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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 at Peking University:

Ms. Shangkai Gao

Guang Yuan Dong Qu, 1 Dan Yuan, Building 2, Room 303

Guang Wai Da Jie, Xuan Wu Distric

Beijing, 100055

Tel: (011 86) 10 6264 0085 (Home)

(011 86) 13 9011 60301 (Cell)

On-Campus Coordinator:

Professor Rae Yang

Tel: (717) 245-1403

FAX: (717) 245-1732

E-Mail: yang@dickinson.edu

The Center for Global Study and Engagement:

Samantha Brandauer, Director of Study Abroad

E-mail: brandaus@dickinson.edu

Moir Kelley, Coordinator/Study Abroad Advisor

E-mail: kelleymo@dickinson.edu

The Center for Global Study and Engagement

Dickinson College

P.O. Box 1773

Carlisle, PA 17013-2896

Tel: 717 245-1341

FAX: 717-245-1688

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 (**001-717-245-1111**), 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.

The Center for Global Study and Engagement's Travel Agency:

Advantage Travel

313 East Willow Street

Syracuse, NY 13203

Tel: 1-800-788-1980

FAX: 315-471-6264

E-mail: Mary Ann Clark

maclark@advantagecny.com

Embassy of the People's Republic of China:

2300 Connecticut Avenue N.W.

Washington, DC 20008

Tel: (202) 328-2500

FAX: (202) 588-0032

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 2015-2016 academic year is 61,376.00; for a single semester the fee is 30,688.00. 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, required health and accident insurance, 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.)

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.** For more information and the passport application, contact the Prothonotary's Office at the Cumberland County Courthouse at 717-240-6195.

If your 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 computer (if possible) with wireless capabilities. If necessary, a converter specifically for your laptop – most laptops have a built-in converter, so check your specific model (if you do not have the proper one you can 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 Wal-mart 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.
- international phone numbers for computer and credit cards
- pocket calculator for currency conversions
- address book
- a travel alarm clock with extra batteries
- a portable music device with extra batteries
- playing cards
- a Swiss army knife with corkscrew, bottle opener, and scissors (packed in your checked luggage, not your carry-on)
- a money belt and/or neck pouch to carry valuables--A MUST!
- any preferred health and beauty products (dry skin lotion is available, but expensive)
- deodorant does not exist in China. Bring enough for the year as well as other small toiletries.
- 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
- powdered drink mixes to mix with the “kaishui”, which means hot water
- notebooks, index cards, other specific school supplies
- a camera

- sunglasses
- sunscreen
- Chinese-English dictionary
- Headset and microphone for Skype
- 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, such as iPods, 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. Travelers checks can be exchanged for Chinese **yuan** at the airport, at the Bank of China and various other banks, in most large hotels, and at an American Express Office. Be sure to bring your passport when exchanging traveler's checks. The current exchange rate is approximately 6.21 yuan (as of 03/25/13) to one U.S. dollar.

Flight and Arrival Information

Travel Arrangements:

Students will be informed of flight travel dates and information soon. You will have the option of using the CGSE's travel agent, Advantage Travel, or booking your flight independently. 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.

You may use any travel agency you choose. However, the CGSE's travel agent, Advantage Travel, arranges many student and faculty flights and will be happy to assist you.

When you have booked your flight, please complete the flight itinerary questionnaire found on the online application system at <http://dickinson.studioabroad.com>. You must do this so Professor Yang can arrange for someone to meet you at the airport.

In general, passengers on international flights need to be at the airport at least 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 Gao Laoshi's cell phone number and carry it in your wallet so that you can get in touch with her.

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 **(86) 13901160301** (this is Ms. Gao's mobile number).

Travel Connections:

You may be met at the airport by Gao Laoshi, the Dickinson on-site Deputy Director or by a designated orientation assistant. The orientation assistants are typically Dickinson alumni living in the Beijing area who also completed the program at one time. Look for the Dickinson representative after you clear customs and exit the baggage/customs area. Once you clear customs, go to your right and look for a Dickinson College sign and for Gao Laoshi.

If your plane is late or some other unforeseen mishap occurs and no one can meet you at the airport, you will take a taxi from **outside** the terminal. Ask to be taken to **Peking University, Shaoyuan, Building # 7** for temporary accommodations. Taxis from the Beijing airport to the

Beida campus are approximately 100 **yuan** per car. If you have to take the taxi and have no Chinese currency, you will have to change some money at the airport after you exit the customs/baggage area.

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.

Registering With the U.S. Embassy:

You must register at the U.S. Embassy Consular Section in Beijing at your earliest convenience. You may prefer to register online, in which case you should include the Embassy in your early explorations so that you know where it is physically located. Registering with the Embassy makes it easier for you to be reached in an emergency and helpful in replacing lost passports. It will also enable you to receive e-mail updates on travel and security from the US Embassy.

The address is:

United States Embassy of Beijing, China
Ambassador Clark T. Randt, Jr.
Xiu Shui Bei Jie 3
Chaoyang District
Beijing, PRC 100600
Phone: (86-10) 6532-3431

American Citizen Services- Beijing
Tel: (86-10) 6532-3431, Ext. 5648, 5609, 5029
Fax: (86-10) 6532-4153
After Hours: (86-10) 6532-1910
E-mail: amcitbeijing@state.gov
Website: <http://beijing.usembassy-china.org.cn/>

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 accustom 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 formal instruction begins, all students will take a diagnostic language placement examination. The levels system at Beida consists of approximate thirty-five levels for both written and spoken classes. Levels 1-9 are traditionally beginner, 10-19 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 Russian Building to see their results. Based on their results, students will report to certain rooms in the Russian 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 or can read all of the characters, some of the characters or none of the characters. If you feel a textbook is too easy for you, ask to see the next hardest 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 his/her textbooks, they will be handed slips of paper to go and buy the books in a different room of the Russian Building. Buying your books is considered confirmation of your level.

The following day students will return to the Russian 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 level 9 for written Chinese will be required to take a listening class in place of an elective. If you test above written Chinese level 9, you will have to select an elective course. Electives do not meet the first week of classes. Pay attention to announcements in the Russian Building for the time and date of elective classes' selection. A list of available electives will also be posted in the Russian 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:

- continuation of Chinese language study (3 or 4 courses) for one (1) course credit each
- an optional art or martial art class for one-half (0.5) course credit
- an optional internship for one (1) course credit
- regular university courses at Beida for one (1) course credit each, if your placement results place you out of the regular foreign students college

***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 212	Levels 9 – 15 (intermediate level)

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.

Reminder: After the placement test, students can request to be moved to a higher (or lower) level. Students should try to take courses at his/her 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 on-campus coordinator, Professor Rae Yang. Please note that there is no guarantee that you will be able to obtain an internship.
- Students that do not take an internship are encouraged to take an additional language course.
- Students enrolled for the full academic year with adequate language skills (beyond Level ~30) may take regular university courses.
- Before leaving Peking University, students will need to request a transcript from the international students office. Do not wait until the last minute to accomplish this. Like many things in China, this can be a bureaucratic process and forms, stamps and signatures may be required from multiple offices prior to receiving a copy of your transcript.

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 the Academic Program and Standards Committee. 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. Students will also be responsible for any additional fees for doing this.
- 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.
- All courses, including 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). 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. The internship is offered for credit/no credit and will not earn a letter grade.
- Must be taken for a grade; pass/fail courses are not allowed.

Physical Education Activities:

Students who take formal instruction in physical education or play on an organized university team in Beijing and have written proof of successful completion of the program may receive credit from the physical education department on the Dickinson campus. Official standards regarding credit from the physical education activities abroad are as follows: 1) the activity is currently offered; 2) the student secures the approval of the Dickinson on-site staff; 3) the student participates in an activity for a length of time equivalent to (or greater than) that of a similar activity at Dickinson (as a guideline, 20-22 hours of supervised instruction = 1 block); 4) the student chooses an activity which does not duplicate an physical education course already completed at Dickinson; and 5) the student's participation is documented by the instructor of the class or by the Dickinson on-site staff. Credit for self-paced activities will not be permitted.

Students who wish to take a physical education class or participate in a university sports team may be required to take a physical examination.

Upon return to campus, the student should present to the chair of the Physical Education Department the appropriate documentation of participation. Alternatively, the Dickinson on-site staff may verify to the department chair that the student has participated in a supervised, structured program of physical activity for which credit should be given. In either case, the department chair will notify the Registrar's Office of those persons who are to receive physical education credit.

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:

**Please note that due to construction to the Foreign Students Dormitory, all students will be placed in a home stay.

OPTION 1- Dormitory: (Currently unavailable). 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. **NOTE: This option will return after construction is completed.**

OPTION 2-Homestay: Students who choose the homestay option usually (but not always) get their own room and share the bathroom. Meals are not included. Although some homestay families may offer meals for the students, the family is not obligated to do this. 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, to your On-campus 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 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.

KITCHEN PRIVILEGES: Kitchen privileges are not included in the home stay agreement. Do not use the host family's kitchen to cook unless they gave you permission ahead of time.

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. In addition, a Wal-mart has recently opened up in Beijing that is accessible by the subway. Food, clothing, appliances, and the like can be bought there without the hassle of bargaining.

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 Gao Laoshi will distribute a stipend that is to be used for your meals. The stipend for the 2015-2016 academic year has not yet been determined, but will be approximately 3,400 RMB/month.

Money Grams:

You can also have money sent to you from the U.S. via Moneygram. Moneygram accepts only VISA and Mastercard. Call 800-926-9400 to arrange for a Moneygram. There are four Moneygram offices in Beijing at CITIC Industrial Bank locations: 27 Financial Street, 19 Jianguomenwai Dajie, 6 Xinyuan South Rd., and Chaoyangmenbei Dajie.

ATMs and Credit Cards:

ATM machines 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 Capitol 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.

DORMITORY: Currently Unavailable*. The mailing address for students housed at Peking University is as follows:

[Your Name]
Shao Yuan Building
Foreign Students Dormitory
Peking University
Beijing 100871
People's Republic of China

Telephone:

Upon arrival, Gao Loashi will give you a phone card so that you can call home and notify your family that you have arrived safely. You may buy phone cards (IP Card), labeled as 100 **yuan**, which, with some practice, can be bargained down to around 30. The phone card will enable you to call the U.S. from the phone in your dorm room or homestay house. Another option is having your parents arrange for a low cost international calling service and arrange for a time for your parents to call you.

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.

Skype (International calls through the internet):

One of the most inexpensive ways to make international phone calls is through the Internet. Skype is one of the most common programs for this type of phone service. All that is required is access to a computer with an Internet connection and a headset or external microphone.

Computers and Internet Access:

Internet access is now available in all rooms on campus for around \$11USD a month. 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. Past participants found that the internet was not nearly as much of a necessity as it is in the US. 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 or www.half.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 Gao Laoshi. She 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.

Insurance FAQs

Planning for your health and safety while abroad is particularly important. You want to be prepared to make the most of this opportunity and the time to ask questions is not when you are in immediate need of health care services. Take a few minutes to read over these frequently asked questions and feel free to contact the Center for Global Study and Engagement if you have additional concerns.

Do I need health insurance abroad?

Yes. Check your current policy to see if your policy covers you outside your home country. Even if your current policy covers you abroad, you may have to pay for medical treatment upfront and submit receipts for reimbursement within a certain time-frame.

What if my insurance doesn't cover me abroad?

Dickinson also covers all students studying abroad through a policy with ACE Insurance Company. This policy is a secondary policy to your primary insurance policy; however, if your standard policy doesn't cover you abroad, ACE becomes your primary policy. Students are automatically signed up for coverage and the cost is included in the program fee.

What happens if I get sick abroad?

During on-site orientation you will be given information about local doctors, clinics, and hospitals. Be sure you talk with your program director and let them know about any health issues you are experiencing; they are there to help.

Is insurance included in the cost of the program?

Yes, basic insurance is included in the cost of the program. However, you must maintain your primary policy, whether that is purchased through Dickinson or independently.

Can I take prescription medication with me?

It depends; you need to make sure it is legal. Check the consulate website of the country you are visiting—they may be able to direct you to resources advising on what drugs are accepted. If it is legal, carry the doctor's prescription and a letter stating the reason you are taking the medication and, of course, keep the medication in the original container!

What if my prescription medication is illegal?

You should talk to your doctor about changing your medication, if possible. In extreme cases, you may have to consider choosing another country to study abroad. Please investigate this early on in your process; the more time you and your doctor have to explore options the less stressful this

aspect of your preparation will be!

What if I need to refill a prescription abroad?

It is illegal to mail prescription medication. Arrange with your doctor and insurance company to take enough medication with you for the duration of your studies. It can take many months to arrange this so start the process early.

Am I covered if I travel outside the host country?

You are covered by the ACE policy as long as you are outside the United States, for the duration of the program. If you travel before or after the program you should make sure your personal insurance provides adequate coverage.

Am I covered by the ACE policy if I travel before the program or after the program ends?

You are only covered by the ACE policy during the program dates. In the event you elect to extend your travel beyond the policy term you can purchase additional insurance at the link posted below. If you have any questions please contact Tim Cummons at tcummons@rcmd.com or (800) 346-4075 ext 1452. <http://www.rcmd.com/solutions-students-and-faculty>

If my laptop is stolen when I'm on the program, am I covered by Dickinson insurance?

Students are not covered by Dickinson for personal liability, including the loss or theft of personal property. It is the responsibility of each program participant to purchase liability insurance, if needed. Students who bring laptops are advised to purchase adequate coverage. Check first to see whether the homeowner's insurance of your parents/guardian will cover personal liability while overseas. Normally, a copy of the police report filed at the time of loss or theft will be required by the insurer before any claim will be considered.

I am studying in a developing country, does the Dickinson ACE insurance policy cover emergency medical evacuation?

Yes, the policy covers emergency medical evacuation. However, students and their families should be aware that ACE will be responsible for when an emergency medical evacuation is necessary. If the procedure can be performed in-country (or in a neighboring country) this coverage will not pay for the student to return to their home country for the procedure.

What if I need accommodations?

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. It is also possible that some host sites abroad may not be adequately equipped for students with physical disabilities.

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

Dickinson 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 come talk to the Center for Global Study and Engagement. It is important to ask questions and do your research before you apply.

Once you determine the right program for you and, if accepted, you will be invited to self-disclose your personal needs on a medical questionnaire open to you through the on-line application system. Disclosure is completely voluntary. However, on-site staff will have a better chance to advise you of accommodations that may be possible if they are aware of your needs before you arrive on site. If you choose to study on a program and 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.

I suffer from depression and/or anxiety, am I still able to study abroad?

It is strongly recommended that you consult your counselor or psychiatrist when considering study abroad. When abroad, most students 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, seek professional assistance and inform your program director. If you are currently seeking treatment from a mental health care provider, remember that English-speaking counseling services abroad may be limited and the terms of care will likely be different from here in the U.S.

What if I am a non-Dickinson student, do I still need coverage? Am I covered under Dickinson's health insurance?

Like Dickinson students, guest students attending Dickinson programs from other colleges and universities must have health insurance coverage. However, non-Dickinson students are not covered under Dickinson's ACE insurance policy.

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:

Even though the People's Republic of China does not require any specific immunizations, please 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, and tetanus (DPT). It is strongly recommended that you also consult with your personal doctor and/or the College Health Center with regards to other inoculations (e.g., Hepatitis A, Hepatitis B, Japanese encephalitis, and typhoid) or medicines that are advisable for

China. 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/.

Some inoculations are available in Beijing. The International Medical Center can vaccinate you for both Hepatitis A (contracted primarily from dirty water and improperly cooked seafood) and Japanese encephalitis. This center also provides ordinary medical services for an annual fee. The Dickinson College Health Center provides Hepatitis B vaccinations at reasonable cost.

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, 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. Some students find that some local medications don't work the same or produce unusual side effects. If a student uses a particular type of medication often, such as cold medication or painkillers, they should bring a supply and not rely solely on local medications. Women prone to gynecological infections should take a supply of medication. Be aware of recent changes in airport security regulations limiting the type 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 for assistance from Dickinson 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 stay hydrated with non-alcoholic beverages. 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.

Safety

Personal Safety in China:

It used to be that in China's "police state," low rates of mobility and high levels of social security made crime relatively rare. Now petty crime is common. Do not fall for "good deals" (usually found on the black market) that involve dubious behavior or transactions--consumer fraud is on the rise in China. Some Chinese might assume from their own limited experience (or from watching American TV programs) that the typical American is rich, naive, or holds loose morals. If someone offers you a chance to buy a rare antique or drugs, or the chance to earn easy money by performing in a karaoke bar, do not get involved!

Some examples of scams that past student have encountered are ones involving a tea house and "art student" scams, where a friendly English speaking person will approach you, especially near Tiananmen Square, Wangfujing or the Silk Market, and ask you to go with them to see a special art exhibit or tea house to "practice English." The tea or art you buy will often be low quality and priced ridiculously high. Note: it is not uncommon for Chinese people to approach you to speak English with you and ask where you are from. Most are not trying to scam you but DO NOT GO with strangers who try to lure you to places off the beaten path. A good way to avoid these kinds of scams is to get an idea of how much things normally cost and refuse (in Chinese) to pay inflated

foreigner prices. Also be aware of taxi drivers “taking you for a ride” the long way around to get more money. In case you have a problem in a taxi, always get a receipt so you can report the driver.

Violent crime is more common than one would think, so use common sense! Do not frequent areas that seem dangerous, such as dark, near-deserted areas. Do not go out alone at night; travel together as a group. Even though the gates to Peking University and the building you will be living in are guarded, crimes like theft and assault are possible, even on campus. Beijing requires the same street-sense and security consciousness that you must cultivate in a large city in the U.S.

In a very serious emergency, use the contact numbers on your emergency key chain to reach the Center for Global Study and Engagement during work hours, or 24/7 through the Public Safety number.

LOST/STOLEN PASSPORT: If your emergency involves the loss or theft of your passport, contact the U.S. Embassy as soon as possible. When traveling to other cities in China or to neighboring countries, the embassy can also provide you with information on health matters and safe travel.

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.

CULTURAL PERSPECTIVES

Being Informed about the Host Country and World Affairs

What do you know about your host country?

1. Can you name the capital city and the head of state?
2. Can you name the major political parties and what they stand for?
3. How is the government organized in your host country as compared to the U.S.?
4. Name five large cities, identify their location and a feature they are famous for.
5. What are the key historical events of the 20th and 21st century in your host country?
6. What are the major religions in your host country and what role do they play?
7. Who are the major literary and/or cultural figures of the last two centuries?
8. What is the state of the economy? What are its problems, successes, and how is it organized?
9. Can you identify on a map the major rivers, mountain ranges, and other significant geographical features?
10. Can you identify on a map the states, provinces, or other political subdivisions of the country?
11. How is the educational system organized and funded?
12. What is the predominant view in your host country regarding current U.S. foreign policy?

Without researching the answers, most of us would do poorly on this little quiz. However, most local people at your study abroad destinations could probably answer most of these questions about the U.S. Think about it!

Before you leave, do some serious research to educate yourself about your host country. Travel guidebooks and encyclopedias offer a respectable starting point. Read books, magazine articles, and newspapers about host country history, literature, geography, cuisine, etc. We strongly recommend you to consult Chinese news such as China Daily (<http://www.chinadaily.com.cn/>). Foreign films are also a good resource. Take the initiative and get acquainted with international students on Dickinson's campus before going abroad.

No matter where you go, you will be asked hard questions about U.S. foreign policy. It is crucial that you have an understanding of what is going on internationally. Read newspapers and magazines that cover international affairs in depth. Include foreign news sources to expose yourself to other perspectives and a different set of facts abroad. The point is: you do not want to arrive abroad poorly informed or be caught off-guard by an encounter with viewpoints sharply different from your own. You especially need to be knowledgeable about the situation in Iraq and the Middle East, and how your host country and the United States stand in relation to those areas. People will have strong opinions and want to engage you in dialogue. Prepare for these situations and recognize their value as learning opportunities.

New York Times e-delivery:

The New York Times runs an email service that provides daily delivery of the International section of the New York Times to your email box! You receive a brief overview of the article and a link that takes you to the full article.

To subscribe to the service, please go to: <http://www.nytimes.com/>.

Down the left side of the page, there is a MEMBER CENTER, where E-Mail Preferences are listed.

You have to "sign-up" with the NYT, which is free. Once you sign up, you can click on a box that says "International" and you will receive an email with headlines from the NYT every day.

Now is the time to prepare for your study abroad learning experience. We urge you to engage in learning about the world now!

The People:

As a people, the Chinese are noted for their good manners, hospitality, and reserve. They take pride in their nation, its long history, and its influence on other countries. Confucianism, as a philosophy, still influences Chinese attitudes in a variety of ways. The Chinese show great respect for their elders and for superiors. Most Chinese belong to a work unit ("danwei"), although economic reforms have given many people much more mobility and independence than in the past. Nevertheless, the principle cohesive groups (primary groups) within Chinese society today are the family, school, work unit, and local community. The majority of Chinese people live in crowded conditions and interact frequently with neighbors. Extended families are remarkably cohesive. Children are often dependent on their parents and may live with them until they are fully employed or until they get married. A surprising number of Chinese speak English.

Saving face is very important to the Chinese; criticism, if expressed at all, is done so indirectly and rarely in such a way as to cause public shame. Therefore, during conversation, a "qualified" yes may really be a "no." Intra-group harmony is also very important, and overt conflict is usually avoided.

Local Customs ("Dos and Taboos"):

- The Chinese do not like to be touched (e.g., during conversation) by those they do not know.
- It is not uncommon to see two members of the same sex strolling hand in hand.
- The Chinese use their open hand to point rather than the index finger. Pointing with the index finger is considered impolite. The Chinese beckon to someone with their palm down.
- Avoid using your feet to move things, such as doors, chairs, and other objects.
- Do not ask pointed questions during conversation; such directness is usually inappropriate. However, you can be persistent and at the same time be polite.
- If you are invited to someone's home, consider it an honor. You should be prompt or a little early.

- If you receive an invitation, you should take along a gift; it should not be of a great value that would cause embarrassment. NEVER give foreign currency as a gift; NEVER give a clock (associated with dying). It is fine to give a gift in simple wrapping or a gift box. Fruit is the most common gift given.
- During a meal, it is polite to sample every dish (when eating rice, it is customary to hold the bowl close to the mouth). Always finish the rice in your bowl.
- LEAVE A LITTLE FOOD IN YOUR DISH to indicate that your host was so generous you could not possibly finish everything.
- If you decide you do not want to eat something, the trick is to say “no” politely.
- It is not rude for the Chinese to use the chopsticks they eat with to serve you. However, do not stir a shared dish. This is considered very rude behavior.
- To stop the flow of tea during a meal, simply leave your cup full. To say “thank you” for serving tea, rap two of your finger tips lightly on the table.
- BEWARE: “Mao-tai” wine (made from sorghum) is very strong. “Baijiu,” an extremely strong drink, is also often served at dinner with Chinese friends. Chinese beer is generally very cheap.
- Tipping, in the past considered an insult, is still rarely done today.
- In most homes it is customary to take off one’s shoes and borrow a pair of slippers from the host.

Racial/Political/Gender/Sexuality Issues:

RACIAL ISSUES: A Chinese-American will usually be judged by different standards than other Americans—he/she will be expected to speak the language well and know the “rules.” A foreigner who does not look Chinese may have to contend with people staring, pointing, or trying to avoid contact. This is because many Chinese, especially in rural areas, may have never seen a foreigner in real life.

POLITICAL ISSUES: You should recognize that certain topics—like the Chinese policy in Tibet or the U.S. policies toward Taiwan—are sensitive ones for many people in China. However, discussion of a range of issues can emerge naturally among friends or out-of-the-blue with a stranger. Acknowledging the complexity of certain issues is a useful rhetorical device in such instances. There is no need to be dishonest about your own views, but be a good listener and avoid any appearance of arrogance and insensitivity.

GENDER ISSUES: In China, women are liberated out of necessity. However, few are seen in high positions. On the contrary, women are often seen performing menial, sometimes backbreaking tasks, especially in the countryside. Most women, even after marriage, keep their maiden names.

SEXUALITY ISSUES: Historically, the Chinese had no concept of heterosexuality or homosexuality. Now, as a consequence of the (so-called) Puritanism of the Chinese Communists, homosexuality is considered nasty, dirty, and evil. In general, the Chinese do not like to stand out, so the gay movement is not visible and there is no concept of gay equality. It

is not a good idea to “come out” in China; in fact, many gays enter a heterosexual marriage to avoid problems (especially those of parental pressure). BEWARE: Consenting sexual relations between males is AGAINST THE LAW. There is no mention of laws against relations between women--lesbians are actually quite invisible. However, you may find some young Chinese that are increasingly tolerant of homosexuality, however this is usually the exception rather than the. Gay and lesbian bars do exist in Beijing.

Condoms are becoming increasingly available. However, if you are sexually active, you are advised to bring your own form of contraception because condoms available in China may not be as reliable as you may expect them to be.

Suggested Reading/Web Sites:

GENERAL READING:

Encountering the Chinese: A Guide for Americans by Hu Wenzhong and Cornelius L. Grove (Intercultural Press, 1991; 2nd Edition, 1999)

The Traveler's Guide to Asian Customs and Manners by Kevin Chambers (Meadowbrook Press, 1988)

Culture Shock! China: A Guide to Customs and Etiquette by Kevin Sinclair with Iris Wong Po-Yee (Graphics Arts Center Publishing Company, 1995)

Women Travel and More Women Travel edited by Miranda Davis and Natania Jansz (Rough Guides, 1993; 1995)

China Bound: A Guide to Academic Life and Work in the PRC by Anne F. Thurston with Karen Turner-Gottschang and Linda A. Reed (National Academy Press, 1994)

WEB SITES:

Dickinson in Beijing www.dickinson.edu/academics/global-campus/content/Dickinson-in-China/

Chinese Culture/Tradition <http://www.chinatoday.com/culture/a.htm>

China Daily on the Web <http://www.chinadaily.com.cn/>

Tourist Hot Spots <http://www.chinatour.com>

Beijing Official Website <http://www.ebeijing.gov.cn/>

Beijing WikiTravel: <http://wikitravel.org/en/Beijing>

SAMPLE CHINESE MENU

菜单

肉类

RòuLèi

冬笋鸡片	Dōng SǔnJī Piàn	Stir Fried Chicken Slices With Bamboo Shoots;
芙蓉鸡片	FúRóng Jī Piàn	Stir Fried Sliced Chicken With Egg—White;
宫保鸡丁	GōngBǎo JīDīng	Chicken Cubes With Peanuts; Diced Chicken With Paprika
红烧鸡块	HóngShāo JīKuài	Braised Chicken Chips With Brown Sauce
辣子鸡丁	LàZi JīDīng	Stir Fried Diced Chicken With Green Peppers
栗子烧鸡	LǐZi ShāoJī	Stewed Chicken With Chestnuts
香酥鸡	XiāngSūJī	Crispy Deep Fried Chicken
油酥鸡	YóuSū Jī	Crispy Fried Chicken
醉鸡	Zuì Jī	Wined Chicken
香酥鸭	Xiāng Sū Yā	Crispy Deep Fried Duck
咕嚕肉	GūLū Ròu	Stewed Sweet And Sour Pork
古老肉	GúLǎo Ròu	Fried Pork In Sweet And Sour Sauce
红烧狮子头	HóngShāo ShīZiTóu	Stewed Meatball With Brown Sauce
毛家红烧肉	Máo Jiā HóngShāoRòu	Mao's Home Style Braised Pork
米粉扣肉	MǐFěn Kòu Ròu	Steamed Sliced Pork With Rice Flour
蒜香排骨	Suàn Xiāng PáiGǔ	Deep Fried Spare Ribs With Garlic

蔬菜

ShūCài

腊肉炒香芹	LàRòu Chǎo XiāngQín	Sauteed Preserved Pork With Celery
素什锦	SùShíJǐn	Mixed Vegetables
上汤油菜	Shàng Tāng YóuCài	Boiled Vegetable In Chicken Stock

茄子煲	QiéZi Bāo	Stewed Eggplant in Clay Pot
炒油菜	Chǎo YóuCài	Stir Fried Vegetables
麻婆豆腐	MáPó DòuFu	Sichuan Style Bean Curd

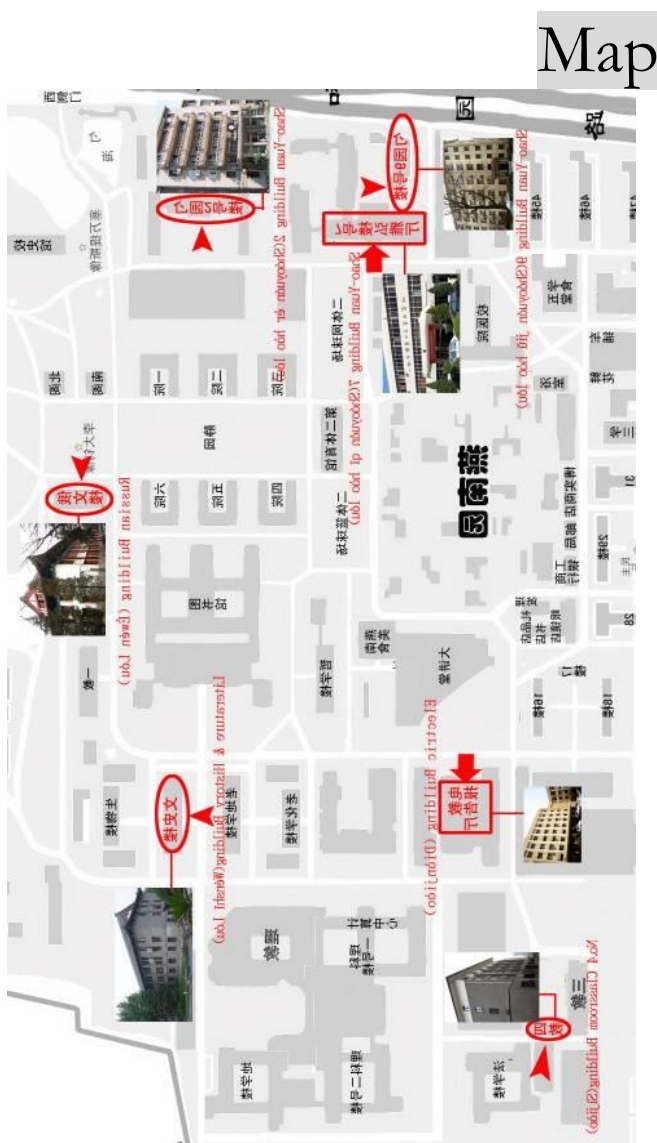
汤 Tāng

豆腐汤	DòuFu Tāng	Bean Curd Soup
蕃茄鸡蛋汤	FānQié JīDàn Tāng	Egg Soup With Tomatoes
鸡丝汤	JīSī Tāng	Soup With Shredded Chicken
酸辣汤	SuānLàTāng	Hot and Sour Soup
鸭汤	Yā Tāng	Duck Soup
玉米羹	YùMǐ Gēng	Sweet Corn Soup


主食 ZhǔShí


米饭	MǐFàn	Steamed Rice
饺子	JiǎoZi	Stuffed Dumplings
水饺	ShuǐJiǎo	Boiled Dumplings
蒸饺	ZhēngJiǎo	Steamed Dumplings
蛋炒饭	Dàn ChǎoFàn	Fried Rice With Egg
刀削面	DāoXiāoMiàn	Sliced Noodles
麻酱面	MáJiàng Miàn	Sesame Pasta Noodles
黄金饼	HuángJīn Bǐng	Golden Cake
葱油饼	CōngYóu Bǐng	Shallot Pancake
香煎生肉包	Xiāng Jiān Shēng RòuBāo	Fried Minced Pork Bun

BEIDA CAMPUS MAP



Map

Note:  indicates the site of entrance examination.

 Indicates classrooms.

Psychological and Family Counseling Services

International Medical Center– Beijing

Dr. Mike Mehrvarz, Ph.D. Psychologist

Adult- Child- Adolescent

At IMC our Psychologist, Dr. Mehrvarz offers treatment for a wide range of psychological problems. His specialties include:

- **Adult issues:** Depression, Anxiety, Fear, Anger, Eating disorders, Sleeping problem, Alcohol/Drug abuse, Stress, Psychotic disorders, Weight Loss, Stop smoking, Migraine and Pain Management.
 - **Family and Marital issues:** Dealing with Separation, Marital problems, Midlife crisis, Sexual difficulties, Erectile disorder, PMS and Menopause.
 - **Children Problems:** Emotional issues of children from mixed-marriages, Inattention/Hyperactivity (ADD or ADHD), Impulsive and Oppositional behavior, Anger, Bed wetting, Learning difficulties, Autism, Dyslexia, and Asperger.
 - **Career or Occupational Concerns:** Career change, Burn out, Stress and relationship difficulties at work place.
 - **Other specialties:** Biofeedback Therapy and Hypnosis. Employee Assistant Program (EAP) and HR consultation.
- * In case of the need for hospitalization, assistance will be provided for placement and stabilization.

Counseling hotline: **158 01 319 796**

Tel: +86(10) 6465 1560 +86(10) 6465 1561

<http://www.imcclinics.com>

Beijing Lufthansa Center

#50, Liangmaqiao Lu, Chaoyang District, Beijing 100125

INTERNATIONAL
MEDICAL CENTER

✦ BEIJING ✦

北京国际医疗中心