

Welcome to the Beijing Program!

Dear Beijing Program Participant:

This **Beijing Orientation Handbook** has been prepared to make your transition to Beijing and the Chinese educational system a little smoother.

If you have any questions, contact the Center for Global Study and Engagement (CGSE) at (717) 245-1341 or global@dickinson.edu. The Center for Global Study and Engagement is open Monday through Friday from 8:30 am to 4:30 pm (EST).

IMPORTANT CONTACT INFORMATION

Program Contact in Beijing:

Chase Cui
Resident Director

On-Campus Coordinator:

Professor Nan Ma
Email: mana@dickinson.edu

The Center for Global Study and Engagement:

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Dickinson College
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Major Emergency Protocol:

If you need to contact the Center for Global Study and Engagement after hours for emergency assistance in a very serious situation, call the Dickinson College Public Safety 24-Hour Hotline (**011-1-717-245-1111**), identify yourself and the program, describe the emergency briefly, and give a number for call back. The operator will locate the proper CGSE staff member, who will return the call.

Embassy of the People's Republic of China:

3505 International Pl N.W.
Washington, DC 20008
Tel: (202) 495-2266
Email: visa@china-embassy.org.
Web site: <http://www.china-embassy.org>

There are also Chinese Consulates General in Chicago, Houston, Los Angeles, New York, and San Francisco. Northeast coast (Pennsylvania to Maine) students will mainly be applying to the Consulate General in New York for their visas. Please check the embassy website for the correct consulate you must apply to depending on your home state.

PROGRAM PREPARATIONS

Program Fees/Financial Aid Information

Program Fees:

The program fee for the 2021-2022 academic year is \$73,410.00; for a single semester the fee is \$36,705.00. Students at Dickinson College will receive invoices from the Student Accounts Office that show credit for the \$300 confirmation fee and any applicable amounts from your financial aid package.

The program fee includes the following: tuition and fees at Peking University, university housing (double occupancy) or homestay costs, a board stipend dispersed on-site, and scheduled program excursions. **Not included are:** roundtrip airfare to/from Beijing, visa expenses, books, clothing, personal entertainment, independent travel, and any other personal expenses.

Arrangements for any type of monthly payment plan options should be made as soon as possible through Tuition Management Systems (1-800-722-4867, x 775, or www.afford.com). If the balance due on your account is not paid by the deadline noted on the billing, or if special arrangements have not been made with Student Accounts (Tel. 717-245-1953 or email: stuaccts@dickinson.edu), you will not be allowed to participate in the program.

Financial Aid Information:

Dickinson grant money and endowed scholarships are available only to Dickinson College students on Dickinson programs. Students from other colleges and universities should check with their own financial aid office to determine eligibility.

Peking University Application

PHOTOS: You will need 2 passport size photos. One for the visa application and one for the Peking University application. You will need about 5 extra passport-size photos to give to Peking University (PKU) for various documents; however, it is also possible to get inexpensive passport photos on the PKU campus at the Kodak store in Wu Mei, a small supermarket to the south of Shaoyuan (foreign student dorms).

PEKING UNIVERSITY APPLICATION: All students in the Beijing Program must fill out an application for Peking University after you have been accepted to the program. The application is easy to fill out, but you must have your passport handy to fill in the section requiring your U.S. passport number. Once again, a passport-size photo must be affixed to the application. (This application will be completed during a mandatory orientation session as well as completed online.) The on-campus coordinator, Professor Rae Yang will assist all students with completing the Peking University application.

PHYSICAL EXAMINATION: Students who are **studying in China for the full year** will need to receive a physical upon arriving in China.

TRAVEL PREPARATIONS

The responsibility for ensuring that you have a valid passport and visa in time for your program is ultimately yours.

Passport and Visa Information

Passport Information:

A valid passport **that does not expire for 6 months beyond the end date of the program** is required to enter any country. If your passport expires before the required validity, you will have to acquire a new passport before departure and/or before applying for a visa. **If you have not applied for your passport, you must do so immediately.**

This program requires a visa. Before sending your passport through the mail to apply for a visa, sign in the signature line provided with an ink pen, and also write in pencil your current address and daytime telephone number in the blank space provided opposite your photo page. This will help the U.S. Postal Service return it to you, if it should become separated from the envelope during processing. Be sure to use some traceable form of mail.

Visa Guidelines:

A visa is a stamped endorsement placed in your passport by the embassy or consulate of a foreign government that allows you to enter that country for a specific period of time. A visa is required to study on the Beijing program. Please note the following:

Each consulate has specific rules that must be followed and with which you must comply. Before submitting your visa application, you will need to check and recheck the consulate website to be sure that nothing has changed. Please note that the responsibility for submitting all documents required by you or your parents for your student visa ultimately rests in your hands. If necessary, the Center for Global Study and Engagement will supply the supporting documents required from the College or your host institution.

Also, past students have recommended that if you plan to travel outside of China, including Hong Kong, make sure you apply for a multi-entry visa initially rather than trying to pay for it when you are there, in which it will cost more.

Visa for Studying on another Program:

In many cases, students studying in another foreign country during the 2nd semester will have to obtain their entry documents in the U.S. if they are U.S. citizens. Students in this situation may have to return to the U.S. in order to obtain a visa from the foreign country's embassy or consulate in the U.S. You need to consider in advance and plan ahead the timeframe in which you will need between programs to complete this process.

Information for International Students

If you are not a U.S. citizen, it is your responsibility to research your status, and whether or not you need to obtain a visa, obtain any special entry papers, or other documentation that may be

required for entry. Contact the host country embassy in your country of citizenship for assistance. Depending on the country's requirements, you may have to apply in person at that Embassy/Consulate.

SEVIS Information for International Students at Dickinson:

Since you will still be a Dickinson Student while abroad, you are required to pursue a course of study that is considered a full course load at your abroad institution in order to maintain your F-1 status. You will be registered in SEVIS each semester, just as you are while at on-campus at Dickinson.

Also, please remember to have your I-20 endorsed for travel prior to your departure from campus this semester.

Packing Tips and Travel Information

Packing Tips:

Dress in China usually casual. Jeans are popular among both Chinese students and adults. You can buy them there, but the quality is not as good and the style may not be what you are used to. Down coats/jackets in Beijing are cheaper than they are in the U.S. Sweaters are also in plentiful supply, as are rain slickers and umbrellas. Beijing stores and markets now have most of the consumer goods you might find in the U.S., so if you forget something, you can probably buy it there.

Although clothing is reasonably priced, it is usually difficult to buy clothes (and shoes) in sizes large enough to fit foreigners. Quality dry cleaning can be difficult to find, so consider bringing clothing that is less delicate or easily washed. Dress in layers for comfort and warmth as the weather can get very chilly.

Assume that you will accumulate a lot of things while abroad, and pack accordingly. Take no more baggage than you can carry.

Here are some wardrobe suggestions:

- shoes: a pair of sturdy walking shoes already WELL BROKEN IN!; hiking boots, if you are an outdoors person; a nice pair of shoes
- sufficient underwear and socks (15-18 of each)
- 10-14 tops (shirts, blouses, turtlenecks) in coordinated colors (darker colors are best)
- 6-8 everyday bottoms (jeans, corduroys, skirts) in subdued colors that are wrinkle resistant
- 1-3 nice outfits for each season to wear during special occasions (ties for men)
- 6-8 coordinating sweaters
- a pair of pajamas or sweats that can be also used for long underwear, pajamas or studying in your room
- a robe for trips to the shower/bath
- a pair of sandals
- an all-weather jacket with a zip-out lining (can be purchased in China at various markets including the Silk Market)
- a sturdy travel umbrella

- **an extra pair of contact lenses, eyeglasses and prescription**
- a knit cap, gloves, scarves, etc
- several pairs of Bermuda-length shorts (no cut-offs or short shorts—except for sports)
- a bathing suit and cap
- 2 towels and 2 washcloths
- slippers/house shoes
- a good backpack for traveling

Other Useful Suggestions:

- Laptop. Note: most recent laptops come with converters built in the AC adaptor, but make sure you check this. If you do not have the proper converter (i.e. one that can convert 230 volt current), then you will ruin your hard drive.
- A USB memory device for transferring documents and photographs between computers
- Plug adapters and converters for using US appliances/electronics
- Do not bring a hair dryer as they will not work in China even with an adapter due to the high voltage.
- Bug spray (especially for the spring)
- Space/Vacuum bags (can be found at Walmart or Target and condense the amount of space clothing uses in your luggage)
- luggage ID tags inside and outside of your suitcases
- 8 extra passport photos for ID cards, etc.
- a travel alarm clock with extra batteries
- a money belt and/or neck pouch to carry valuables
- any preferred health and beauty products (dry skin lotion is available, but expensive)
- a travel sewing kit with safety pins
- small first aid kit
- all medications (both non-prescription and prescription) need to be in their original, labeled containers. Take copies of all prescriptions with you.
- shower sandals
- notebooks, index cards, other specific school supplies
- a camera
- sunglasses
- sunscreen
- Chinese-English dictionary
- favorite photos of family and friends are nice to have for decoration or to show your new friends
- a few token gifts, something typically American, or representative of the area in which you live in the U.S., or from Dickinson College. This is especially a good gift for your host family.

For the first few days, pack a bar of soap, toothbrush and toothpaste, and a washcloth. **If you have a particular type of toiletry that you like to use, you may want to bring it with you. Also bring a roll of toilet paper and packets of tissues.**

Carry-on and Checked Luggage:

BAGGAGE REGULATIONS: Call the airline directly or go online to inquire about baggage regulations. A backpack with a frame must be checked as one of these allowed pieces. (It should be noted that a backpack has been found useful by past participants due to the amount of traveling you will be doing). Attach a label on the outside of your luggage and place a name and address label inside.

LUGGAGE SECTION:

In most cases, you are allowed one piece of carry-on luggage not to exceed 45 total inches, which must fit under the seat in front of you or in an overhead bin. Make sure your luggage follows TSA regulations. Weigh your luggage before you arrive at the airport to ensure it is not overweight. Remember that bags should be small enough to go up narrow stairways, go down crowded train aisles, and fit on luggage racks. A coat and a handbag, briefcase, or laptop may also be carried on. Also, in case your luggage is delayed for a few days, be sure to pack a change of clothes and any medicine or toiletries you would need in your carry-on bag (making sure they follow TSA regulations).

LAPTOP: If you bring a laptop, it will be considered one of your carry-on items. You should purchase insurance to cover it in case it is stolen or damaged.

VALUABLES: Carry extra cash and travelers checks in a money belt or neck pouch. Do not carry all your cash in one place. Never pack money, valuables, or important documents in your checked luggage!

LOST LUGGAGE: Make a list of everything you pack, then bring a copy of the list with you and leave a copy at home. This will be helpful if your luggage is lost and you need to identify the items and cost of your luggage. If your luggage is lost or mishandled, you must file a claim with airline personnel immediately. Do not leave the airport thinking it will be easier to do so at a later time. It won't be.

Airlines don't refund lost baggage unless there are original receipts, so keep the things you care about with you at all times during travel.

Packing Tips from the Transportation Security Administration (TSA):

- Do not pack oversized electronics (laptops, full-size video game consoles, DVD players and video cameras that use cassettes) in your checked baggage when possible. However, please be advised that you will be required to remove these items from your carry-on bag and submit them separately for x-ray screening. Small electronics, can remain in your carry-on.
- Prepare your 1 quart-sized, clear, plastic, zip-top bag of liquids before arriving at the airport, following the 3-1-1 guideline (place liquids into 3.4 ounce bottle or less (by volume); all bottles should be carried in one 1 quart-sized, clear, plastic, zip-top bag)
- Pack all your coats and jackets in your checked baggage when possible. All coats and jackets must go through the X-ray machine for inspection.
- Do not wrap gifts. If a security officer needs to inspect a package, they may have to unwrap your gift. Please wait until you've reached your final destination to wrap gifts.

- Undeveloped film should go in your carry-on bag. You will be able to declare film that is faster than 800-speed to a transportation security officer for physical inspection to avoid being X-rayed.
 - You are required to remove footwear for X-ray screening so wear shoes that are easy to take off and put back on.
 - Double check the contents of your pockets, bags, and carry-on luggage to ensure no prohibited items were inadvertently packed.
 - When in doubt, leave it out. If you're not sure about whether you can bring an item through the checkpoint, put it in your checked bag or leave it at home.
- For more information, visit www.tsa.gov.

Travel Documents:

Before departure you should make copies of all of your important documents. Leave one set of copies with your family and take one with you to keep in a safe place separate from your original documents.

- The information page of your passport
- Any entrance visas (if applicable)
- Insurance policies and contact information
- Your airline ticket
- Front and back of credit cards and phone numbers for credit card replacement (you cannot dial an 800-number from overseas so you will need a direct number).
- Travelers check numbers
- Contents of your wallet
- Prescription medications
- Rail passes

Immediate Cash/Travel Funds:

You will need some ready cash on arrival; approximately \$50.00 should be enough, and it is possible to exchange it at the arrival airport.

Flight and Arrival Information

Travel Arrangements:

Students will be informed of flight travel dates and information soon. Students are responsible for arranging their own airfare to/from Beijing. Students must ensure that they arrive at their location on the specified date. Students who arrive earlier than the specified date will be responsible for their lodging; likewise, students who remain after the end of the program will also be responsible for their accommodations.

The following is a list of travel agents and websites students have used in the past. This list is not exhaustive, and the Center for Global Study and Engagement does not endorse any particular travel agent or booking website.

- Advantage Travel
- GT Tours (Latin America)
- STA Travel
- Student Universe
- Airline website (Delta/American/United, etc)
- Booking websites (Expedia/Skyscanner/Priceline, etc)

When you have booked your flight, please complete the flight itinerary questionnaire found on the online application system at <http://dickinson.studioabroad.com>. Chase Cui will meet you at the airport.

In general, passengers on international flights need to be at the airport at least 2-3 hours before departure. Be sure to leave yourself plenty of time for potential delays due to increased security measures. You will need your passport to check in and when you land, so have it available.

In case you miss your connection or your flight is delayed, make a note of the CGSE and the program coordinator's phone numbers and carry them with you so that you can get in touch with us.

Arrival Documentation

Prior to arrival in Beijing, students will be asked to complete a landing card for immigration (this information will also be required for your visa documentation on site). This form will ask you for local/in-country contact information. For your address please list the Shaoyuan International Student Dorm, Peking University. Although some of you will be living with homestay families, the international student dorm, and the campus for that matter, should serve as your contact address for your time in Beijing. For your in-country phone contact, please list Chase's phone number.

Clearing Immigration and Customs:

Before landing in Beijing, you will fill out a customs declaration form. You will have to list any electrical devices, cameras, jewelry, travelers checks, and cash you are taking into the country. The form will be collected at the customs desk and a copy will be returned to you. Keep this copy in a safe place, as you may have to show it when you depart the PRC.

Prescription medicines should be in the original packaging, labeled with your name and that of your doctor. You may not take in firearms, narcotics, plants, or Chinese currency. Printed material that is deemed pornographic or politically incorrect will be confiscated; you may bring one Bible for personal use. While tape recorders and electronic calculators are in theory dutiable, students routinely take them along without a problem.

On exiting the customs area, there are usually two routes: one for those with nothing to declare (green) and one for those who have items that need to be declared (red). You cannot be met by anyone until you have cleared customs.

THE PROGRAM

China and the City of Beijing:

The People's Republic of China (PRC), comprised of 21 provinces and five "autonomous" regions, is the third-largest country in the world and has a population of more than 1.3 billion. Not surprisingly, a country this immense offers a remarkable range of landscapes and climates (hot, humid summers, and temperatures plunging well below freezing for weeks at a time in the winter). This vast expanse is divided naturally north-south by rivers and mountain ranges.

Beijing, which means "northern capital" in Mandarin, is an ancient capital of China. Broad avenues lead to Beijing's main intersection, the famous Tiananmen Square in the heart of the city. The city has both historical and cultural sites; one of the most famous is the Forbidden City, the heart of China's centuries-old civilization. To the northwest is the Summer Palace that is set in a 700-acre park. Nearby is the Great Wall of China, started in the 3rd century B.C., as well as numerous historic temples.

The PRC has one of the world's largest and fastest growing economies; the revival of a market economy has produced a bustling urban scene that offers many opportunities for practicing the Chinese language, observing social change, and sampling delights of the local cuisine and culture. Use the map you are given at registration and explore!

CLIMATE: Beijing can be uncomfortably hot in summer and very cold in winter. Average temperatures are: 30 degrees F. (winter), 78 degrees F. (summer), and 55 degrees F. (fall and spring).

Peking University:

One of the four key universities in Beijing, Peking University is located in the northwestern part of the city, in close proximity to other universities. At the University's School for Overseas Education, students will receive intensive language instruction from host faculty members. The Beida campus has a post office, bookstore, health clinic, small department store, and grocery store (much of which is located in Wu Mei), which all reflect the old Maoist-style "miniaturized" unit (or **danwei**) living.

Registering at Peking University:

You will need your original medical forms and acceptance letters from Peking University to be able to register!

Procedures for Entering Peking University:

(This is a translation of instructions in the Peking University "Foreign Students Booklet" given to students previously.) "Upon arrival at Peking University the accepted student must take his/her original acceptance letter and original medical forms and report to the Foreign Students Office. After confirmation, the teacher must fill out the New Student Registration Form. The student must then follow the categories on the form for registration. Follow room registration procedures as directed in the New Student Registration Form. Obtain and fill out the Peking University Foreign Student Registration Form marked with the school seal. Academic Year students will turn in their

passport along with **your passport-size photos** for a student card, residence permit, and other documents.” This costs about 400 yuan and the student will not have their passport for at least one month.

Activities for the First Few Days:

In the days following your arrival, you will take a language test that will determine your placement in language classes. You will also have free time to acclimate yourself to the new surroundings and culture. Obtaining information can at times be difficult and frustrating, and you may not know details as early as you would expect. However, please remember that if you are confused at any point, realize that every other foreign student is in the same situation and it will all work out in the end. You may not be specifically informed as to any times, places, etc, so make friends with someone who can read the signs, which are generally written in Chinese. The teachers in the foreign students’ office on the first floor of Shaoyuan Building # 3 are patient and willing to help.

Orientation Schedule:

PKU Chinese Language College runs a mandatory orientation before the semester begins to help all foreign students become accustomed to life at Beida. It is important to attend all of these events and take the time to familiarize yourself with the Beida campus and lifestyle before classes begin. Students are encouraged to take the time to explore the campus on their own.

Initial activities include:

- | | |
|-------------------------------------|---------------------|
| • Registration | * Getting meal card |
| • Getting Beida IDs & Sheoyuon Card | * Campus Tour |
| • Language Placement Test | |

ACADEMIC INFORMATION

Academic Culture:

It is very important that you show respect toward your teachers and behave in a diligent fashion in and out of the classroom. Each teacher will have his or her own style and standards. Some teachers may be more egalitarian in their approach to teacher-student relations. Generally speaking, however, hierarchy is the rule. The best way to establish a warm, productive relationship with the faculty at Beida is to attend class, prepare your homework, and be attentive right from the start. Be on time, and if you must miss class due to illness, let your professor know. You must attend at least $\frac{3}{4}$ of classes or you will fail. This attitude will be beneficial later on if you need help or some flexibility in your program. In doing so, you will also be maintaining the reputation of Dickinson College -- an important factor for the program!

Language Placement Exam:

All courses will be taught in Mandarin Chinese. Before classes begins, all students must take a language placement examination. The levels system at Beida consists of approximate thirty levels for both written and spoken classes. Levels 1-7 are traditionally beginner, 8-15 intermediate, and those above, advanced. Do not stress out over the exam or your subsequent placement; things will work themselves out!

The exam is structured as follows: Listening comprehension takes place for the first 30 minutes. Listening comprehension material will be played only once. The following tests will take place over 90 minutes: vocabulary, grammar, reading and writing. There is no oral component to the exam. Each section of the exam will get progressively harder. Do not worry if you are not able to finish an entire section or do not know the answers. The same test is given to every student, regardless of language ability, in order to place students into appropriate levels.

Beida suggests that you should arrive in the examination hall before 8am so that you will not miss the listening comprehension. Students should bring their Beida ID card and their International Students Registration Checklist to the exam.

The day following the language placement exam, students must select their books and confirm their classes. This process works a bit differently than at Dickinson. Students must report to the Hanyu Xueyuan Building to see their results. Based on their results, students will report to certain rooms in the Hanyu Xueyuan Building. From there, students are given the chance to preview the textbook of the level they placed into. Look carefully at the textbooks. See if you recognize most of the characters and some grammar characters. If you feel a textbook is too easy for you, ask to see the next level textbook. Keep in mind that there will be several levels within a certain textbook; the higher levels within a book will move faster through the material, the lower levels will move slower. If you feel a textbook is too hard for you, ask to see an easier textbook. However, Dickinson encourages students to push themselves to maximize their experience abroad. Keep in mind that you are not permitted to enroll in the lowest level language class, even if your test score is low. No matter the level, the first several weeks will likely seem very difficult and overwhelming. Study hard and stick with the material, and you will be surprised at how quickly things will click into place.

Once a student selects their textbooks, they will be handed slips of paper to go and buy the books. Buying your books is considered confirmation of your level.

The following day students will return to the Hanyu Xueyuan Building to see their placement level and check their class schedule. If after two days of attending a class you feel you have selected an inappropriate level, you have the option to change levels, although this is a difficult process.

Additionally, those testing below the intermediate level will be required to take a listening class in place of an elective. If you test above the intermediate level, you will have to select an elective course. Electives may not meet the first week of classes. Pay attention to announcements in the Hanyu Xueyuan Building for the time and date of elective classes' selection. A list of available electives will also be posted in the Hanyu Xueyuan Building. Common electives include Chinese characters, Listening Comprehension, Pronunciation, Grammar and Newspaper Reading. Show up early for this course selection.

Note: year-long student are required to retake the language placement exam at the beginning of second semester so that their classes will adjust according to their progress made first semester.

Course Selection:

In the FALL SEMESTER, students normally take the following prescribed course load (**you may only take a maximum of 4.5 course credits each semester**):

- three language courses at Peking University, as discussed in the Language Placement Exam section above, for three (3) course credits*
- a Chinese culture course that is planned to include a weekly lecture and a field trip to a historical or cultural site in Beijing for one (1) course credit
- an optional art or martial art class for one-half (0.5) course credit.

In the SPRING SEMESTER the following options are available:

Option 1 (Total of 4 or 4.5 Dickinson credits)

- Continuation of Chinese language study (4 courses) for one (1) Dickinson course credit each
- An optional art or martial art class for one-half (0.5) Dickinson course credit

OR

Option 2 (Total of 4 or 4.5 Dickinson credits)

- Continuation of Chinese language study (3 courses) for one (1) Dickinson course credit each
- An internship for one (1) Dickinson course credit
- An optional art or martial art class for one-half (0.5) Dickinson course credit

OR

Option C (Total of 4 or 4.5 Dickinson credits)

- Continuation of Chinese language study (3 courses) for one (1) Dickinson course credit each
- A regular university course at Beida for one (1) Dickinson course credit each
- An optional art or martial art class for one-half (0.5) Dickinson course credit

***Students should take language courses a level above the course last completed at Dickinson.**

For example:

Completed at Dickinson	Next levels at PKU Chinese Language College ¹
Chinese 102	Levels 6, 7, 8 (upper elementary)
Chinese 202	Levels 8 – 15 (intermediate level)

Reminder: After the placement test, students can request to be moved to a higher (or lower) level. Students should try to take courses at their appropriate level to ensure maximum progress.

Please note the following:

- Martial art courses with more than 20 contact hours may count for 0.5 credit or as a physical block.
- INTERNSHIPS: Students that are well-prepared may elect to take an internship for a grade during the second semester. In conjunction with the internship experience, students must attend a series of lectures and complete assignments associated with the internship experience. Internships should be arranged in consultation with the program coordinator. Please note that there is no guarantee that you will be able to obtain an internship.
- Students enrolled for the full academic year with adequate language skills (beyond Level ~30) may take regular university courses.
- When you leave Peking University, do not request a transcript from the international student office. The office will mail your transcript directly to Dickinson.

Credit Transfer:

- Each course earns one course credit (equal to four (4) semester hours).
- For successful completion of course work, students abroad **may transfer up to a maximum of 4.5 course credits for one semester (up to 9 course credits for the year)** and may not take fewer than 4 course credits per semester. To take more than 4.5 credits per semester, a student must petition to overload by contacting the Center for Global Study and Engagement. If a student registers for more than the maximum courses allowed without permission from the committee, the on-campus coordinator, their academic advisor at Dickinson, and the Center for Global Study and Engagement, the course credit will not transfer.
- Only **liberal arts classes** will qualify for transfer credit.
- Generally speaking, courses must have an equivalent at Dickinson. Exceptions include classes that focus on the culture and/or history of the country in which the student is studying.
- Transfer credit will not be awarded for coursework that duplicates what a student has already completed at Dickinson.

¹ From year to year, depending on enrollment, the number of levels can vary, so that in some years level 7 may be elementary, and in other years level 7 will be the intermediate level. Students should check with their language teacher at Peking University to find out which levels are elementary, intermediate, or advanced.

- The Chinese language courses, the culture course, and other regular courses taught by faculty at Peking University will appear with titles on the Dickinson transcript. To get Dickinson credit, your grade has to be the equivalent of a Dickinson “C” or higher (2.00 on a 4.00 scale, at least a “60” out of a 100 point scale at Beida). Those that receive a grade of “C” or better will receive a “T” on their transcript. The “T” will signify earned credit. However, the grade that is earned in the class will not appear on the Dickinson College Transcript. Grades earned for the culture course and the spring internship will be calculated in the Dickinson GPA.
- Must be taken for a grade; pass/fail courses are not allowed.

Accessing College Library Resources from Off-campus:

If the libraries at your abroad site do not have the resources you need, or if you have trouble getting the assistance you need for your research projects, please remember that you can access all the resources and services from Dickinson College Library no matter where you are. All you need to do is to go to the Dickinson Global Library page

(http://lis.dickinson.edu/Library/Research/Global_Library/LibraryResourcePage.htm).

You can access the page on the library website under “For Students,” or “For Faculty,” or “Doing Research.”

From the Dickinson Global Library page, you will find detailed information on

- How to find journal articles through the online databases
- How to find books and have them sent to you
- Research resources available online such as subject guides and online reference works
- And most important of all, how to get in touch with a Dickinson College librarian via phone, email, and instant messaging and get the assistance you need.

LIVING ACCOMMODATIONS

Living Accommodations:

OPTION 1- Dormitory: Students housed in the Foreign Students Dormitory will share the dormitory with hundreds of international students from around the world. Living conditions are similar to Dickinson dorms. You will be assigned a double room, the cost of which is included in the program fee. Each floor will have toilets, showers, and coin washing machines. Peking University will assign you to a room; Dickinson College has no control of this process, except we request that our students do not share rooms with Dickinson students.

OPTION 2-Homestay: Students who choose the homestay option usually (but not always) get their own room and share the bathroom. 2 meals per week are included. Although some homestay families may offer more than the allotted meals for the students, the family is not obligated to offer more. Students in homestays should read the section below about getting along with a host family. This will help prepare you to be a thoughtful guest and to prevent some typical blunders you might otherwise make. Differences and difficulties encountered day-to-day in the family are opportunities for cultural growth. Consider yourself a learner and listener, avoid making ethnocentric judgments, and cultivate habits of tolerance and patience.

Getting Along with your Host Family:

Living with a host family overseas can be a challenging and also intensely rewarding experience. Students need to be prepared for a period of inter-cultural adjustment. Your host family has a different way of life (and a different set of rules) from what you are used to at home or on campus. Naturally, it will take you a while to feel 'at home' in this new environment. In the beginning, you may act like and be treated like a boarder. Whether you remain that way or whether you eventually integrate yourself into the life of the household will depend upon your initiative, adaptability, and acceptance of traditional habits and attitudes toward life in general. As you interact, you will notice differences. Some of these will be easy to accept and adjust to, while others may at first feel uncomfortable. Flexibility and openness to learning the family's ways of doing things will increase your success in learning about your new culture.

Although each host family is different, be aware that host families generally expect to have an adult relationship with the students they house. They will respect your independence while remaining open to exchanging ideas and conversation. Mutual trust and open communication is essential for a successful relationship. There is no infallible recipe for the success of your home stay, but the tips below may help you to adjust more smoothly and quickly.

In the beginning...tips for daily life:

1. Do not hesitate to ask your host family questions or to start conversations with them. Remember, your host family is there to help you. By starting conversations, you are initiating an immediate rapport. Hiding away in your room will communicate to the family that you do not wish to interact with them. Communication is the key to a successful relationship with your host family.
2. The first few weeks are very important in establishing a "base" with your host family. Therefore, try to avoid planning long trips the first few weekends. The key here is to settle

in before you start moving around. Try exploring around your neighborhood.

3. Although you might feel awkward at first, it is very important to communicate openly with your host family. A problem that seems complicated for you to solve (the heat is not working properly in your room) may be very easy for your host family to fix (the radiator works differently than what you are used to and your host family can show you how to use it). Your host family would surely prefer that you ask for their help rather than be unhappy in their home!
4. We suggest keeping your schedule as flexible as possible in order to take advantage of family activities. By joining your family when invited, you will get to know each other better while improving your language acquisition at the same time.
5. Be yourself with your family, and be polite. Remember, although you are living with them and would like to be a member of the family, you are still a guest in their home. Do not assume immediately that you are afforded certain privileges just because you live with them. When you take meals with your family, ask if you can help set the table, clean up, etc. Be sure to ask to watch TV and to use the family phone. If you do not want your host family to clean your room, tell them that you will clean it yourself and ask them for what you need (vacuum cleaner, dust cloths, etc.). Be sure to leave the bathroom clean after each use.
6. Do your best not to betray your host family's trust. Respect their rules, and always ask their permission before inviting anyone into their home. If you feel the rules of the host family are unreasonable, talk to the program coordinator.
7. Be open-minded and flexible; there will be differences, so accept them. Adopt your family's patterns, such as keeping doors closed at all times and being careful not to waste hot water and electricity.

The following categories are frequent causes of friction between students and their host families:

TELEPHONE: Before using the telephone, you should ask permission and determine if there are any rules or restrictions. Generally, telephone use is more expensive overseas than in the U.S. and long, wide-ranging telephone calls are not the custom. Be aware that there may be a charge for local calls, not just for long distance. Most families have only one line and no call waiting. Therefore, be considerate, learn the family's expectations, and go by them. To avoid any inconvenience to the family, students should use prepaid phone cards for long-distance calls. The phone cards are readily available in small shops and from vendors in Peking. Most students also purchase a cell phone in China.

If you receive permission to use the home telephone for incoming calls, you should discuss with your host family when it is appropriate for your family and friends to call. Then you should inform your family and friends of these times as well as the time difference between the U.S. and your location. Other means of communication, such as Skype, can be more convenient.

ELECTRICITY/WATER: The cost of electricity overseas is much higher than it is in the U.S. Your hosts will most likely be energy conscious and want to conserve energy because of a general belief in conservation. Be respectful of this in your behavior. Switch off lights and other electrical devices when you leave a room. If you come in late at night, do not leave the lights on in the

corridor or hallway. Do not be impatient or annoyed when reminded about leaving lights on or about energy consumption in general. Open your curtains during the day to make use of the sun's rays.

Similarly, you may notice greater concern for water conservation as well. In most families, you may be allowed to shower (or bathe) every day, but you will soon notice that they may not do so, nor are they in the habit of taking extended showers. You should try to follow the example of those around you and remain flexible and understanding as you adjust. NOTE: Do not let friends shower at your place unless you have been given permission first.

VISITING HOURS: Normally, you should meet your friends elsewhere, not in your host family's house. In rare cases, you should ask permission first if you can bring friends over to your Chinese home. Do not invite guests to your host family's home without their permission when your host family is absent. Consideration for others is always a good rule to follow. Be sure to discuss these things with your family first so that you understand what is expected.

Another frequent source of tension is when friends or family members arrive on visits from the U.S. Your host family is not required to accept these visitors in their (or your) rooms. Permission to have someone stay overnight would normally be an exceptional occurrence, not generally or lightly given. Do not make the mistake of regarding your room as a hotel.

LAUNDRY: Again, ask the family about laundry arrangements. Usually, your laundry will be done at your home stay. Most homes do not have a dryer, so the wash will likely be hung to dry. Additionally, most Chinese washing machines are not as powerful as U.S. machines, so your clothing may not get as clean.

PERSONAL LIABILITY INSURANCE: The program does not cover personal liability. So, when using appliances in your home stay, take care. Accidents happen and you will be held personally responsible for damage whether negligence was a factor or not.

CONTRACTUAL OBLIGATIONS: Be sure you are aware of what the contractual arrangements are between the program and your host family. If there are meals involved, find out which ones they are, at what time they are served, whether you are responsible for some meals on your own, and what happens if you choose or are forced to miss one or more. If meals are included, be sure to let someone know when you cannot be there or that you might be late. In addition, find out about the schedule for changing/washing bed linens and towels.

FINAL REMARKS: This section reviews only some aspects of life with a host family, so be aware that this new experience will require adjustment in many ways. One could say that adjustment is the primary vehicle of cross-cultural learning. The homestay experience will reward you richly if you remain flexible, keep an open mind, and maintain a sense of humor. Your family will be ready to help you, but both sides must share in making your stay a success, and both must realize that it takes time to establish a routine and achieve integration.

LIFESTYLE ABROAD

Food and Shopping in Beijing:

The Chinese have a wide variety of food and their diet varies depending upon the part of the country in which they live. Naturally, in a major city like Beijing, everything is available. In general, rice, potatoes, barley soup, corn meal, steamed buns, and other grain dishes make up the most basic family meal. Dishes made with pork, chicken, mutton, or fish are popular, but not all Chinese can afford them regularly. Dairy products are uncommon, but fresh vegetables and fruits are available in season. Be warned that breakfast in China is quite different from that in America.

The main shopping area in Beijing is "Wangfujing." Here you will find foreigners by the dozens looking for good buys. There are also the usual tourist shops in the major hotels and the Friendship Store (**Youyi Shangdian**)--a type of store that used to cater to foreigners, but now serves the general public as well. Although the prices here are reasonable, the same things can usually be found elsewhere for much less. In general, shopping is good and prices are very reasonable, especially for clothing. Department stores are full of brand names you will recognize. There is also a called large supermarket to the southeast of Beida that is walking distance.

Entertainment and Recreation:

There is a lot to do in Beijing. On University campuses, foreigners are usually welcome to participate in team sports (especially if you are good!). There are theaters, opera, and concerts as well. For fresh air enthusiasts, many of the larger parks have a designated place where you can exercise. Join in or watch; you might also be able to jog in these places. There is also a gym available on campus in the computer science building near the east gate for less than \$100 a year.

Coffee shops, beer halls, and night food markets have also become popular gathering spots. In fact, eating out is a favorite form of entertainment in China. Clubs and karaoke bars are similarly popular and fill up on the weekends. Just strolling around Old Beijing, also known as the Forbidden City, can provide all the enjoyment you will want.

FINANCIAL INFORMATION

Bank Account:

After you settle in, you can open a bank account. It has been recommended by past students that Bank of China is the most convenient, with a location just outside of the Peking University campus' southwest gate. There are forms and assistant available in English. There are also Bank of China ATM machines available in most cities throughout the country, which will be helpful if you are traveling. Once your bank account is set up, you can receive money by wire transfer. If you decide to do this, it is recommended that you set up the account in U.S. dollars and exchange the money at the time of withdrawal.

Monthly Stipend:

Each month the program coordinator will distribute a stipend that is to be used for your meals. The stipend for the 2019-2020 academic year has not yet been determined. Please check with CGSE before departure for this amount.

ATMs and Credit Cards:

ATMs are becoming more common throughout the city. Credit cards can be used in large hotels and many department stores. Before leaving, check with your local bank and credit card companies about fees and whether your ATM card will work overseas. It must access a checking account, not a savings account and must be in your name. There are several ATMs on the PKU campus that accept international cards.

Check on Fees with Bank and Credit Card Companies:

Before leaving the U.S., check with your local bank and credit card companies about fees for using your card overseas. Many banks and credit card issuers impose additional charges on foreign transactions; others such as Capital One (at least at print time) do not. If the fees are hefty, consider withdrawing larger amounts of cash from the ATM and taking only what you need and keeping the rest in a safe place. Only use credit cards with high fees for big purchases or in emergencies.

You should notify your bank and credit card companies that you are going abroad for an extended period of time. Otherwise, when they see charges on your card from a foreign country, they may assume that your card has been stolen and suspend your account. Keep a separate record of your credit card numbers and phone numbers of the companies so you can report theft or loss of your card quickly.

Spending Money:

Students sometimes ask how much spending money they should plan to have during their time abroad. This amount depends, of course, on the lifestyle you adopt and how much you plan to travel. In general, you should plan on a **minimum** of \$1,000 for the semester and \$2,000 for the year. Many students do it for less.

Part Time Work:

A new feature of the market-oriented and outward-looking China is the willingness of many Chinese people to pay for English lessons, including lessons from foreigners, like Americans. Peking University allows its foreign students up to 4 hours per week of language teaching on campus. No other types of work are allowed.

Precautions and Traveling with Money:

More rural areas may not accept international ATM cards; so instead use a Chinese bank account or withdraw money before you leave.

Carry extra cash and travelers checks in a money belt or neck pouch. Keep in mind that in cities, ATMs are the most convenient way to obtain cash. Do not carry all your cash in one place. Never pack money, valuables, or important documents in your checked luggage.

COMMUNICATION INFORMATION

Students sometimes tell family/friends that they will phone home ‘the minute they arrive’. However, plans often go awry because of plane or train delays, unavailability of an international phone line, etc. To save parents and loved ones worry, we suggest an agreement to call at the earliest convenient time, rather than promising to call at once.

E-mail, cell phones, and Skype allow students to keep in closer touch with family and friends back home than ever before. There is a good side to this, but it is possible to overdo it so that you focus too much on home to the detriment of your abroad experience. Consider writing frequent letters, postcards or a blog instead. These can be reread and kept as a record of your time abroad.

Mail:

HOMESTAY: Mail for students in homestays can be addressed to the homestay address.

Cell Phone:

Many students purchase cell phones while in China. This is an excellent way to communicate with other students on the program, to be accessible to family and friends at home, at to be reachable in the event of an emergency. It may, however, be very expensive to make international calls with your cell phone. Students can check with their current cell phone provider to see if their phone has international calling capabilities. If so, you will have to find out the procedures for using your cell phone abroad. More than likely, you will purchase pre-paid cell phone minutes that do not require subscribing to an overseas cell phone service. If you choose to purchase a cell phone in China, it costs approximately \$70 for the phone and SIM card. There is a cell phone store located outside of south gate of the University, and several in Wudaokou. If you have a Beijing cell phone number, you can only buy Beijing minutes in Beijing – keep this in mind when travelling outside of the city. Keep this in mind when making travel plans, and stock up on minutes before you leave Beijing. A recommended cell phone company is www.chinamobile.com/en It is best to get a Chinese phone because if you are using an American phone, Chinese characters will not sure up in text messages.

Computers and Internet Access:

Internet access is available in all rooms on campus. If you are a homestay student and your family does not have internet, you have the option of paying for it elsewhere on your own. In any case, we encourage you to limit your Internet use to create a healthy balance between staying in touch with your friends and family in the U.S. and taking advantage of the time you spend.

Past students recommend bringing laptops if possible. Please be sure to purchase proper insurance, a laptop lock to prevent theft and a plug adaptor.

Also, be mindful of internet censorship in China. Many students usually cannot get onto Facebook, many blogs, some western news websites, and Google searches can be blocked. You should avoid researching controversial topics on the internet.

E-mail:

Remember that official communications from Dickinson College (for example, instructions from the Registrar, Campus Life, or the Center for Global Study and Engagement) will be sent to your Dickinson e-mail account. If you ordinarily use another e-mail account, remember to check your Dickinson account regularly for messages or to have your Dickinson account forwarded your personal e-mail account. Also, be sure to clear your Dickinson Inbox regularly so that messages can reach you. Make sure you also empty your Outbox and Deleted messages box regularly.

TRAVELING WHILE ABROAD

Traveling in China:

The possibilities for travel in China today are numerous. Hundreds of cities and towns are now open to foreign travel and can be visited without special permits. However, if you plan to go to Tibet, you will need a special permit. Be wary of hotels that try to lure you into buying fake permits. A strong sense of adventure is essential, and any trip will be very rewarding. For many, travel in China remains one of the most memorable parts of students stay. Be sure to bring your student ID for discounts.

Train Travel:

If you buy your ticket at a local train station instead of at hotel desks or travel services, you can avoid tourist surcharges. Check to see if you can receive any discounts by using your student ID. Timing is a factor, since train tickets can usually be purchased only a few days in advance of your trip. Remember, too, that trains tend to be very crowded during national holidays. You can purchase train tickets from an office on campus; the website www.huochepiao.com has train schedules.

In general, there are four types of train accommodations: soft sleepers and seats and hard sleepers and seats. You will probably want to consider a sleeper of whichever variety fits your budget for longer trips. Some travelers enjoy the lively atmosphere of the hard-class sections, where they can talk to many people. Train food varies in quality, so you might want to take along something to eat and drink for your trip. Plan to carry your luggage with you on the train (so travel light!) and make certain that your bags are locked and kept away from aisles or doors. **CAUTION: Never pack money or your passport in your luggage.**

Air Travel:

The cost of flying has gone up recently; in fact, it may now be about the same price to fly as it is to take the soft sleepers on the train. Consider all your options before making travel arrangements

Travel Guides:

There are many travel guides that are geared towards the student traveler, especially Let's Go or Lonely Planet (try to purchase in advance, as some guides are not available for purchase in mainland China). To help save money, check www.amazon.com for used travel books.

Safety while Traveling:

Whenever you travel, take care of your belongings and safeguard your credit cards, mobile phone, and cash at all times. One of the safer places to carry your passport and money is in a breast pouch tied at your neck or in a money belt strapped at the waist, under your shirt. A word to the wise: keep a small amount of money easily accessible so you do not have to dig into your hidden money in public.

HEALTH, INSURANCE & SAFETY

Health Care

In the People's Republic of China, protect your health by drinking only bottled water or water that has been boiled. Avoid flavored ices or iced drinks. If you buy fruits and vegetables from the markets, peel or scrub them with soap and water. During your stay, you should drink plenty of fluids since Beijing is quite dry year round.

For over-the-counter remedies, it is recommended that you take along the following: cough drops and throat lozenges, aspirin or similar product, anti-diarrhea medicine, antacid, first-aid spray, athlete's foot medicine, insect repellent, lip balm and sunscreen, and a thermometer. For women who are prone to gynecological infections, take along your usual remedy. (NOTE: Tampons and other sanitary supplies are now widely available in Beijing. For tampons, ask for OB.)

For treatment of simple illnesses, such as colds, flu, or diarrhea, go to the University clinic on campus--you will be charged a small fee for treatment or medicine. The clinic staff may only speak Chinese, so go with someone who can translate if necessary. If you contract a more serious illness or require hospitalization, call the pro. They will take you to a larger, nearby hospital with a special section for foreigners (e.g., the Number Three Beijing Hospital or the Sino-Japanese Hospital Foreigner's Clinic).

In general, you should use caution with traditional Chinese medicines.

Participants are reminded of the presence of avian flu (H5N1 virus) in various countries. For the latest information on the avian flu as well as CDC health suggestions, please the following website at <http://www.cdc.gov/flu/avian/outbreaks/current.htm>.

Note the following addresses of recommended health facilities:

- | | |
|-------------------------|---|
| 1) For minor illnesses: | AEA International
Beijing International (SOS) Clinic
Beijing Clinic Suite 105, wing 1
Kunsha Building
16 Xinyuanli, Chaoyang District
Beijing, 100027, China
Clinic Tel: (8610) 6462 9112
Clinic Fax: (8610) 6462 9111 |
| 2) | International Medical Center
Beijing Lufthansa Center
Room S106-S111, Office Building
No. 50 Liangmaqiao Road
Beijing, People's Republic of China, 100125
Tel: (8610) 6465-1561/2/3
FAX: (8610) 6462-2081 |

AIDS and STDs Overseas:

You are at the same risk for AIDS and STDs while abroad as you would be at home since your risk

of infection depends on your behavior. Therefore, if you are sexually active, use good judgment and common sense. It is also highly recommended that you carry a personal supply of condoms and birth control, especially if traveling to underdeveloped regions of the world.

International Travel Assistance and Insurance Information

All students enrolled at Dickinson College traveling outside of the United States participating in Off Campus Studies Program or Immersion of Service Programs of the College have access to International SOS, a medical and security travel assistance company, and are covered under the Chubb Global Medical insurance plan.

The fee is included in your study abroad program and includes:

- International SOS (Intl.SOS) emergency assistance coverage
- Global Medical plan underwritten by CHUBB ACE

Please review the [CGSE Health and Safety website](#) for the most up to date health, safety, and insurance information.

Health Matters

Medical Check-ups:

Before leaving the United States, you should visit your physician, gynecologist, eye care specialist, and dentist. Make sure you are in good health before going abroad so that you can avoid any potential problems.

Immunizations/Inoculations:

All students going abroad should consult with the Dickinson College Health Center or your personal physician to make sure that all of your routine inoculations are up-to-date. These include measles, mumps, rubella (MMR) and diphtheria, pertussis, tetanus (DPT). For more up-to-date country-specific information about immunizations and other health precautions, consult the Center for Disease Control (CDC) website at www.cdc.gov/travel/.

Medications:

Prescription/non-prescription medication(s) should be in the original container from the pharmacy and labeled with your physician's name, your name, and the medication name and dosage. **Do not transfer any medication into an unmarked container.** You should also carry a written letter or prescription from your physician verifying that this medication was prescribed by a licensed practitioner and is necessary for medical reasons. If you are on prescription medications or take particular over the counter medications, such as a certain painkiller, you should take enough with you to last the duration of your stay. It is neither advisable nor legal in some circumstances to ship medications by mail. It is your responsibility to make sure that your medications are legal in your host country. You can find this out by consulting the consulate website of the country you will be visiting. You may also want to take along some cold/flu medication, anti-diarrhea, and anti-fungal medicine. Women prone to gynecological infections should take a supply of medication. Be aware of recent changes in airport security regulations limiting the types of liquids or gels that can be transported in carry-on luggage.

The Center for Disease Control recommends that students with diabetes or health situations that require routine or frequent injections should carry a supply of syringes sufficient to last their stay abroad. If you carry narcotics or syringes, you should also bring a copy of the prescription and a statement from the prescribing physician.

Mental Health, Stability, and Stress:

For students under the care of a counselor or psychiatrist, please be sure that you see him/her before you depart from the US. Participating in a study abroad program in another country will not lessen any emotional issues that you may presently be experiencing. When you are abroad, you will probably experience various states of excitement and frustration as a result of the opportunities and differences presented by the new culture. These alternating emotions are usually related to the natural phenomenon of culture shock, which occurs when people adapt to a new culture and surroundings. As you become accustomed to your new surroundings and establish a routine, these feelings will begin to subside. If homesickness, depression, or eating disorders persist, consider seeking out professional assistance.

Special Accommodations:

The accommodations available to students with disabilities in the United States may not be available to students studying abroad. It is unlikely that you will find the same medications, medical and/or psychological care, or support services at your study abroad site that you would at home. For you to fully assess whether you will be able to successfully complete a study abroad program, we encourage any student with special needs to review the program descriptions and to visit websites about the community in which you will be living and learning. If you wish to have assistance from the College in helping you to assess your ability to succeed in studying in a particular program or in identifying programs where more support may be available, you are encouraged to disclose your situation on the medical forms you completed during the application process or to come talk to the Center for Global Study and Engagement. Such disclosure is completely voluntary. If you travel to an abroad site, you will be expected to fully participate in the program. Therefore, you need to inform yourself about the demands of the program in order to plan ahead and to prepare to cope with your health needs in a new environment.

Health and Safety in Flight:

For safety and comfort, wear loose-fitting, natural-fiber clothing during your flight. Do not wear snug-fitting or heeled footwear! If possible, avoid wearing contact lenses. Low humidity in flight tends to remove the moisture from the eye's surface. It is helpful to do seat exercises or to walk in the aisles in order to maintain good circulation. One easy exercise you can do is to tap your toes while keeping your heels on the floor. This pushes blood up your legs and reduces swelling. Tap for several minutes every hour or so.

It is always advisable to sleep during long flights. You should avoid alcoholic beverages in flight because they cause dehydration. Recycled air also has a drying effect, so you should drink only non-alcoholic beverages regularly. If you require a special diet, be sure to notify the airline at least 72 hours before departure.

The most common difficulty or problem that can result from flying is known as jet lag, which is the sudden sense of fatigue or wakefulness at the "wrong" time. Jet lag is more pronounced flying east than flying west. Veteran international flyers recommend going to bed and getting up at the customary local time from the beginning. This helps the body adjust quickly. Avoid naps until fully adjusted to the new time zone; the body confuses naps with night sleep.

Health Tips:

By using common sense and taking everyday precautions, you can safeguard your health. Here are some tips:

- Inform yourself about the particular health risks of the country you will be visiting and be meticulous in observing recommended precautions.
- Students with existing medical conditions should consult their personal physicians regarding special precautions they may need to take. It is important to tell your physician the location(s) you will be visiting.
- If you wear glasses or contact lenses, take along an extra pair, plus a copy of your lens prescription. Pack enough lens cleaning solution for the entire trip.
- Always carry a wallet card or wear a necklace or bracelet stating any special conditions you have (such as diabetes, asthma, etc.). Be sure to list allergies to specific medications.
- If you are sexually active, use a condom. You may have trouble finding reliable brands of condoms abroad; consider taking a supply.
- Take care of yourself while traveling: try not to wear yourself down, avoid excessive exposure to the sun, drink plenty of liquids to stay hydrated, and try to get enough sleep.

Health and Safety information resource online:

Check out the Student Study Abroad Safety Handbook at <http://www.studentsabroad.com>.

This is a resource intended for students' and parents' direct use. It offers exhaustive checklists and resources covering all kinds of topics related to safety abroad.

Personal Safety:

While abroad, students should always be aware of their surroundings and use common sense. It is easy to fall into a false perception of safety and to let your guard down. Students abroad can be easy targets for crimes involving theft, such as pick pocketing, purse snatching (from a motorized vehicle), theft of unattended backpacks or baggage, and the like. Criminals often operate around bus and train stations as well as tourist attractions (including museums, monuments, schools, subways, beaches, etc.). Safeguard your documents and money at all times! Do not walk home alone late at night. Do not make yourself an easy target. Use the buddy system or call a cab. Also, always keep the local emergency numbers for the police, fire station, and ambulance with you.

Emergency Procedures:

In the case of an emergency affecting the public, please abide by any emergency procedures put in place by your program director.

Safety while Traveling:

If you have an emergency while traveling, contact local authorities, International SOS and the program director at once. In a medical emergency where you cannot make arrangements ahead of time with ISOS, be prepared to pay up front and submit receipts to your insurer for reimbursement later. In case of the loss or theft of your passport, contact the local police and the nearest U.S. Embassy or Consulate.

Family Emergencies:

Since you will be far away from home for an extended period of time, it is good to discuss with your family what to do in the case of a family emergency while you are overseas. This should include what you would do if a family member becomes ill or dies.

It is important to consider how your family will respond if you are involved in an accident or suffer from a severe illness while abroad. We advise one or both parents to obtain a current passport in case of emergency. This should be done before you depart the U.S.

Final Thoughts:

Observing these mentioned precautions will be reassuring to you and to your parents, relatives, and friends at home. However, being overly concerned with safety should not interfere with the enjoyment of life and study in another country.