

Pre-travel orientation to participants

1. What should I bring to China?

- Medicines: Although there are pharmacies and western medicine available in Hangzhou, Beijing, and Shanghai, we strongly recommend that you bring all your prescription medication (including medical records that support these medications) and your preferred over-the-counter medications in quantities that will last for the duration of your stay.
- Toiletries: If you prefer specific brands for items such as soaps, shampoos, deodorants or antiperspirants, lotions, and toothpastes, you will want to bring them with you. They can be difficult to find in China. Make sure to bring enough to last you for the duration of your stay.
- Clothes: You will want to bring comfortable, conservative clothing. Keep in mind that clothing and shoes are also widely available and very inexpensive in China. However, larger sizes can be difficult to find. Also, please make sure to bring a pair of your tennis shoes since you need to walk a lot while in China.

2. Are vaccinations needed?

We advise participants to visit the website of CDC and consult with your doctor and get vaccinations before leaving for China. CDC does not require any special vaccinations.

3. What documents do I need to enter China?

You will need a Chinese visa and your passport to enter China. I also recommend you to bring your driving license and a colored copy of your passport with you. In case you lose your passport in China, you can get a temporary passport in a day if you can present American Consulate in Shanghai a copy of your passport and valid driving license.

4. How do I get a Chinese Visa?

Passport will be collected in late February and be sent to a local travel agent who will mail all passports to the Chinese Consulate in Houston, TX for Chinese visa. The visa processing fee is included in the program cost.

5. What are the baggage limitations?

Each airline has different requirements and may change their policies without notice. Travelers should never assume that the aircraft on which they are flying will have sufficient storage space onboard.

Baggage limits and allowance will depend on your airline carrier and the destination country. We will buy international flight tickets together in March or April. You will be notified of the airline carrier we will use for this trip to China. Then, it is your responsibility to check with specific Airlines. The airfare for a round trip flight to China is also included in the program cost.

For a carry-on luggage, it must not be more than 9 x 14 x 22 inches (23 x 35 x 56 cm) or 45 linear inches (114 linear cm), and it may be required to travel as checked baggage if the bag cannot be safely stowed on your flight.

Your check-in luggage must be 50 pounds (23 kg) or less and not exceed 62 linear inches (157 linear cm).

6. Is travel insurance provided?

Yes, the emergency travel insurance is included in the program cost.

7. What is the weather in May in Beijing, Hangzhou, and Shanghai?

Weather in May is cooling and the range is from 18.6C to 23.5C (65.5F - 74.3F).

8. What kind of clothes do I need to bring to China?

You do not need to bring very formal dresses to China. You can wear casually to classes and other activities. But considering the cool environment in the airplane, you are encouraged to bring a heavy jacket in your carry-on luggage.

9. How to overcome the jetlag?

There is a 12-hour time difference between Beijing Time and Eastern Time in USA. To handle the jetlag, take melatonin. The article "Use of melatonin to eliminate jetlag" by Dr. Peterson will teach you how to use melatonin to eliminate jetlag. The article can be found at <http://math.kennesaw.edu/~jji/jetlag.htm>.

10. What is the electricity voltage in China?

Electricity is supplied at 220 volts and 50 cycles in China. Check your chargers for cellular phone and laptop PC.

11. Is it easy for I to get around in Beijing, Hangzhou, and Shanghai?

You can take Buses and subways to get around cheaply in Beijing and Shanghai. There is no subway in Hangzhou. So you can only take buses and taxi in Hangzhou. Everywhere in Beijing, Hangzhou, and Shanghai, no matter what time of day, you can easily hail a taxi on almost any main streets in these cities. Taxi is convenient and affordable provided you can communicate your destination in Chinese. Even if you do not know Chinese, you can always show the taxi driver the address of the place you would like to go in Chinese (prepared by Jun Ji) and get there easily.

12. Do I need to exchange RMB at local banks in USA before departure?

No. Local banks in USA charge too much and often give you a very low exchange rate. You can exchange from American dollars to RMB at Beijing airport and local Chinese banks easily. There are ATM machines everywhere in Beijing, Hangzhou, and Shanghai, you can easily find one to withdraw RMB. Small retailers in China will not take plastic cards, so cash is the king in China.

13. Can I use my cellular phone in China?

Yes. But you need to unlock your cellular phone before departure. Usually it takes two-three days to unlock your phone. But it may take 14 days to unlock your phone if you are unlucky. To unlock your cellular phone, you need to call your provider and following information is needed:

- IMEI number and PIN;
- Model and type of your cell phone;
- Your email address.

Note that some models of Nokia 2610 cannot be unlocked. Once your cellular phone is unlocked, you can buy a local SIM card at Beijing airport for domestic use in China.

14. How can my parents call me while I am in China?

Your parents can call you by dialing 011 + 86 + China city code + local China phone number.

- 011-86-10 – local number for Beijing;
- 011-86-514 - local number for Hangzhou;
- 011-86-21 - local number for Shanghai.

The phone numbers for local hotels will be provided later when they are available.

15. Is the Internet accessible in the hotels and schools we will visit?

Yes. The hotels we will stay at will have Internet service. But it may charge a small fee. The Internet service at the dormitory of Zhejiang Gongshang University is free of charge. There is no Wi-Fi service at the university.