

THE CHENGDU AMERICAN CENTER FOR STUDY ABROAD

Student Pre-Departure Guide – Summer 2019



Index

- I. **Contacts**
- II. **Before Leaving the United States**
- III. **Passport and Visa**
 - a. Applying for a Chinese Visa
- IV. **Flight Arrangements**
- V. **Important Documents**
- VI. **Safety, Health, and Health Insurance**
 - a. Safety
 - b. Health
 - c. Air Pollution
- VII. **Finances**
 - a. Accessing Money while Abroad
- VIII. **Cell Phones and Internet**
- IX. **Things You'll Need (Packing List)**
- X. **In Chengdu**
 - a. Arrival
 - b. Academic Calendar
 - c. Registering for Courses
 - d. Housing and Meals
 - e. Laws and Regulations
 - f. Culture Shock
 - g. Outside the Classroom
 - h. Travel and Transportation
- XI. **Returning Home**
- XII. **Some Things to Think About**
- XIII. **Useful Resources**

I. Key Contacts

New York Team	Chengdu Team
<p>24/7 Emergency Tel: +1 (718) 496-3450</p>	<p>24/7 Emergency Tel: +86 158 8214 0846</p>
<p>Tel: +1(646) 216-2186</p>	<p>Tel (电话): +86 28-85502761</p>
<p>G-MEO Office of Student Affairs 260 Madison Avenue, Suite 8046 New York, New York 10016 USA</p>	<p>Chengdu American Center for Study Abroad Huaxi Campus, Sichuan University No. 17, Section 3, Renmin South Road, Chengdu, 610041, P.R. China</p> <p>In Chinese: 成都市人民南路三段17号四川大学华西校区第四教学楼</p>
<p>Sherry Sun, COO/President of Greater China Operation E-mail: Sherry.Sun@g-meo.com</p> <p>Wen Wang, Associate Director of College Division E-mail: Wen.Wang@g-meo.com</p> <p>Rebecca Slotkin, Program Manager E-mail: Rebecca.Slotkin@g-meo.com</p>	<p>Ms. Sara Luo, Associate Director/Internship Coordinator E-mail: Sara.Luo@g-meo.com Mobile: +86 158-8214-0846 WeChat: xiaoluo415267</p> <p>Lily Huang, Program Assistant E-mail: Lily.Huang@g-meo.com WeChat: B229811</p> <p>Michelle Wu, Program Development Coordinator E-mail: Michelle.Wu@g-meo.com WeChat: F717496218</p> <p>Crystal Nie, Office Assistant E-mail: Crystal.Nie@g-meo.com WeChat: gatitanxc</p>

II. Before Leaving The United States

Before leaving the United States, you must ensure all necessary arrangements at your home university are made for your summer semester in Chengdu. Check with your school's Study Abroad, Financial Aid and Housing Offices to see if you need to take special steps to secure financial aid, housing or classes for the semester you return to the U.S.



III. Passport & Visa (U.S. Students Only)

Please make sure you have a valid passport with **at least 6 months** validity remaining from the program end date of **July 6, 2019 for Session I and August 10, 2019 for Session II or Internship**. It can take up to 6 weeks for a passport application to be processed, so make sure you obtain a passport as soon as possible to avoid extra fees for expediting. If you do not have a passport or if it is expired, you can obtain a passport application through your post office.

For first time applicants, you must apply in person. Please be sure to bring a completed passport application (Form DS-11), an accepted form of photo ID plus a photocopy of this ID, proof of your US citizenship (your original birth certificate is fine), two 2x2" passport photos, and a check or money order. No cash or credit cards will be accepted. Check the US Department of State website for more information on passports:

http://travel.state.gov/passport/forms/ds11/ds11_842.html

If you are not a US resident, please consult appropriate authorities in relation to passport photo size and requirements.

Applying for a Chinese Visa

G-MEO does not process visas. It is the responsibility of the student to obtain a visa.

However, upon admission to a G-MEO program, students will receive a **visa package** with instructions on how to obtain a visa and all necessary documents. **You will be applying for an L (tourist) visa if you are attending Session I or II and an F visa for Internship.** Internship students may or may not be processed an F visa by the Chinese Consulate. If it is necessary to change your visa type upon your arrival in Chengdu, the G-MEO team will assist you but you are responsible for any additional costs in switching the visa.

In order to apply for the visa, you will need a completed Chinese Visa application form (form V.2013), proof of legal stay or residence status, photocopy of previous Chinese visas, and documents depending on which visa you are applying for. Students may apply for their visa on their own accord or if you find applying for a visa difficult, G-MEO recommends use of a visa agency to help you obtain your visa. An agency will charge a nominal fee for this service but the extra cost is well worth it. G-MEO does not gain any benefit from the students' use of one of these agencies.

Students applying for a visa must do so through the Chinese Consulate serving their state. For more information on which Consulate is responsible for processing your visa, please see the following link: <http://www.china-embassy.org/eng/zmzlljs/t84229.htm>

If you want to use a visa agency, the following agency is recommended by G-MEO for **New York**



Consulate students. As noted above, there will be a nominal charge for this service through the agency.

LLL International Travel, Inc.

Company Address: 136-18, 39 Ave, Suite 211, Flushing 11354

Mailing Address:

Attn: Amy Huang

LLL International Travel Inc.

136-21 Roosevelt Ave, Suite 211, Flushing NY 11354

Tel: 718-886-9884

Fax: 718-886-0459

Web: [Http://www.llltravel.com/](http://www.llltravel.com/)

Email: amy@llltravel.com

The following agency is recommended by G-MEO for **Chicago** Consulate students, but as noted above, there will be a nominal charge for this service through the agency:

China Visa Solutions

Mailing Address: 101 W. Grand Ave., Suite 200, Chicago, IL 60654

Tel: 312-752-0991 Shawn

Website: <http://www.chinavisaforyou.com/FAQs.html>

E-mail Address: info@chinavisaforyou.com

*****Reminder for Chinese International Students*****

*****中国学生请注意*****

Students with a Chinese passport do not need to apply for a Chinese visa. However, prior to leaving the United States to return back to China, please make sure to visit your school's international student office to obtain your Designated School Official's signature on your I-20.

IV. Flight Arrangements

For **Session I**, please ensure that your arrival date in Chengdu is on **Friday May 31, 2019**, preferably between 7am and 11pm. Departure date is **Saturday July 6, 2019**.

For **Session II**, please ensure that your arrival date in Chengdu is on **Friday July 12, 2019**, preferably between 7am and 11pm. Departure date is **Saturday August 10, 2019**.



For **Internship**, please ensure that your arrival date in Chengdu is on **Friday May 31, 2019**, preferably between 7am and 11pm. Departure date is **Saturday August 10, 2019**.

If you arrive outside of the program start date, airport pickup is not guaranteed. You must communicate your alternative arrival date with G-MEO.

You can either seek the assistance of a travel agency to book a flight or use search engines such as Kayak, Statravel.com or Studentuniverse.com, etc. Just be sure that your final destination is **Chengdu Shuangliu International Airport (CTU)**. Once you have booked your flight, please be sure to complete the **“Travel Arrangements Form”** on the pre-departure portal on the Student Information System (<http://sapms.gmeochina.com/user.php>). **The Travel Plans Form must be completed no later than May 20, 2019 for Session I and Internship; and June 25, 2019 for Session II.** The information on this form will enable our China staff to schedule your airport pick up on the arrival date in Chengdu (airport pickup is only for non-Chinese speaking students). Therefore, it is very important that you complete the form accurately. In the event that your flight is delayed or you miss a connecting flight, ***it is imperative that you contact the 24/7 emergency number in China or New York (depending on which country you are in when you experience travel disruptions) to inform us of your delay.***

V. Important Documents

You will need at least two copies of all important documents. Your passport, visa, plane ticket, credit cards, ATM cards, health insurance card and any other important documents should be copied prior to your departure to China. You should write down important phone numbers (such as your emergency contacts, bank, Credit Card Company, etc.) and make two copies of them. All these documents should be placed in your carry-on baggage NOT your checked baggage.

Leave one copy of your key documents with a family member or trusted friend in the U.S. and keep the other set with you, separate from the originals.

During the onsite orientation at the Chengdu Center, you will make a copy of your passport information page and the Chinese visa page (with immigration stamp). Please give these copies to Ms. Sara Luo, Associate Director of the Chengdu American Center for Study Abroad in China.

***All students are required to bring FOUR 2x2 passport size pictures.**



VI. Safety, Health, and Health Insurance

Safety

The 24/7 emergency number in the United States is +1-718-496-3450

The 24/7 Emergency number in China is +86 158 8214 0846.

G-MEO's top priority is the health and safety of all our students. It is extremely important for all students to keep lines of communication open with both your family, and the G-MEO staff. Highly qualified G-MEO staff are available for students 24/7. Our staff in China all speak fluent English and Mandarin and can easily converse with students and locals. Our New York City Office also has a 24/7 hotline which students or families can call. G-MEO's China and New York City Headquarters are there to help in case of any emergency. We are in constant communication with each other and with your home university.

American and non-Chinese students are automatically enrolled in G-MEO's major medical insurance plan provided by **GeoBlue International Insurance**, which covers among other things, "political uprising and natural disaster evacuation" insurance. This means that GeoBlue is responsible for evacuating our students back to their home country in the rare case that an issue might arise that requires evacuation. Once enrolled in GeoBlue, you will receive login information to the website exclusively for students. **Please print out the GeoBlue International Insurance card, determine things like availability of certain prescriptions you are currently taking, information on doctors and hospitals you can visit while in China, etc.** We require that you to carry the card with you daily.

*Please notice this insurance policy does not cover medication or treatment for pre-existing conditions.

All US citizen students should enroll with the U.S. State Department's Smart Traveler Enrollment Program (STEP). STEP allows the Department of State to better assist travelers in the event of an emergency. Enroll here: <https://step.state.gov/step/>

In order for G-MEO to ensure your safety, you will need to provide the G-MEO staff with all your contact information at all times. G-MEO will require that you provide the G-MEO personnel in China with your Chinese cell phone number and Wechat ID. In addition, if you ever plan on sleeping outside of the dorm overnight, you will be required to complete a form providing information on where you are staying and how we can reach you.

IMPORTANT: Remember, contact a G-MEO staff member immediately for any emergency situations that arise either with you or a friend. We are always here to help!

Health

All non-Chinese students are required to make an appointment with their physician before leaving for China. You are not required to have any vaccinations for entry to China but for your own safety, your routine vaccinations must be up to date. Doctors must check your immunization record and health history to make sure your vaccinations are up to date. You will have to upload both the “**Immunization Record**” and “**Health History Form**” to the pre-departure section of your application. Your doctor will also need to complete the “**Health Clearance Form**” downloadable in the pre-departure portal on the Student Information System (<http://sapms.gmeochina.com/user.php>). You can visit the US Centers for Disease Control and Prevention website to learn what immunizations are recommended for China. In addition, your physician may also recommend certain vaccinations. Some of these immunizations require numerous shots to be taken over a period of time so, please be sure that you contact your physician for an appointment as soon as possible.

If you are currently taking any prescription drugs, check the GeoBlue International Insurance Company website to determine if the medicine you take is available in China and if so, what the Chinese name of the medication is. **G-MEO highly recommends you obtain enough of the prescription for the duration of your stay in China.**

When traveling, prescriptions must be packaged in their original bottle and must be accompanied by an official letter from your physician authorizing you to travel with the prescription and indicating it was prescribed by him/her for your personal use. **Medication should be placed in your carry-on bag NOT your checked luggage.**

In the event you cannot travel with an adequate supply of the medication, please ensure that the medication is available in China and that your physician has approved refilling your prescription in China specifically. If this is the case, please inform G-MEO prior to departure.

Air Pollution

Air quality is a concern in major Chinese cities, even though the quality of air can differ greatly between cities or between urban and rural areas. At G-MEO, your health and safety is our primary concern, and both our New York and Chengdu offices work closely to keep abreast with both local and regional issues. The US Environmental Protection Agency Air Quality Index (AQI) provides guidance for when the PM 2.5 count reaches levels of concern (<http://airnow.gov/index.cfm?action=aqibasics.aqi>). During this time, they may recommend reducing or avoiding strenuous outdoor physical activities. Additionally, PM 2.5-filtering masks can be easily obtained in Chengdu, and throughout China. Moreover, we strongly recommend that students with asthma or sensitivity to airborne particulates consult with his/her physician. Our onsite staff monitors the AQI and updates students as necessary. We might also make any



necessary adjustments to our activities/schedule, taking the AQI into account.

Additional information:

The Chinese Ministry of Environmental Protection provides its own air quality data for cities throughout China. You can view the information at <http://english.mep.gov.cn>.

Additionally, the U.S. Consulate in Chengdu provides air quality data, which is available to all US citizens. You can find this data at: <http://chengdu.usembassy-china.org.cn/air-quality-monitor4.html>.

If you plan to travel to other major cities such as Beijing or Shanghai, you can refer to:

*U.S. Embassy Beijing air quality data: <http://beijing.usembassy-china.org.cn/070109air.html>

*U.S. Consulate in Shanghai air quality data: <http://shanghai.usembassy-china.org.cn/airmonitor.html>

VII. Finances

How much money you will spend depends on your eating habits and lifestyle, and is subject to fluctuation depending on the current exchange rate. A regular meal in Chengdu costs between \$3-\$5. A nice dinner might cost \$10-20 per person. A subway ride costs 35 cents while a taxi ride for 10 km (~6 miles) costs \$6. Please see the estimated Budget below for your time in China. Keep in mind that exchange rates change daily.

Expense	Amount <i>All estimates are in US dollars (USD).</i>
Living Expenses	\$500 and up
Books	\$50 to \$200
Roundtrip Airfare	\$1200 to \$1800
New Passport (if applicable)	\$110 to \$190
Visa (if applicable)	\$140 to \$200
Local Transportation	\$8 (50 RMB) Transit Card, \$80 (496 RMB)/month
Cell Phone	\$60 to \$180 for device, \$10 (60 RMB)/month for service

Personal Expenses:

- Toiletries: \$80
- Souvenirs: \$5 to \$100 depending on items
- Entertainment: Movie tickets are about \$5.
- Local Transportation: about \$30 per month for local weekend transportation (the subway depends on distance and is about 40-80 cents per ride). Taxi is about \$1 per mile. Students may also purchase a pre-owned bike for roughly \$20.

Accessing Money While Abroad

Once you have booked your airline ticket, please call your Credit Card Company and bank to inform them that you will be studying abroad for the summer. They will need your dates of departure and return to the US. Also inform them if you'll be traveling to other countries prior to your return to the U.S.

Students should bring about \$150 in cash to cover minor expenses for the first couple of days. You can exchange US dollars at either the US airport or Chengdu Shuangliu International Airport (CTU) upon arrival. You can also exchange US dollars for RMB through your bank in the US prior to departure. Most banks will need to order RMB so be sure to contact your bank early enough.

It is extremely important to set a budget and to stick to it throughout your stay. You don't want to find yourself short of money with time still left in your program. It's important to familiarize yourself with the local currency and exchange rates and take advantage of student discounts while visiting museums and other attractions. The current official exchange rate as of April 18, 2019 is 6.71 Chinese Yuan to 1 US Dollar. The symbol for the Yuan is ¥, and the abbreviation for Renminbi is RMB. **However the exchange rate changes daily so be sure to check online for up to date rates.**

ATMs are readily available in China and abroad so you can continue to use your current U.S. bank account to withdraw money. Prior to your departure, you must speak with your bank representative about matters concerning your account such as withdrawal fees, daily ATM withdrawal limits, how your cards will function overseas, setting up online accounts, etc. Some banks will waive such charges so if you find them to be exorbitant, you may wish to consider opening an account with a bank that waives these charges. **Please keep in mind that China is a very cash-based country and many local stores and restaurants you visit will not accept credit cards.**

Please ensure that your parent/guardian has access to your US bank account so that if needed, they can deposit additional funds in your account or communicate with your bank while you are abroad.

VIII. Cell Phones & Internet

Students can bring their iPhones/smart phones with them to China. If your phone is unlocked, you can use it regularly in China. If you have a locked smart phone, you can only use it in areas with Wi-Fi. Check with your phone provider for additional instructions, like if you need to manage an APN. For day to day calls, it is best to purchase a flip phone for about \$60-150 USD once you arrive in Chengdu to make phone calls and send text messages. If you buy a local phone or bring your own, you will need to buy a SIM card. There are various calling plans that allow you to receive calls



for free, to make local calls at no more than 10 US cents per minute, and to send a text message at no more than 2 US cents per text. Cell phones purchased abroad might not work in the US.

Keep in mind: when refilling your phone every month, you will have to add more money than the price of your monthly plan to keep your phone working.

Note that websites such as Facebook & YouTube cannot be accessed in China. However, there are equivalent social media platforms such as Youku (Chinese version of Youtube) and Wechat (Snapchat/Twitter/Skype wrapped in one) that are very popular in China.

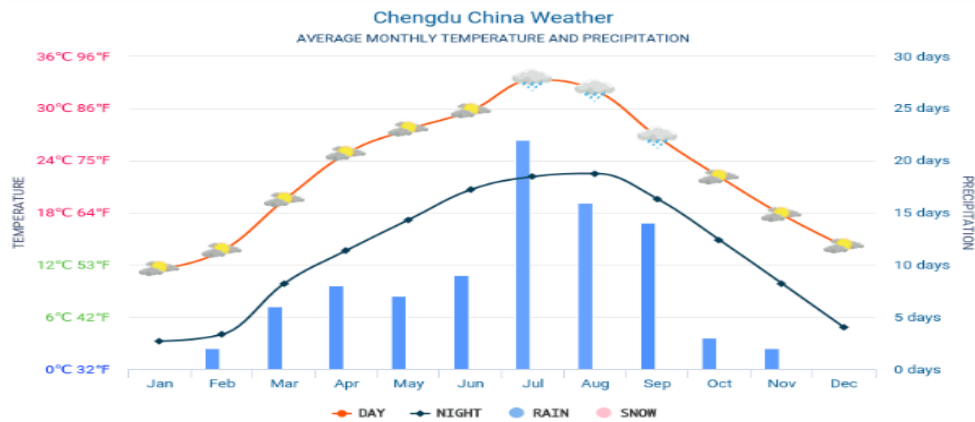
Please check with your home institution if you can obtain a VPN (virtual private network) for free so that you may access sites such as Facebook or YouTube. Please do a search online to check which websites may be accessed before arriving to China. If you plan to download or purchase a VPN, be sure to download it BEFORE you arrive in China. Note: VPN can slow down the computer or phone.

Keeping in touch with family is critically important for you and for them. The best way to do so is through the use of Skype and other video calling programs. Keep in mind that there is a 12 hour time difference between China and Eastern Standard Time. Getting in touch with family will take some planning. You can download free apps like WhatsApp and WeChat (a Chinese version of WhatsApp that is widely in use in China: <http://www.wechat.com/en/download.html>) to communicate daily with your family and friends in the U.S. Means of daily communication with US will be covered in the on-site orientation in Chengdu

Tips: Once you arrive, remember to call home and let your family know you're safe. They'll be worried about you!

IX. Packing List

Please remember to only pack what you can carry and to monitor the weight of your luggage to avoid extra airline fees. Make sure to check your chosen airline's website for specific luggage weight requirements. Don't forget to leave room for souvenirs on your return trip! You are advised to research the weather for the semester you will be spending in China, to give you a better idea of what to pack. Summers in Chengdu are usually hot and humid!



The most important item you will need to take with you is a list of names, phone numbers, postal and email addresses of home campus personnel, G-MEO personnel, G-MEO 24/7 emergency lines both in the US and in China, family and other persons that you might need to contact during your time in China. Keep this list in a safe place and do not pack it in your luggage just in case you need to contact us while en route to China.

In addition to appropriate clothing, we'd suggest you to bring the following items:

- **Passport with valid visa & 4 Passport size photos**
- **Credit Card, ATM Card (check with bank & set travel flag to your card)**
- **Prescription medicine (with a doctor's note & put this in your carry-on)**
- Electric adapter and converter (China's voltage is 220V)
- Deodorant
- Tampons
- Chinese phrase book (or free app, like WeChat or Pleco)
- Comfortable walking shoes
- Laptop/tablet
- Camera
- Formal outfit for special occasions
- Toiletries (if you have a specific brand you prefer)
- Small gifts from home for future local friends
- Clothes (Check online for up-to-date Chengdu weather during your semester)

**Deodorant & tampons are getting easier to find, but are quite expensive. Make sure you have enough for your stay. Large sizes of shoes & clothing are also more difficult to buy.*

X. In Chengdu

Arrival

G-MEO Chengdu American Center for Study Abroad will arrange your airport pickup service to

non-Chinese speaking foreign students by request on **May 31, 2019 for Session I and Internship; and July 12, 2019 for Session II**. Be sure to submit your “Travel Arrangements” form to ensure proper pick up. Please look out for a person holding a sign with “**G-MEO Chengdu American Center for Study Abroad**” at the exit for greeting passengers. If you can’t find anyone, call Sara Luo at +86 158 8214 0846. It takes approximately 50 minutes to drive to the university from the airport. You may be staying in the dorm building located at Sichuan University Huaxi East campus (华西东校区) or the Rujia Hotel or Rujia Hotel Plus:

International Students Dorm Address

English: Huaxi Campus, Sichuan University, 17 Renmin S. Road, Section 3, Chengdu

Chinese: 成都市人民南路三段 17 号
四川大学华西东校区

Rujia Hotel Address (如家快捷酒店)

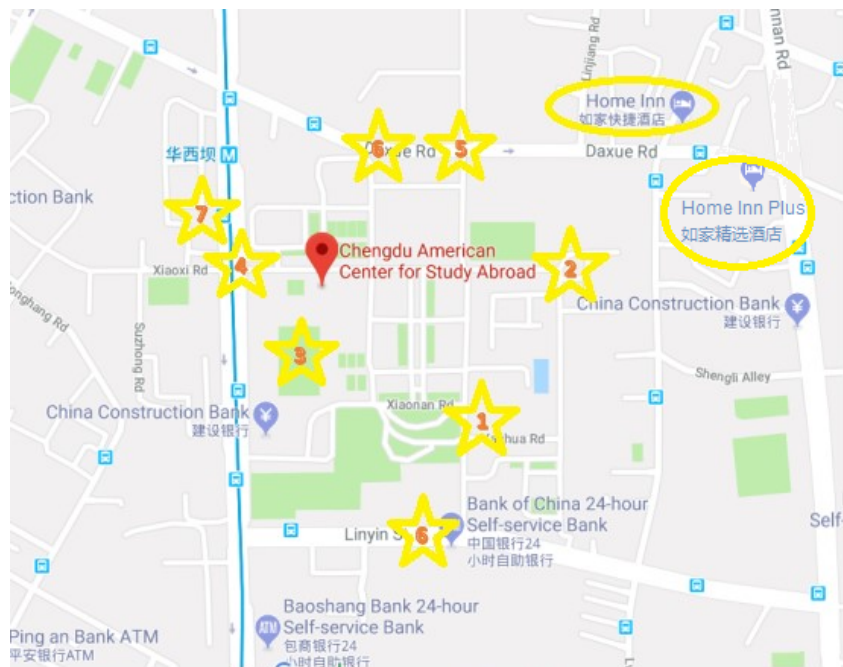
English: 8 Nantai Road, Xinnan Gate, Wuhou Area, Chengdu

Chinese: 成都市武侯区新南门南台路 8 号

Rujia PLUS Hotel Address (如家精选酒店)

English: 40 Xinnan Road, Wuhou Area, Chengdu

Chinese: 成都市武侯区新南路 40 号



- 1. Student Dorms
- 2. Cafeteria
- 3. Track and Field
- 4. West Gate (Main Gate)
- 5. North Gate
- 6. Many Restaurant Options
- 7. Metro Stop (Huaxiba)
- Rujia Hotel = Home Inn
- Rujia Hotel Plus = Home Inn Plus

Academic Calendar

Session I

Week	Event	From	To
0	Faculty & Student Arrival	5/31/19	--
1	Orientation	6/1/19	--
1-5	Classes Begin (5 weeks)	6/3/19	7/5/19
1	Final Registration	6/4/19	
5	Faculty + Student Departure	7/6/19	--
--	Grades Due	7/10/19	--

Session II

Week	Event	From	To
0	Faculty & Student Arrival	7/12/19	--
1	Orientation	7/13/19	--
1-4	Classes Begin (4 weeks)	7/15/19	8/9/19
1	Final Registration	7/16/19	
4	Faculty + Student Departure	8/10/19	--
--	Grades Due	8/14/19	--

Internship

Week	Event	From	To
0	Faculty & Student Arrival	5/31/19	--
1	Orientation	6/1/19	--
1-4	Classes Begin (4 weeks)	6/3/19	6/28/19
3-4	Part-time Internship	6/17/19	6/28/19
5-10	Full-time Internship	7/1/2019	8/9/19
10	Faculty + Student Departure	8/10/19	--
--	Grades Due	8/14/19	--

Class Schedule

Program Duration: 5 Weeks (Session I) or 4 weeks (Session II) or 10 weeks (Internship)

Location: Chengdu American Center, Sichuan University, Chengdu, China

Contact hour: 3 SCH = 45 hours (37.5 hours without break)

Break in One Class Session: 5-10 minutes per course session or professor's decision

For detailed course schedule, please refer to website. Course schedule is subject to change:

<http://www.gmeochina.com/programs-and-services/programs-by-semester/summer-program-sessions/academics/>

Registering for Courses

By now, you have chosen a list of pre-approved courses that fit with your academic plan. Please remember that **final registration will not be completed until onsite in China**. Having all your courses pre-approved by your home university does NOT guarantee your courses will transfer for you. In order for courses to transfer, you will need to meet the transfer credit requirement set by your home university. Most institutions in the US require a student to receive a "C" grade or better to finalize their transfer credit. This grade is different however in some honors and specialized programs. This means that you are not in China only to have fun! You will be required to attend class and obtain the proper grade for the courses to transfer back to your home university. Textbooks and school materials are not included in the G-MEO program fee, so be sure to include them into your budget according to the table on page 9 and be sure to order and carry with you to China the required textbooks for your courses.

Housing and Meals

All students are billed depending on housing choice at time of application (double occupancy, single, Rujia Hotel, Rujia Hotel Plus, etc.) You may be staying in the dorm building located at Sichuan University Huaxi East campus (华西东校区) or the Rujia Hotel or Rujia Hotel Plus:

International Students Dorm Address

English: Huaxi Campus, Sichuan University, 17 Renmin S. Road, Section 3, Chengdu

Chinese: 成都市人民南路三段 17 号
四川大学华西东校区留学生公寓

Rujia Hotel Address (如家快捷酒店)

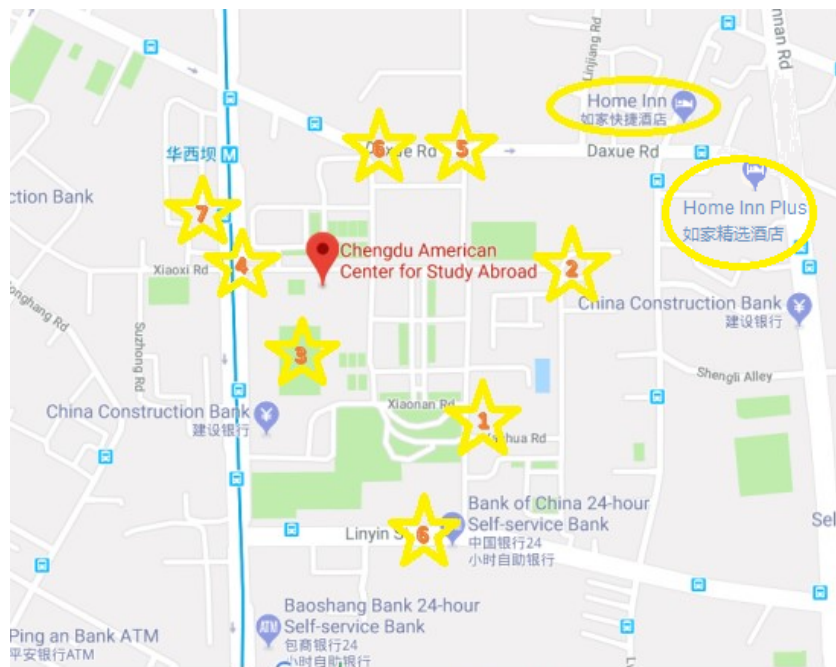
English: 8 Nantai Road, Xinnan Gate, Wuhou Area, Chengdu

Chinese: 成都市武侯区新南门南台路 8 号
Tel: + 86 28 66771777

Rujia PLUS Hotel Address (如家精选酒店)

English: 40 Xinnan Road, Wuhou Area, Chengdu

Chinese: 成都市武侯区新南路 40 号



- | | |
|--------------------------|----------------------------------|
| 1. Student Dorms | 5. North Gate |
| 2. Cafeteria | 6. Many Restaurant Options |
| 3. Track and Field | 7. Metro Stop (Huaxiba) |
| 4. West Gate (Main Gate) | Rujia Hotel = Home Inn |
| | Rujia Hotel Plus = Home Inn Plus |

Meals are not included in G-MEO’s program fee, so students have the freedom to purchase their own meals at various restaurants or cafes in town.

Laws and Regulations

While in China, it is important to remember that the local laws are different from US laws. Although you are an American, you must abide by Chinese laws. It is important to be aware of the various laws in China and keep informed of current events. Always remember that you are a guest in China, so please behave in a respectful manner and be aware of the rights and wellbeing of others. **It is unlawful for students to participate in demonstrations and protests.** Freedom of speech only exists within the walls of the university but even there, be

mindful that not everyone around will share your views. During the on-site orientation you will be introduced in more detail to the laws and school regulations that you must observe.

Tips: Be smart! If something feels wrong, most likely it is wrong.

Culture Shock

Culture shock is very common when it comes to studying or traveling abroad. Most students experience it in different ways and at various times. Symptoms include but are not limited to: missing home, undereating or overeating, depression, withdrawal, worrying excessively and developing obsessive behavior. Students sometimes romanticize their home country and develop overly simplistic stereotypes of unfamiliar people and places around them. It is important to keep track of your emotions (perhaps through keeping a journal) and if you find yourself experiencing symptoms of culture shock, do speak to one of the on-site G-MEO staff. Students are usually able to keep such symptoms at bay by developing friendships, eating western foods, or reading a good book. Never allow yourself to emotionally withdraw! Always feel free to express your feelings to the people who are there to listen. Being trained professionals, the G-MEO staff will be able to determine your level of anxiety and determine your need for help.



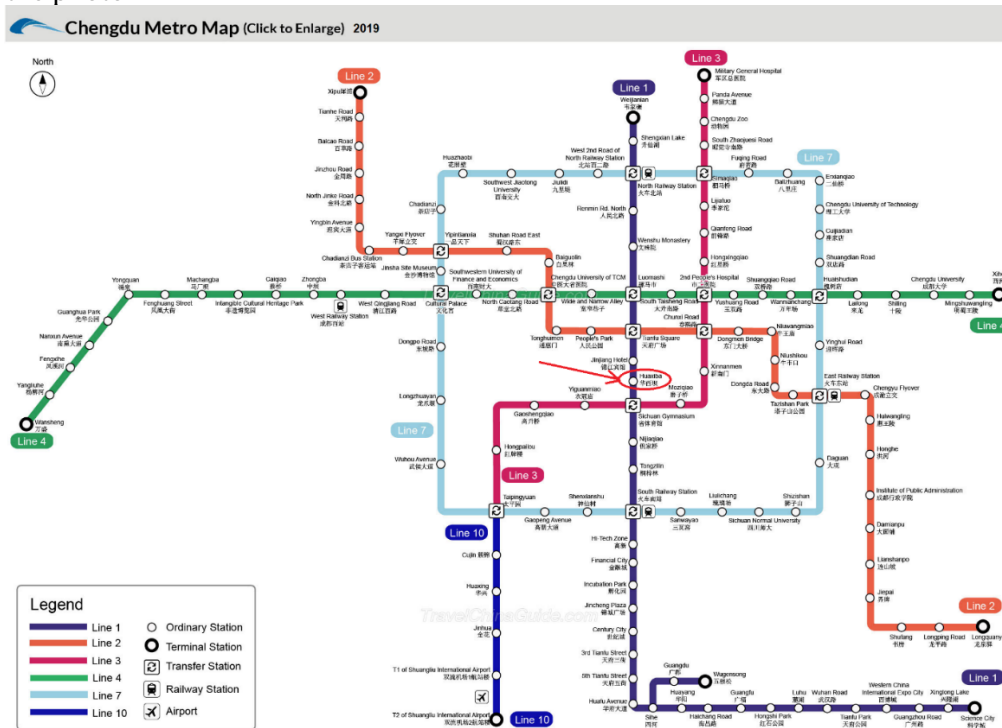
Outside of the Classroom

There are plenty of things to do outside of class! While in China, try to learn as much Mandarin as you can and make friends with local people. You might be surprised how much you can learn from a different culture or a new friend. Dare yourself to try new foods and discover new interests. While focusing on a new culture it is important to be respectful of others' views and customs. We also recommend you keep a journal, and hold on to ticket stubs, receipts and other such items, as memorabilia.

Travel and Transportation

Traveling and seeing all the sights are some of the best things you can do while you are in Chengdu. Most students will probably want to do some traveling outside of the G-MEO activities. If you plan on traveling, we recommend that you travel with at least one other person, and that students notify the G-MEO China staff as well as family members with your travel arrangements. Traveling is a great part of the experience but please remember that safety comes first!

Transportation in and around Chengdu is very convenient. You can take advantage of the walkable city, cheap buses, taxis, or ever-growing subway system that connects the city. The closest subway stop to the Chengdu American Center is called **Huaxiba (华西坝)** on Line 1. See the subway map below and click to enlarge the photo.



XI. Returning Home

It is important for students to make sure they're registered for courses and housing at their home institution for the semester following their semester abroad. Three weeks after your departure from China, an official transcript from your semester abroad will be sent to you.

Some students experience reverse culture shock upon returning from their semester abroad. This is completely normal and happens often. It is a time for readjustment and is similar to the



culture shock experienced during your semester abroad. It is important to keep in contact with your friends from China and we recommend getting involved with your international department on campus! Spread the word about how great it is to study abroad and share your amazing, life altering experience!

We hope you have an amazing time in China. We cannot wait to see new pictures and posts about the great time you are having!

XII. Some Things to Think About

- What are your goals for studying abroad?
- How do plan to achieve these goals?
- Where do you most want to visit while in China?
- Are you interested in an internship opportunity? If so, please contact the New York, G-MEO Student Affairs Office for information.
- Are you ready to make some local Chinese friends, sample Chinese food, and learn Mandarin?

XIII. Useful Resources:

General Information:

<http://www.lonelyplanet.com/china/sichuan/chengdu>

<http://www.gochengdoo.com/en/>

<https://www.cia.gov/library/publications/the-world-factbook/geos/ch.html>

<http://www.chengduplaces.com/>

Vaccines & Immunizations:

<http://wwwnc.cdc.gov/travel/destinations/china.htm>

Time Zone Converter:

<http://www.timeanddate.com/worldclock/converter.html>

US Consulate in Chengdu:

<http://chengdu.usembassy-china.org.cn/>

Visa Information:

<http://www.china-embassy.org/eng/visas/>

Passport:

http://travel.state.gov/passport/forms/ds11/ds11_842.html

Travel Advisories

Smart Traveler Enrollment Program (STEP): <https://step.state.gov/step/>

Currency Conversion

<http://Oanda.com>

<http://Xe.com>

ALWAYS REMEMBER: YOUR SAFETY COMES FIRST!

Greetings from our local staff in Chengdu!



Sara Luo

Associate Director/Internship Coordinator



Lily Huang

Program Assistant



Michelle Wu

Program Development Coordinator



Crystal Nie

Office Assistant

Have a great time!



Follow us!

Facebook: www.facebook.com/gmeochina

Instagram: <https://www.instagram.com/gmeochina/>