrive in Shanghai, here is the rest of your address for mail:

In English
Your Name
Tonghe International Student Center, Building Number, Room Number
28 Wudong Road
Shanghai 200433
China

In Chinese
200433 中国
上海市武东路28弄
同和国际留学生村(building)号(room)室
(Your name)收

uses Global Priority service. You can pick up your mail at the front desk of Tonghe International Student Center. You may have to go to the post office to pick up a package. If you want to mail packages from Shanghai to the US, costs vary depending on the size and weight of your box. Mailing packages is no longer inexpensive.

Faxes
Urgent faxes may be received at our office in Shanghai. The fax number, as dialed from the US is: 011–86–21– 55663378.

Life in Shanghai

You can eat meals in the dining halls, which serve Chinese food including a mix of meat, vegetable, tofu, soup, and sea food. The food is relatively cheap. The food vendors at Fudan only accept meal cards, which you can receive and easily add money to once you are here. You can find pizza, burgers, and Mexican food off campus. Near campus are a few food streets with various kinds of Chinese snacks and eateries. McDonald’s, KFC, Burger King, Pizza Hut and local courts of various Chinese foods are all at the shopping mall closest to Tonghe. There are also Italian, Japanese, and Thai restaurants and Korean BBQ. But be mindful that some typical western dishes can be served a bit differently. You have a choice to eat meals on campus or buy meals off campus on your own. However, make sure that the food you eat is cooked and cleaned properly. All fresh fruits or vegetables should be peeled or thoroughly washed before you eat them.

STUDENT ACTIVITIES
Participating in extracurricular cultural and social activities is an excellent way to meet people, improve your language skills, and immerse yourself in the local community.

As a means to encourage students to enrich their study abroad experience, some activities may qualify for cultural reimbursement. This may include participating in local activities such as attending a Chinese movie screening, theatre performance, local museum or visiting historical sites.

GETTING AROUND SHANGHAI

Transportation
During a semester in Shanghai, the Shanghai “jiaotong” transport card can come handy. You can put money on the card and use it for buses, the metro, and taxis. We will give you a card during orientation and show you how to use it. Taxis in Shanghai are very safe and efficient. Taxi is generally a good choice for transportation in the city. It is cheap (only 14RMB for the first 3 kilometers), but make sure your destination is written in Chinese characters as communication can be difficult with drivers. Although drivers are generally honest, you should only use cabs with the meters and request the receipt before paying, don’t worry about leaving tips—it’s not expected.

Metro
The Shanghai metro network has ten lines in operation. The trains are fast, cheap and fairly easy to navigate with a bilingual Chinese- English system. The train can get very packed at rush hours. Fares range from 3RMB to 8RMB depending on distance traveled. You can transfer between lines freely with a single ticket or you can use your transport card (T pass).

Bus
There are lots of bus stations and several stops near Fudan University. Bus 99, 100 217, 537, 559, 713.

SHOPPING
Shanghai has long been known as a shopper’s paradise. Students have ready access to all the amenities and cultural activities any international city of its size can offer. One of the first things you will notice about Shanghai is how trendy the young people are. Shanghai is famous for its clothing and fashion. Nanjing Road, a 5.5 km shopping street is one of the longest walking streets in the world where the modern and the traditional modes of retailing are mixed. Huaihai Zhong Lu is more popular among locals. The prices here are better than you will find in Nanjing Road and you will find plenty of boutiques featuring fashion and silks. Some of the most interesting shopping for fashion and accessories is concentrated along Changle Road. Some of
the stores sell ready-made qipaos (mandarin-collar dresses with high slits), Tang jackets, and other traditional Chinese style clothing.

Another major shopping street is Hengshan Road where you will find trendy boutiques, bars, and cafés.

The bazaar of Dongtai Road is a fine place to shop for local arts and crafts. Dealers specialize in antiques, porcelain, furniture, jewelry, baskets, bamboo and wood carvings. Be prepared to bargain hard in this place. Some of the items are genuine but other “antiques” are less authentic.

The South Bund Fabric Market, located on Lujiaibang Lu is a favorite place for foreign tourists. There are hundreds of stalls selling Chinese silk, linen, wool and cashmere at a very low price. Shops have their own in-house tailors who can stitch you clothing in any style you want. The tailors can usually make your clothes within several days and the rate are usually less than half what you will pay in the retail stores.

Chinese modern art thrives in Shanghai with galleries and showrooms all over town. Taikang Lu in the southern part of the Former French Concession and Mogenshan Lu south of the Suzhou Creek are new homes to local galleries and artist studios. If you like modern art and photography, these are must-visit sites.

ENTERTAINMENT

Shanghai has always been and still is the center of entertainment in China. The city not only has great restaurants and bars but also the biggest selection of theatres, films, and art museums in China.

On the theatre and the stage, there are regular acrobatics displays. You will be enthralled by the incredible flexibility and strength of the performances. The magnificent Shanghai Grand Theatre, designed by the French architect Jean-Marie Charpentieris a must see. It offers an impressive range of Chinese and international performances, featuring world-class philharmonic orchestras, operas, and ballets, where you are likely to see anything from a cello solo by Yo-yo Ma, a performance by the Irish dance troupe River Dance, a musical like Andrew Lloyd Webber’s Cats, or a ballet like the Nutcracker or Tschaikovsky’s Swan Lake.

The city also has other important performance venues such as the Shanghai Concert Hall, where violinist Hilary Hahn gives recitals on occasion, and the Shanghai Grand Stage, where in December 2006, septuagenarian Luciano Pavarotti gave his farewell performance to China and where the Rolling Stones played their first mainland concert on April 8, 2006. The Shanghai Art Museum, located in a landmark building from the 1930s in People’s Square, is the foremost international contemporary art museum in China.

You will find other entertainment such as bowling, karaoke halls, and computer game rooms scattered throughout the city.

SITES TO VISIT

Once called the “Pearl of the Orient” and “Paris of the Far East” during the first decades of the twentieth century, Shanghai was a thriving cosmopolitan city and home to large communities of colonialists, who lived in the major concessions ceded to foreign powers. The area known as the Bund is still lined with stately brownstone banks and hotels from that era, facing the new economic development zone on the opposite bank of the Huangpu River, where some of Pudong’s greatest architects compete to build its futuristic skyline.

Shanghai Museum

Located in the center of Shanghai in People’s Square is a large museum of ancient Chinese art. The exterior design of the round dome and the square base symbolizes the ancient idea of a round heaven and a square land. This museum houses over 120,000 historical and artistic treasures and is one of the city’s cultural gems. Its four story building presents a chronological and stylistic tour of China’s great artistic traditions, with bronzes, sculptures, ceramic, paintings, calligraphy, jades, and coins. Furniture and ethnic minority folk art are also displayed in the museum. Particular highlights are the display of ancient bronzes on the entrance level and the traditional Chinese paintings.

Former French Concession Area

The Luwan district traces its roots to the foreign-governed enclaves of the colonial era. You will see sublime old villas with handsome palm tree gardens and wrought iron gates in this neighborhood. The tree-lined streets are also home to cafés, boutique stores, antique furniture dealers, and tiny art galleries. This neighborhood is also the site of many restaurants and bars. Fuxing Park is a tree-line green oasis in the district that dates back to the early 1900s. Early in the morning, people come together and do their Taiqi practice. Others sing Chinese opera and practice traditional sword or fan dance. Old men gather to play chess at tables beside the main pavilion and couples dance the waltz. You will see typical Chinese life here.

SHANGHAI AREA HOTELS AND HOSTELS

Shanghai has a wide array of housing options for guests who may come to visit you. Tonghe restricts the number and the length of stay of any overnight guests at the residence. There are several backpacker hostels, mid-range hotels, and luxury hotels all within convenient distance of the residence. Consult the BU staff or Tonghe staff for recommendations.
Names and Numbers

Tonghe International Student Center
28 Wudong Rd.
Shanghai, China 200433

Shanghai Staff
Contact the Shanghai staff with any questions before leaving Boston. Also, make sure someone in the US has the Shanghai contact information in case of an emergency.

Andrew Field, Director
E-mail: adfield@bu.edu

Lisa Yu, Program Coordinator
E-mail: lmy0512@bu.edu

Shanghai Office Number: (86-21) 5566.3378

Boston Staff
Canaan Boyer, Program Manager for China
E-mail: cboyer@bu.edu
Phone: 617-353-9888

Yin Chong, Language Coordinator
E-mail: yinchong@bu.edu

If someone needs to contact you in China for an emergency, they should first call you on the cell phone provided to you by the Shanghai programs. If family can’t reach you in case of an emergency, they should contact the Director directly. Please have your family or personal contacts note that there is a 12 hour time difference between Shanghai and Eastern Standard time, i.e. when it is 3 p.m. in Boston, it is 3 a.m. in Shanghai.

If you ever need help while living in Shanghai, whether to find out the location of the closest hospital or the address of a favorite restaurant, there’s a hotline number with English-speaking assistants you can call for information or directions. Shanghai Hotline: 962288

Emergency Phone Numbers

Fire: 119
Police: 110
Ambulance: 120
Telephone Number Enquiry: 114
Andrew Field Cell: 86-1-36-217-31540

US Consulate in Shanghai
Westgate Mall
1038 West Nanjing Road, 8th floor
Phone: 86-21-3217 ext. 2102, 2103, 2114
Fax: 82-21-6217-2071
E-mail: ShanghaiACS@state.gov
Website: shanghai.usembassychina.org.cn/index.html

Regular hours: 8:30-11:30 a.m. and 1:30-3:30 p.m. Monday to Friday. Closed on Tuesday afternoons. After hours Emergencies: 86-21-6433-3936

Dialing Codes
US International Dialing Code: 011
Country Code China: 86
City Code: Shanghai 21, Beijing 10
Example: 011+86 + 21+ local phone number

Tell us about your experience in Shanghai!

Share your favorite photo, a link to your blog, or post your story directly on our Facebook fan page (note that you’ll have to ‘like’ our page in order to post to it). And be sure to tag “BU Study Abroad” in all your great photos.

Let the rest of the BU community hear about your time abroad and upload your videos on BUUniverse. Tag them as “study abroad.”

Want to see your photo in our next study abroad catalog, on the website, or on a poster? Email, snail mail, or drop off a high-resolution copy (on a CD or flash drive) at the BU Study Abroad office, for the marketing department.

And don’t forget to follow us on Twitter to learn about BU happenings around the globe as well as new developments in our study abroad programs.

Good luck next semester!

—BU Study Abroad