

CHENGDU

Continuity and Change in an Emerging World Power An Introduction to China

Fall 2014
Semester Program



Program Information and Orientation Materials

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Semester in China Sichuan University

Program Handbook *Fall 2014*

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THE CHENGDU PROGRAM

Studying Abroad in China

A Handbook for Students in the PLU-SCU Study Abroad Program in Chengdu

INTRODUCTION

Since its inception in 1984, the PLU Study Abroad program in Chengdu has given over 300 PLU students the opportunity to study in China. This handbook draws upon the collective experiences of those students, faculty, site directors, and the staff members of the PLU and Sichuan University Study Abroad offices. It is intended to give you a first glimpse of life at Sichuan University, and to get you started in your explorations of Chengdu. It is, of course, only a glimpse; by actually being there you will find opportunities far richer than what this brief handbook can describe.

PART I: SICHUAN UNIVERSITY AND THE PLU PROGRAM

SICHUAN UNIVERSITY

Sichuan University is located in Chengdu, the capital city of Sichuan Province in southwestern China. A research university under direct administration of the State Ministry of Education in China, the university is considered the most prestigious in western China. The current Sichuan University has been incorporated from the recent merger of three regional universities: the former Sichuan University (SU), Chengdu University of Science and Technology (CUST), and West China University of Medical Science. The present combined university offers degrees from undergraduate to doctoral levels and courses in humanities, social sciences, natural sciences, engineering technology and medical science.

In the year 2001 when the three universities incorporated, the university had a total of 12,000 faculty and staff, and a student population of 42,000 including 23,000 undergraduates. The number of undergraduates is expected to double very soon. The university has three existing campuses with a fourth one being added. The main campus is comprised of “East” and “West” campuses (the former SU and CUST). The second, the former Medical University campus is about a mile away from the main campus, and the third campus is out in the country. SCU remains a residential university where nearly all the students and staff live on campus. There are two International Student Dormitories, one on the East Campus, and the other on the West Campus. Yours will be the latter, across a narrow lane from the Foreign Teachers Building.

ACADEMICS (NOTE: Courses available may vary. Check with the Wang Center for updates)

Core Courses	Credit	Academic Areas (Note: must receive approval from dept. chair for transfer credit in major, minor, GenEd)
Chinese Language Mandarin study, beginning to advanced courses available; <i>4-credit option for beginners only</i> ; any other language level must take 8 credits; 8 credits is recommended for all levels.	4-8	Languages
Chinese Culture and Society Introduction to aspects of modern Chinese society including family, social customs and minority heritages.	4	Chinese Studies, Global Studies
Western China: The Rural and Minority Experience Course involves experiential learning opportunities, including: <ul style="list-style-type: none"> • Orientation tour to Beijing and Xian, study tour to Lhasa, and several field trips to rural areas • Lecture Series • Service learning including teaching Conversational English or other community service options • Living and Learning reflection essays 	2	Chinese Studies, Global Studies
The three required courses above total 10-14 credits. Students elect from additional options, to take at least 12 credits total and no more than 22 credits total. PLU students taking 18 or more credits as part of a study away program will NOT incur additional tuition charges.		
Elective Courses	Credit	Academic Areas (Note: must receive approval from dept. chair for transfer credit in major, minor, GenEd)
Comparative Religion	4	RELI 390 (RG, C), Taught by PLU Faculty and Site Director, Erik Hammerstrom
Sino-American Relations	3	Political Science, Global Studies, Chinese Studies
Environmental Issues in China	3	Global Studies, Chinese Studies, Environmental Studies
Chinese Politics: From Historical Ideas to Contemporary Realities	3	Political Science, Chinese Studies
The 20 th Century History of China (1912 – 1992)	3	History, Chinese Studies, Political Science
Daoism & Traditional Chinese Culture	3	Religion, Chinese Studies
International Business Trade Practices & Procedures	3	Business
Chinese Arts and Culture	3	Arts
International Internship – available only upon prior arrangement and application through InternChina	2	COOP 477; Departmental credit may be arranged
Calligraphy	1	ARTD 350
Tai Chi	1	PHED 250
Ping Pong	1	PHED 250
Intensive Chinese Language, varying levels available	4	Additional language courses available to ISEP students

Notes:

All classes are taught in English except for Chinese language

Program begins with a ten day study tour of Beijing and Xian in late August

ACADEMICS (12-22 credits)

a) Classroom Courses

Classes are held in the Overseas Student College Building. Your classmates may include students from many parts of the world, many of whom will also live with you in the International Students' Dormitory.

Class attendance in all classes is, of course, required- not only for academic reasons, but also to show respect for the professors. You will find respect for professors (indeed all teachers) to be taken very seriously in China, and it is imperative that you take it seriously too! You are ambassadors both for your university and your home country. Be good ones! Professors normally don't have office hours. Make an appointment with your professor if you have a need; they are always happy to help you.

b) "Western China" Course and its Study Tours

This unique course comprises a lecture series, readings, seminars and travel experiences. Facilitated by the faculty Site Director, the teachers are a series of lecturers in Beijing, Chengdu and Lhasa who are experts in issues pertaining to Tibetan culture, economic development and the environment.

The PLU Sichuan program begins with a 10-day study tour at the beginning of the semester guided by the faculty site director and local guides. During the October National Day holiday week you will take a 5-6 day study tour to Lhasa, and then several weekend field trips to sites in Sichuan Province will be arranged in October and November. The travel itineraries are designed to give you a good understanding of Chinese history and society and particularly the cultures of Western China, and various lectures, seminars and readings will enhance your understanding. The program fee covers all travel and accommodation expenses for the tours. All program travel is done as a group. Students who do not wish to participate in the organized study tour will not be refunded the study tour allowance for independent travel. (The exception is for students who are returning for a second time who may choose and propose an alternative itinerary.)

c) "Learning in Community" Experience

The PLU Sichuan Program includes a service learning experience in which PLU students give back to the local community by tutoring English in a variety of venues, or doing some other arranged service work in the Chengdu area. This commitment will probably entail about two hours of time per week, and will provide you with further valuable experience with modern Chinese society. The International Office of Sichuan University will help make these arrangements.

d) Grading Policies

All courses are graded with a letter grade. The Overseas Student Office at SU is responsible for sending the language course grades to the Wang Center for Global Education at PLU, which submits your grades to the PLU Registrar. Students do not need to ask for their grades to be transferred. The faculty Site Director will be responsible for submitting the grades for his/her courses.

e) Books and Computers

The SU library does not have many books in English. The PLU Program has a small collection of English language books available for short-term loan from the Site Director's apartment. (In fact, please feel free to donate to this small but growing collection of resources for the benefit of future students!) If you know you will need particular books or resources, please bring them with you. Explore the bookshops in downtown Chengdu for their limited but interesting offerings in English and other Western languages.

In addition to the internet access in the dorm you will find numerous Internet Cafes located conveniently nearby just off campus.

While in China, some of your internet access will be restricted. If you would like full access to the internet while in China we recommend purchasing a subscription to a Virtual Personal Network provider (VPN). Using a VPN reroutes your computer through American servers to get around the firewall in China. There are multiple companies offering VPNs, so do some research to find one that works for you.

LIFE AT SICHUAN UNIVERSITY

Like most major universities in China, the Sichuan University campus is like a city within a city. Along with academic and administrative buildings and dormitories for students, there are blocks of apartments for faculty and staff, schools for campus children, markets and stores, playgrounds and athletic fields, and even an excellent museum! Spend some time wandering and getting lost among the back alleys, looking for both the older traditional buildings and the space age newer ones. Get to know some kids and their parents, play basketball or ping-pong with SU students, and make friends with the vendors in the markets. Here is some initial information about life on campus. A new campus is being built about 15 miles away in the countryside that already houses and teaches about 25,000 undergraduates, so you may notice that many (though not all) students you meet on campus are graduate students.

a) The International Students' Dormitory

All PLU students live in one of the International Students Dormitories, which have an exciting mix of people from all over the world. You will meet undergraduates like yourselves, but also graduate students doing dissertation research, and sometimes even American Peace Corps volunteers. If you are interested in the Peace Corps, the Peace Corps Headquarters for China is attached to the language building in which you will have class, so feel free to make an appointment to meet with a representative.

Usually you will have a roommate in a room with a bathroom and a shower. Occasionally students have a single room. The student dorm has laundry facilities and lounges. On each floor, there are service staff who clean the rooms and floors.

Students are required to live on campus for the first semester of this program; independently arranged housing is only available to full year students in the second semester.

b) Dining

Your PLU program fee will provide you with a cash food stipend each month. You can choose to eat on campus at the many cafeterias or try the numerous small restaurants in the nearby area, however if you wish to eat at the school cafeterias, you must purchase a student meal card once on campus. Everything is cheap by American standards and you can satisfy yourself with all sorts of different cuisines. Find out where to go from other students in the dorm. Well-known restaurants in the city are listed in the Appendices to this handbook.

Western food (bread, cheese, butter, mayonnaise, etc) can be found in the foreign-invested supermarkets in the city. The nearest one to the campus is Trust Mart on the same street as the American Consulate.

Be careful about eating out; the food stipend you receive is enough to support a whole Chinese family, but you can quickly and easily spend it all by going too often to the American fast food restaurants (KFC, McDonalds etc.) They cost as much as they do in the U.S. even though the money exchange rate is 1:6!

c) Phone Calls

To call home using a local phone in the city, you can get AT&T by dialing 10810. You can also buy phone cards at the reception desk in the dormitory or from vendors out on the streets. Once you know your way around the city, you can also buy phone cards at the Post Office that can be used in the pay phones installed on campus and around the city. If you bring your own computer and appropriate software with you, you can also call home through the Internet.

China is 16 hours AHEAD of Pacific Coast time during Standard time and 15 hours ahead during Daylight Savings time.

For people back home to phone you, they need to dial the international code (011), then the China code (86), then the Chengdu code (28), then your phone number. (Thus: 011-86-28-xxxxxxx). On the East Campus, the number begins with 8541; on the West Campus, the number begins with 8540. This is useful for finding out where people live. For example, someone who lives on West Campus might have a number such as: 011-86-28-8540-1234.

d) Keeping Up With the World

With the use of the Internet, keeping up with what's going on is no longer difficult even though you are far from home. Also, at the American Consulate, there is a library where you can check out recent magazines like Time or Newsweek. With a short-wave radio you can also receive news from the BBC or VOA. Technology has made it

easy to stay in touch with home and friends. The trick is to not let that get in the way of really engaging China! Don't get so tied to the Internet that you neglect to take advantage of every precious moment to make friends, go places, and do and see things you can't do and see in the U.S.!

e) Sports Participation

One way to meet other SU students is through participation in athletics. Previous exchange students have joined track, soccer, volleyball and basketball teams. Also popular on campus are badminton, ping-pong and jogging. The campus has a pool that is located very close to the dorm in which you will be living, however it is outdoors and not heated. Costs are very moderate by American standards. You might also try the hotels in the city.

f) Worship Opportunities

There are two official Protestant churches and one official Catholic Church in Chengdu. One Protestant church is downtown near the People's Department Store, and the other is in the east part of the city, in a small street near City Hospital Number 2. Sermons are all in Chinese, but you will recognize some familiar hymns and will be warmly welcomed! There are also a number of foreigner's congregations (not open to Chinese) which will be happy to have you join; find out about them through the US Consulate.

PART II: LIVING IN CHENGDU

TRANSPORTATION

a) Bicycles

Most Chinese people rely on bikes as means of transportation. Depending on how often you need to go out and how comfortable you are biking alongside lots of people, you can decide whether or not you want to purchase a bike. The cost for a bike ranges from about 20 US dollars to more than 100 dollars. We recommend you buy a cheap (or even used) bike that attracts no attention, as bicycle theft is common. If you do buy an expensive one, make sure you park it within the Students Dorm compound with a very good lock. All the bikes are supposed to be registered. The International Office can provide some English-speaking Chinese students to help you with this. Parking within the campus is free, yet outside of campus, you need to park in places where there are people who charge you and watch your bike. Places in the city where there are no people to watch bikes are not safe for parking.

b) Taxis

This is the most recommended means of transportation for going downtown. They are very reliable and the costs are reasonable. The fees are charged by whatever is shown on the meter. Tips are not expected. Most of the drivers are friendly and fun to talk to. If you are not sure of your Chinese, you can ask someone to write down the address of where you are going in Chinese and show it to the driver. They are very good at finding the way anywhere in the city.

c) Buses

Bus riding is also a very cheap and reliable means of transportation, but buses are often crowded, and they are one of the few places where thefts occur. Great places to observe Chinese life though!

d) Trains

Touring by train is one of the best ways to see the country. There are four ways to travel by train: hard seat, soft seat, hard sleeper and soft sleeper (listed in order of increasing price). The soft sleeper cars have four beds per compartment with a door to separate each compartment from the rest of the car. The hard sleeper cars contain open sections of six beds (two stacks of three) facing a shared window and table. Trains that go overnight all have dining cars. However it is good to bring some of your own food (fruit, water, and some crackers). If you want to get out for a stretch when the train stops, be sure to pay attention to how long the stop is to avoid being left behind! While studying in China you have the option to sign out of the program for a few days, so take advantage of this option and spend the weekend exploring the surrounding area. Be bold and take a train trip some weekend!



DAILY LIFE

a) Knowing Your Way Around

Buy a city map as soon as you arrive in Chengdu, and do the same for any other places you visit. Maps make terrific souvenirs after you return to the US! Chengdu city maps in English are not always available. Maps in Chinese and English can be found in big bookstores, including the one just to the left of the “North Gate” of the University. The city map looks like a turtle shell with streets running east and west, roads running north and south.

b) Bookstores and Banks

Your most useful bookstore in Chengdu will be the Foreign Language Bookstore located in the busy shopping center of Shu Du Road, a few blocks east of the statue of Mao in the heart of the city. A Bank of China is on the same road. There are other Bank of China branches conveniently located just outside the South, North and West gates of the University. A coffeehouse with books is The Bookworm, located on a small lane heading west off of Renmin Nanlu, a few blocks south of Consular Road and The Shamrock. This is a favorite hang-out spot for foreign expats.

c) Post Office

There are two post offices nearby, one on each side of the campus. When you receive packages from home, you will receive a package slip first, which will tell you which post office to go to pick up your package. Most of the time international packages need to be picked up at the Main Post Office in the west part of the city- quite a long ways away. To mail an international package yourself, you can do it right on campus. Choose a time when the post office is less crowded, like lunchtime.

d) Shopping

Chengdu is a great place for shopping. Local specialties include inlaid silver products, silk cloth and embroidery, basket ware and other bamboo items, paintings, lacquer ware, and even some batik cloth. You can find these items either in the two Arts and Crafts Stores located in the downtown area or at any of the gift shops at the tourist sites. Prices are about the same, but anything within the big hotels is more expensive than anywhere else. Prices are negotiable when shopping on the street. Watch what other people are paying or get some information first from someone you know.

e) Money and Currency

It is recommended that you bring *at least* U.S. \$1000 for personal spending money. With your room and a meal allowance covered by the program, you need to plan your budget primarily for purchases, meals out, and any travel you do above and beyond the program tours.

You can use cash machines at banks, as long as they have the Visa or MasterCard logo displayed on them. Most large city banks now have cash machines (including Chengdu), though smaller towns will not. Most banks can exchange US currency. Cash machines will give you “Renminbi” or “people’s money.”

The exchange rate in 2014 is about 6 RMB per US dollar.

Similar to an American dollar, one *Yuan* can be divided into 10 *Mao* (also called *Jiao*- these are equivalent to dimes), or 100 *Fen* (these, equivalent to pennies, are disappearing with inflation). The paper bills include 100, 50 and 10 Yuan notes, which are of larger size; the 5, 2, and 1 Yuan notes, which are smaller; and finally the 5, 2 and 1 Mao notes which are even smaller.

The dormitory on campus is, in general, quite safe, though like any dorm (including PLU’s!) one needs to take precautions.



f) Friends

Chinese people are very hospitable; it is easy to make friends on and off campus. With so many people around who study English, you will probably have more invitations than you have time for. Be frank with people and do what you feel you can.

When taking you out, your Chinese friends will always pay the bills, as is expected in Chinese custom. Accept with gratitude and find a chance to treat them back.

When invited to someone's home, it is the Chinese custom to bring something as a gift. You will be appreciated if you can "do as the Chinese do." Anything small is fine- a bouquet of flowers, a few pounds of fruit, or a box of chocolates, etc; just a way to show that you know their culture and respect it. Gifts are much appreciated but are customarily not fussed over. Though no big deal will be made of your gift, know that you will have demonstrated your excellent manners by bringing one!

Chinese people consider their salary and income as normal topics of conversation. In conversation with you, they may either talk proudly of themselves for being able to make a lot of money, or complain about how little they are paid. This is very different than typical American reticence on this topic, but relax, be honest about American incomes and cost of living, and enjoy finding out about your friends' lifestyles!

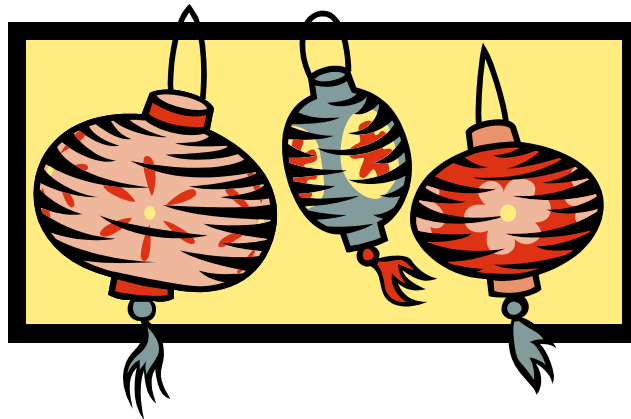
g) Holidays

Holiday celebrations are about the same as in America - family dinners, gatherings of relatives and friends and travels. Scenic spots will be crowded with people during holidays, so try to avoid travel during these times. Banks are also closed during the major weeklong holidays of Spring Festival (January), May Day (May) and National Day (October), so plan ahead!!

National Day (October 1st) is the celebration of the founding of the Peoples Republic in 1949 (the equivalent of the 4th of July.) This holiday is 7 days long. You will use this week to travel to Lhasa, capital of the Tibetan Autonomous Region or another Tibetan cultural area.

Other holidays are observed without taking days off from work or school:
Teacher's Day (September 10)

Old Traditional Holidays are accorded with the Lunar Calendar and thus change with each year:
Mid-Autumn Festival (early-mid September)



HEALTH AND SAFETY

HEALTH ISSUES

Most medical treatment in China today is based on Western practice with traditional Chinese treatment available upon request. If you fall ill during your stay in Chengdu, you will be taken to “Global Doctors,” a Western clinic, for consultation, prescriptions, and referral if necessary to the Huaxi Hospital. If the hospital is required, a translator from Global Doctors will accompany you to make sure you understand everything. Some doctors there speak English, but the medications you are used to are not necessarily offered there. Be flexible!

There are two clinics not far away from the dorm on each side of the campus for less serious problems. Herbal medicines for colds, headaches and flu symptoms often work better than Western remedies. Students are expected to pay the costs so make sure you understand the procedures for travel insurance and reimbursement before you go.

What health supplies should you bring from home? Your favorite cold medicine, Tylenol or aspirin-type medication, Pepto-Bismol or Kaopectate, cough drops, or any medication that you need to be on over a period of time. Some books on traveling in China recommend that you consider asking your doctor for an antibiotic prescription to take with you. Just keep in mind that Chinese doctors use antibiotics much more often than you might think. Talk to your medical provider about immunizations before you depart.

Air Pollution

Air pollution is a national problem, particularly in cities. If you have problems with asthma or are sensitive to air-borne particulates, check with your medical providers about strategies for dealing with air pollution.

Cautions about Water and Raw Food

All water needs to be boiled before drinking. The dormitory has a boiling water dispenser on each floor for you to fill your thermos. Bottled water and other canned drinks are available in stores. Only eat fruit that can be peeled. Raw vegetables should be avoided. People cook their vegetables instead of having them as salad. If you'd like to make some salad yourself, you need to wash and soak your vegetables with certain anti-bacterial products available in the super market.

SAFETY AND SECURITY

Emergency response

Chengdu is a relatively safe city, but students are advised to remain aware of their surroundings despite the sense of security one has in a highly monitored society since occasional crime does occur. “Muggings” such as we hear about in US cities are almost unheard of for foreigners in China. The crimes you may well experience are pickpocketing, purse snatching or counterfeit money exchanges. Don't leave your purse or wallet or backpack unattended even for a moment in a busy place. Don't exchange money on the street with strangers as counterfeit bills are an epidemic in China. You will find almost all vendors or store/hotel clerks checking each bill you hand them to see if it is counterfeit. This is not because they think you are a counterfeiter, but because they assume you, as a foreigner, may have been a likely target for a counterfeiter. (Previous students have been handed Russian rubles instead of Chinese Yuan for example, swindling them out of a lot of money!)

Upon arrival in Chengdu students and the site director will get local Chinese cell phones. The site director will establish a phone tree for program-wide communication in the case of an emergency. The site director will also establish a meeting point in the case that communication systems are down, such as a natural disaster. The Wang Center also has an emergency response system as articulated in the study away Travel Guide.

Sichuan University

The Campus Police at Sichuan University do not fulfill the same function as Campus Safety does at PLU. International students rely on the Office of Overseas Students for help in emergencies and for any other help involving safety, security or health problems. Contact persons and phone numbers will be provided at orientation upon your arrival at SU.

Political Demonstrations

Although crime is rather low in China, political demonstrations can, on very rare occasions, pose a possible danger to visiting students. In such cases students must not partake in or be a spectator of any political demonstrations. The

emergency response system may be enacted, and in some cases students may be instructed to remain in their dorm rooms until further notice.

Photography

Photographing military sites or equipment or soldiers, police or security officers is something one must NOT do. Some people have had their memory cards or even their cameras confiscated for this. Also some ordinary people find it offensive to have their picture taken: ask first if it's all right.

TRAVEL

INDEPENDENT TRAVEL

Students often maximize their time away with personal travel before, during and after the study away program. Such travel is permitted provided students adhere to and recognize the following policies:

PLU does not allow students to partake in personal travel to or within countries that are designated by the U.S. State Department as existing under a travel warning or trade block.

Travel to approved destinations *before* the program start date, including early arrival, is considered personal travel.

For personal travel to approved destinations *during* the program dates, students must use the Independent Travel form to communicate such travel and submit it to the Site Director.

For personal travel to approved destinations *after* the program date, students are required to sign out of the program using the Travel Waiver form: <http://www.plu.edu/studyaway/widgets/documents-forms/items/other/Travel-waiver.pdf>

The University is not responsible for any incidents that occur during personal travel before, during or after a study away program, nor is it responsible for any costs incurred by the student for such personal travel, including any requested travel deviations from group travel arranged by the Wang Center.

TRAVEL IDEAS

a) Interesting Destinations within Chengdu

Here are the names of some interesting places in or near Chengdu that are worth recommending. You might find some more through your friends.

Museums:

Academy of Traditional Chinese Art is located on an old street within the traditional architecture of a Qing dynasty mansion. The professional artists who work here do so at the invitation of the provincial government and produce only a few but highly valued works each year.

Sichuan University Museum of Ba-Shu Culture houses a terrific collection of artifacts from Sichuan's long history. Truly a gem, and right next to your dormitory just outside the East Gate!

The Sichuan Provincial Museum houses a large collection of regional artifacts and receives traveling exhibits.

The JinSha Culture Museum is located on the site of a recent archeological dig and houses artifacts from a previously unknown culture.

The Chengdu Art Museum is a gallery for local and touring exhibitions of art.

Tomb of Wang Jian provides a glimpse of a later period (907-960AD) with Buddhist statues and iconography, and a museum of Shu Kingdom artifacts by the side of the tomb.

Temples:

Qing Yang Gong- "Green Ram Palace," is a wonderful functioning Daoist Temple within the city limits. A great shady place for tea and conversations with locals and buying cheap paintings.

Wenshu Buddhist Temple is a lovely place with a large tea garden and excellent Buddhist Vegetarian restaurant. It is surrounded by an increasingly large tourist area with old-style architecture and lots of shops selling art, religious objects, antiques, etc.

Temple of Marquis Wu is a Confucian temple with statues of historical figures from Three Kingdoms period and provides nice exhibits on that 3rd century AD period when Sichuan was called Shu. Ceremonies for worship are held during Spring Festival, and there is a working family/clan shrine at the very back.

Baoguang Temple is a Buddhist monastery north of Chengdu, which contains the famous Hall of 500 Buddha Statues. It has ancient architecture and great vegetarian food.

Gardens and Parks:

Baihuatan Park is a botanic garden with flowers and special trees.

The Culture Park is the venue for various events during the year, and has stages for performances and people selling paintings at very reasonable prices.

Dufu's Thatched Cottage is a beautiful park in memory of the celebrated 8th century poet Dufu. Lots of manuscripts and calligraphy on display and a lovely place to stroll. It also has a nice exhibit of an archeological dig that shows remains of Chengdu village life during the Tang Dynasty.

Wangjianluo Park, also called Bamboo Park, has over 100 kinds of bamboo, a beautiful towered pavilion for viewing the river, and a nice tea house. Great place for Tai Ji in the early morning or for meeting and talking with people any day- particularly weekends. Easy walking distance from International Students Building!

People's Park is a frequent host for flower shows, a great place for people-watching, and the main venue for martial arts classes on weekend mornings.

The Chengdu Zoo has giant and lesser pandas, as well as other local species.

Shopping:

Chunxi Lu is downtown not far from the Mao statue and is the major shopping destination of locals on weekends. Good place to see and be seen. It is a walking mall with public art and usually some sort of advertising performances going on- interesting!

Jinli Antique Street is next to the Marquis Li Temple and is a recreated "old street" with lots of tourist shops. It is very pleasant and a good place to try out old-time Chengdu snacks.

Tibet Street is a line of shops near the Marquis Li Temple which offer Tibetan crafts (in case you forgot to buy something in Lhasa!)

Craft Factories:

The Bamboo Factory produces Chengdu's famous bamboo products.

The Embroidery Factory is the home of famous silk embroidery, including beautiful double-sided work.

Performance Venues:

Numerous concert halls offer visiting shows.

The Jinjiang Theater downtown offers Sichuan Opera and Variety Shows

An open-air teahouse theater offers traditional teahouse variety shows just behind the antique street next to the Marquis Li Temple.

The Sichuan Conservatory of Music has frequent concerts, just near the SU campus.

Night Spots:

Dancing bars: There are many in the city- ask your Chinese friends.

Karaoke bars and Dance Clubs: There are plenty in and around the campus and around the city!

Rock Clubs: mostly small and a bit “underground.” Ask your friends for recommendations.

Movies.

There are many movie theaters in the city; the closest one is the Garden Movie Theatre, near Shi Mo Dou Hua restaurant, about one mile away. Popular American movies are translated into Chinese soon after they are released in the States. Good way to practice your Chinese comprehension! Some are also shown in English- check with the box office.

Sports Arenas:

There are a few in the city. If you are a fan of some sort of sports, make friends who have the same interest, and they will help you with information as to when and where to get tickets.

“English Corner”:

This is a popular event in all Chinese cities and campuses to practice English and meet foreigners. It is a great place to meet younger Chinese friends! The one on campus is on Friday evenings from 7-9 in front of the Sports Gymnasium. There is another one downtown near the JinJiang Hotel where people gather every Tuesday and Thursday.

You will find many more places than those listed above. It is also impossible to list here all the activities that go on in the city. Check out the tea houses or the Animal Market or the Antique Shopping Market near Qingyanggong. Listen to birds singing in the riverbank park near the JinJiang Hotel, or shop in the various “night markets,” or just find a quiet spot to watch people!

To connect you with American culture, make sure to register with the American Consulate after you arrive. They will inform you of any special parties or events held in the consulate.

b) Great Travel Destinations within Sichuan Province

You may find some time during your semester to take an overnight trip on the weekends. Take a friend, your passport, your phrasebook and a dictionary, and go have an adventure! Here are some great destination ideas within Sichuan Province:

- **Dujiangyan Irrigation System** is an ancient, and still functioning, water diversion project from the 3rd century BC. Very important to Sichuan history, and really spectacular!
- **Qingcheng Mountain** is a famous Daoist mountain just past Dujiangyan. It has gorgeous scenery, and beautiful functioning temples.
- **SanXingDui History Museum** houses a world-famous collection of recently unearthed bronze and gold artifacts from a hitherto unknown civilization in Sichuan about 3000 years ago. The museum is about three hours drive north of the city. Frequently articles from the collection are on tour around the world (including recently in Seattle!) But what is there is very worth the trip!
- **Dazu County** is to the west of Chengdu near the city of Chongqing, which is about a 4 hour drive by freeway. The county road from Chongqing to Dazu takes about another 2 hours. There you can see the incredible Buddhist stone carvings (Beishan and Baoding Hill contain the most famous collections).
- **Jiuzhaigou**. This remote area is about 10 hour’s drive or a one-hour flight one-way into the northern part of the province. It is China’s “Yellowstone Park” with waterfalls, flowers and colorful lakes.
- **Leshan** is a town about 4 hours south of Chengdu, and is the location of the world’s largest (71 m) Buddhist statue.
- **Emei Mountain** is near Leshan and is one of the four sacred Buddhist mountains of China. It has spectacular scenery, beautiful functioning Buddhist monasteries, wild monkeys, and great hikes.
- **Kangding** is the beginning of the Tibetan portion of Sichuan to the West of Chengdu.
- **Songpan** is also Tibetan, to the north of Chengdu, and has overnight horsepacking trips.
- **Longquan lake** is rural area, great to visit in the spring when you will find blooming plum, peach and pear trees that create beautiful scenery.
- **Wolong Nature Preserve**, to the north of Chengdu, is a refuge set up in 1980 with help of the World

- **Wildlife Fund** to research and protect giant pandas. It awaits re-opening after the 2008 earthquake.
- **The Yangtze Gorges**, where the Yangtze slices through the Wushan Mountains, have been up until 2002, one of China's most famous scenic attractions. Now that the Three Gorges Dam project is finally completed, the deep and spectacular gorges have been partially flooded. But it is still a beautiful trip, and if you like dams, or are interested in viewing this huge, historic and controversial project, it may well be worth a float on one of the many tour boats that leave from the city of Chongqing.
- **Zigong** in the south has a wonderful Salt Museum and an important Dinosaur Museum.

IMPORTANT TRAVEL NOTES:

During any tour or travel requiring a hotel stay, you need bring your passport with you

Travel to Tibet requires a permit

If you plan to travel in China beyond the end of the PLU semester, you will need to check your visa expiration date to ensure it will be valid 6 months beyond your return date. Make sure that your visa is not expired before you leave. If you need more time to travel than your current visa allows, you can simply get it renewed through the Overseas Students Office. Be sure give at least 10 days of notice.

PART III: WHAT TO BRING

The most important thing to bring with you is an open mind. Besides that, most items of importance can be purchased in Chengdu. For safety, leave expensive jewelry and other valuables at home. Bring only the necessary daily items. You will have luggage limits by pound and number on both international AND domestic flights. You will want to pack LIGHTLY.



a) Clothing

The climate in Chengdu is mild but humid. The average temperature (F) and rainfall (inches) in Chengdu are as follows:

	<u>Temperature</u>	<u>Rainfall</u>		<u>Temperature</u>	<u>Rainfall</u>
Jan.	45	0.6	July	84	5.6
Feb.	50	0.8	Aug	86	4.8
March	58	1.5	Sept.	77	5.9
April	67	3.9	Oct.	66	4.4
May	73	5.6	Nov.	57	1.9
June	78	7.1	Dec.	51	0.8

For fall semester, you will want to pack primarily for warmer weather, though by December it will be cold and damp. The lack of heat inside some buildings in China will force you to wear layers as the Chinese do. A warm jacket and pants, sweater, a hat, and wool socks are helpful.

You may have several occasions to dress-up, so pack a nice (not formal) outfit for banquets or other events.

At a local laundry, for a few Yuan you can have your clothes dry-cleaned and ironed.

Large sized shoes can be found near the university, but most Chinese shoes lack an American shoe's comfort.

The Chinese dress somewhat differently than Americans. Anything you wear will be considered normal for a foreigner, so don't worry too much about what to bring in the way of fashion. Your acquaintances will be expecting American styles from you. As for the quantity of clothes to bring, pack lightly.

Tailors in Chengdu are inexpensive. You can find materials you like, such as silk, and have clothes you like made for you. For women, Chengdu is the best place to make silk dresses- both western style (if you can bring something for tailors to copy) and Chinese style.

b) Personal Items

Most items you are used to at home can be found at a foreign supermarket, like the American "Price Smart," the Taiwanese Trust Mart" or the French "Carrefour". However, items like vitamins, calcium, and cosmetics are cheaper at home, so bring a supply with you. Deodorant is also hard to find, so it might be best to bring a stock of your own.

c) Other Items

Some things to have on hand for talking with friends and answering questions might be pictures of your home and family. You might want to bring pictures of school or some other topic you are interested in as there are always plenty of opportunities for you to give lectures as a special guest around the town. Games are often useful for initiating new acquaintances. Bring such things as a Frisbee, hackey sack, or a deck of cards, and when you leave you can give them away!

Important Note on Electric Appliances: Electric current in China is 220 volts. Bring appliances that are adaptable to this or invest in a transformer and socket adaptors at a travel supply store here at home.

PART IV: ADAPTATION TO CULTURE

General Culture Shock

It may take a while for you to adjust. Prepare yourself by reading and talking to someone who has been to China. The more you are prepared for, the less you will be shocked. Here are some of the things that may shock you:

a) Crowds

The very first thing you will encounter once you land in China is the crowds. There are crowds wherever you go. Most of the time, you need to be patient to stand in a long line, or move slowly with the crowds. Sometimes you will have to, as many Chinese do, put up with those who do not queue.

b) Language Barrier

Sichuan has its own dialect. Students and professional people can manage to speak Mandarin with you. However vendors, farmers, and small restaurant owners still retain their heritage. Don't worry too much about this. They always understand your Mandarin, since it is the language in the news media and on television. They will either use their body language or write it down for you. (Remember all dialects share the same written characters! Good incentive to memorize and use characters!) This dialect barrier will become fun after you get use to it.

d) Treatment of Animals

Fowls in the city you see tied upside down on bicycles or sacked up in burlap are one of the major food items for the Chinese. Also be prepared to hear that people talk about having turtles, snakes and other strange things for their dishes.

e) Restrooms

Many public restrooms are pit-style with flushing water, however if you travel to rural areas those pit holes have no flushing water. Restrooms on the train are of this sort. Restrooms like this do not have toilet paper either, so- word to the wise, carry your own.

f) At Parties

Expect to be asked to perform, dance, sing, or say a few words if you are invited to a banquet or party. They are curious to learn about American customs and would love to be entertained by you. Don't perceive it as a high-pressure situation; they are merely interested in the uncommon. A toast, if you are asked for one, need not be eloquent or profound; honest and genuine is the best policy!

g) Ye Olde Confucian Tradition

One of the old traditions still prevalent in modern China is a cultural hierarchy dating back to Confucian teaching. Who a person is, determines a lot about how they will be treated. Respect is given to older people over younger, rulers over the masses, rich over the poor, men over women, etc. A lot of favoritism takes place in the form of deals through the "back door" and nepotism. You will discover that some people look important and proud to others simply because of their social positions. More words to the wise: Stick up for yourself and your friends, and sympathize with their complaints about this cultural hierarchy, but don't let it get you down. Observe the system, talk with your friends about it, and compare it to the sorts of hierarchies we experience in the US.

h) Time

Life ticks on at a slower pace in Chengdu. There is a rest time for two hours after lunch, the "xiuxi," when no classes are held and most government buildings are closed (i.e. post office and banks). If something in your dormitory room breaks, don't expect it to get repaired immediately. After awhile, you might notice that in some cases there seem to be twice as many people assigned to one job as seems necessary. You will find it strange to see many people working in supermarkets or department stores chatting during their work. Consequently working with any administration can become slow and tiresome. Going through bureaucratic procedures are confusing, and many times you will find that the people doing the "front desk" job have no authority for lot of things. They will tell you they need to report to their supervisor and so on. Time and patience are required at such circumstances, and remember- losing your temper at a clerk or office worker is not only unfair to them but will certainly make both you and them "lose face."

i) Planning

Most Chinese don't use calendars for their activity plans. Your friends may well act on impulse to stop by or invite you to something. This can happen to the SU faculty and staff too; they may be unexpectedly delayed or called away. Get used to it! It gives us a good mirror on ourselves and just how “scheduled” and “unspontaneous” we are!

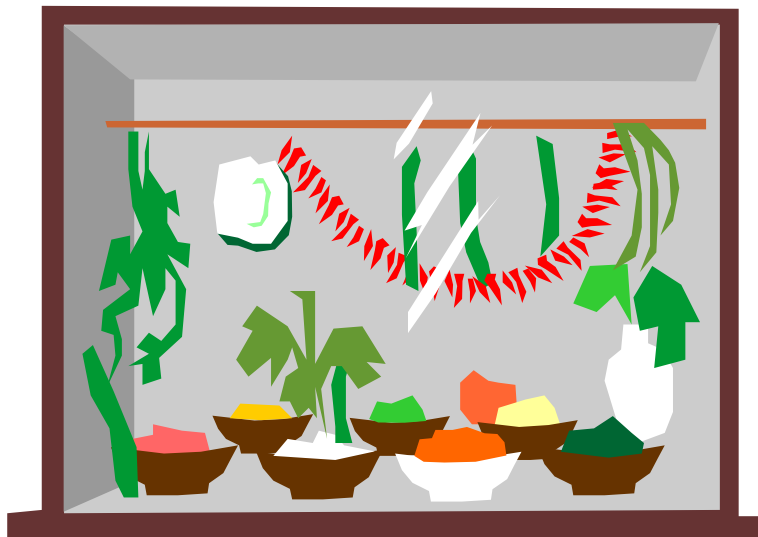
j) Rich Man, Poor Man

China is a developing nation. You will probably enter many conversations about economics and hear many people talk about how wealthy the U.S. is. Yes, you will probably feel immediately uneasy at the luxury of how you live compared to the average student at SU. Still, China has much to teach us. The people are bursting with vibrant culture, personality, and pride. You will most likely leave the places you visit with a sense of peace you didn't know before. Just who are the rich and who are the poor?

APPENDIX I

A Few Starting Suggestions on Where to Eat

1. Shi Mo Dou Hua (literary: Stone Grinding Bean Curd), located on one intersection on the First Ring Road, exit from north school gate. Rich in all kinds of bean curd and various kind of non-spicy food, including Beijing Duck.
2. Haozi Mian located outside the “Little North Gate” is one of the best noodle places in town. Also check out the many restaurants in the area surrounding Haozi Mian, Little North Gate is home to some of the best and inexpensive food in the area.
2. There are quite a few American restaurants in the city; the ones near West Campus Gate include Peter’s TexMex, Grandma’s Kitchen and the Red Brick as well as The Lazy Pug which is out the North Gate and to the right. Great Indian is to be found at Namaste on Renmin Nanlu near the US Consulate. The Shamrock is an Irish Pub, and an expatriate hangout with hamburgers, etc. and live music often in the evenings. There are lots of new restaurants outside the East Gate, near your dorm.
3. Other foreign cuisines include Thai, German, Korean, Italian, and just about anything else you might want.
4. If you have learned to like the spicy Sichuan food, you can start trying hot pot; the best one is the "Big Shark" near South People's Road intersection, about one intersection away from the Consulate.



APPENDIX II

PLU Gateway China Program Contacts: Positions, Names and Contact Information

Pacific Lutheran University:

Wang Center for Global Education:

Tanya Ulsted, Study Away Coordinator, Wang Center
Telephone: (253) 535-7628; E-mail: ulstedtj@plu.edu
(For emergencies, cell: 253-820-7970)

Pat Bieber, Business and Records Coordinator, Wang Center
Telephone: (253) 535-8375; E-mail: bieberpk@plu.edu
(For emergencies, home: 253-262-1018;
cell phone number: (360) 870-1475)

Chinese Studies Program:

Gregory Youtz, Program Director, China Gateway Study Away Program
Telephone: (253) 535-7619; E-mail: youtzgl@plu.edu
(For emergencies, home telephone number: (253) 566-1394.)

Paul Manfredi, Chair, Chinese Studies Program
Telephone: (253)-535-7216; E-mail: manfredi@plu.edu

On-Site Contacts

Erik Hammerstrom, Site Director, China Gateway Study Away Program
Telephone: on-site cell TBA; Email: hammerej@plu.edu

Dr. Hammerstrom is the first point of contact for on-site support for students on the PLU Gateway program

Sichuan University:

Dawn Zhang, On-site Program Coordinator
Cell: 86-135-5127-0505; E-mail: dawnmorgen@hotmail.com

Dawn is the point person for SCU academics, academic calendar, and residence hall concerns

Lirong Pang (Pang Laoshi), PLU Chinese Admissions Advisor (PLU Alum!)
Cell: 137 0901 0541

Lirong is a long-time friend (and Alumn!) of PLU; she is our unofficial cultural program coordinator

**NOTE: If phoning locally, use only the last 8 digits for a land-line phone;
or the last 11 digits for a mobile phone. Mobiles always begin with 137, 135, 134, etc.**

Address at the Foreign Students' Dormitory:

Your Name & Room #
West International Students Dormitory 2F
Wangjiang Campus
Sichuan University
29 Wangjiang Road Chengdu 610065
Sichuan P.R.China

NOTE: Wait to have items sent until you have your room number otherwise there could be a major delay in getting your mail.

Phone at Front Desk:
011-86-28-8541-2707

Chengdu:

Medical Emergency:

Global Doctors Office: 011-86-28-8525-9928
24 hour service phone: 011-86-139 8225 6966

APPENDIX III

PACIFIC LUTHERAN UNIVERSITY and SICHUAN UNIVERSITY EXCHANGE PROGRAM (Chengdu, People's Republic of China)

Why Study China?

China is In the News

China seems to be in the news every day. There is news about China's spectacular and ongoing economic miracle, news about China's military, news about human rights, job outsourcing and intellectual property rights. Headlines have been announcing for 20 years that "The Dragon is Awakening" and many Americans are justifiably confused as to whether this imagery portends positive or negative changes to the post WWII world we have come to understand.

China is a Big Trading Partner

Every American knows that China is a huge trading partner with the US. After all, the labels on many of our products say "Made in China," even those made by US companies. These remarkably cheap products we enjoy buying at discount stores are cheap because they were made by relatively low-wage Chinese workers. And while we enjoy the prices, we worry about such "outsourcing" of manufacturing jobs to China. Some Americans follow business and economic news and are aware that there is a "trade deficit" with China, meaning that we buy more from them than they buy from us, resulting in a flow of dollars out of the US and into China. There are conflicting comments from experts as to whether this is a problem or not. On the other hand, increasing numbers of Americans are working in jobs directly related to trade with China as China shops for American goods and services.

China is Becoming an Economic Power

Some Americans have noticed that while the US is distracted with the war in Iraq and at odds with many of its traditional allies and trading partners, China has been productively forging alliances and trade deals with countries all over the world. China's middle class economy is becoming a major consumer of oil, grains and natural resources, while importing billions of dollars of US goods. Chinese investment groups are beginning to bid to buy major international corporations and Chinese companies from Software to Agriculture are beginning to compete for business with American and European firms in the world market.

China is a Global Power

China is a nuclear power and a permanent member of the UN Security Council. Its economic clout gives it great regional weight in discussions among its East Asian neighbors, and, though its overall military spending is low compared with that of the US, its military forces are the largest in Asia. As the US has discovered, it can be both an invaluable and a stubbornly independent-minded partner in crucial negotiations such as those with North Korea.

China is Proud

With an unbroken history of over 3500 years, China is justifiably proud of its culture and traditions. Now, after 150 years of what it perceives as its humiliating occupation by Western and Japanese powers, the Beijing government is eager to finish reassembling what it sees as its legitimate territories, including Taiwan. Reciprocally, Taiwanese companies are heavily invested in the Mainland's economy and many predict that economic ties will help heal political divisions. Despite disagreements over jobs, economic opportunity and corruption, the vast majority of Chinese in the People's Republic are enthusiastic about their re-emergence as a global power and generally supportive of their government.

China is a Teacher

With its long history, China has much to share with the world. Its philosophers, politicians, inventors, soldiers, farmers and artists have hugely influenced the world and given us new ways to think, act and live. Even today, with their unique combination of centralized politics and a free-wheeling economy, the Chinese are continuing to give us new and surprising lessons in how a country can be organized. Their 25-year achievement in lifting hundreds of millions of citizens from poverty to a middle class lifestyle is unprecedented in human history and is an inspiration to developing nations around the world. As humanity continues to learn how to balance peacefully the needs and aspirations of the peoples of the world, China will be one of the major voices in the conversation.

China Provides an Opportune Moment in History

Despite China's rapid rise to global prominence, it is still a developing country with huge challenges. There is a large income gap between urban and rural citizens. Unemployment has produced a huge population of migrant laborers who are increasingly unhappy. The banking system that has funded the economic boom is sagging under the burden of bad loans. Increasing affluence in the cities is creating new problems including shortages of power and water, and environmental pollution. The Chinese and their government are open about their challenges and are grateful for the help of respectful outsiders. They see their need for aid as temporary.

Although they often have a negative view of American administrations and foreign policy, Chinese by and large have a remarkably favorable impression of the American people and American culture. Thus at this time in history, when China is still developing and Americans are perceived as friendly and generous, we have the opportunity to build with China a permanent and stable partnership, based on respect and mutual benefit. We need powerfully to engage China at this time to lay the foundations for the harmonious strategic balances of the 21st century.

We need to study China. We need to be teaching Chinese in our schools and colleges. We need to create and fund exchanges of students, teachers, athletes and artists, as well as business, government and military leaders. We need to be insisting that our politicians become more educated about China, and that our journalists give us more information. We need a national commitment to build sustainable bridges to a country that eagerly and proudly desires our friendship.

Why Study China?

Because in our relationship with China, lies much of our own future.

