

UCSD Silk Road to the Future Orientation Packet



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What is Legends of China?

Legends of China is a non-government, non-profit Chinese organization that is focused on building positive relationships between China and the United States. The Silk Road to the Future is one of their many projects and aims to unite artists, educators, students, and environmentalists to share their love for humanities, and to establish more opportunities and stronger relationships between their countries.

While the Programs Abroad Office supports well-intentioned opportunities to travel abroad and would like to provide UCSD students with the necessary support and assistance involved in traveling abroad, they are not directly associated with Legends of China. This means that the Programs Abroad Office cannot be held accountable for the decisions Legends of China makes concerning current events, their organizations policies, or changes to their itinerary.

For specific Legends of China information or information pertaining to the Silk Road to the Future, such as the additional activities, the insurance policy, the cancellation policy, or the itinerary, please contact Legends of China directly by visiting their web site at <http://www.legendsofchina.com/>.

The following sections are excerpted from *A Student's Guide to the University of California Education Abroad Program in China*.

China

China's burgeoning economy, extensive trade relations with its Pacific Rim neighbors, and strategic importance within and beyond Asia make the "Middle Kingdom" with its 1.3 billion inhabitants a crucial participant in world economic and political affairs. China is both rooted in an exceptionally rich history and focused clearly on a promising future. It is a living laboratory in which to observe the political and social consequences of fast-paced but uneven economic development, urban ecological problems, demographic and environmental change, and often problematic international relations—all within a single party communist state. UC students can thus witness firsthand a 40-centuries-old civilization as it adapts to its role as a major player on the international stage in the 21st century. There is hardly a more challenging or fascinating place for UC students to study than this country that is home to one quarter of the world's people.

Beijing

Beijing, China's capital, has served as China's leading center for learning and culture for more than 700 years. It is the political and administrative center of the country and a communications and transportation hub. With a population of 12.5 million and growing, it is the second largest city in China after Shanghai. At its core is the Forbidden City with the Imperial Palace and throne room of China's emperors. Surrounding the city center is a mixture of traditional neighborhoods, modern industrial quarters, and suburbs of high-rise office buildings, apartments, and luxury hotels that epitomize fast-growing contemporary China.

For more information about China visit any of the following websites, take a class, or read one of the books listed below.

Suggested Websites

World Factbook (China page): <https://www.cia.gov/library/publications/the-world-factbook/geos/ch.html>

U.S. State Department China Country Specific Information:

http://travel.state.gov/travel/cis_pa_tw/cis/cis_1089.html

United States Embassy — China: <http://beijing.usembassy-china.org.cn/>

Health Information for International Travel (The CDC "Yellow Book"):

<http://wwwn.cdc.gov/travel/contentYellowBook.aspx>

Chinese Consulate in Los Angeles: <http://losangeles.china-consulate.org/eng/>

Chinese newspapers: <http://newslink.org/nonusachi.html>

Beijing Scene: <http://beijingscene.com/>

China Daily: <http://www.chinadaily.com.cn/>

CNN—Asia: <http://edition.cnn.com/ASIA/>

City Weekend: <http://www.cityweekend.com.cn/beijing/> and

<http://www.cityweekend.com.cn/shanghai/>

ExpatsinChina.com: <http://www.expatsinchina.com/>

Asia Xpat: <http://beijing.asiaxpat.com/>

Fall Quarter 2011 UCSD Courses Related to China

After your trip this summer, we recommend you consider registering for one of the following UCSD course offerings in order to better appreciate your experience abroad. You can find a complete list of Chinese Studies courses at <http://chinesestudies.ucsd.edu/courses/>.

HILD 10	East Asia: The Great Tradition
HIEA 122	Late Imperial Chinese Culture & Society: Institutions & the Individual
HIEA 164	Seminar in Late Imperial Chinese History
LTEA 110A	Classical Chinese Fiction in Translation: Short Stories
LTEA 110B	Modern Chinese Fiction in Translation
ANTH 87	Freshman Seminar: Chinese Tales & Values
HITO 87	Freshman Seminar: Ming China in Short Stories
VIS 127C	Arts of Modern China
POLI 113A	East Asian Political Thought
TWS 23	Third World Literatures: China
IRGN 404	Chinese Politics
MUS 13AS	World Music/Asia and Oceania

Other Opportunities Abroad

If you are interested in returning to China or experiencing another country after this trip, contact the Programs Abroad Office. The office contact information is on the front of this packet. We have a staff of professional advisors and student interns who can provide further assistance.

Recommended Reading

Participants are encouraged to become as acquainted with China as possible prior to departure, and to keep up with Chinese current events by reading articles on China in newspapers, magazines, and journals. For translations of most of the recent literature in China, participants should see the quarterly magazine *Chinese Literature*. For an analysis of current Chinese issues, students may want to read *The China Daily*, *Asia Week*, or *The Far Eastern Economic Review*. Prior to departure, reviewing some of the following books will help students gain a sense of Chinese history and culture.

- Chang, Jung *Wild Swans: Three Daughters of China*, Touchstone, 2003.
- Chen, Da *Sounds of the River: A Memoir*, HarperCollins, 2002.
- Dutton, Michael, ed. *Streetlife China*, Cambridge University Press, 1998.
- Elvin, Mark *The Retreat of the Elephants: An Environmental History of China*, Yale University Press, 2004.
- Hessler, Peter *River Town: Two Years on the Yangtze*, HarperCollins, 2001.
- Pomfret, John *Chinese Lessons: Five Classmates and the Story of New China*, Henry Holt & Company, 2006.
- Schell, Orville and
David Shambaugh *The China Reader: The Reform Era*, Vintage Books, 1999.
- Spence, Jonathan D. *The Search for Modern China*, 2nd ed., W.W. Norton, 1999.
- Thompson, Phyllis L.
(ed.) *Dear Alice: Letters Home from American Teachers Learning to Live in China*, Institute of East Asian Studies, 1998.
- Wakeman, Carolyn
And Yue Daiyun *To the Storm: The Odyssey of a Revolutionary Chinese Woman*, University of California Press, Berkeley, 1985.
- Wenzhong, Hu and
Cornelius L. Grove *Encountering the Chinese: A Guide for Americans* (second edition), Intercultural Press, 1999.
- Yeh, Wen-hsin *Shanghai Splendor: Economic Sentiments and the Making of Modern China*, Intercultural Press, 1999.

GUIDE BOOKS (available at Programs Abroad Library)

Culture Shock: A Guide to Customs and Etiquette by Kevin Sinclair
Lonely Planet China, 9th Edition, 2005

Survival Chinese

Lonely Planet China 9th Edition, May 2005

GRAMMAR

Chinese grammar is much simpler than that of European languages. There are no articles (a/the), no tenses and no plurals. The basic point to bear in mind is that, like English, Chinese word order is subject-verb-object. In other words, a basic English sentence like 'I (subject) love (verb) you (object)' is constructed in exactly the same way in Chinese.

There are no specific words on Mandarin that mean 'yes' and 'no' when used in isolation. When asked a question, the verb is repeated to indicate the affirmative. A response in the negative is formed by using the word *bu`*.

PRONUNCIATION

Vowels

a	as in 'father'
ai	as in 'aisle'
ao	as in 'cow'
e	as in 'her'
ei	as in 'weigh'
i	as in 'meet'
	after c, ch, r, s, sh, z or zh as in 'book'
ian	like the word 'yen'
ie	like the word 'yeah'
o	as in 'or'
ou	as in 'boat'
u	as in 'flute'
ui	like the word 'way'
uo	like a 'w' followed by 'o'
yu/ü	like 'ee' with lips pursed

Consonants

c	as in 'bits'
ch	as in 'chop' with tongue curled
h	as in 'hay' but further back in throat
q	as in 'cheese'
r	as the 's' in 'pleasure'
sh	as in 'ship' with tongue curled
x	as in 'sheep'
z	as the 'dz' in 'suds'
zh	as the 'j' in judge' but with tongue curled

TONES

high tone	ma ⁻ (mother)
rising tone	má (numb)
falling-rising tone	ma ^ˇ (horse)
falling tone	ma [`] (scold)

PHRASES

Hello	Ní hao ^ˇ
Thank you	Xie [`] xie [`]
You're welcome	Búke [`] qì
Sorry	Duì [`] bu [`] qì ^ˇ
Goodbye	Zài [`] jiàn [`]
Good/okay	Hao ^ˇ
I don't understand	Wo ^ˇ bu [`] dong ^ˇ
How much does it cost?	Duo ⁻ shao ^ˇ qián
Too expensive!	Tài [`] guì [`] le

NUMBERS (use measure word 'ge')

0	líng	9	jiu ^ˇ
1	yí ⁻	10	shí
2	er ⁻ , liang ^ˇ	11	shíyí ⁻
3	san ⁻	20	er ⁻ shí
4	sì ⁻	21	er ⁻ shí yí ⁻
5	wu ^ˇ	100	yí ⁻ bǎi
6	liu [`]	1000	yí ⁻ qiān ⁻
7	qī ⁻	2000	liang ^ˇ qiān ⁻
8	ba ⁻	10000	yí ⁻ wàn ⁻

Staying Healthy and Happy

International Travel Health Guide by Dr. Stuart Rose:

<http://www.travmed.com/guide/country.php?c=China>

Free UC Traveler Insurance <http://www.uctrips-insurance.org/>

The Office of Risk Services within the Financial Management Department at the UC Office of the President has arranged for employees traveling on official University business to be covered for a wide variety of accidents and incidents while away from the campus or primary workplace. Students can also be covered while participating in UC sponsored and supervised off-campus activities. Register online prior to departure.

Don't Drink the Water!

All water in China must be boiled or treated before drinking. Most dorms and hotels have boiled or bottled water available for drinking. Cholera is active throughout the country, and participants should observe precautions such as drinking only well-boiled water or eating well-cooked food. Cholera vaccine offers only brief, incomplete protection.

Health in China

However healthy people think they are prior to departure, they will find themselves very susceptible to diarrhea, colds, and other illnesses after arriving in China. Air quality in Beijing is very poor and respiratory problems are common. Participants should plan to take care of their own health as much as possible, and may want to take a small personal medical kit containing cold remedies, cough drops, cough medicine, throat lozenges, and medication for diarrhea, nausea, and upset stomach.

Bring a credit card with you to use in case of hospitalization or other major emergency. Many Chinese hospitals will want you to pay a deposit with your credit card if you need treatment. They won't accept debit cards, and often the amount is more than most people have on hand in cash.

Recommended Vaccinations

Trip participants are recommended to get both Hepatitis A and B vaccinations before going to China.

What to Pack

General Guidelines

Each item of luggage should be identified on the outside with a name, home address, and destination abroad. For extra protection, luggage should be identified on the inside as well.

Your carry on should be a small bag (such as a backpack). It will be useful in-flight for carrying your valuables and flight entertainment. Once you reach your destination it will be useful during excursions.

Past students give this advice: Travel light!

Be Sure to Pack

- ☐ Your passport
- ☐ Your plane ticket

- ❑ Copies of your plane ticket, passport, credit/ATM cards, and itinerary (leave copies with someone at home too)
- ❑ Money:
Travelers checks or existing bank ATM cards provide the simplest means to transfer and exchange money. (Credit cards are not widely used.) Traveler's checks can be cashed with a passport at most hotels and banks. There will be a small percentage fee charged per transaction (no matter where you change money). That fee varies by location and date.

Participants can use their U.S. bank ATM cards at ATM machines in China (provided the symbols match). There are service fees for each transaction, even for checking the account balance. The withdrawal amount is also limited.

Participants should take an additional \$50 to \$100 in small bills in U.S. currency for immediate exchange. There is a money exchange window at the Peking International Airport, outside the International Arrivals gate. American money is convenient to exchange for foreign currency, for airport purchases, and airport transfers and departure taxes when returning to the U.S. Participants may want to bring some American coins—they make good gifts for Chinese friends: many Chinese are avid coin collectors, and silver dollars are particularly prized.

WARNING:

Counterfeit bills are a big problem in China and some travelers have gotten stuck with bad bills changing money on the street. Changing money on the street with random people is not recommended and no longer profitable.

- ❑ Clothing: China is hot and humid in summer (July to mid-August) with frequent rain. From May to September, mosquitoes are a problem. Chinese dress is casual. Participants may take a more formal outfit for special occasions. Formal wear is every bit as formal in China as elsewhere.
- ❑ Insect repellent
- ❑ Toiletries (especially those you are particular about)
- ❑ Medicine (Tylenol, cold and anti-diarrhea medication, cough syrup)
- ❑ Camera: Batteries are available in China but odd sizes, such as those used in some cameras, may be hard to find. China is on 220 volts (the U.S. is on 110 or 120).
- ❑ Participants should take a few small, light- weight, typically American gifts for their foreign hosts and new friends. Some gift suggestions include American vitamins; American ginger root; Frisbees; cassettes or CDs; T-shirts with city, state, or campus logos; UC pens or pencils; decals; baseball caps representing Major League teams; California pistachios or almonds; California postcards; posters; scenic calendars; or scarves.
- ❑ Anti-bacterial gel. Bathrooms often do not have toilet paper or sinks. You can buy wet- naps in most stores.

What Past Travelers Had to Say

“If you are non-Asian, expect to be stared at. Many Chinese (of both sexes) find Westerners very interesting to look at, especially in smaller cities with fewer tourists. Don’t let it bother you. It will happen a lot. Many people will want to make ‘friends.’ Some are genuine and wonderful; others are not. You can usually tell by their approach. You don’t have to tell people your name or give them any information if you don’t want to.”

“Find some way to learn about socialism. Make an effort to learn about the society.”

“Prepare for dust, dirt, and mold. If you wear contact lenses take a pair of glasses with you. If you have allergies take all possible precautions (medication, masks for windy days) and be aware that allergic reactions can cause headaches, depression, fatigue, and weight loss.”

“Bargaining is a must. Don’t be afraid to try: most people will admire you for doing it.”

“Expect different hygienic and etiquette practices. Lots of spitting, littering, pushing, no lines, blowing snot on the ground, etc. Patience and understanding are definite virtues here. Also expect lots of traffic, pollution, and crowds!”

“The people here are very curious and may seem rude in that aspect, but one should learn to be patient. If you speak like a friend you will most likely be treated as a friend. Do not get frustrated—you will want to.”

“You do not have to tip at hotels, in taxis, or for regular services.”

“Buses are cheap, but crowded and slow. Get a bus map and figure out how to get around. In most cases it’s the best way to go places.”

“Be careful of street food. It may be harmless once in a while, but some students got sick from eating food from street stalls.”

“People with breathing problems beware! Coal smoke is abundant. Cigarette smoke is also everywhere.”

“The vegetarians in the summer fared better than the meat eaters, with less stomach problems. When eating meat, be sure it is well cooked!”

“Bring toilet paper with you wherever you go. Health conditions are bearable, but be careful and stay as clean and healthy as possible.”

“While the use of drugs is strictly forbidden by law, Chinese are not too much concerned with an individual’s consumption of alcohol if there is no danger to public safety, or violent or unruly behavior.”

“Don’t forget your ATM card: you can use your US ATM card to withdraw money from Chinese banks, if the banking symbols match. Sometimes the ATMs in China run out of money, but usually they work.”

Other Logistical Issues

Waiver Form

You will receive a UCSD waiver of liability form from your UCSD coordinator prior to departure. Your signature on this form must either be witnessed by the coordinator, or you must have it notarized.

Silk Pieces

Each student taking part in the Silk Road to the Future will produce a silk panel focusing on the current year's theme. In 2011 the theme is "World Peace: Globalization in Education." All of the panels from 2001 to 2008 were sewn together to form a banner stretching over 10,000 meters, which was presented to the Beijing Olympic Committee during China's 2008 Olympic Games.

Dr. Loren Thomson's office and the Programs Abroad Office will have squares of white silk available before the end of spring quarter. Faculty, staff, and alumni who wish to make a panel may also do so. The artwork on your silk piece should be completed prior to departure and turned in to Legends of China after arrival in Beijing. Below are some examples of silk panels from previous years.

