



**WU in Shanghai**  
**in affiliation with Fudan University**



**Summer and Fall 2018**  
**Pre-departure Handbook**

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# Welcome!

February 21, 2018

To: WU in Shanghai Students

The journey you are about to undertake will be one of the most memorable of your life. We want to ensure this time away from the Washington University campus will be academically and personally successful as well as enjoyable for you. Your time in China may be challenging at times, but know that it will be ultimately rewarding as you come to see Shanghai as your home-away-from-home.

This Handbook has been prepared to make your transition to your time in Shanghai at Fudan University as smooth as possible. Please take the time to read the information carefully and share it with your parents. Also, pay close attention to any email and written transaction that you may receive from WU before, during, and after your time abroad.

If you have any questions, please do not hesitate to contact Overseas Programs by e-mail, telephone, fax, or mail.

Sincerely,

The Overseas Programs Staff



# General Information

## Program Dates

### Summer 2018 Language Program

Friday, June 8	Arrival date, PEK Airport (Beijing)
Saturday, June 9-June 14	Tour Beijing and Xi'an
Thursday, June 14	Arrival at Fudan
Friday, June 15	Orientation and welcome reception
Saturday, June 16	Day trip in Shanghai
Monday, June 18	Classes Start
Friday, August 3	Last day of class, closing ceremony
Saturday, August 4	Suggested Departure Day, PVG airport group drop-offs

### Fall 2018 Semester

Friday, August 24	Arrival date, PEK Airport (Beijing)
Saturday, August 25--30	Tour Beijing and Xi'an
Friday, August 31	Check in Fudan
Saturday, September 1	Shanghai Day Tour
Monday, September 3-7	WU Language classes; Clinical site visits or internship interviews
Monday, September 10	Fudan Classes start
Monday, October 1-7	China National Holiday; Fudan classes break; WU Language classes as usual
Monday, October 22—27 (subject to Change)	Week long group travel
Monday, October 29	All Classes Resume
Thursday, November 22	Thanksgiving: group event
Wednesday, December 12-14	Last day of Class/Exams
Saturday, December 15	Suggested Departure Day, PVG Airport group drop-offs

## Contact Information in Shanghai

Mailing address at Fudan University, Shanghai:  
Washington University in China Program  
Tonghe International Students Village,  
28 Wudong Road  
Yangpu District, Shanghai, Post Code 200433

中国上海杨浦区武东路 28 弄同和留学生村 华盛顿大学项目，邮编 200433  
华盛顿大学复旦项目

- Calling instruction from US to China:  
011-86-10-xxxx-xxxx (in-land phone), where -10 is for area code for Beijing;  
-21 is for Shanghai; 011-86-1xxx-xxx-xxxx (cell phone)  
  
e.g. calling Wash U on-site director Dr. Mu's Shanghai cell phone numbers:  
011-86-1861-637-4783 (may update later)
- After-hours emergency American contact:  
314-935-5555 – WUPD phone number, they have phone tree to contact Overseas  
Programs staff members

## Passport Requirements

All study abroad participants must have a passport that is **valid for six months beyond the end date of the study abroad program**. Non-US citizens must have a valid passport from their own country and must comply with the visa requirements applicable to citizens of that country.

To obtain a U.S. passport, go to a U.S. Post Office for a passport application. Two forms of identification are required, one of which must be an original or certified copy of U.S. birth certificate or a certificate of citizenship or a U.S. passport (current or expired). You can apply in person at the post office or by mail. The fee for a U.S. passport is \$110.00. The passport will be valid for ten years.

Due to high volume, passport processing times have increased. If you have not already applied for a passport, you might need to expedite the process. Additional fees are required for expediting. The current passport application processing times are 4 weeks for routine service and 2 weeks for expedited service.

## Visa Requirements

In addition to a valid passport, you are also required to secure a visa to enter China. A visa is an official document/seal that is glued into your passport that permits you to enter the country.

Washington University will provide you with additional details on how to apply for your student visa.

For more information about the X2 Visa, as well as a visa application form, please visit <http://www.chinaconsulatechicago.org/eng/ywzn/qzhz/qz/t1241441.htm>.

## Airfare and Travel Itinerary

Overseas Programs does not arrange travel for study abroad participants. Many airlines, including United, American, Continental, Northwest, Japan Air Lines, Korean Air Lines and Air China (also known as CA) fly to China. A number of these airlines fly directly to Beijing and/or Shanghai from major U.S. airports. STA Travel, which specializes in student travel, can get you almost anywhere you want to go at a good rate.

Please complete the online *Travel Itinerary Form* in [sa.wustl.edu](http://sa.wustl.edu) as soon as you have made your travel plans. You must arrive in Beijing by the arrival date indicated on page two of this guide and are required to stay through the official end date of the Program. Keep in the mind the program begins in Beijing and ends in Shanghai.

Be sure you understand the rules regarding changes, cancellations, and refunds at the time you purchase your ticket. If returning more than one year after your departure date, you probably will have to make an unrealistic reservation for the return flight within one year and then change it later.

**Shanghai's Pudong International Airport Code is PVG.  
Beijing International Airport Code is PEK.**

**If you fly from the U.S., you will cross the International Date Line en route to China. When booking your flight, be sure to confirm that the plane arrives in China on the correct day. All dates and times shown on your airline ticket will be local time.**

**Summer and fall participants arrive in Beijing.**

# Life in China

As the fourth largest country in the world, China is slightly smaller than the US. However, as the world's most populated country China has over 1.3 billion residents, which is more than quadruple the population of the US. The People's Republic of China has jurisdiction over twenty-two provinces, five autonomous regions, four municipalities, and two largely self-governing Special Administrative Regions.

China is extremely linguistically diverse – there are 236 spoken languages in China that typically share the same writing system. Mandarin, the national language, is used at schools, universities, and in the media, while in everyday usage, people tend to use regional dialects.

China has changed a great deal within the past 30 years, moving from a centrally planned system that was largely closed to international trade, to a more market-oriented economy that has a rapidly growing private sector. China also faces rapid urbanization: its cities are experiencing an annual average growth of 10%. China has dozens of cities with one million or more long-term residents.<sup>1</sup>

## Quick Facts



**Official Name:** People's Republic of China  
**Capital:** Beijing  
**Largest City:** Shanghai  
**Population:** 1,330,044,544 (July 2008 estimate)  
**Official Languages:** Standard Mandarin (spoken); Simplified Chinese (written)  
**Currency:** Yuan (¥)  
**Government:** Socialist state; single party communist state  
**Legislature:** National People's Congress  
**President:** Xi, Jinping  
**Premier:** Li, Keqiang  
**Largest Publication:** People's Daily

## Quick Facts



**Nicknames:** Hù, Shēn (Local); "Paris of the East"; "Pearl of the Orient"  
**Population:** 18,884,600  
**Official Language:** Standard Mandarin  
**Dialect:** Shanghaiese (dialect of Wu Chinese)  
**Climate:** Humid Subtropical (similar to the southeastern US)  
**Public Transportation:** Shanghai Metro, buses, trolleybuses, taxis, railways  
**Main Airports:** Shanghai Pudong International Airport, Shanghai Hong Qiao Airport (closer to Fudan U)  
**Places of Interest:** Yuyuan Garden, Xintiandi Shopping District, Pudong Skyline, Shanghai Museum, People's Square, The Bund

# Life in Shanghai

Central Shanghai is divided into two areas: Pudong (east of the Huangpu River) and Puxi (west of the Huangpu River). Pudong is made up of a special economic zone of banks, skyscrapers and new residential compound. Puxi is comprised of the older urban area of Shanghai, and includes some of Shanghai's historic districts and landmarks.

Considered the economic center of China, Shanghai is the world's busiest seaport and one of the world's fastest growing cities. Shanghai has nearly 2,900 skyscrapers that are 18 stories tall or taller.

Especially famous for its architecture and design, Shanghai is a hub for culture as well as for commerce. Architectural styles range from traditional Chinese to art-deco to the contemporary designs of the Shanghai Museum and Shanghai Opera House. Furthermore, Shanghai was the birthplace of Chinese cinema and theatre, making Shanghai the center of Chinese film-making. The city is also home to numerous museums, parks, festivals, and sporting events.<sup>2</sup>

<sup>1</sup> <https://www.cia.gov/library/publications/the-world-factbook/geos/ch.html>

<sup>2</sup> <http://en.wikipedia.org/wiki/Shanghai>



# Life At Fudan University

Fudan University is one of the oldest, most prestigious and most selective universities in China, and is highly ranked in the physical and social sciences at the world-wide level. Adapted from a quote from an ancient Chinese text, “Fudan” literally means “(heavenly light shines) day after day.”

## Quick Facts



**Location:** Shanghai, China

**Established:** 1905

**President:** Xu, Ningsheng

**Faculty:** 2,300

**Students:** 44,300

**Undergraduates:** 15,700

**Postgraduates:** 11,000

**International Students:** 2,812

Fudan University has a unique history that is intertwined with the recent history of China. Fudan was established in 1905, but did not become a full-fledged university until 1917, when it began to offer undergraduate programs and increase enrollment. By 1937 Fudan had established four schools (Arts, Sciences, Law and Business), which were made up of sixteen departments, a secondary school, an experimental secondary school and two elementary schools for compulsory education. It became one of the most important institutions of academic research and higher education in southeast China. In 1941, the then-private institution was nationalized to become the National Fudan University.

After the establishment of the People's Republic of China, Fudan became simply Fudan University, to

reflect the fact that all universities under the new socialist state would be public. Fudan was the first university to be adjusted by the new government in 1952 and modeled on Soviet Education. Arts and Sciences departments from at least ten other universities in eastern China were added, adding to the academic offerings of Fudan. In the 1970's, after the Cultural Revolution, the university was changed to a modern, comprehensive-style university.<sup>3</sup>

Furthermore, Fudan University is one of the most international universities in China. Fudan has enrolled international students since the 1950s, and was one of the first few institutions in China to do so. Since that time, Fudan has accepted and trained over 10,000 foreign students from 100 different countries and regions worldwide.

Today, as one of China's top-ranked universities, Fudan University has a modern campus and a dynamic student body, offering events that range from performances, guest lecturers, and dozens of student-run clubs and activities. Additionally, located just to the north of downtown Shanghai, the university's location provides the perfect opportunity to explore one of China's most vibrant cities.



<sup>3</sup> [http://en.wikipedia.org/wiki/Fudan\\_University](http://en.wikipedia.org/wiki/Fudan_University) ; <http://www.fudan.edu.cn/englishnew/about/history.html>

# Housing At Fudan University

Students stay at Tonghe-Tohee, pronounced ‘Tungher’ , International Students Village. Each student has his/her own room in a 3-room suite. Students will have an opportunity to fill out a suitemate preference form, though it’s usually best for students of similar language levels to be placed together. The suite has a living room with sofas and TV, a kitchen, and a balcony. It is equipped with a refrigerator and a washer (no dryer); the bedroom comes with a full size bed, and beddings that include a pillow with case, a comforter/blanket and a sheet. Mattresses in China are typically very firm according to Western standards. Wi Fi is available only in the lobby of Tonghe. Your room is cabled internet ready, however. A mobile router, a cable and internet access card will be provided upon your arrival. To see pictures of the room style: <http://www.tohee.com/Accommodation/Gallery/>.

## **Your mailing address in Shanghai:**

中国上海杨浦区武东路 28 弄，同和留学生村，邮编 200433

华盛顿大学复旦项目

Washington University Program, Your Name  
Tonghe International Students Village  
28 Wudong Road, Yangpu District  
Shanghai, Post Code 200433

## Internet in China

You may have heard about the restrictions on personal internet usage in China. These sites are typically not available in China: Google/Gmail, Facebook. If you have a Gmail account, you will want to forward your email to a non-google email (such as your WUSTL, etc.). You’ll be too busy to notice (out seeing the sites, etc.!).





## Financial Information

### Program Pricing

**WU Program Price:** The following items will be billed to your WU student account:

Fall Semester*	Summer Term
\$26,200.00- WU tuition \$220.50 - WU student health insurance \$2,500.00 - for housing (see details below)	\$8,500 tuition + \$160 visa fee + \$85 approx. insurance- includes eight (8) WU academic credits, housing, language partner, WU sponsored weekend trips and activities, on-site coordinators, on-campus internet and mandatory GeoBlue international health insurance.

\*WU tuition covers only the educational and administrative costs of the study abroad program and is equivalent to the WU on-campus tuition fee. **WU tuition does not cover any study abroad program costs for room, board, transportation, personal expenses, passport or visa fees. Visa fees are currently \$140.**

International airfare is additional and is anticipated to be around \$1500.

**Additional expenses:** In addition to the program price, you should budget for normal academic and living expenses, such as daily meals (\$2-\$5 per meal), public transportation, laundry, and purchase or rental of a cell phone.

### Chinese Currency and Local Expenses

Participants on the WU in China Summer and/or semester Program will have a variety of expenses associated with living and traveling abroad and, thus, will need access to a sufficient amount of money. After you arrive in China, you will exchange your US dollars for Chinese Yuan (CNY), also commonly known as Renminbi (RMB). The unit of currency is called a yuan, and commonly called a kuai. At writing, USD \$1 = 6.34129 RMB or kuai (as of 2.22.18). For current exchange rates, visit [www.oanda.com](http://www.oanda.com).

### Accessing Your Money

**Pre-Departure Preparations:** Traveling with large amounts of cash is not recommended. Traveler's checks, credit cards, ATM (debit or check) cards and cash can all be used in China. Before leaving the United States,

you should consult your bank and credit card companies for advice on foreign money transactions. Be sure to ask them about exchange rates, fees, Personal Identification Numbers (PIN) and interest rates on credit card and debit card transactions. Some credit and bankcards charge a fee per use or an additional percentage for using your card internationally. Be sure you understand what fees you might be charged and at what conversion rate.

Be sure that you designate a reliable individual (e.g. family member) to act as your U.S. liaison for financial matters. You may need to arrange power of attorney for this individual or work out other arrangements.

**ATM/Debit Cards:** A convenient way to withdraw money from your account at home is to use an ATM card that has a VISA or MasterCard logo. However, you should not rely on ATMs as your only source of cash, as sometimes cards do not work at certain ATM machines.

You may withdraw local currency at ATM machines of major local banks (e.g. Bank of China, ICBC, China Construction Bank and CITIC Bank). Usually your home bank will assess a small fee for withdrawing money from a non-affiliated bank. We recommend that you bring more than one ATM or Debit card in case one is lost, stolen or gets 'eaten' by an ATM machine.

Be sure to carry the PIN number in a safe place separately from your card, and confirm with your bank that your ATM card will work internationally. Also ask if there are any bank fees associated with international ATM withdrawals. It is best to test your card in the U.S. before you leave, to make sure it works with your PIN number. It is also advised that you call your bank or credit card company to let them know that you will be using the card in China. Sometimes banks may put a stop on card transactions overseas as an added customer security.

If you lose your ATM card in an ATM machine, be sure to take a receipt from the ATM and present it with your passport to a teller at the corresponding bank branch (often ATMs are adjacent to a bank branch). The corresponding bank branch will retain found ATM cards at the teller window for claiming, as long as proper identification is provided. That proper identification is always your passport.

**Credit Cards:** Credit cards are not widely accepted in China, as they are in the U.S. They may be used at hotels and some large stores, restaurants, and airlines. However, many small stores and restaurants do not accept credit cards. Most money transactions in China take place in cash. If you have a VISA or MasterCard in your name, you may get a cash advance at a Chinese bank. However, fees for accessing money this way are high, often 3% on each transaction, and you often need to pay interest in the money immediately. It is recommended that you use this method of accessing money in an emergency situation and not as a regular way to access all your funds for the term. **Notify your credit card and debit card providers that you will be using these cards in China.**

**Travelers Checks:** You may wish to take some travelers checks to China for emergency purposes, as travelers checks are relatively safe to carry. However, please note that exchanging travelers checks can be very time consuming and is limited to only select banks in China, particularly the Bank of China. Most students do not prefer using travelers checks for these reasons. Still, if you have the money available, you may bring all the money you need for the semester in travelers checks, and exchange them as necessary throughout the term. Travelers checks offer a better exchange rate than cash, and can be replaced if lost or stolen.<sup>4</sup>

Please be advised that when cashing a travelers check it is extremely important to follow the bank teller's instructions exactly. Inadvertent writing or a signature that does not perfectly match the original signature on the travelers check may result in a void check, rendering the funds inaccessible. This has happened to former students.

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<sup>4</sup> Alliance for Global Education

## Weather & Local Dress

The location of Shanghai near the coast fosters a mild climate characterized by minimal seasonal contrast. The average annual temperature is about 58 °F (14 °C); the July maximum averages about 80 °F (27 °C), and the average January minimum is about 37 °F (3 °C). About 45 inches (1,140 mm) of precipitation falls annually, with the heaviest rainfall in June and the lightest in December. Shanghai winters are characterized by a very damp chill. While the average low temperature may seem high by some winter standards around the world, the lack of heat and insulation in many old buildings makes it feel inescapable. As a result, you will need to dress in multiple layers and wear suitably waterproof clothing to protect against the damp cold. Waterproof shoes are invaluable during Shanghai winters. Chinese long underwear, woolen sweaters and scarves, and down-filled garments are useful, easily available, of excellent quality, and much cheaper in China than they are in the U.S. If you are arriving in January or February, bring some warm clothes to wear upon arrival but plan to buy others in Shanghai (see below for notes on size availability).

It may be difficult to find clothes and shoes in larger sizes while in China. The price of custom-made clothing is usually reasonable compared to the U.S., but not always. In addition to clothing intended for the domestic market, Shanghai features a number of outlets for goods made for export. These can be good bargains and often come in larger sizes than clothing for the domestic market. You should pack hand-washable clothing such as drip-dry or permanent press. Casual dress is the norm for most Chinese people. You may be able to arrange storage at a university storage room at your expense.

## Health and Safety

### Personal Responsibility and Assumption of Risk

When applying to the Washington University Summer Chinese Language Program at Fudan University you acknowledge the following:

**Behavioral and academic standards:** Admission to study abroad may be denied or rescinded due to behavioral or academic concerns. Your WU judicial and academic records will be subject to review. As a participant, you will be expected to behave in a manner that is consistent with the behavioral standards of the WU Judicial Code. Disruptive behavior, academic dishonesty, and other improprieties will not be tolerated. Also, you must comply with the rules and regulations of any host institution and with the local laws and regulations in the foreign country or countries where you reside or travel during the program, including times when you are engaged in independent activities. Your participation in the program may be terminated by WU for violation of these standards, along with forfeiture of all program fees and loss of academic credit for the program. You may have to return to WU at your own expense to appeal a disciplinary decision.

**Drug use and other illegal activities:** The possession or use of any quantity of marijuana, cocaine, or other illegal substance is strictly prohibited for the duration of the program. This prohibition applies not only while you are in the company of fellow participants, but also while you are alone or with people not associated with the program. The consequences of substance abuse or other illegal activity at any time during the program include immediate expulsion from the program, forfeiture of all program fees, and loss of academic credit for the program. Furthermore, U.S. citizens in a foreign country are subject to the laws of that country. Neither the U.S. Embassy nor Washington University can obtain your release from jail; they can only aid in obtaining legal assistance for you.

**Inherent conditions, hazards, and risks:** Washington University acts only to provide the opportunity for foreign study and does not guarantee your satisfaction with the program or your well being. You will not be closely supervised while you are abroad. You are responsible for using good judgment to ensure your own health, safety, and welfare. There are certain inherent conditions, hazards, and risks associated with international travel and living abroad for which the University cannot and will not assume responsibility.

These include, but are not limited to, inclement weather, natural disasters, labor disputes, riots, terrorism, delays or disruption of travel or accommodations, accidents, and disease. During the period of your participation in the program, and while you are en route to or returning from the program, WU will not be responsible for any injury or damage to you or your property or for any personal liability sustained or incurred by you.

## Health Insurance

**Students who are enrolled on this program will be covered with the mandatory GeoBlue student health insurance**, which provides worldwide coverage for reimbursement of medical expenses plus the services of On Call International, including medical evacuation and repatriation of remains. The plan is administered by GeoBlue Insurance services. Inquiries regarding coverage and claims should be directed to GeoBlue by calling (tel. 610-254-8769).

This plan should be seen as supplemental to the student's existing domestic health coverage, not as a replacement. We do not recommend a reduction or suspension of existing domestic coverage in light of enrollment in GeoBlue insurance. Please note: The GeoBlue plan does not provide domestic (United States) coverage, and does not meet the University's requirements for student health insurance. It provides basic accident and sickness coverage abroad, and is a supplement to the student's existing health insurance plan. **Students from other universities who are participating on this program will also be enrolled in the GeoBlue insurance plan.**

## International SOS Emergency Assistance Plan

In case of emergency, the University has enlisted the following providers for assistance in times of medical, political or natural disaster.

WU contracts with International SOS to provide all students, faculty, and administrators worldwide while traveling for University related activities with international medical, security and travel assistance. International SOS is the world's largest medical and security assistance company, with more than 3,000 professionals in 24-hour Alarm Centers, international clinics and remote-site medical facilities across five continents. Please note this is an assistance program, NOT health insurance.

Go to [www.internationalsos.com/private/washingtonu/](http://www.internationalsos.com/private/washingtonu/) enter WU's membership number 11BSGC000032 in the prompt box on the main page. You will be linked to International SOS' webpage for Washington University services.

If calling from within the USA, call 1-800-523-6586

If calling from North, Central, or South America, call 1-215-942-8226

If calling from Europe, CIS, Africa, or the Middle East, call 44-20-8762-8008

If calling from Asia, Oceania, or the Pacific Rim, call 65-6338-7800

## Air Quality

Air pollution is becoming a significant problem in many Chinese cities due to increasing industrialization. People with underlying respiratory conditions should seek advice from their doctor prior to travel to ensure they have adequate medications in case their condition worsens. It is very common for a healthy person to develop an irritating cough, runny nose etc while in urban Chinese centers as a result of the pollution. It is a good idea to carry symptomatic treatments such as throat lozenges, and cough and cold tablets. A good quality ( N95 and/or higher) mouth mask may come in handy occasionally.

## Tips on Staying Healthy While Abroad

- Be aware that health issues that are under control at home can become much worse while abroad.
  - Examples include depression, eating disorders, allergies, asthma, eczema, psychological problems, alcohol and drug abuse, etc.
- Disclose any needs you may have beforehand to Overseas Programs.
  - Disabilities, dietary requirements, allergies, counseling needs, etc.
- Use latex condoms if you plan to be sexually active.
- See your doctor at least 8 weeks prior to departure for checkup and immunizations.
- Wash your hands often with soap and water.
- Only drink bottled or boiled water.
- Take malaria pills if entering a remote region of China.
- Avoid ice in drinks and foods washed in water.
- Avoid food from street vendors.
- Only eat fruit or vegetables that can be peeled or that have been boiled.
- Do not swim in fresh water.
- Avoid touching animals.
- Bring insect repellent containing DEET and long-sleeved clothing to avoid insect bites.
- Bring anti-diarrhea medication.
- **Visit [wwwn.cdc.gov/travel/destinationChina.aspx](http://wwwn.cdc.gov/travel/destinationChina.aspx) for up-to-date medical recommendations for tourists travelling to China.**

## What to Take With You

Students going abroad consistently take too much. Try to minimize. Take no more than half of what you think you need. Be able to walk with luggage without assistance (e.g. one backpack plus one rolling suitcase). Remember to pack important documents in your carry-on baggage. You will be denied boarding if you cannot produce your passport at the airport upon departure, and you will have difficulty entering the host country without your program documentation and/or student visa. Below are suggested items to take when you go abroad. Some may not be applicable to you.

### Official documents and other necessities

- Valid passport with visa and photocopy of passport and visa (packed separately)
- Airline ticket confirmation
- Wash U Students ID
- Extra ID photographs (need not be official size)—no need
- Credit card and ATM debit card (some cards perform both functions)

### Health needs

- Health insurance card and/or policy number with contact information
- Sufficient medication marked with generic name and dosage
- Photocopied prescriptions for medications, eyeglasses, contacts
- Health kit containing vitamins, aspirin, antacid, band-aids, etc.
- Contraceptives, latex condoms
- Anti-diarrhea medication
- Yeast infection medication

### School Supplies

- Backpack/book bag
- Textbooks (if instructed to buy)
- Laptop computer (if you are comfortable taking it; beware of damage and/or theft)

### Cell Phone

If you have a US smart phone, you may be able to use if you have an unlock code, and buy a local sim card. Also you can purchase a local calling phone for around 50 dollars.

Others: Important phone numbers, addresses, and e-mail addresses (including your academic advisor)  
 Neck pouch or money belt  
 Small towel and dental floss  
 Guidebooks (maps provided onsite)  
 Presents for locals, e.g. T-shirts, CDs, small things with Wash U logo  
 Camera, film or charger with adapter  
 Travel alarm clock  
 Journal or diary  
 Electrical plug adapters (don't take anything that does not have internal power conversion)  
 Toiletries, sun block and insect repellent  
 Feminine hygiene products  
 Contact lens solution - American brands available/expensive, local brands prevalent/cheaper  
 Umbrella, rain jacket  
 Small travel bag for weekend trips (e.g. backpack)  
 Photographs of home, family, and friends  
 Some favorite music (can be expensive in China)  
 Small articles that will make you feel at home  
**Comfortable walking shoes (preferably waterproof or water resistant)**

The electrical current in China is 220 volts, 50 cycles. If your appliances are not dual voltage (110/220V) you will need a voltage converter or transformer, which are expensive in China. Past students have suggested that it is wiser not to bring appliances; inexpensive appliances suitable to the local current may be purchased after arrival. While students do not pay for use, electricity is expensive in China. Considerate and careful use by students is appreciated. Visit [www.voltagevalet.com](http://www.voltagevalet.com) for more information.

## Useful Websites

**Center for Disease Control and Prevention:** <http://www.cdc.gov/>

**Embassy and Consulates General of the People's Republic of China in the US:** <http://www.china-embassy.org/eng/hzqz/t84229.htm>

**Fudan University:** <http://www.fudan.edu.cn/englishnew/index.html> and <http://ice.ssdpp.fudan.edu.cn/category/international-students/>

**Shanghai Tourist Information:** <http://www.travelchinaguide.com/cityguides/shanghai.htm>

**US Department of State Website for Students Abroad:** <http://studentsabroad.state.gov/>

**WU Overseas Programs:** <http://overseas.wustl.edu>

## Suggested Readings and Films\*

*\*adapted from Imperial Tours*

**Guide Books** Petite and easy to carry, the foldout [Luxe Guides](#) nonetheless pack a punch with up to date and stylistic descriptions on top dining, shopping, sightseeing, and accommodations in [Beijing](#), [Shanghai](#), and [Hong Kong](#).

[Frommer's China](#) was originally written by a highly experienced team of guide writers and should be one of the better general guides available. Fodor's also offers a full range of reliable national and city guides, such as [Fodor's China](#) or [Fodor's Beijing and Shanghai](#).



[The Rough Guide to China](#) and [Lonely Planet China \(China\)](#), aimed principally at budget travellers, are both accessible and reliable.

If you desire a much more thorough appreciation of China's art history and sites, pick up a copy of [Blue Guide China](#).

**Language Books** We will give you a sheet with the most useful words and phrases written for you in Chinese when you arrive. However, if you would like something more substantial, the language books published by Lonely Planet, [Mandarin Phrasebook](#), and Berlitz, [Chinese for Travellers](#), are both useful. The more Chinese you try to speak, the more friends you will make.

A fun and demystifying introduction to the whys and wherefores of Chinese language and writing is ably written by Raymond and Margaret Scrogin Chang in [Speaking Of Chinese](#).

**Cook Books** Fuchsia Dunlop's [Sichuan Cookery](#) is highly recommended as written by someone who can distinguish her west Sichuan dry dishes from her southern stews! Her new book, based on a spell based in Mao Ze Dong's province, is [Revolutionary Chinese Cookbook: Recipes from Hunan Province](#). For evocative culinary tales as well as recipes from all corners of the world, including China, dip into [The World Is a Kitchen](#).

**City Guides (Beijing)** Competition is rife for Beijing guide books. A virtual bible for expatriates living in Beijing is the witty and popular [Insider's Guide to Beijing](#) that contains the most comprehensive information on topics ranging from finding the best hole-in-the-wall restaurant to how to register a cat with the local authorities.

For a thoroughly researched text, Cadogan's [Beijing](#) by Peter Neville-Hadley is recommended. A more colourful & less academic publication is Lonely Planet's [Beijing](#) by the well-informed Caroline Liou. For more background detail on Beijing's sites, China's Foreign Language Press offers "Beijing". (Since the latter is not available from Amazon.com, you'll have to wait to pick this up at Beijing's Friendship Store.)

**(Other Cities)** Odyssey's series of China city guides provide interesting background information for each of the cities. They do not aim to supply practical travel information, concerning hotels, transport, etc. Illustrated guides are available for [Shanghai](#), [The Yangzi River](#), & [Xi'an](#).

**History** An easy-to-read introductory history by John King Fairbank, recently updated by Merle Goldman, is entitled, [China : A New History](#). This takes you from pre-history to the modern day.

For a highly readable account of China's modern history from 1949 to June 1989, Harrison Salisbury's [The New Emperors](#) is a worthwhile eye-opener.

[Red Star Over China](#) is the account of US journalist, Edgar Snow's interviews with Mao Ze Dong and other ranking Chinese Communists during the Chinese civil war. It is probably the most politically divisive history of modern China.

A detailed analysis of political reform through the 1980's is provided by Merle Goldman in [Sowing the Seeds of Democracy in China](#)

[China Remembers](#) is edited by a husband and wife team, Zhang Lijia and Calum Macleod. It consists of narratives by 33 people, both Chinese and foreign. Divided into five sections, corresponding roughly to the five decades of communist rule in China, each section begins with an informative introduction by the editors. To contact the Beijing resident authors with a comment, [click here](#).

[The Great Wall of China](#) by Arthur Waldron carries as its subtitle "from history to myth" - enough to reveal the work's central thesis. It is practically the only history in either English or Chinese on the surprisingly under-researched Great Wall.

[Global Shanghai: A History in Fragments 1850-2010](#) by James Wasserstrom. An examined but no means comprehensive history of Shanghai, presented in several well-researched vignettes over a period of 160 years.

[A Road is Made: Communism in Shanghai, 1920-1927](#) by S.A. Smith investigates the budding Chinese Communist Party and its early ideological negotiations with the Soviet Union over the direction of the Shanghai-born Party.

[The Heart of the French Concession](#) by Tess Johnson and Deke Erh. Co-authored by two institutions of Shanghai's urban heritage documentarians, this book examines the personalities and (in)famous residents of the city's French Concession.

[I Didn't Make a Million](#) by Whitey Smith. A memoir focusing on Shanghai's golden era of jazz and dance by a former boxer turned jazz drummer in the 1920s-30s. Smith recounts his experience in Shanghai from its swinging period through its WWII occupation by Japanese forces. For more extensive reading on Shanghai's jazz history, seek out select passages from:

- [Buck Clayton's Jazz World](#) by Buck Clayton. A general jazz history with a chapter on his two years in spent playing Shanghai in the mid-1930s.
- [Yellow Music](#) – by Andrew Jones. An academic study of the sociopolitical connection between Jazz and the development of modern China. Features a chapter on Li Jinhui founder of modern

Chinese pop music. See also "Black Internationale" – featuring an article on 1930s jazz scene in Shanghai.

- [Jammin' on the Jazz Frontier](#) by Taylor Atkins. An exploration of the Japanese jazz musicians in 1930s Shanghai.
- [I Wonder as I Wander](#) by Langston Hughes' autobiographical account of world travel with a couple chapters about his trip to Shanghai, where he met many jazz musicians.

**Business**      China Shakes The World: The Rise of a Hungry Nation by James Kyngé. The longtime correspondent of the "Financial Times" in China, Kyngé provides an entertaining and insightful account of the challenges facing Chinese society at the start of the new century.

Mr China : A Memoir by Tim Clissold, a business pioneer in China, is the humorous tale of the problems faced by the first foreign fund to invest hundreds of millions of dollars in China.

One Billion Customers: Lessons From The Front Line Of Doing Business In China by James McGregor is a more typically prescriptive how-to business book, beautifully written by a former journalist and business leader, who has been involved with China for as long as James Kyngé and Tim Clissold.

**Biography**      Jonathan Spence has written a cursory biography with [Mao Zedong](#). Zhisui Li, Mao's personal physician has provided a sensationalist account in [The Private Life of Chairman Mao](#).

Emperor of China : Self-Portrait of K'ang-Hsi is an ambitious attempt by Jonathan Spence to recreate the diary of the great eighteenth century Qing dynasty Emperor K'ang-Hsi (also spelt Kangxi).

There were three Song sisters. Chinese say that one married for money (Ai Ling married Taiwan's Chancellor of the Exchequer); one married for power (Mei Ling married Chiang Kaishek, the leader of the Guomindang party and Taiwan); and the one married for love (Qing Ling married Sun Yatsen, the founder of modern China, 31 years her senior). How these Wellesley & Wesleyan Chinese American graduates came to prominence is wonderfully told by Sterling Seagrave in his modern classic, [The Soong Dynasty](#).

Sterling Seagrave provides a revision of the life of the much maligned Empress Dowager Cixi in [Dragon Lady : The Life and Legend of the Last Empress of China](#). In so doing, he simultaneously alienates conservative historians in both Communist China and the west - a rare feat.

**Philosophy**      Fung Yu-Lan is one of those brilliant people who can communicate extremely complex thoughts in simple language. His [Short History of Chinese](#)

[Philosophy](#), recently re-issued, gives a comprehensive and comprehensible introduction to this fascinating topic.

The [Dao De Jing](#) by Lao Zi is the cornerstone of Daoism. Its 81 verses distill the universal laws whose unyielding constancy belie the claim of Progress to genuine improvement. Criticized as retrograde and impractical, this quintessentially Chinese classic remains highly charged and powerful.

[The Confucian Analects](#) expound a doctrine that has underpinned China's history and continues to play a major role in Chinese thought. Confucius imbued traditional Chinese culture with an ethical essence.

Paradoxes of relativity, language, and structure - are these the concoctions of Wittgenstein, Barthes or Derrida? No. This nihilistic satire of human thought forms the ideological pillar of Daoism's second sage, [Chuang Tzu](#) (Also known as Zhuang Zi).

**Art History** A good, if brief, introduction is Mary Tregear's [Chinese Art \(World of Art\)](#).

Another solid reference is [The Art and Architecture of China](#) by Sickmann and Soper.

**Fiction** [Wild Swans : Three Daughters of China](#) by Jung Chang is a modern classic, introducing China's turbulent modern history and social customs. Her expose of the Cultural Revolution should be compared with the Chinese film [To Live](#), directed by Zhang Yimou and starring Gong Li.

[The Joy Luck Club](#) by Amy Tan. Though set in the States, this book affords a revealing insight into the traditional Chinese mindset.

[The Good Earth](#) by Pearl S. Buck was awarded the Pulitzer prize in 1932. It says something for the excellence of this text that it is still relevant today.

In Chinese classical fiction, there is little to compare to [The Three Kingdoms](#). This is a fantastic presentation of traditional Chinese heroes, their ethics and, most importantly, their strategies. It takes twenty chapters to get a head of steam, but once you get to chapter 42 you won't look up before the end.

For contemporary Chinese fiction written by Chinese authors for a Chinese audience, but translated into English, you might have to wait until you get to the book shop at Beijing's Friendship Store. There you can browse through a range of such fiction published by Panda Books. We'd especially recommend works by Liu Heng and the marvelous Shi Tie Sheng.

**Movies** [纽约客@上海 Shanghai Calling \(2012\)----](#) Directed by Daniel Hsia

A New York attorney is sent to Shanghai on business, where he finds himself in a legal mess that threatens his career. With the help of a relocation specialist and her contacts, he soon learns to appreciate the wonders of Shanghai.

To Live – Directed by Zhang Yimou, To Live is a moving rendition of the Cultural Revolution from a mainland Chinese person's perspective, providing a less polarized view than the one typically seen in western media.

Raise The Red Lantern – Directed by Zhang Yimou, this is a beautiful and cruel portrayal of a concubine's life in feudal China.

Crouching Tiger, Hidden Dragon – Directed by Ang Lee, this movie introduces the charming Ming dynasty villages and elegant bamboo forests near Huangshan as well as the vast, arid expanses of the Taklakan desert.

The Last Emperor – Bertolucci's classic portrayal of the sad life of the last Emperor of China, Emperor Puyi, is an excellent introduction to Beijing's Forbidden City as well as the modern history of China.