



STUDENT PRE-DEPARTURE GUIDE



THE CHENGDU AMERICAN CENTER FOR STUDY ABROAD

Global Maximum Educational
Opportunities, Inc.

Semester

CONTENTS

I. Key Contacts

- a. New York Team
- b. China Team

II. Things to Do Before Leaving Campus

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. G-MEO Funded Scholarships
- b. Other Personal Expenses
- c. Accessing Money While Abroad

VIII. Cell Phones and Internet

IX. Packing List

- a. What to Bring

X. In Chengdu

- a. Arrival
- b. Academic Calendar
- c. Registering for Courses
- d. The Chengdu American Center for Study Abroad
- e. Housing and Meals
- f. Laws and Regulations
- g. Culture Shock
- h. Outside of the Classroom
- i. Travel and Transportation

XI. Returning Home

XII. Some Things to Think About

XIII. Useful Resources



I. KEY CONTACTS

New York Team	Chengdu Team
24/7 Emergency Tel: +1 (718) 496-3450	24/7 Emergency Tel: +86 158 8214 0846
Tel: +1(646) 216-2186	Tel (电话): +86 28-85502761
G-MEO Office of Student Affairs 260 Madison Avenue, Suite 8046 New York, New York 10016 USA	Chengdu American Center for Study Abroad Huaxi Campus, Sichuan University No. 17, Section 3, Renmin South Road, Chengdu, 610041, P.R. China 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
All G-MEO Staff E-mail: info@g-meo.com Ilyanna Keller , Program Manager E-mail: ilyanna.keller@g-meo.com Chris Wang , Summer Program Coordinator E-mail: chris.wang@g-meo.com	Ms. Sara Luo , Associate Director/Internship Coordinator E-mail: Sara.Luo@g-meo.com Mobile: +86 158-8214-0846 WeChat: xiaoluo415267 Danica Sun , Digital Marketing Coordinator E-mail: Danica.Sun@g-meo.com Mobile: +86 131-8380-2550 WeChat: sundaihuizi Lily Huang , Program Coordinator E-mail: Lily.Huang@g-meo.com

II. BEFORE LEAVING CAMPUS

Since you will be off campus for a semester, you must ensure all necessary arrangements are made for your return prior to your departure such as course or registration or dormitory registration, etc. Check with your home institution's Study Abroad and/or Registrar Office to see if you need to take special steps to secure housing or classes for the semester you return to the U.S.

III. PASSPORT & VISA

Please make sure you have a valid passport with at least 6 months validity remaining from the date of your departure from China. It can take up to 6 weeks for a passport application to be processed, so make sure you obtain a new or renewed passport as soon as possible to avoid extra fees for expedited processing. 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 the 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

APPLYING FOR A CHINESE STUDENT VISA

G-MEO does not process visas. It is the responsibility of the student to obtain a visa, either by applying in person at the Consulate of their region or using a visa agency. Check with your local Consulate on how to **submit your application**. 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. Contact a G-MEO staff member if you have not received an email regarding a visa package at least one month before the start of your program.

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>

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. 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.

The following agency is recommended by G-MEO for New York Consulate students:

LLL International Travel, Inc.

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/>

Email: amy@llltravel.com



The following agency is recommended by G-MEO for Chicago Consulate students:

China Visa Solutions

Mailing Address:

101 W. Grand Ave., Suite 200, Chicago, IL 60654

Tel: 312-752-0991, Shawn Lu

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

E-mail : info@chinavisaforyou.com



G-MEO does not currently have a recommendation for Washington D.C.

*For the Chengdu American Center for Study Abroad program, G-MEO only provides invitation letters for single-entry visas. This means that students are not allowed to leave China once they arrive or else their visas will thereafter be invalid. Additionally, it is Center policy that students not leave Mainland China during the duration of the academic program.



IV. FLIGHT ARRANGEMENTS

Please ensure that you arrive in Chengdu on [arrival date] (recommended arrival time between 7:00 am – 23:00 pm) and that your departure date is on [departure date].

You can either seek the assistance of a travel agency to book a flight or use search engines such as Kayak, skyscanner.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 fill in **all legs of your flight** on the Travel Arrangements on the pre-departure portal of your G-MEO application (<http://sapms.gmeochina.com>). The Travel Arrangements must be completed at the latest no later than two weeks before the program start date. The information on this form will enable our staff in China to schedule your airport pick up upon arrival in Chengdu. 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 to inform us of your delay.

Tip: We would recommend you take United Airlines from San Francisco to Chengdu directly because there have been some cases of losing the luggage at Beijing Airport according to our previous experience. When planning your itinerary, we recommend booking a flight directly from a US city to Chengdu rather than having a layover in China to avoid facing any complications, delays, etc. in China. United Airlines and Hainan Airlines offer direct flights from San Francisco and JFK.



V. IMPORTANT DOCUMENTS



You should have at least two copies of all important documents:

- passport
- visa
- plane ticket
- credit cards & ATM cards
- health insurance card

As well as any other important documents should all be photocopied prior to your departure for China. Write down important phone numbers (such as emergency contacts, bank, credit card company, etc.) and make two copies of them as well.



Leave one set 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 orientation at the Chengdu American Center, we will make a copy of your passport information page and the Chinese visa page (with immigration stamp).

***All students are required to bring FOUR 2x2 passport sized pictures with them to China.**



VI. SAFETY, HEALTH, AND HEALTH INSURANCE

SAFETY

The 24/7 emergency number in the United States is

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 number 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.

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. 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!



A wide-angle photograph of a modern city skyline with numerous skyscrapers and buildings under a clear sky.

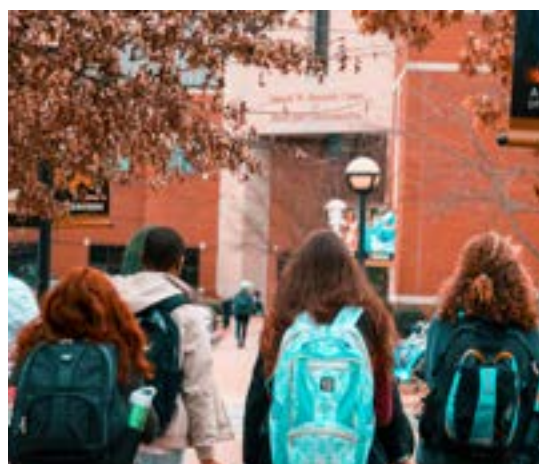
HEALTH

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.



A wide-angle photograph of a dense urban skyline with numerous skyscrapers and modern buildings under a clear sky.

AIR POLLUTION

Air quality is a concern in all 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 of 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 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 air-borne particles consult with their physician prior to their departure for China. Students who indicate asthma or other respiratory conditions on their health assessment form may also be offered an additional pre-departure session specifically on how to prepare for pollution levels while studying in China.

Our onsite staff monitors the AQI and updates students as necessary. We might also make any necessary adjustments to our excursions/schedule, taking the AQI into account.

For additional information: The Chinese Ministry of Ecology and Environment provides its own air quality data for cities throughout China. You can view the information at <http://english.mee.gov.cn>.

Additionally, the U.S. Embassy in China provides air quality data, which is available to all US citizens. You can find this data at: <https://china.usembassy-china.org.cn/air-quality-monitor/>

If you plan to travel to other major cities such as Beijing or Shanghai, you can refer to the Chinese Ministry of Ecology and Environment website above.





VII. FINANCES

How much money you will spend depends on your eating habits and lifestyle. Please see the estimated budget below for your time in China. Keep in mind that exchange rates change daily.

Expense	Amount All estimates are in US dollars (USD).
Living Expenses for the Semester	\$1800 to \$2200
Books	\$200 to \$300
Airfare	\$700 to \$1500 roundtrip
New Passport	\$110 to \$190
Visa	\$140 to \$200
Local Transportation	\$8 for Transit Card (includes \$3 deposit + \$5 balance)
Wi-Fi Internet	*Free in the Dormitory and Center
Cell Phone	\$60 to \$180 for device, \$15/month for service
ID Card	\$8 (50 Chinese Yuan/RMBMB) for food costs
Dorm Deposit	\$32 (200 RMB)

PERSONAL EXPENSES:

Toiletries: \$80

Souvenirs: \$5 to \$100 depending on items

Entertainment: Movie tickets are about \$5.

Meals: A meal in Chengdu costs between \$3-\$5. A nice dinner might cost \$10-20 per person.

Local Transportation: you may expect to spend about \$30 per month in total for local transportation. A subway ride costs 40-80 cents while a taxi ride is about \$1 per mile. Students may also purchase a pre-owned bike for about \$30-40 for use around the city.

All non-Chinese citizen students who attend and successfully complete their semester at the Chengdu American Center will receive 15,000 RMB (estimated \$2,300 (¥)) award from the Chengdu Municipal Government. Known as the Chengdu Mayor's Achievement Award, it will be disbursed towards the end of the program. Please note that if your home institution has deducted this scholarship from your tuition bill, you WILL NOT receive this money while on the program. If this is not the case, you will receive the money onsite towards the end of the semester. Be sure to check with your study abroad and financial office in regards to this matter.

Other financial awards disbursements, like the AIEF Scholarship, may differ from above. However, all students receiving a G-MEO financial award or scholarship will likely need to open a Chinese bank account to receive the funding because due to regulations, financial awards may not be disbursed in cash form, only bank wire. A bank service fee of ~25 RMB may apply.



ACCESSING MONEY WHILE ABROAD



*Once you have booked your airplane ticket, please call your banking institutions (for checking and credit accounts) to inform them that you will be studying abroad for the semester. They will need your dates of departure and return to the U.S. Also inform them if you'll be traveling to other countries prior to your return to the U.S.



Students should bring about \$500 in cash to cover initial expenses for the first few weeks. You can exchange U.S. dollars at an airport. 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 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. Exchange rates change regularly, please check the **US Federal Reserve** website for the current rates:

<https://www.federalreserve.gov/releases/h10/current/>. The symbol for the Chinese Yuan is ¥, and the abbreviation for Renminbi is RMB.



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 with a local SIM card. If you have a locked smart phone, you can only use messaging in areas with Wi-Fi. Check with your phone provider. Alternatively, you may want to purchase a cheap phone for about \$60 USD once you arrive in Chengdu and buy a SIM card to make phone calls and send text messages.

Various plans allow you to make local calls at 10 cents per minute & send texts at 2 cents per text.

Cell phones purchased abroad might not work in the United States.

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.





There is free Wi-Fi internet access available in the Sichuan University Overseas Students Dormitory where you will be residing. Likewise, there is high-speed internet access at the Chengdu American Center for Study Abroad where you will spend a good portion of the day for classes. If you want to use the CMCC-EDU Wi-Fi service plan, which allows you to have Wi-Fi on all college campuses in Chengdu, you must have a SIM card from China Mobile provider only.

Note that websites such as TikTok, Instagram, 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.

Check with your home institution to see if you can obtain a VPN (virtual private network) for free so that you may access various social media sites. 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 your computer.

Keeping in touch with family is critical 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. as well as the Chengdu team.

Means of daily communication with US will be covered in the on-site orientation in Chengdu

***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. It will likely be hot at the beginning and become milder later.

The most important items you will need to take with you are your passport/visa, 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.

What to Bring:

- Passport with valid visa & 2 Passport size photos
- Credit Card, ATM Card (check with bank & set travel flag to your card)
- Prescription medicine (put this in your carry-on)
- Electric adapter and converter (China's voltage is 220V)
- Chinese phrase book
- Comfortable walking shoes
- Laptop/tablet
- Camera
- Formal outfit for special occasions
- Toiletries (shampoo, conditioner, tooth brush/paste)
- Deodorant*
- Feminine Hygiene Products*
- Small gifts from home for future local friends
- Clothes for mild and hot weather, may be cooler towards end of the program
- Linens for 4x6 ft bed – also available for purchase, please let G-MEO know 1 week prior to arrival



***Deodorant & and feminine hygiene products are getting easier to find, but they are quite expensive. Make sure you have enough for your stay. Large sizes of shoes & and clothing are also more difficult to buy in China.**

Electronics Not Allowed in Dorm

(including but not limited to): Electric stoves, electric blankets, water boilers, electric friers, water heater, & Candles

X. IN CHENGDU

G-MEO Chengdu Center staff will arrange for your airport pick up on [arrival date] .

Arrival

Look for a person holding a sign which says “G-MEO” 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. Your housing building is located at Huaxi campus (华西校区) and the address is included below:

Dormitory Address (English)

Foreign Students Dormitory, Room XXX
Huaxi Campus, Sichuan University
No. 17, Section 3, Renmin South Road
Wuhou District, Chengdu, Sichuan,
People's Republic of China 610041

Dormitory Address (Chinese)

Tip: You will be jetlagged, tired and hungry so pack some snacks and water in case you need them. Be prepared for unfamiliar surroundings and try to stay calm and focused while you settle in!

Tip: When talking with local people when you first arrive, remember that not everyone speaks English well, so you may need to slow down, enunciate clearly, and think about cultural differences. Don't be nervous to try using Mandarin, too!





Sample Semester Calendar

Week	Event	From	To
1	Faculty/Student Arrival	09/01	
1	Faculty/Student Orientation	09/02	09/04
1	Mini-Semester #1, Classes Begin	09/05	09/07
2	Add/Drop/Withdraw Deadline	09/11	
3	Classes & Review Class Assessments	09/17	09/21
3	Mid-Autumn Festival (no class)	09/22	09/24
4	Chinese National Holiday (no class)	10/01	10/07
7	Mini-Semester #1 Exams	10/22	10/23
7	Cultural Excursion	10/24	10/27
8	Mini-Semester #2, Classes Begin	10/29	11/02
9	Add/Drop/Withdraw Deadline	11/06	
13	Mini-Semester #2 Final Exams & Final Class Assessment	12/03	12/05
13	Student Departure	12/06	
13	Faculty Departure	12/07	
13	Grades Due	12/14	





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.

However, this grade is different however infor 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 provided previously in this guide.

The Chengdu American Center for Study Abroad

All of your courses in Chengdu will be held at the Chengdu American Center for Study Abroad located on Sichuan University’s Huaxi Medical Campus and about 5 minutes from the dormitory. The Center’s structure is about 100 years old, but the inside has been modernized. There is Wi-Fi, a Student Activity Room with couches and a TV, a small library with two computers and a printer, classrooms with projectors, and other amenities.



Housing and Meals

Students will be placed in double room occupancy housing automatically. You will be required to pay a \$33 (200 RMB) housing deposit upon arrival on campus. Deposits will be returned in full at the end of the semester if students leave their rooms undamaged. Students may request single rooms at an additional cost of \$4500 (for the entire semester), but single rooms are not guaranteed. All housing at the Chengdu American Center conforms to international standards.



Students may need to secure their own linens for their dorms. All these items can be purchased in China with the assistance of G-MEO's China team. If you would like bed linens provided upon arrival (bed sheets, blanket, pillow, pillow case), you must notify the NY office two weeks before your departure. Bed linens provided by the dormitory are 4x6 feet and cost \$40 USD (280 RMB) (non-refundable).



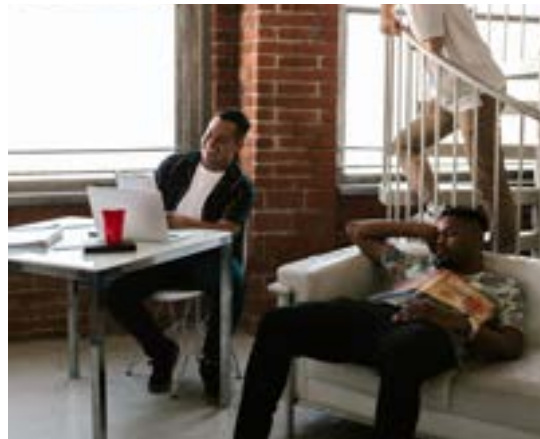
Student meals are not included in G-MEO's program fee, so students will be responsible for their own meals. Cafeteria cards are available for students but must be filled with money. G-MEO staff will have pre-filled \$8 (50RMB) food cards for students upon arrival. You will need to reimburse them for that initial cost. Students can also use this card for SCU library by paying a \$33 USD (200RMB) deposit to SCU. There is no refrigerator in the dorm. Even though on campus dining is available, most students do enjoy eating out at various restaurants and cafes.



Laws and Regulations

While in China, it is important to remember that the local laws are different from US laws. Although you're non-Chinese, 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. Freedom of speech exists within the walls of the university but even there, Please be mindful that not everyone around will share your views of local laws and regulations. During the on-site orientation, you will be introduced in more detail to the laws and school regulations that you must observe.

***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, under eating or over eating, 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.



Culture Shock Continued

Likewise, you should keep in mind that Chinese culture, both traditional and modern, are very different from the US. For example, Chinese people tend to stare at or even want to take pictures with foreigners when walking down the street; do not be nervous as they are simply curious to see a foreigner first-hand. Also, although both porcelain-seated toilets and squatter toilets are in China, the latter is much more prevalent and toilet paper is in limited supply. Things like this, among others, are what you should prepare yourself for, and doing a bit of research before coming to China is encouraged in order to limit your culture shock.



Outside the Classroom

There are plenty of things to do outside of class! Besides exploring China, internships and volunteer opportunities may be available as well as many on-campus activities. While activities are included the program fee, there may be voluntary additional activities that students will need to pay for if they are interested in participating. 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' political 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

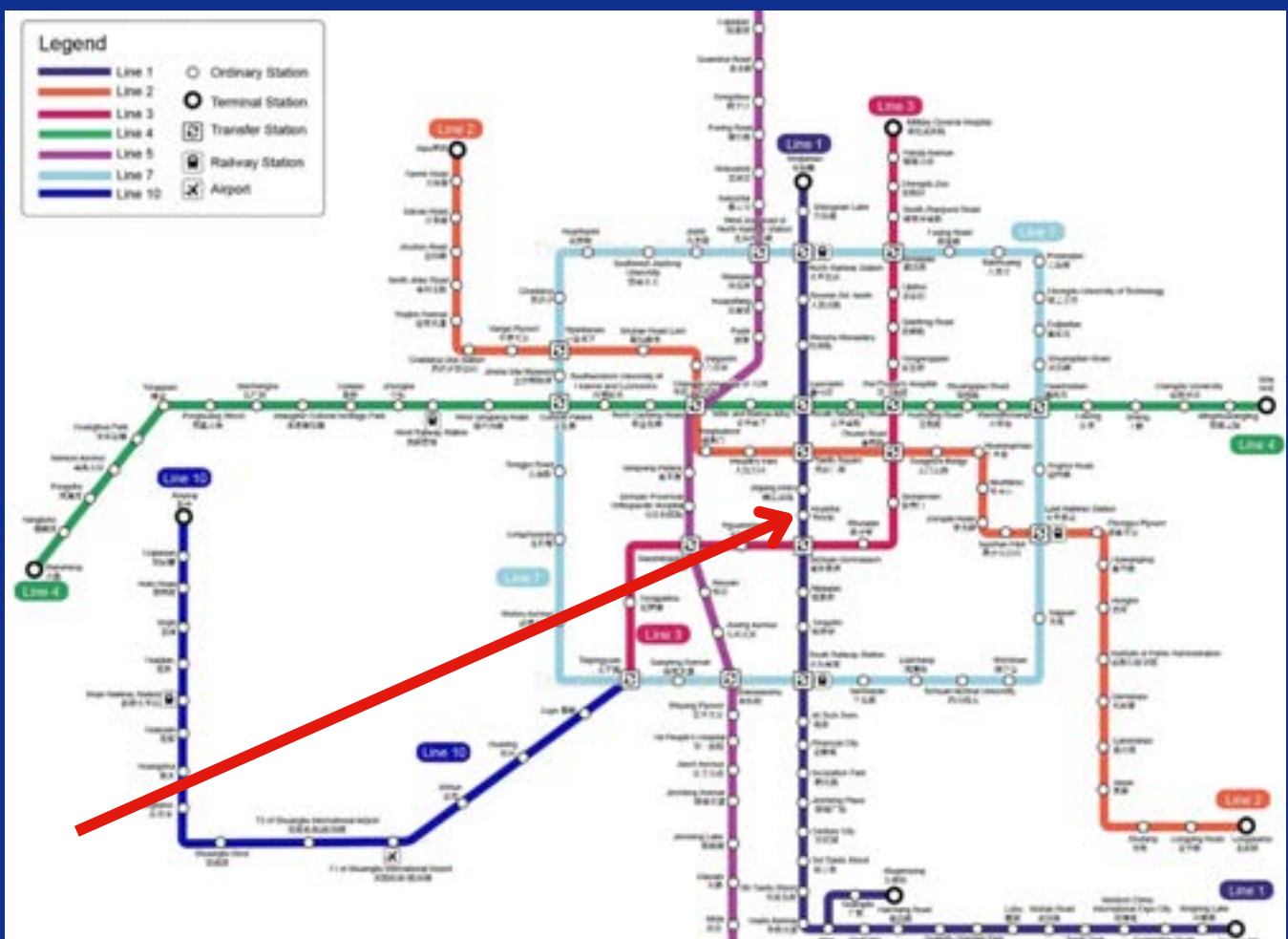
Traveling and seeing all the sights are some of the best things you can do while studying abroad. Don't forget, besides local activities, an excursion is included in the G-MEO program fee. However, most students will want to do some traveling outside of the pre-planned G-MEO trips. If you plan on traveling, we recommend that you travel with at least one other person, and that all students notify the G-MEO China staff as well as family members of your travel arrangements and plans.

***Students must notify G-MEO staff of their travel arrangements.** Traveling is a great part of the experience but please remember that safety comes first!

Below is a map of the two subway lines that service Chengdu. The “Huaxiba” (华西坝) stop, where the red arrow indicates, on Line 1 will take you to the Chengdu American Center's campus.

You can also download the metro map here:

<https://www.travelchinaguide.com/images/map/sichuan/chengdu-metro.pdf>



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 time abroad. Several weeks after your departure from China, an official transcript from SCU Sichuan University will be sent to your home institution.



Some students experience reverse culture shock upon returning from their semester abroad. This is completely normal. 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.

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.gochengdu.com/cn>
- <http://www.cia.gov/library/publications/the-world-factbook/geos/ch.html>
- <http://www.chengduplaces.com/>

Vaccines & Immunizations

<http://www.nc.cdc.gov/trave/destinations/china.html>

Time Zone Converter

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

Visa Information

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

Passport

<http://www.travel.state.gov/passport/forms/ds11/ds11842/html>

Travel Advisories

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

Currency Conversion

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

Suggested Phone Apps/Software to download PRIOR to arrival in China

- [Pleco Chinese-English Dictionary](#)
- [Air Quality China](#)
- [WeChat](#)
- [Skype](#)
- Virtual private network (VPN) (any type – both for computer and phone – [ExpressVPN](#) or [AstrillVPN](#) are good)

Suggested Websites to Visit PRIOR to arrival in China

- [Trip Advisor](#)
- [Travel China Guide](#)
- [Chengdu Places](#)
- [GoChengdoo](#)
- [Air China](#)
- [Kayak](#)
- [Statravel](#)
- [Expedia](#)
- [Priceline](#)

ALWAYS REMEMBER: YOUR SAFETY COMES FIRST!

Greetings from our local staff in
Chengdu!



Ms. Sara Luo

Director, Chengdu
American Center



Danica Sun

Digital Marketing
Coordinator



Lily Huang

Program Coordinator,
Chengdu

Have a great time!



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