



Yangtze International Study Abroad

Spring 2008 Information Guide for Studying in China

*Use this information in combination with your Home
University's Student Handbook for Study Abroad*

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Recommended Air Travel Itinerary

You may arrange for your own trip to China or travel together with other YISA students. **If you take a different flight from what is listed below, please contact us so that we are aware of your arrival time in China.**

YISA suggests purchasing tickets through www.FlyChina.com. They often have prices far less than other travel agencies or the airlines themselves. The estimated cost of a round-trip ticket from Tucson, AZ to Shanghai is approximately \$1233 (as of October 14, 2007). Prices will increase as the departure date gets closer so we recommend you purchase your ticket now.

Passport and Visa:

If you do not have a valid passport, you must apply for one immediately. By November 1, 2007, we will send an official invitation from China to the current mailing address of students for whom we have passport numbers. Once you receive this invitation, go to www.visarite.com and go to the page for China student visas for instructions. Visarite is a fast and efficient way to obtain your student visa to China. This process typically takes two weeks at most from the time you receive your invitation and can be expedited if necessary.

Recommended Itinerary from Tucson to China

You can take United flights listed below, departing Tucson on Wednesday January 30th at 7:00am or you can choose other flights such as the Northwest flight out of San Francisco. The best prices and connections will depend upon where in the U.S you are coming from and when you purchase your tickets. If you choose to take a flight other than United 857 try to arrive in Shanghai on the afternoon or evening of January 31st. Please let us know your flight details so that we can easily meet you at the airport. If you have any questions about flight information, please feel free to call or email Scott.

Depart:		Arrive:		Airline	Flight
Jan 30	7:00am	Tucson AZ	7:29am	Los Angeles CA	United 6517
Jan 30	10:00am	Los Angeles CA	11:25am	San Francisco, CA	United 857
Jan 30	12:19pm	San Francisco, CA	5:45 pm(Jan31)	Shanghai Pudong	United 857

Flight times may vary slightly. When purchasing tickets, make sure the flight number and departure date is correct. Prices and seat availability varies from week to week. Please note that looking directly on the airline's website may result in a higher price than by looking on www.flychina.com. You may do your own research and find a better price. Let us know.

Sample Itineraries from Cities other than Tucson

Purchase a flight that will arrive at the San Francisco International Airport (SFO) before 10:30am on Wednesday August 15th so that you will have enough time to transfer to either the United Airlines or Northwest airlines flight to China.

Flight to China:

Book Flight that Arrives in San Francisco before 11:30am on August 15th

Depart:			Arrive:			Airline	Flight
Jan 30	12:19pm	San Francisco, CA	5:45pm(Jan31)	Shanghai Pudong		United	857

Or:

Jan 30	12:05pm	San Francisco, CA	4:35pm (Jan31)	Tokyo Narita		Northwest	27
Jan 31	6:05pm	Tokyo Narita	8:35pm	Shanghai Pudong		Northwest	25

Or:

Jan 30	8:00am	Miami, FL	11:08 am	Detroit, MI		Northwest	992
Jan 30	1:40pm	Detroit, MI	5:05 pm (Jan 31)	Tokyo Narita		Northwest	25
Jan 31	6:05pm	Tokyo Narita	8:35pm	Shanghai Pudong		Northwest	25

One Option for Return Flight from China to U.S. (return date is flexible)

The last day for classes and exams will be May 26. You can book a flight anytime after that depending on whether you wish to remain in China to continue to travel. Your apartment can be made available to you for several additional weeks if you wish to continue to travel in China following end of classes.

Depart:			Arrive:			Airline	Flight
May 30	12:45 pm	Shanghai Pudong	8:52 am	San Francisco CA		United	858
May 30	10:30 am	San Francisco CA	11:49 pm	Los Angeles CA		United	858
May 30	2:33 pm	Los Angeles CA	3:58 pm	Tucson AZ		United	6498

Return from China (return date is flexible)

May 30	10:00am	Shanghai Pudong	1:55pm	Tokyo Narita		Northwest	26
May 30	4:00pm	Tokyo Narita	9:15am(same day)	San Francisco CA		Northwest	28

Book a flight that departs San Francisco after 11:00am (or LAX after 2:00pm) in case flight from China is delayed. Otherwise, you take the risk of missing your connection. It is important to allow a bit of extra time to go through Customs.

Arriving in Shanghai:

After landing in Shanghai, proceed through the immigration counter and then to the baggage carousel to pick up your luggage. A YISA staff member will greet you with a large YISA sign as you come out from the baggage claim area. YISA will arrange for transportation while in China. Students will spend the first two days and nights on a guided tour of Shanghai.

Tentative Itinerary in Shanghai:

January 31	evening	Arrive Shanghai (picked up from airport) Stay at Hotel in Shanghai
February 1	All day	Guided Tour of Shanghai
February 2	All day	Guided Tour of Shanghai
February 3	10:00am	Travel to Nanjing (by Train or bus)
February 3	2:00pm	Arrive at Nanjing Normal University
February 3	3:00pm	Campus Tour and Beginning of Orientation
February 4		Classes begin

Weather in Nanjing

Nanjing is hot and humid in summer, but is wet much of the rest of the year. Winters are short but cold, with temperatures slightly above freezing. Spring and autumn are the most pleasant seasons.

Average Maximum & Minimum Temperatures,
Rainfall and Days of Rain (Nanjing).

Jan	Feb	Mar	Apr	May	June	July	Aug	Sep	Oct	Nov	Dec
Ave High (F)											
44	47	56	68	78	84	90	90	82	72	61	49
Ave Low (F)											
29	32	40	50	60	69	76	75	66	55	43	32
Rain (inches)											
1.3	2.0	2.7	3.5	3.7	5.5	7.0	4.7	3.4	1.8	1.8	1.2
Rain Days											
7	10	10	12	11	12	11	10	8	8	7	10

Additional Travel Opportunities

YISA will schedule a 3-day weekend trip to Beijing during the semester and another excursion closer to Nanjing. The train and hotel costs for these two trips are included in your program fee. You will need to pay the cost of most meals during these trips. YISA will host one to two group lunches or dinners to provide you a taste of different Chinese cuisine.

During the middle of the semester, there will be a one week vacation for students who wish to travel independently. *[Students can schedule independent travel before or after the program. Let us know your plans. We may be able to help you with arrangements.]* Students can explore the area near Nanjing during the break or select longer distance destinations in China. When traveling, students should budget \$50-\$150 for round-trip train fare depending on how far they will travel. Budget more if you plan to fly to your destination. Students should also budget \$15-\$60 per night for lodging (depending on the quality of hotel) and well as \$5-\$25 per day for meals. Students in past semesters have visited Tibet, Hong Kong, the Panda preserve in Sichuan, and many other parts of China.

Cell Phone and YISA Operator Service:

As a special service to students and faculty, YISA will provide you the use of a cell phone for use in China. Students will be able to call YISA operators from any part of the country to obtain immediate telephone assistance. YISA operators can help in many situations.

- Provide directions to students who are lost.
- Serve as an emergency interpreter.
- Provide other basic assistance to students when they travel off campus.

A \$40 fee will be charged to replace lost, stolen or damaged cell phones. Students will pay for their own airtime usage in China.

Packing List:

Most airlines allow two checked bags, maximum 50 pounds/23kg each. There is an additional charge at the airport for overweight luggage. Normally, passengers to China are allowed one-carry on that fits the overhead compartment, and one other small item such as a purse or personal computer. Keep your passport, tickets, luggage claim checks and boarding passes on your person at all times. You will probably find that you need to pack less than you think. Many styles of ready to wear clothing are available and inexpensive in China.

_____ Passport with visa stamp
_____ Plane tickets
_____ Credit Cards and ATM Cards with PIN numbers memorized
_____ Small amount of U.S. cash
_____ Insurance Information
_____ Health Documentation

_____ Extra ID
_____ Emergency Contact Information

Health Care Needs:

_____ Prescription Medicine for duration of stay

- _____ Non-prescription medicine you commonly use (Cold Medication, Allergy Medication, Anti-Diarrhea, Tylenol, etc.)
- _____ Hand sanitizer (e.g. Purell)

Clothing:

- _____ Layerable, easy-care clothing.
- _____ All-weather coat with lining or Winter coat (for winter)
- _____ Comfortable walking shoes
- _____ Hat
- _____ Underwear
- _____ Long Underwear (for winter)
- _____ Socks
- _____ Workout or athletic clothing (including sweats for winter)

Important Basics:

- _____ Luggage
- _____ Travel Pack for Weekend trips
- _____ Money belt or Neck pouch
- _____ Mini-locks for luggage and packs
- _____ Luggage Tags
- _____ Watch
- _____ Sunglasses
- _____ Deodorant (Expensive to buy in China)
- _____ Basic Toiletries (dental floss, sunscreen, hair product, etc.)

Electronics:

- _____ Camera and accessories
- _____ iPod or MP3 player with AC adapter
- _____ Laptop computer with AC adapter and accessories

Items of high value are brought at your own risk.

China operates on 220v electrical frequency (instead of the 110v frequency of the U.S.). Be sure that any electrical devices you bring can operate in the 100-240v range. If you plan to use a hairdryer or curling iron, you should consider purchasing it in China.

There is a Wal-Mart store in Nanjing that carries items for year-around needs. The items and brands found in Wal-Mart China can be very different from Wal-Marts stores in the U.S., but most of the basic necessities are available. Bring non-prescription medicine from the U.S. as they are hard to find in China.

Make Appointment with Doctor or Dentist Before You Travel:

Before going abroad, it is advisable to see your family doctor and your dentist for a standard check-up and travel vaccinations.

Vaccinations:

The Centers for Disease Control and Prevention does not currently require any vaccinations for travel in China or East Asia, but does recommend certain vaccinations. You should visit CDC’s website for vaccination recommendations and other important information regarding health issues in East Asia.

www.cdc.gov/travel/eastasia.htm#vaccines

Immunization shots are available at the UA’s Campus Center. For an appointment call 621-6490 or visit their website:

http://www.health.arizona.edu/webfiles/health_services_immunizations.htm

Prescription Drugs

If you require special prescription drugs, you must take an adequate supply with you. You should also carry a copy of the prescriptions, including the generic names for the

drugs, and written instructions from your physician in case of emergency. If a medication is unusual or contains narcotics, carry a letter from your doctor attesting to your need to take the drug. If you have any doubt about the legality of carrying a certain drug into a country, consult the embassy or consulate in China first.

Glasses: If you wear glasses or contact lenses, take an extra pair and your lens prescription. You will be able to purchase contact lens solution in China.

Health Insurance in Nanjing

The cost of health insurance and medical evacuation is included in your total program cost. Yangtze International Study Abroad is contracting with International SOS to provide a wide range of medical services while in China including: 24-Hour Medical Information & Assistance, Medical & Dental Referrals, Dispatch of Medication & Medical Supplies, Medical Monitoring, Insured Medical Evacuation, and Medically Supervised Repatriation.

Use “SKYPE” for Long-Distance Calls to U.S.:

For convenient and free long-distance calls, we recommend you have your family and friends install “Skype” on their computer before you come to China. This will allow you to speak to each other free through the internet. To download Skype, go to www.skype.com. Order the SkypeOut service to call regular phones for 2 cents per minute. **Avoid buying international calling cards.** They are expensive and cannot always be used from China.

Safety Tips While in China

Safety

According to the U.S. embassy in Beijing, China is a safe country with a low crime rate, though pickpockets and petty thieves are common. Violence against foreigners is very rare.

To avoid being a target of crime, try not to wear conspicuous clothing and expensive jewelry and do not carry excessive amounts of money or unnecessary credit cards. Wear a money belt. The penalty for bringing illegal drugs into China is severe.

Environmental Problems

Environmental problems exist throughout China, including Nanjing. The air can be very smoggy, but varies considerably from day to day. Consult with your doctor if you have a medical condition that could be aggravated by environmental conditions.

Do Not Drink the Tap Water

As a general rule, do not drink tap water in China. Bottled water and carbonated drinks are very inexpensive and widely available.

Automobile Traffic

Chinese drivers have very poor driving habits. The greatest threat to your safety in China will be automobile traffic accidents. Being aware of your surroundings and always wear a seatbelt when riding in cars. Cross streets in pairs or groups and don't assume that drivers will stop for you.

Bringing Money

The **BEST** way to access money in China is through ATM withdrawals with your debit card and PIN number. If you have a *Bank of America* checking account, you can withdrawal money from the *China Construction Bank* ATMs without an ATM fee. Typically, credit unions also do not charge for international withdrawals, otherwise, there will be a transaction fee of \$4.00 to \$8.00 per withdrawal. Most of China's major banks accept Visa/Mastercard and American Express for cash withdrawals (you need to know your PIN number). Credit cards (such as Visa and MasterCard) can be used at large hotels and some businesses; however, most businesses still only accept the local currency. Avoid bringing traveler's checks to China. They are not as convenient as ATM cards.

Lunches at the student cafeteria will be free of charge. However, most of our students like to eat off campus at some of the many low cost restaurants in the area. You will need to have money for other meals. The cost for food in China is generally very low and there are many great Chinese and Western restaurants to explore. You will typically need around \$150-250 a month for personal and meal expenses. Budget more if you plan to do lots of shopping/gift buying in China.

If you plan to travel in China beyond the included trips to Beijing and Shanghai, you will need to budget additional funds.

Housing

You will share an apartment with other YISA students in an attractive complex 10 minutes walk from the campus of Nanjing Normal University. The apartments have a small kitchen, TV, internet access, and a washing machine. There will be weekly housekeeping available and laundry services can be arranged for a small additional cost. You will find many open air markets, grocery stores, and excellent but inexpensive restaurants near the apartments.