

China

Beijing
Hangzhou
Kunming



2009-2010

The School in China

C.V. Starr-Middlebury
Schools Abroad

C.V. Starr~Middlebury School in China

In conjunction with CET Academic Programs

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PRE-DEPARTURE INFORMATION

MIDDLEBURY AND CET ACADEMIC PROGRAMS

The C.V. Starr-Middlebury School in China was jointly developed and is jointly operated by Middlebury College and CET Academic Programs. Middlebury College is known both for its high standards in Chinese language instruction as well as its successful Schools Abroad, each of which immerses students as completely as possible in both the language and the culture of the host nation. CET Academic Programs, formerly China Educational Tours, is a private organization based in Washington, DC. CET has been designing and administering educational programs in China since 1982. Known for its innovations in the areas of language instruction, student housing, and program management, CET sends over 500 students a year to China to study Chinese.

To maximize our collective experience, Middlebury and CET have adopted a collaborative approach to the C.V. Starr- Middlebury School in China. Before and after departure, students will interact primarily with the Middlebury International Programs staff, but there may also be times when students' questions will be directed to CET, depending on their nature. On site, Middlebury maintains an Academic Director and CET maintains a Resident Director and Program Consultant. Together, the program administrators oversee the academic curriculum and teachers, monitor classes and student performance, organize excursions, help students identify extra-curricular activities, and work with students on all student-life issues.

APPROXIMATE PROGRAM COSTS

The following is an estimate of program costs for full and half-year students as of March 2009. Middlebury College will bill you for the comprehensive fee (and the \$1,100 per semester study abroad fee for Middlebury students); the remaining expenses will be out-of-pocket. Figures may vary depending on individual lifestyles and situations. Please note that the “personal” figure covers only some basic necessities and does not and is not intended to include students’ discretionary spending (e.g. entertainment and travel).

BEIJING

Full Year

Comprehensive Fee: (Tuition, room, visa, medical insurance, books)	\$31,000
Board	\$ 1,800
Round Trip Airfare	\$ 1,500
Personal	\$ 2,400
Study abroad fee (Midd only)	\$ 2,200
Total	\$38,900

Full Year + January Term in Beijing

Comprehensive Fee: (Tuition, room, visa, medical insurance, books)	\$34,000
Board	\$ 1,980
Round Trip Airfare	\$ 1,500
Personal	\$ 2,700
Study abroad fee (Midd only)	\$ 2,200
Total	\$42,380

Semester

Comprehensive Fee: (Tuition, room, visa, medical insurance, books)	\$15,500
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Board	\$ 900
Round Trip Airfare	\$ 1,500
Personal	\$ 1,200
Study abroad fee (Midd only)	\$ 1,100
Total	\$20,200

Fall Term in Beijing + January Term in Beijing

(Tuition, room, visa, medical insurance, books, local transportation to city)	
Comprehensive Fee:	\$18,500
Board	\$ 1,080
Round Trip Airfare	\$ 1,500
Personal	\$ 1,500
Study abroad fee (Midd only)	\$ 1,100
Total	\$23,680

Spring Term + January Term in Beijing

(Tuition, room, visa, medical insurance, books, local transportation to city)	
Comprehensive Fee:	\$19,190
Board	\$ 1,080
Round Trip Airfare	\$ 1,500
Personal	\$ 1,500

Study abroad fee (Midd only)	\$ 1,100
Total	\$24,370

HANGZHOU

Full Year	
Comprehensive Fee: (Tuition, room, visa, medical insurance, books)	\$28,760
Board	\$ 1,700
Round Trip Airfare	\$ 1,500
Personal	\$ 1,900
Study abroad fee (Midd only)	\$ 2,200
Total	\$36,060

Full Year + January Term in Beijing	
Comprehensive Fee: (Tuition, room, visa, medical insurance, books)	\$31,760
Board	\$ 1,880
Round Trip Airfare	\$ 1,500
Personal	\$ 2,200
Study abroad fee (Midd only)	\$ 2,200
Total	\$39,540

Semester	
Comprehensive Fee: (Tuition, room, visa, medical insurance, books)	\$14,380
Board	\$ 850
Round Trip Airfare	\$ 1,500
Personal	\$ 950
Study abroad fee (Midd only)	\$ 1,100
Total	\$18,780

Fall in Hangzhou + January in Beijing (Tuition, room, visa, medical insurance, books, local transportation to city)	
Comprehensive Fee:	\$17,380
Board	\$ 1,030
Round Trip Airfare	\$ 1,500
Personal	\$ 1,250
Study abroad fee (Midd only)	\$ 1,100
Total	\$22,260

Spring in Hangzhou + January in Beijing (Tuition, room, visa, medical insurance, books, local transportation to city)	
Comprehensive Fee:	\$18,070
Board	\$ 1,030
Round Trip Airfare	\$ 1,500
Personal	\$ 1,250
Study abroad fee (Midd only)	\$ 1,100
Total	\$22,950

KUNMING

Full Year	
Comprehensive Fee: (Tuition, room, visa, medical insurance, books)	\$28,760
Board	\$ 1,700
Round Trip Airfare	\$ 1,800
Personal	\$ 1,900
Study abroad fee (Midd only)	\$ 2,200
Total	\$36,360

Full Year + January Term in Beijing	
Comprehensive Fee: (Tuition, room, visa, medical insurance, books)	\$31,760
Board	\$ 1,880
Round Trip Airfare	\$ 1,800
Personal	\$ 2,200
Study abroad fee (Midd only)	\$ 2,200
Total	\$39,840

Semester	
Comprehensive Fee: (Tuition, room, visa, medical insurance, books)	\$14,380
Board	\$ 850
Round Trip Airfare	\$1,800
Personal	\$ 950
Study abroad fee (Midd only)	\$ 1,100
Total	\$19,080

Fall in Kunming + January in Beijing (Tuition, room, visa, medical insurance, books, local transportation to city)	
Comprehensive Fee:	\$17,380
Board	\$ 1,030
Round Trip Airfare	\$ 1,800
Personal	\$ 1,250
Study abroad fee (Midd only)	\$ 1,100
Total	\$22,560

Spring in Kunming + January in Beijing (Tuition, room, visa, medical insurance, books, local transportation to city)	
Comprehensive Fee:	\$18,070
Board	\$ 1,030
Round Trip Airfare	\$ 1,800
Personal	\$ 1,250
Study abroad fee (Midd only)	\$ 1,100
Total	\$23,250

N.B. The above figures do not cover the costs of staying between terms or later than the end of the student's academic program. Generally, the cost of staying in the dormitory beyond the scope of the academic program averages \$10 per day and will be the responsibility of the student. Arrangements must be made in advance to ensure availability.

EXPENSES

Keep in mind that the amount of money you spend ultimately depends on the lifestyle you choose. One School in China staff member noted "I would even make a direct relationship here: the less money you spend, the better the experience. The more money you spend, the more you alienate yourself from the Chinese experience and miss a main point of the program."

Remember to budget extra if you are planning to travel before or after your program. Plane tickets are often more expensive than in the U.S., but train travel has remained relatively cheap. If you are a big spender in the U.S., bringing more money would be a good idea. Many students have found that they spend more than expected on gifts, cigarettes, liquor, etc. Students who plan on regularly sampling the nightlife of their cities should budget extra money for taxis.

VISAS

Most students will receive an 'F' visa valid for at least the length of the program. Students studying for the academic year will be able to renew their visa once in China.

Information for U.S. Citizens

U.S. citizens should complete the visa application form and return it to CET Academic Programs along with a *signed passport*—valid for at least six months after the end of the program—and four passport-style photos as soon as possible so that CET can begin processing your visa. All instructions should be carefully referred to when completing the visa application form. The Chinese Visa Application Form can be accessed through your 'Applicant Homepage' by logging in to CET's [website](#).

Please read all the information about obtaining visas before completing the visa application form. **In order to have enough time to obtain your visa, your signed passport, signed visa application, and four photos must be in the CET office no later than June 1 for Fall Semester, November 16 for Jan Term and January 2 for the Spring Semester.** You must submit these materials to CET by these dates in order for CET to process your visa on your behalf.,. Your passport and visa will then be returned to you 7-10 days prior to the program departure date.

Students who need their passport between the passport due date and the program departure date due to individual travel plans will need to process a visa on their own. If you decide to obtain your own visa, please inform CET so that we can send you the visa documents that you will need to process a Chinese student visa. These visa documents will be sent to you approximately 45 days before the start of the program. No refunds will be issued to those to choose to apply for a visa on their own.

Information for U.S. Citizens Living Abroad

If you are a U.S. Citizen but currently reside outside the United States or Canada, you will be responsible for obtaining your own visa. To do so, you will require a valid passport, a completed visa application form (available in the on-line pre-departure materials), and other documents as required by the host country. CET will provide you with any necessary invitation letters or forms and specific directions on obtaining a visa after you have confirmed your enrollment.

Information for Non-U.S. Citizens

If you are not a U.S. citizen, you may be required to obtain additional visas in order to participate in the School in China. Please notify CET immediately of your citizenship, so that we can determine your specific needs and assist you in obtaining any necessary supporting documents.

Visa Restrictions

Please note that procuring a visa to study in China is a complicated process. While CET attempts to obtain visas for all students enrolled in the School in China, there are certain situations that make it impossible for us to do so.

Many regulations concerning visas have been imposed by the Chinese government and are strictly observed. Please keep in mind that CET cannot guarantee any length of visa validity or number of visa entries – visas are granted solely at the discretion of the Chinese government. The status of your visa may be affected by your travel plans. If you enter China with the wrong type of visa, you may be required to leave the country to correct this mistake. The considerable costs that may result are solely the responsibility of the student. CET cannot account for every possible visa situation; however, general guidelines are provided below. Please read all this information thoroughly, *prior to* submitting your visa application to CET.

Any student visa obtained by CET will be good for a single entry into China and will cover the duration of the School in China, provided the student remains in China after arrival. Students who plan to arrive in China before the program begins or stay in China after their program ends, for travel or otherwise, need to make sure that their student visa will cover the entire period they will be in China. Students who enter China with the intention of leaving the country (even to go to Hong Kong) for any reason and for any length of time before the School in China ends will be responsible for obtaining a new visa. *It is imperative that you do not leave China without getting the documentation necessary to procure a new visa, because the School in China student visa may be good for one entry only.* Consult your Resident Director for more information about processing a new visa after you arrive in China.

Please note that if you receive an “X” visa valid for more than 180 days you are required to have a medical exam including a chest x-ray and blood test. Upon your arrival in China you must also process a Foreigner Residence Permit at the Public Security Bureau office. If you hold an “X” visa and do not process the Residence Permit within 30 days of arriving in China, you will be fined 500 RMB per day for a maximum of 5000 RMB. Please contact CET if you have questions about obtaining your own visa. The cost of medical exams and any related expense is the student’s responsibility.

In the past our students have not been required to have HIV tests unless they enter China with a visa good for one year or more. Visas that are processed through CET cover a period of no more than six months. Chinese regulations require HIV tests for students who extend their visa from within China, so you may have to have this test if you are planning to stay on for further study. Please note that in order for the test to be valid, it must be administered in China. HIV test results from anywhere else are not valid. Keep in mind also that in China, HIV tests are valid for only six months. This is the current situation, but please be aware that it may change at any time and without prior notice.

We strongly recommend that you notify CET of any travel plans you may have prior to starting the School in China. Even if CET obtains your initial visa into China, we cannot be responsible for subsequent visas needed for your personal use, whether for extended travel or leaving and returning to China. If you choose to arrive early and/or to leave and re-enter China, it is up to you to arrange for these new visas. Former students have suggested that a new visa can be easily obtained in any CTS Travel Services Office in Hong Kong. Middlebury will cover regular costs for the initial single entry visa processed in Washington, DC but will not cover the fees associated with re-entry visas, or charges incurred for rush visas and additional visas.

CUSTOMS

If you plan to bring any new, non-U.S.-made articles of value, such as cameras, MP3 players, computers, bicycles, or jewelry that are LESS THAN 6 MONTHS OLD, you should register them with U.S. Customs and Border Protection before departure ([CBP Form 4457](#)). Alternatively, you can carry your original sales receipts to prove that you purchased them in the U.S. This avoids your having to pay a duty upon your return. Customs regulations vary from country to country; there are usually limitations on liquor, cigarettes, and other goods.

DOCUMENTATION

Passport – It is important that you make two or three photocopies (or make a JPEG accessible by a parent or guardian) of your passport before you depart, in case you lose your passport while abroad. Having copies will speed the process of issuing you a new passport at the local embassy or consulate. Be sure to keep your copies separate from your original passport! You may also wish to leave copies at home with someone.

Student ID Cards – Some of the photos that you are required to send us will be used to issue you a student ID card on campus. This card will serve not only as proof of being a student at the institution, but also may allow you discounts at certain locations around the country.

International Student Identity Card – The School in China does not provide this card to students because it is not widely accepted in China. Nonetheless, you should strongly consider obtaining one as an additional form of I.D. and supplemental insurance. Cards can be purchased on-line at www.isic.org. At the time of this printing, the ISIC card provided up to \$300,000 for medical evacuation (see website for complete details and restrictions).

REGISTERING AT THE U.S. EMBASSY

In addition to securing a visa, all U.S. citizens are required to register themselves with the U.S. Embassy in China before departure from the U.S. In the event of international, political, or family emergencies, or in the event that a passport is lost or stolen, the U.S. Embassy will be much better able to assist registered citizens. Please visit the Dept. of State's website and follow the links to register

www.travelregistration.state.gov/ibrs/

Students of other nationalities should check to see if it is possible to register with their own embassy in China.

MEDICAL/ACCIDENT INSURANCE

As part of your program fee, you will be provided with insurance coverage for the duration of your participation in the program. The School in China has chosen Cultural Insurance Services International (CISI) as its health insurance provider. The policy does not include routine medical or dental check ups, eye exams, or some pre-existing conditions.

This insurance covers medical expenses for the duration of the program with a \$0 deductible per accident or illness, as well as emergency medical transportation out of the country if necessary for a more serious illness or injury. A brochure describing the insurance coverage in more detail will be provided. The on-site Resident Director is available to assist students if a claim needs to be filed.

CISI features an emergency services plan, which provides participants with a 24-hour worldwide telephone assistance service. This service can aid students in a variety of medical and non-medical emergency situations such as providing help in obtaining physician and hospital referrals, tracing lost luggage, and replacing credit cards or passports.

CISI participant coverage will begin on the day of your departure for China and will end on the final day of your program. The exact termination date of your policy will depend upon whether you are a semester or year-long student on the program.

You will receive insurance claim forms and card during orientation in China. The on-site staff will also keep extra forms for students. While some international clinics do accept credit cards, most **Chinese doctors and hospitals must be paid directly and usually in cash**. You can seek reimbursement from CISI only AFTER you have paid your bill; therefore it is important to save receipts from all medical bills. The insurance company is unable to reimburse you for covered expenses if you do not have receipts. Please do not list the School in China office as your return address for insurance claims. Reimbursement checks should be mailed to your home address in the U.S., as you won't be able to cash them in China. Please check the coverage provided through this policy carefully. If you judge it to be insufficient you may wish to purchase supplementary insurance independently.

If you intend to remain in China after the program ends, you will be able to extend your CISI insurance coverage for up to one month. You can easily do this on-line at www.culturalinsurance.com.

TRAVEL TO CHINA

Airline Reservations

Students are responsible for their own travel arrangements. CET will offer a group flight through Premiere Travel, CET's airline partner, for those who wish to take advantage of this option. Flight information will be available from the Premiere Travel office several months prior to your departure. You will be billed directly for any tickets purchased through their office. Please contact CET directly for details. If you choose not to make your travel arrangements through CET, we recommend you use a student travel agency for flexibility and the best rates:

- www.studentuniverse.com
- www.statravel.com
- www.travelcuts.com

Please consult the [School in China calendars](#) on the web before planning your travel dates. We recommend that you arrive in Hangzhou on the day specified in the calendar. Dorm rooms will NOT be available to students until that date.

We further recommend that your travel plans allow you to arrive during the daytime so you will be able to find your way around and visit stores more easily.

It is especially important that you **not** plan your return to the United States or travel to another destination **before the date of the last scheduled final exam. Exam dates cannot be changed to accommodate students' travel plans. No exceptions will be made, so please don't ask.**

TSA Regulations (formerly FAA)

The Transportation Security Administration regulates what items may be carried aboard the aircraft and, as these regulations are subject to change frequently, you should consult their [website](#) close to your date of departure.

N.B. Possessing certain items while going through security may result in fines of \$250 - \$1,500 or, in the case of firearms, may be considered a criminal offense.

Airline Luggage Regulations

Students should contact their airline to confirm exact luggage allowances. We strongly suggest you stick to these guidelines, or be prepared to pay excess baggage fees, which can be quite expensive. Airlines have become increasingly strict about luggage measurements and weights in recent months. Keep in mind that luggage allowances for domestic flights in China could vary greatly from transpacific flights.

We also suggest that you consider insuring your luggage through a comprehensive travel insurance policy. For a list of providers see insuremytrip.com.

We always recommend packing a change of clothes, necessary medications, all documents, and any valuables in your carry-on bag in case a checked bag should go astray temporarily. If your luggage does get lost, be sure to fill out a lost luggage report before leaving the airport. You need to notify your Resident Director immediately upon your arrival.

Comfort in Flights

The following recommendations should help you during the flight and may ease the effect of “jet lag” when you arrive at your destination:

- Wear loose-fitting clothes while in flight, as well as shoes that can be removed easily.
- Replenish fluids frequently. Avoid alcoholic beverages, which are dehydrating. Too much coffee or tea can also cause dehydration.
- Contact lens wearers should remove them or use saline solution every few hours.
- Those with sensitive skin should carry moisturizing cream.
- Take a walk around the cabin when the seat belt sign is off.

LIST OF IMPORTANT THINGS TO BRING

- Schools Abroad [General Handbook](#)
- This Handbook!**
- Visa/Passport (and photocopy)
- Airline ticket/itinerary (and photocopy)
- Calling card (optional)
- Credit/Debit cards
- Certified copy of birth certificate (in case your passport is lost or stolen)
- Medications in original containers
- Prescriptions for any medication you bring. (Make sure that your doctor uses the generic name of the medication, and not a brand name.)

GENERAL PACKING SUGGESTIONS

Plan your packing carefully, keeping in mind that you will have to carry all of your own luggage while traveling. This means TRAVEL LIGHTLY. We cannot emphasize this strongly enough! Choose each item carefully and avoid duplication.

As you pack for the flight over, also keep in mind that you will be carrying this same luggage by yourself, sometimes over great distances or on crowded trains. Take things that are easy to manage and avoid over-packing. One rule of thumb is to pack your bags and walk around the block with them three times; then re-pack! It is also prudent to bring at least one bag or container that can be securely locked for storage of money or valuables, and a smaller bag which can be used for weekend trips out of town.

- If you don't need it, don't bring it. Mobility is key and you'll undoubtedly be taking home more than you brought. Conversely, if you do need it, then bring it.
- Besides your casual clothing, pack one or two outfits for specific situations: swimming, exercise, rain and formal occasions.
- We suggest bringing small gifts for your future roommate. Something simple from your local area such as candy, pictures/postcards, baseball cap, t-shirt (medium size) etc.
- Bring things that make you feel at home: iPod, journal, books, magazines, pictures (Chinese roommates are very curious about what your home, friends, and family look like), camera etc.

- Packing thin clothes that can be layered is better than a few bulky items. If you're short, winter coats are cheap and readily available in China.
- DO NOT bring items that you want to keep white and/or need special laundering (such as silk or items that need dry cleaning). Pollution and unreliable service may cause you to regret such a decision.
- Toiletries and personal hygiene items are readily available in China. You may wish to bring small amounts to use when you first arrive, but you can always buy more there. **However, a few items cannot be easily purchased.** These include: cotton balls, dental floss, deodorant, hard contact lens solution, and tampons (although Kotex pads and O.B. tampons are available). In addition, if you are attached to a specific brand name, then you may wish to bring it from home; otherwise there are a variety of brands (often local brands) abroad. The same is true for clothing and many other materials. Shoes however, are generally only available in smaller sizes. Clothing is cut differently and may not fit you regardless of your size.
- Contact wearers should remember to bring eye drops, saline solution (for preferred brands) and a pair of glasses as the air pollution may irritate your eyes. (There is an eye-care store on the ZUT campus for students in Hangzhou.)
- Don't forget to bring your medications as discussed in the Health Issues section. Also, you may wish to bring over the counter items such as Advil, aspirin, Pepto Bismol, vitamins, and laxatives, as well as heartburn relief, anti-diarrhea, athlete's foot, and motion sickness medications.
- Other misc. items you may wish to bring include: a travel-sized first aid kit, disinfectant wipes, insect repellent, sunscreen lotion, a beach towel, personal school supplies, flashcards, rubber bands, voltage converter/plug adapter (See "Electrical Appliances"), flash drive, a small flashlight, and a travel alarm clock.
- Middlebury strongly recommends buying a money/document pouch that can be worn or hung underneath your clothes.

Clothing

Choose each item carefully and avoid duplication. Chinese do not have as many changes of clothing as Americans, so a small wardrobe will not be noticed. Less is more when packing!

Hangzhou's climate is similar to that of the south eastern United States, which means there are four distinct seasons. Fall is sunny and cool with temperatures reaching the upper 40s by late November. Winters are cool and wet with temperatures occasionally falling below freezing. Spring is comfortable except for occasional dust storms. The summer is hot and humid.

Beijing's climate is similar to that of the northeastern part of the United States, which means that there are four distinct seasons. Winters are windy, cold and dry with temperatures falling below freezing. Spring is comfortable except for occasional dust storms. The summer is hot and humid through September with temperatures reaching 90-100. Autumn is cool and pleasant with occasional rain.

Kunming's climate is very mild year round with winter temperatures averaging close to 50 degrees and summer temperatures averaging around 70 degrees. Kunming does have a rainy season, which typically runs between May and October.

While clothing styles in China are generally casual and increasingly more Western in appearance, as in the US, there are still situations in which conservative clothing is most appropriate, and School in China students are expected to observe and respect these conventions. The School in China staff has the right to request that any student change his or her clothes if, in their judgment, the clothing is unacceptable. When buying clothes in China please be aware, however, that quantity, quality and variety are variable. Sizes up to U.S. "medium" are plentiful and often inexpensive. Larger sizes for both men and women are more difficult to find.

Clothing Recommendations

- | | |
|--|---|
| <input type="checkbox"/> 8 pairs of underwear | <input type="checkbox"/> raincoat or umbrella |
| <input type="checkbox"/> bathing suit (optional) | <input type="checkbox"/> two pairs of shorts |
| <input type="checkbox"/> 1 pair of dress shoes | <input type="checkbox"/> long underwear (spring students) |
| <input type="checkbox"/> 3 pairs of long pants | <input type="checkbox"/> medium weight jacket |
| <input type="checkbox"/> 1 or 2 skirts/dresses | <input type="checkbox"/> tie (optional) |
| <input type="checkbox"/> 1 or 2 long sleeved sweaters | <input type="checkbox"/> a warm winter coat (spring students) |
| <input type="checkbox"/> several pairs of heavy socks | <input type="checkbox"/> a warm hat |
| <input type="checkbox"/> 4 bras | <input type="checkbox"/> 2 pairs of gloves/mittens |
| <input type="checkbox"/> walking shoes and/or sneakers | <input type="checkbox"/> scarf |
| <input type="checkbox"/> 5 or 6 button down shirts | <input type="checkbox"/> workout or athletic gear |
| <input type="checkbox"/> 5 or 6 t-shirts | |

Hiking excursions have been very popular with previous students on the program. If you are interested in doing any hiking please consider bringing the following:

- hiking clothes
- small backpack
- other light hiking stuff (people who hike usually have a leatherman, a Nalgene bottle, and other small utilitarian items)

Previous students reported on their evaluations that they wish they had brought the following items with them: cold medications, deodorant, boots, a warm coat, gloves, acne medication, breakfast bars, ipod, PDA, computer, books, music, Immodium, favorite bathroom items, sheets/bedding, dryer sheets, warm clothes, and index cards. Students also said that they brought but didn't need the following: multiple bottles of conditioner, Post-its, lots of shoes, board games, movies, nice clothes/shoes.

Prescriptions

You should bring an adequate supply of basic health and first-aid needs, including prescription drugs and an extra pair of prescription glasses or sufficient supply of contact lenses and contact solutions for your trip. Not all medications are widely available in China. Do not assume that you will be able to renew any particular prescription while in China.

If you are taking any prescription medications, you should bring a full supply for the semester/year with you **in your carry-on luggage** and bring copies of all the appropriate prescriptions with you. Mailing medicines across borders is extremely difficult, time consuming and expensive, due to international drug trafficking laws, and we do NOT recommend it. Prescription medicines should be left in the original containers. You may wish to carry a note from your doctor, to avoid questioning.

Most people underestimate the amount of medicine they will need. Remember to take into consideration that change of time, climate, the pace of life in China, and a diet lower in nutrients can result in an illness lasting longer or recurring after it has been "cured." Plan the amount carefully with your doctor.

If you are allergic to any commonly prescribed medicine such as penicillin, be sure to notify your Resident Director and any doctors you see while abroad, and ask your personal doctor to suggest some alternatives to the medications before leaving the U.S. If you regularly take or are allergic to any medicines, it is very important that you write down the generic name of that medicine. Ask your doctor to help you with this.

Please also note that in the event that a prescription must be replaced in China, you must have the **GENERIC NAME** of your medication on the prescription, in addition to the American 'brand' name. Amoxicillin, for example, is sold under a different name in China. Local doctors will not be able to assist you in filing a prescription unless you know the generic/Latin name of the drug that you need.

IMMUNIZATIONS

Although no agency requires proof of any immunizations for travel to China, experts strongly recommend that travelers take certain precautions. You should ask your doctor for advice regarding inoculations. We suggest you inquire as to the advisability of tetanus, flu, and encephalitis inoculations, as well as immunoglobulin injections for hepatitis A and/or B. You may also check the most recent CDC recommendations at: www.cdc.gov/travel/.

Some immunizations require waiting periods in excess of six months between doses and others cause brief discomfort, so, if you decide to be inoculated, we suggest you plan ahead; do not wait until only a month before you depart. Also find out if you are allergic to penicillin, as it is often prescribed in some countries.

ELECTRICAL APPLIANCES

Voltage in China is 220 volts. Adapters are easily obtainable abroad and may be much cheaper as well; converters are also available but more difficult to find. China has three different types of outlets, only some compatible with American plugs. Many electrical items such as laptops can accommodate both 120 volts and 220 volts, so you may want to check your items before packing. In addition, if you are planning to use a surge suppressor, we recommend you buy one in China.

INTERNATIONAL STUDENTS GOING

ABROAD

If you are an international student in the U.S., you should meet with the international student advising staff at your home institution as early as possible to discuss how study abroad may affect your international student status in the United States and the ways it may impact your future plans.

The U.S. Citizenship and Immigration Services (USCIS) requires re-entry documents for some foreign nationals. If you are living in the U.S. but are a citizen of another country, check with the USCIS to determine the regulations that apply to you and be sure to obtain all necessary re-entry documents before you leave the United States.

ARRIVAL IN CHINA

IMMIGRATION AND CUSTOMS

Before arriving in China you will be given immigration documents that you must complete prior to clearing customs and immigration at your port of entry. These will include an arrival and exit form, a customs form, and a health form. The health form will be collected first as you pass through the quarantine authority. The other documents will be collected as you go through immigration and customs, so be sure to fill all of them out in full and keep them handy.

After you pass through immigration, pick up your luggage and proceed to Customs. When filling out your customs declaration, make certain that you accurately state the amount of dollars and other foreign currency (cash and travelers checks). All musical instruments, computers, and cellular phones must also be declared. It can cause major complications and forfeiture of undeclared items when leaving China if you are careless in filling out the customs declaration.

If you have any of the above-mentioned items with you, you must go through the Red (“something to declare”) customs line. Your declaration will be returned to you after it has been examined and stamped by the customs agent. Students who do not have musical instruments, computers, or cellular phones to declare may exit through the Green (“nothing to declare”) line.

TRANSPORTATION TO YOUR HOST UNIVERSITY

Detailed instructions on getting to ZUT, CNU, and YU from different points (Shanghai, etc.) will be distributed via email closer to the start date of the program.

Due to the fact that departure dates tend to vary dramatically, group transportation to the airport will not be planned for the end of the term.

ORIENTATION

Upon arrival in China, all students will participate in a four-day orientation program. Please note that even though the Language Pledge is always in effect while you’re abroad, all orientation meetings are held in English. Orientation is designed to acquaint you with your new surroundings and the resources available to you to help you make the most of your time in China. Orientation will include discussions, lectures, activities, excursions, and free time. Language testing will also be conducted on site in order to divide the group into appropriate language-level groups. Staff will be on hand to answer questions throughout orientation, so you will be ready to dive into the language pledge and your first day of class. Chinese roommates play an active role in acclimating you to life in your host city.

ACADEMIC & ADMINISTRATIVE MATTERS

ON-SITE STAFF

The Academic Director manages faculty and monitors students' academic performance and curriculum implementation. The Resident Director manages student life issues, including activities, housing with Chinese roommates, and any excursions. Internships are jointly overseen by both Directors.

FACULTY

The School in China hires and trains instructors, many of whom are teachers at or graduates of institutions of higher education in your host city. All receive training in a communicative-based pedagogy that addresses all five skills (speaking, listening, reading, writing, and cultural knowledge). In addition, some faculty will be chosen each year to teach during the summer or academic year on the Middlebury campus or to teach in other programs operated by CET.

ZHEJIANG UNIVERSITY OF TECHNOLOGY

The School in China-Hangzhou is located at Zhejiang University of Technology (ZUT), a prestigious institution offering both undergraduate and graduate degrees to Chinese students. The university enrolls approximately 27,000 students and offers degrees in engineering, sciences, economics, arts, management, and law. The majority of ZUT's students come from Zhejiang Province.

CAPITAL NORMAL UNIVERSITY

The School in China-Beijing is located at Capital Normal University (CNU), a national university offering undergraduate and graduate degrees specializing in liberal arts, science, foreign language, and art. The university enrolls over 25,000 students in 17 different colleges and departments.

YUNNAN UNIVERSITY

The School in China-Kunming is located at Yunnan University (YU). The university enrolls approximately 20,000 undergraduate and graduate students in the fields of liberal arts, law, science, technology, economy, and management.

JANUARY TERM (PRIOR TO SPRING SEMESTER)

Students enrolled in the School in China for the spring semester may also choose to enroll in CET's annual January Term in Beijing. This four-week program for intermediate and advanced students is designed to make maximum use of Beijing's rich linguistic environment. It combines intensive language classes with interactive tutorials and structured visits to Beijing's historical and cultural sites. Classes total 25 hours per week. Emphasis is on learning practical Chinese, and students participate in afternoon outings, called "practica." Students receive assignments that require them to bargain at the local market, call the information line to get a phone number, or buy train tickets. Advanced students participate in interview classes and receive assignments that require them to interview locals about a variety of topics. Students then report on their findings in class.

All students live with Chinese roommates and are required to adhere to a language policy of speaking only Chinese for the full length of the program. Since the January Term provides students with the tools necessary for learning Chinese in China, the program offers an ideal boost for students who will enroll in the School in China's spring semester.

During the break between the CET January term in Beijing and spring semester School in China program, students are encouraged to stay and explore Beijing without the burden of classes or homework. Accommodations in double-occupancy rooms will be covered by the cost of the program (refunds are not given for students who choose not to take advantage of this opportunity). Board is not covered during this time and students should plan on budgeting between \$5 and \$10 per day to

pay for food. At the end of the break, CET will arrange for group to travel from Beijing to Hangzhou and Kunming. If students cannot travel with the group because of independent travel, they are responsible for arriving in Hangzhou or Kunming on time for the first meeting. Students who choose this option will be reimbursed for the price of a train ticket from Beijing to the site of spring program.

JANUARY TERM (FOLLOWING FALL SEMESTER)

This Beijing-based program is designed to give School in China students the opportunity to apply their newly gained language skills following the fall semester. With the continuation of work on individual student's academic field of interest (usually enhanced by the one-on-one tutorial) this program challenges students to conduct more in depth research in the subject as it relates to Beijing. Each student will choose a topic and work one-on-one with a teacher (provided by CET Beijing) for six hours a week while using the remaining time to undertake field trips, independent research and conduct social surveys on that topic. This course will require students to travel within the city as much as possible and interview people as part of their research. Students will be required to present their final projects orally to a panel of instructors and fellow January term classmates. They will also be required to produce a well-researched term paper of up to 2,000 Chinese characters.

Students will be housed at CET's center at the Beijing Institute of Education, but unlike the other J-term students, they can have single rooms if they wish. Students will also have full access to the Chinese roommates in the program (delete). They will have lunch at the center, or will receive meal stipends. (I suggest to delete the whole paragraph at this moment until we have the final decision on the details of the set-up of this program.)

UNDERGRADUATE PROGRAM

Middlebury College considers a semester or academic year abroad equivalent to a semester or academic year in the United States. Students are not permitted to carry either lighter or heavier than normal loads, even if their home schools would allow it. Because an undergraduate student's home institution determines the number of credits awarded for work abroad, students are urged to consult with their advisers well ahead of time.

CREDIT

Students enroll in 16 hours of class per week. All coursework is completed in Chinese. Substantial amounts of time are required for class preparation. Students can expect to spend at least one hour outside of class preparing their lessons for each hour in class. All courses have frequent quizzes, as well as midterm and final examinations to monitor students' progress. After the final examination, there is a graduation ceremony that all students must attend.

TYPICAL ACADEMIC SCHEDULE

Single semester students and first-semester academic year students:

1. Everyday Chinese Class (one-on-two instruction) or Host City Studies: 4 hrs/wk
2. One-on-one tutorial on an academic subject: 4 hrs/wk
3. Chinese elective course: 4 hrs/wk
4. Chinese elective course: 4 hrs/wk

Second Semester (academic year students will choose four of the five courses below):

1. Chinese elective course: 4 hrs/wk or Host City Studies (if the students hasn't taken this class in the first semester)
2. Chinese elective course: 4 hrs/wk
3. One-on-one tutorial on an academic subject: 4 hrs/wk
4. Internship: 12-16 hrs/wk
5. Direct Enrollment in a class at the university (at Director's discretion.)

Electives

- Contemporary Issues in China (Beijing, Hangzhou, Kunming)

- Advanced Business Chinese (Hangzhou)
- Business Chinese & Economics (Beijing)
- Introduction to Chinese Newspaper Reading (Beijing, Hangzhou, Kunming)
- Selected Readings in Modern Chinese Literature (Beijing)
- Selected Readings in Short Fiction (Hangzhou)
- Introduction to Classical Chinese (Beijing, Hangzhou, Kunming)
- Chinese Film Studies (Hangzhou)
- Chinese Film & Literature (Kunming)
- Modern Chinese History (Hangzhou)
- China's Environment (Kunming)
- China's Minorities (Kunming)

One-on-One Topics

The one-on-one tutorial is a language class whose goal is to bring the student's four language skills to a higher level through exploring in-depth on a topic of the student's own choosing. Students are encouraged to choose a subject in which they have some background knowledge.

Instructors are chosen for the tutorials based on their expertise in a particular field. They may be selected from the host university in China and a wide range of educational institutions in the host city. Although the focus of the one-on-one tutorial is Chinese language acquisition, the unique nature of the course allows students to conduct research and gain special knowledge in a topic of interest to them. Topics that students may wish to consider include:

Chinese Literature (specify the time period or writers)
 China's Financial Policy
 China's Economic Reform
 The History of Beijing or Hangzhou or Kunming
 Sino-U.S. Relations
 China's Ethnic Minorities
 Chinese Culture Studies
 Impact of the 2008 Olympics
 Chinese Landscape Painting
 Gender Studies
 Minority population studies
 Chinese Environmental Policy
 Chinese Myths and Fairy Tales
 China's Environmental Protection
 Chinese Medicine
 China's religions
 China's urbanization

Students are free to propose other topics but with the understanding that the School in China reserves the right to ask the student to change another topic if the topic proposed is too uncommon or non-academic.

TEXTBOOKS

The costs for all textbooks and required course materials have been included in the comprehensive fee. You may keep all such material for your own use at the end of the program.

PLACEMENT EXAMS

The School in China uses a placement exam to determine students' language level. The exam is given a few days after arrival and includes a two-hour written exam and a 10-minute oral interview with the academic director. Students do not need to prepare for either of these two exams prior to the exam time. The results of these exams help the director assign each student to the elective classes that

best fit the student's language skills. The results also help in pairing up students for the one-on-two speaking class. Some of the electives require more advanced language proficiency than others. The results of the placement test will indicate if a student is ready to take an advanced elective. Adjustments will be made throughout the semester whenever it is found to be necessary.

INTERNSHIPS AND DIRECT ENROLLMENT

Year-long students in their second semester may pursue a credit-bearing internship as part of the School in China program. The School in China requires that all internships take place in an environment that is at least 80% Chinese-speaking. Detailed internship applications, and instructions will be provided to academic year students during the fall semester.

Academic year students may choose to enroll directly in a course offered by the host university during the spring semester, pending the approval of the Academic Director. Academic year students must tell program staff of their interest in this option by the middle of the fall term. Students that do so will receive a list of spring semester course options as soon as the university's spring course registration begins. Students who choose this option must be prepared for the fact that the professor's approach to teaching may be very different than what they are accustomed to.

Because the Chinese academic calendar includes semesters that are longer than U.S. semesters, students direct-enrolling in university courses will be required to remain in the host city approximately three weeks after the end of the School in China term to complete the course and final exam.

STUDENT-TEACHER RELATIONSHIP

The relationship between teachers and students in China is different from that in the United States. It is often warmer and yet more formal at the same time. If you keep a few of these differences in mind, it will help prevent misunderstandings and miscommunication between you and your teachers.

Students should show a high level of respect toward their teachers. This respect may be shown in ways that are somewhat different from in the United States. **It is expected that students will go to class on time, turn their cell phones off, be well-prepared, notify the program staff if they take a sick leave in advance of the class, or will otherwise miss class.** Keep in mind that some behavior that is acceptable in the United States may convey a message of disrespect in China. The School in China maintains a strict "no eating in class" policy.

When you miss a class due to illness, it is not unusual for your teacher to show concern by visiting you in the dorm or calling you up. This does not mean the teacher doesn't believe you are sick or is being overly nosy; instead the teacher is demonstrating care for your well-being.

LIVING IN CHINA

HOUSING

While living conditions abroad for School in China students are simple compared to western standards, they are of a higher standard than those of Chinese students. Students must supply their own towels, toilet paper, and soap. These can all be purchased abroad. Linens, blankets, and pillows are included, so do not bring them unless you have specific allergic reactions to certain fibers.

Students will receive a complete list of housing rules and regulations during orientation. All people in the living area have a responsibility to each other and to the housing staff to keep it clean and quiet. All rooms are inspected prior to the students' arrival to ensure that everything is in good working order. Students are held responsible for all damage incurred thereafter. Your transcript may be withheld if damages or losses are discovered after your departure.

Beijing

Students are housed in double-occupancy dorms in CNU's state-of-the-art foreign student dormitory. The dormitory houses two restaurants, as well as an indoor pool and gym that are available to students for a fee. Individual dorm rooms have air conditioning and heating, Internet access (usage fees paid for by the student), a direct phone line and their own bathroom with a shower. Phone cards are needed to place any out going calls, but incoming calls are free.

Hangzhou

Students are housed in double-occupancy rooms in recently renovated dormitories. The dormitory offers a study room, a student lounge with TV and DVD player, a kitchenette, refrigerators, washing machines, and dryers. Individual dorm rooms have air conditioning and heating, Internet access (usage fees paid for by the student), a direct phone line and their own bathroom with a shower. Phone cards are needed to place any out going calls, but incoming calls are free.

Kunming

More information soon.

N.B. Students are not permitted to move into their dorm room before the start of the program.

LIVING WITH CHINESE ROOMMATES

All students live with a Chinese roommate. Room assignments are made before student arrival. Having a Chinese roommate should be considered a privilege. Former students have found this experience to be one of their favorite aspects of the program. Both challenging and rewarding, living with a Chinese student gives you the opportunity to make local friends while simultaneously improving your language skills. Your roommate is not your teacher or your dictionary, though roommates are almost always happy to help you if you have a question about Chinese culture or your language studies. It is simply the daily interaction between you and your roommate that makes this living arrangement so productive for both sides.

There are lots of ways you can strengthen your relationship with your roommate, eating meals together is one. There are several cafeterias at each campus and all are convenient to the classrooms and dorm. When inviting your roommate to eat with you in a restaurant, please be aware that restaurant meals can be much more expensive than in cafeterias, and many Chinese students have limited funds.

Not all roommates become best friends, but many do. Should you encounter a problem in your relationship with your roommate however, you are encouraged to try and work it out with him or her as you would if you encountered a problem with any other roommate. Talk things out, compromise, and try to be more sensitive to each other's needs. If this does not work, your Resident Director can help.

PUBLIC TRANSPORTATION IN BEIJING

Bus service in Beijing is extensive, with a major bus terminal located close the CNU campus. The Xizhimen subway stop allows access to Beijing's clean and efficient subway system. The Xizhimen stop is a 10 minute cab ride, or 45 minute walk from campus. Chinese authorities project that a subway stop near campus called 'Baishiqiao' will be operational beginning fall 2009.

Taxis are often the fastest method of getting from one point in Beijing to another. The exception is during rush hour, when traffic clogs the city's streets. Taxis in Beijing start at 10RMB, and charge by the additional kilometer. Note that rates vary after 11pm. Remember to take your receipt with you so that you can track down the taxi later if you forget an item inside of it.

Bicycle use in Beijing is discouraged due to the increasing number of automobiles on Beijing's streets.

PUBLIC TRANSPORTATION IN HANGZHOU

Hangzhou has a very good bus service. The campus is surrounded by three very convenient bus stops which provide cheap, frequent transportation to Hangzhou's popular destinations.

Another common way of getting around a city the size of Hangzhou (7 million people) is by bike or public bus. Students who are comfortable with the idea are welcome to purchase a bike for their use while in Hangzhou, riding or purchasing an electric bike is strictly prohibited due to safety concerns. Bikes are relatively inexpensive and are an easy way to explore larger areas independently. . Bike helmets are always available for free at the front desk at the entrance to the international dorm. Bike theft is common in China so students should also purchase a bike lock.

Taxis in Hangzhou are very clean and the drivers are generally quite efficient. Fares start at 11 RMB (no price difference between day and evening). 11 RMB will get you about 4 km, but the time it takes to get to your destination could vary widely depending on the route and time of day. Please do not assume that taxi drivers will try to rip you off. It's best not to argue about fares. If you think you have been cheated write down the name and number of the driver (her/his license will be posted on the dash board). If you can't write it down, just let it go. Arguing or fighting with a taxi driver over a few RMB is not worth it.

PUBLIC TRANSPORTATION IN KUNMING

More information soon.

MEALS

Your meals will be discussed further during your orientation abroad, but please be advised that special diets generally cannot be accommodated in the Chinese campus dining halls or cafeterias. In addition, most restaurant cooks in China do not differentiate between animal and vegetable fat when cooking vegetarian meals. Also, a constant supply of protein for strict vegetarians cannot always be guaranteed. Although tofu dishes are readily available, they are often cooked with animal fat or meat. Vegetarian dishes are not available in the campus cafeterias.

CULTURAL DIFFERENCES

The language barrier and living as a foreigner in a strange city will present a variety of challenges. Culture shock and cultural differences specific to China will be discussed in great detail in orientation, but it is a good idea to begin preparing yourself for some of these challenges now.

During your stay in China, you will need to adapt to new patterns of behavior. The best way to begin this is to keep in mind how you as a foreigner appear to local citizens. Notice the differences in the behavior of students of your gender and age. Our participants do not go to China deliberately indifferent to local sensibilities. However, some customs and attitudes differ from ours, and it is

possible to offend someone unintentionally. You will also sometimes be offended by the behavior and comments of the Chinese. Beware that prejudices that exist in American culture (against African-Americans; against gays, lesbians, and bisexuals; against Jews, etc.) are common in Chinese culture as well and are spoken of much more openly. Be prepared for these comments on the street, in the classroom, and in your dormitory.

Life as a foreigner in China can be fun, exhilarating, and eye opening, but also sometimes frustrating. Your experience depends to a large degree on your own expectations and approach. We have found that if you go to China with unrealistic expectations, you will almost certainly be disappointed; but if your expectations are realistic, you will be able to enjoy China to its fullest and take any frustrations you encounter in stride.

One of the major differences between life in the United States as a student and your life in China is that you will be perceived by many as a member of a group. In China, groups are more important than they are in the United States, and you will be expected to act as a group member. Students may be asked to engage in activities together, such as performing for the Chinese students on campus or taking group excursions.

You will find it easier to adapt if you avoid spending a lot of time in Western bars and with other Westerners in China. Western bars, restaurants, and clubs may be comfortable and fun, but resorting to them will hinder your adjustment to life abroad. Instead, spending as much time as possible with your Chinese friends and exploring the city itself will enhance your language learning and make it easier for you to understand why things happen the way they do in China.

You will also be better able to face the challenges and frustrations of life in China if you keep two realities in mind. First, China is a developing country. The material standard of living is lower than many Westerners realize, and the level of technological development is much more varied than in the United States. Your standard of living as a student abroad, while higher than that of most native students, will probably be lower than the level to which you are accustomed. Conveniences that we take for granted, such as good plumbing, do not always operate at the same level of efficiency as we expect in the West. If you recognize and accept from the start the inconveniences of Chinese life and understand that these inconveniences are shared or experienced even more profoundly by your hosts, you will be much happier while you are there.

The second reality to keep in mind is that China's political, social, and economic systems have been in a virtually continuous state of flux since the beginning of the 20th century. In one way or another, the flux has affected nearly every aspect of people's lives. Job attitudes, interpersonal relationships, administrative structures within organizations, and in particular the political situation in China can only be understood in the context of these changes and their impact on daily life.

Seemingly simple things, like making an airplane reservation or arranging a party for Western and native students together, can be more difficult than in the U.S. The reasons for these difficulties may not be readily apparent to a foreigner, but sometimes they can be traced to cultural differences that are related to various and often contradictory forces in Chinese culture. If you are having trouble understanding some aspect of your life in China, your Resident Director may be able to help.

Please keep in mind, however, that the local School in China administrators have to operate under these same restrictions and conditions. There may be unspoken political or social conditions that you and/or the School in China staff may not realize that affect everyday situations in China. The School in China works very hard to solve whatever problems you encounter, but there will be times when there may be no possible resolution or you won't find the solution to your liking.

For all of these reasons, it is easy to get discouraged. Groups of foreigners who are together in China for an extended period of time may fall into a habit of negative thought, especially if their expectations are not realistic. The best defense against this is to try to understand the underlying reasons for difficulties, change what can be changed, and work around those things that cannot be

changed. You can spend a lot of time getting frustrated over aspects of life abroad that you cannot change, or you can accept them and make the most of this unique opportunity to observe Chinese society at close range and learn how to deal with vast cultural differences. Life in China can be exciting and rewarding for those who approach it with the right frame of mind.

Remember too -- To the people you meet, you represent not only yourself but your country. You may be the only foreigner they have encountered, and they will often judge others by their impressions of you.

FRIENDSHIPS

Developing friendships with locals can add significantly to your learning experience in China. Besides language practice, you can also gain insight into the local culture and society. Middlebury encourages you to meet and talk to local citizens. Building friendships with students can be a rewarding and insightful experience, and the School in China strongly encourages you to pursue such relationships.

SEXUAL RELATIONS

Friendships between Chinese and foreigners should also be handled with sensitivity. The locals might see a relationship that an American student might consider a casual friendship as a serious relationship that will lead to marriage. Even a casual relationship does not go unobserved by others. Chinese society is much more conservative than Western society in this area. Sexual relationships in China imply a different level of commitment than they do in the United States, and the potential for emotional damage is great. In addition, the social ramifications of a sexual relationship with a foreigner may be quite severe for your Chinese friend. For this reason, Middlebury strongly discourages students from engaging in casual sexual relations with locals.

As a result of growing exposure to Western pop culture in the form of travelers, films, music, etc., you might find that some of your new friends seem very westernized, even to the point of having acquired excellent colloquial English. Please keep in mind that while their understanding of our culture helps make a good basis for friendship, their “Americanization” is often very deceiving. Ironically, this often superficial familiarity with our language and culture can cause even more misunderstanding, especially surrounding issues of romance. Be careful. You may stay in China for one semester or even one year, but your Chinese friends will likely spend their whole lives in China. Youthful indiscretions now may hurt your friend later on.

One more note of caution: while the School in China has confidence in our students’ ability to make good decisions and take care of themselves in an unfamiliar place, situations are sometimes not what they appear. In China this is particularly the case with prostitution. The number of prostitutes has increased dramatically over the last few years, particularly in large cities. It may be difficult to tell who is a prostitute, especially in nightclubs, where it is normal to meet and socialize with many different types of people. In the past, students have gotten into trouble by not realizing how others perceived their intentions. Leaving with a person you just met can lead to conflicts with the police or gangs. For your own safety, we ask that you be aware of what is happening around you at all times and exercise good judgment in social situations.

HERITAGE LEARNERS

If you are of Chinese descent, studying in China may be the realization of a long held desire to learn more about your own heritage and roots. It is a wonderful opportunity to experience first-hand the country that you’ve heard and read so much about and, of course, to improve your language skills. It may also be an important phase in developing your understanding of yourself. At the same time, some former students felt they were psychologically unprepared for the challenges to their self-identity that they met in China. There is often a feeling of being “caught between two worlds.”

You may be surprised by the assumption made by classmates, locals and even some teachers, that, since you are Chinese-American, you should speak the language well; when off campus with your classmates, some locals may mistake you as their official interpreter. Or they may tell you how poor your language skills are while your non-Chinese peers are complimented for their fluency! While being of Chinese descent will help you blend in and avoid the stares that your other classmates may regularly encounter, at other times you may be envious of the “novelty” treatment your fellow classmates receive—everything from photo requests to spontaneous invitations home for a meal. There may be times when you encounter discrimination. The vast majority of the time, however, people will simply be curious about your upbringing and eager to hear about your experiences in the U.S. as a Chinese-American. Many Chinese citizens are patriotic and will be pleased to learn that you have “returned” to study the language.

Anthropologist Andrea Louie writes extensively on the experience of Chinese-Americans. Her numerous papers are worth reading; among those that you might find interesting is, [“When You Are Related to the “Other”](#): (Re)locating the Chinese Homeland in Asian American Politics through Cultural Tourism.” Her book, *Chineseness Across Borders*, is also worth reading.

CO-CURRICULAR ACTIVITIES AND TRAVEL

Students will participate in one long-weekend group excursion late in the semester and a variety of other individual cultural excursions to relevant sites .. Students will also participate in other activities organized by the Resident or Academic Director.

Depending on the level of interest and availability of qualified teachers, co-curricular classes are offered in Chinese calligraphy, Chinese painting, tai chi, Chinese cooking, ping pong, and the study of various Chinese musical instruments. Other co-curricular course offerings are also offered. Students will be presented with a list of available classes and decide which class to take at orientation and will start class in the second week of the semester.

In Beijing

CNU’s campus is equipped with outdoor athletic facilities, including basketball and tennis courts, as well as a soccer field that are free for students to use. An indoor lap pool and gym are located inside the dormitory building, and are require a small fee to use. More information about campus facilities will be discussed during orientation.

In Hangzhou

Students are also encouraged to pursue activities on campus where there is a wide variety of sports teams and student organizations. ZUT is the only university in Hangzhou with an Olympic size pool. Students may use it for a small fee of about 15 RMB/day. Monthly passes are also available. In addition to indoor basketball courts, students may also use outdoor basketball courts and soccer fields during the day. Ping pong facilities are available into the evening. In addition to a weight room, ZUT also has first-rate track, soccer, badminton, and dance facilities. Information on these activities is normally posted on bulletin boards around campus.

In Kunming

More information soon.

TRAVEL WITHIN CHINA

CET Academic Programs will provide you with your own copy of *The Lonely Planet Guide to China*. The School in China’s on-site offices will also have several travel and guidebooks for your use.

Due to the intensive nature of the program, the Resident Director has the right to restrict or refuse an excursion if he/she does not feel it is safe or if the student is not maintaining satisfactory academic performance.

If you wish to do more extensive traveling in or outside of the country, we recommend that you extend your stay and do so at the conclusion of the program.

LOCAL SERVICES

During the on-site orientation, students will receive an Emergency Card listing emergency numbers, which they should carry on their person at all times.

Beijing

110	Police
119	Fire Department
120	Ambulance
122	AutoAccident

Hangzhou

110	Police
119	Fire Department
120	Ambulance
122	Auto Accident

Other helpful phone numbers include the weather forecast (121), Hangzhou Train Inquiry (87829418), Hangzhou Airport Inquiry (86662999), and Hangzhou Bus Long Distance Inquiry (86046666).

Foreigners section of the PSB: 8402-0101. Tourist Hotline: 6513 0828

Kunming

More information soon.

HEALTH AND SAFETY

PHYSICAL SAFETY

Middlebury College monitors all programs closely through news channels, regular communication with staff overseas, and special information and notifications from the United States Department of State and other sources. Descriptive material and current warnings can be found on the State Department [website](#). If for any reason a situation arises that we feel threatens the safety of our students, we will delay and/or cancel the program. Nonetheless, there are general safety measures that students should practice on site.

As in any large city, you should take reasonable precautions against crime. Be sure to lock your room and guard your money and passport against pickpockets, especially on buses, trains, and the street, as well as in any crowded places. When traveling, you should keep your eyes on your luggage, as theft is a reality in any location. With recent economic changes in China, pickpockets are becoming more artful and more prevalent. We recommend that you use a money pouch or passport bag that can be worn inside your clothing. Students should be careful about jogging or walking alone.

Students are advised to go out in groups, ideally with Chinese students, especially at night. In addition, students should avoid places where large groups of drunken people congregate as well as all confrontations with individuals who have had too much to drink. You should bring your passport with you whenever you leave your city, and you should always carry your student ID with you for identification purposes. It is recommended that you keep a photocopy of your passport in your wallet or purse at all times. Remember, when it comes to safety, a little bit of common sense goes a long way!

Your Resident Director will go over safety issues and precautions particular to your host city in detail during orientation. Specifically, student should be aware that theft of students' belongings, particularly in the form of pick-pocketing, has occurred somewhat more often in recent years.

To prevent loss of property:

- Wallets and documents should always be carried in closed compartments inside bags (ideally an inner, zippered pocket) and not in coat pockets, outside pockets of backpacks, or other areas that are easily accessible to would-be thieves.
- Keep your valuables packed and out of sight in your rooms, and avoid bringing expensive jewelry, audio, video, camera, or computer equipment with you.
- Bring a lock for each suitcase. Large sums of money and other valuables should always be kept in a LOCKED bag, even in one's dormitory, in the event of random break-ins or robberies.
- Separate large sums of money, write down credit card and traveler's check numbers, and keep records stashed in several different places.
- When traveling on trains, dress modestly, carry an unobtrusive handbag or briefcase rather than the Jansport-type backpacks that are so popular on American campuses. Try to use an old suitcase rather than backpacks or flashy canvas bags, and avoid displaying expensive belongings or large sums of money.
- Keep a photocopy of your passport and registered visa in a safe place, separate from the originals.
- Each student will have a drawer that locks in their dorm room

The School in China does not carry insurance for stolen property, and students who are particularly concerned should look into taking out such a policy before leaving the U.S. The School in China cannot offer to store money or valuables for students.

To help protect yourself from violent crime:

- Do not appear drunk in public;
- Try not to dress in expensive looking foreign clothes or carry American-style bags or luggage;
- Identify the dangerous areas of the cities you visit or live in, and stay out of those areas;
- At night, be careful when walking around alone and avoid travelling by hired car by yourself;
- Never take a taxi or hired car if there is more than one person in the car already;

In other words, use common sense. As a foreign student, you should take the same precautions you would in any large city, anywhere in the world. During orientation, the issue of security will be discussed in greater depth.

HEALTH

Whenever you go to any foreign country, you are exposed to germs against which your body has not yet built up a resistance. You may, therefore, be more susceptible to illness than local people are. This is as true for Americans going abroad as it is for those coming to the United States.

The most common areas for health problems are digestive and upper respiratory systems. Respiratory problems are common among foreigners in China for several reasons; please take note of this if you have allergies or asthma and bring your medication if necessary:

- Coal is commonly burned for heat and cooking, resulting in large amounts of soot in the air.
- Air pollution remains severe.

It is also important to keep these things in mind:

- Bring enough medicines for your entire stay, as they may be difficult to acquire, and customs may prohibit shipping of medicines. Any medication that requires refrigeration should be brought to the attention of Middlebury prior to the departure as special arrangements may be necessary.
- You should never drink water directly from the tap. Tap water must be boiled before it is consumed. Never assume that all ice comes from boiled water.
- When eating on the street or in restaurants, pay special attention to cleanliness of eating utensils and food. Some people opt to bring their own personal chopsticks or a cloth to wipe down the utensils.
- We suggest that you wear rubber slippers or sandals for bathing so as to prevent athlete's foot. You must also supply your own bath towel. These items can easily be purchased abroad.
- Please do not swim in lakes or streams unless you have been given specific permission by your Resident Director.

The School in China's staff reserves the right to send any participant home who, in the judgment of the staff, is not mentally or physically fit to continue in the program. Students who must leave China early for documented health reasons may be eligible for a partial tuition refund. Please refer to the information in the Schools Abroad General Handbook on tuition refund insurance and health insurance for further details.

DRUGS

Different countries view use of narcotics in a variety of ways. In many Asian countries, there is a strict code of social mores. In most countries, drug use for other than medicinal purposes is illegal, and the local authorities may take official action against anyone found using or possessing any kind of drugs. **Use of recreational drugs while attending the School in China is strictly prohibited.** While use of drugs by foreigners in China may result in jail sentences and penalties, the penalties for Chinese nationals (including your Chinese roommates) are much more severe. Should your Resident Director discover you are breaking this rule, you will be expelled from the program.

Local officials may conduct searches at customs entry and exit points for drugs and other contraband. Anyone found with contraband is subject to punishment as specified by the laws of the host country.

Neither Middlebury College nor your country's embassy can be responsible for the consequences of such an arrest.

MEDICAL CARE

Travel and study in a foreign country can be very strenuous. It is important that you take action immediately when an illness or injury occurs.

When you are sick in China, you need to be patient at a time when you may feel least able to be so; hospital visits can sometimes take hours. Such experiences can test your cultural sensitivity.

In the event of an illness, use your common sense about whether or not to seek outside help. Degrees of helpfulness vary as greatly from institution to institution as they do from individual to individual. You should speak with one of the staff members in all cases of serious illness and before agreeing to hospitalization.

Adequate and inexpensive medical and hospital services are available in China.

MEDICAL FACILITIES IN BEIJING

Both international and Chinese hospitals are available in Beijing. Options for treatment frequently chosen by students include, but aren't limited to, the following:

Beijing United Family Hospital
2 Jiangtai Lu, Lido area; Chaoyang District; tel; (10) 6433-3960 [ER] (10) 6433-2345

Peking Union Medical Hospital
53 Dongdan Beidajie; Dongcheng District tel. (10) 6529 5284

Beijing International SOS Clinic
Building C, BITIC Jing Yi Building, 5 Sanlitun Xiwujie, Chaoyang District; tel. (10) 6462 9112 / (10) 6462 9100

MEDICAL FACILITIES IN HANGZHOU

There is a medical clinic on the ZUT campus, and modern hospitals dot the city of Hangzhou.

Off-campus medical services in Hangzhou include but are not limited to:

- Shao Yifu Hospital- (Sir Run Run Shaw Hospital has a VIP clinic with state of the art facilities and English speaking staff.. This hospital is about 15-20 minutes from the university. www.srrsh.com
- The Sixth People's Hospital of Hangzhou- Closer to the university, the No. 6 hospital is a good choice for students who need immediate (serious) emergency care. A 5-10 minute cab ride will get you to the hospital.

In Shanghai, there are a variety of international clinics and hospitals from which to choose. The international clinics provide comprehensive services, but costs are similar to those in the U.S.

- Portman Clinic- Shanghai Center #203 W, 1376 Nanjinh Xi Lu, 200040; tel. 6279-7688. For appointments: 6279-8678.
- Hong Qiao Clinic- Mandarin City Unit 30, 788 Hong Xu Lu, 201103; tel. 6405-5788
- Hua Shan Hospital- 15th floor, Foreigner's Clinic, Zong He Lou, 12 Wulumuqi Zhong Lu; tel. 6248-9999 x2531.

- Hua Dong Hospital- 2nd floor, Foreigner's Clinic, 221 Yanan Xi Road; tel. 6248-3180 x3106.
- The First People's Hospital, International Medical Care Center – 585 Jiu Long Lu (near the Bund); 6324-3852 24hrs.
- Rui Jin Hospital- 197 Rui Jin Er Lu, 6437-0045 x668101 or after hours 6437-0045 x668202

MEDICAL FACILITIES IN KUNMING

More information soon.

PSYCHOLOGICAL HEALTH & COUNSELING

Students should be very realistic about their abilities to function in a high-stress environment. China is a difficult place in which to live, and, rather than disappearing in the new surroundings, conditions like depression and eating disorders are often exacerbated by a stay in China. Extremely limited psychological counseling services are available in China, and they are not provided by the School in China. Students with particular concerns in this area are encouraged to consult with staff at Middlebury prior to departure.

ON~SITE MONEY MATTERS

ACCESSING MONEY

We suggest that you travel with several sources of money (ATM/debit card, credit card, travelers' checks, and cash). This will ensure that if one of your means for accessing money fails, you will not be stranded without money. The Zhongguo Yinhang (Bank of China) has many branches with ATMs around Hangzhou, Kunming, and Beijing. If you do plan to use debit or ATM cards while overseas, be sure to check with your bank regarding applicable fees that can sometimes be steep. If you choose to bring cash with you, please examine your money carefully before departure to make sure it is in good condition. Although all room, tuition, textbooks, and travel costs have been included in the program fee, participants are responsible for paying all incidental costs, such as meals, personal entertainment, independent travel, and shopping.

We recommend that you bring some of your budgeted money in traveler's checks. Although traveler's checks cannot be used as currency, they can usually be exchanged at main Bank of China branches. In addition, you should carry a major credit card for expensive purchases and emergencies. In Hangzhou, you may consider opening a bank account at the on-campus Agricultural Bank, which is within a 2 minute walking distance from the student dorm. This way you can keep only small amounts of cash in your dorm and use the ATM machine to frequently withdraw money. You should check with your financial institutions about applicable fees/charges while abroad. One way to avoid transaction fees is to take advantage of the China Construction Bank's relationship with Bank of America. Students with a Bank of America account will have free access when using their ATM or debit cards to withdraw cash from China Construction Bank's ATM machines. Checks drawn on U.S. banks cannot be cashed in China. Having money wired is an option that some students prefer. Some students opt to open a bank account with Bank of China. Wiring money into a newly created account there only takes three days and usually costs around \$30 U.S. We do not recommend wiring small amounts of money on a regular basis.

EMERGENCY CASH

BEFORE you leave the U.S., you should discuss with family and friends a plan for getting more money during the program. Check Western Union details and service fees, credit cards, and ATM daily limits and availability. There is a Western Union at the neighborhood post office near ZUT.

Currency

Renminbi (Official Name)

Yuan (Written) *Kuai* (Spoken)

\$1 = approx. Y 6.83 (as of March, 2009. See [XE Currency Converter](#) for up-to-date rates.)

Recommended Amounts & Brands

Money for daily expenses (excluding meals) and travel - \$950 per semester in Hangzhou and Kunming, and \$1,200 per semester in Beijing.

MC/Visa/Amex for Credit/ATM – AMEX for Traveler's Checks

Important Reminders

- Please note that meal stipends are not included in your program fee so you should anticipate \$6-\$9 per day for meals.
- Do NOT exchange money on the street, as it is illegal and risky. Counterfeiting is also prevalent.

COMMUNICATION WITH HOME & FRIENDS

COMMUNICATION AND IMMERSION

Students who seek maximum immersion in China should also note that regular communication with home can significantly hinder their language progress and their adjustment to the new culture. If your goal is maximum immersion, you should prepare family and friends for the reality that you may be difficult to contact and that, even when possible, regular calling or e-mailing may interfere with your language acquisition. If something has gone wrong, your family will learn about it immediately. Otherwise, you can remind them that no news is good news.

LANGUAGE PLEDGE

The Pledge you will sign upon arrival in China reads: "I will speak only Chinese until the day of my graduation from the School in China."

Chinese must be spoken at all times, except in the case of a genuine emergency, a visit from family (English may not be spoken with family when within earshot of anyone related to the program), or when an exception is made by the staff in China. Phone calls to family and friends overseas, weather over the Internet, from a land line or from a cell phone, are allowed as long as one is out of earshot of other students and roommates (an exception is made for the student's own roommate)

The following are acceptable and not considered to be in violation of the Pledge: writing, typing, or reading in English, listening to English music or watching English movies with headphones, the accidental or involuntary use of English or spelling aloud.

MAIL

Please have your family and friends keep the following things in mind when mailing materials to you:

- All mail sent to the student should be mailed no later than two weeks before the end of the program. The student should not expect to receive mail or telephone messages during long weekends or tours away from his/her home city, except in an emergency. Please note that the School in China is not responsible for, nor will we be able to forward any mail received for students after they have left the program.
- Send everything by airmail and never surface mail.
- Airmail may take two weeks to one month to arrive. UPS, DHL, FedEx, and USPS express mail take about a week.
- Include a list of contents that should be in the package should the package break or items become lost during occasional inspections.
- Carefully seal all items in a plastic bag if the item has the potential to leak or break apart.
- Avoid using fancy or commemorative stamps as they are sometimes torn off or do not arrive at all.

Packages usually will not go directly to the student. The student will be notified in writing and will have to go to the post office with his/her passport where the package will be inspected before being released.

Your mailing address will be:

Beijing

Your Name _____
Middlebury College School in China
CET
Capital Normal University
North #1 Campus

International Culture Plaza
83 Northwest Third Ring Rd.
Haidian District
Beijing, China 100089

Hangzhou

Your Name _____
Middlebury College School in China
Zhejiang University of Technology
Box # 1026 CET
Number 6, Zhaohui District
Hangzhou, P.R.C. 310032

Kunming

TBA

You will not receive your individual phone numbers until you arrive on campus. In case of an emergency, your family/friends may contact the Office of International Programs and Off-Campus Study at Middlebury College.

When writing home, first consider the effect your e-mail or mail will have on your loved ones thousands of miles away. On a given day you may be feeling upset, but by the time your relatives receive your messages you may be in good spirits again. Remember that your friends and relatives will be very concerned about you and have little recourse from the United States. For daily troubles, nearby friends are the best people to consult.

Problems and inconveniences that you feel are significant enough to mention to your parents (by mail, e-mail, or phone) should also be discussed with your Resident Director. The Middlebury office often receives calls from worried parents with valid concerns. If you have not communicated these concerns to your Resident Director, however, the Middlebury office is unequipped to address your parents' concerns.

An informal journal can be kept by recounting your activities in letters home and requesting that your friends and relatives keep the letters for you. You may want to number your letters so that all letters can be tracked, and the people receiving them will know when one has been delayed or lost.

Blogging is also a great way of updating all of your friends and relatives at the same time while also keeping a record of your experiences.

INTERNET

Bring your laptop to China if you use it regularly. Be aware of how much time you spend on the computer and in your room. It's a good idea to set a weekly computer time limit and then stick to it. Most of your free time should be spent exploring life outside of the virtual world.

Internet - Beijing

Dorm rooms are equipped with computers connected to the internet. You may also use that internet connection for your laptop. Internet access costs about 2RMB/hour, or 120RMB per month for unlimited use. Connection speeds can sometimes be very slow, so you may want to consider uploading/downloading large files at a nearby internet café.

Internet - Hangzhou

For a small fee you can access the Internet from your dorm room. Pre-paid access cards can be purchased from a small kiosk on campus. When logging into the Internet, you will be asked for the access ID and password from the card. It costs approximately 12 cents/hour. All Internet access at ZUT is shut off from midnight to 7:00 am

Internet - Kunming

More information soon.

Be aware that many services and websites are censored in China. Macs are less common, but are now common enough so as not to really be an issue.

TELEPHONE

Each dorm room will have its own telephone. You will receive your number upon arrival in China.

In cases of a real emergency, family can always reach you via your dorm phone, but for routine communication we encourage the use of email.

China is 12-13 hours ahead of Eastern Standard Time depending on the time of year. For dialing direct to China:

011: U.S. International Dialing Code
86: Country code for China

10: City code of Beijing
571: City code of Hangzhou
871: City code of Kunming

Example: 011+ Country code+ city code + local phone number

CELL PHONES

People in China communicate via text messaging a great deal more than they use e-mail, so it is important to have a phone so that people can reach you. Most students at the School in China buy cell phones within the first few days of arrival in China. It is best to buy an inexpensive cell phone locally (\$40-\$100) and to then choose a local plan. All local cell phones are on a debit system and students add value as needed. Calls are cheap and text messaging is even cheaper.

There are two cell phone service providers, but they offer virtually the same services at the same rates. Most students end up using China Mobile (CMCC) by default. All local cell phones can receive international calls, and all plans give you the option to allow international direct dial calling. There are also phone cards one can buy on the street that make international calls even less expensive.

FAX

Fax services are generally available at major telephone/telegraph offices. Family members should be prepared to dial persistently to find an open phone line when sending a fax. There usually is a fee to receive faxes. The School in China office cannot accept or send personal faxes for students, except in cases of emergency.

CHINA INFORMATION

GENERAL RESOURCES

C.V. Starr-Middlebury School in China:
www.middlebury.edu/academics/sa/china/
CET Academic Programs:
www.cetacademicprograms.com
International Student Identity Card:
www.isic.org
U.S. Department of State:
www.travel.state.gov
U.S. Customs:
www.customs.gov/travel/know.htm
Study Abroad Tips:
www.travel.state.gov/studentinfo.html
U.S. Embassies & Consulates Worldwide:
www.travel.state.gov/links.html
Centers for Disease Control & Prevention:
www.cdc.gov
Resources for minority students abroad:
www.secussa.nafsa.org/underrepresentation/links.htm

Books

The Ugly American
William J. Lederer and Eugene Burdick
The Spirit Catches You and You Fall Down
Anne Fadiman
Doing Documentary Work
Robert Coles
River Town and Oracle Bones
Peter Hessler
Chineseness Across Borders: Renegotiating Chinese Identities in China and the United States
Andrea Louie

CHINA SPECIFIC RESOURCES

Websites

A Chinese language resource site:
www.zhongwen.com
Vista Clinic:
www.vista-china.net
Marjorie Chan's China Links:

www.deall.ohio-state.edu/chan.9/c-links.htm
Zhejiang University of Technology
www.zut.edu.cn

Books

Waiting
Ha Jin
Wild Swans: Three Daughters of China
Jung Chang
China Wakes
Nicholas Kristoff & Sheryl WuDunn
China, A New History
Merle Goldman & John Fairbank
Son of the Revolution
Liang Heng & Judith Shapiro
Red China Blues
Jan Wong
The Memory Palace of Matteo Ricci
Jonathan Spence
Sreetlife China
Michael Dutton
The Good Earth
Pearl Buck
Soul Mountain
Gao Xingjian
Rickshaw
Lao She
Dragon Lady
Sterling Seagrave
Legacies: A Chinese Mosaic
Bette Bao Lord
Iron & Silk
Mark Salzman

Movies

Shower
Judou
To Live
Not One Less
Red Sorghum
In the Mood for Love
Days of Being Wild
The Emperor's Shadow

2009-2010 ACADEMIC CALENDAR
Middlebury School in China - HANGZHOU

Fall 2009

Depart US	August 25, 2009 (Tuesday)
Arrive China	August 26, 2009 (Wednesday)
Orientation	August 27-30, 2009 (Thursday-Sunday)
First day of classes	August 31, 2009 (Monday)
Fall break	October 19-23, 2009 (Monday-Friday)
Last day of classes	December 11, 2009 (Friday)
Depart China	December 14, 2009 (Monday)

Beijing January Term 2010

Depart US	January 5, 2010 (Tuesday)
Arrive China	January 6, 2010 (Wednesday)
Orientation	January 7-10, 2010 (Thursday-Sunday)
First day of classes	January 11, 2010 (Monday)
Last day of classes	February 4, 2010 (Thursday)
Depart China	February 5, 2010 (Friday)

Chinese New Year 2010: February 12th – 14th

Students studying in Hangzhou for the spring semester following the Winter-Term Beijing course will have a break between terms. Students who wish to travel with the group to Hangzhou are expected to be back in Beijing by noon on February 10th for departure to Hangzhou that evening.

Spring 2010

Depart US	February 16, 2010 (Tuesday)
Arrive China	February 17, 2010 (Wednesday)
Orientation	February 18-21, 2010 (Thursday-Sunday)
First day of classes	February 22, 2010 (Monday)
Spring break	April 12-16, 2010 (Monday-Friday)
Last day of classes	June 4, 2010 (Friday)
Depart China	June 7, 2010 (Monday)

Notes:

All dates are tentative and subject to change.

Not included here are Chinese holidays such as National Day (October 1) or International Workers' Day (May 1). These holidays often interrupt teaching schedules for more than one day, so make-up classes will be scheduled.

Academic year students who choose to direct enroll in the spring term can expect their ZUT classes to start one week after School in China classes begin and end approximately three weeks after School in China classes.