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Hao Bu Hao: A Survival Guide for Zhejiang University

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好不好

Hao Bu Hao?



A Survival Guide for Zhejiang University

Letter to the Participants

I'm sure by now, you've done the "shocked you're going" thing, and you've done the "elated" thing, and maybe even some of you have hyperventilated. I want you to know that this range of emotions is nothing compared to what you'll feel while you're at Zhejiang University.

For some of you, this will be your first time out of the country, and for some of you this will be just another stamp in your passport. Whatever this trip is for you, know that it will be an experience you'll never forget. It's a very different place, and unless you've traveled in Asia and really gotten to know the people, places, and culture, you're going to be in for a wild ride.

China, though seemingly taboo sometimes, is an amazing country, filled with rich history and diversity, all while maintaining its distinctly Chinese atmosphere. You'll eat things you never thought possible, you'll see things that blow your mind, and you'll read and hear things that will make your stomach hurt from laughing.

This guide is meant to help prepare you for your stay in Hangzhou. It will take you through many aspects of getting ready for this trip, from packing to arriving, to where to eat and what cultural differences to expect. Though it addresses many of the necessary points, like making phone calls and taking taxis, as well as places to try and things to see, the city could never be captured in a book, no matter how long. Whether you read this book with a magnifying glass, or you skim through it, or you toss it in your bag and forget about it, know that you're very lucky to be given such a wonderful opportunity by the IEP, and that you're in for the time of your life.

*Jenna D'Amico
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Section I:

Preparation



What to Pack

This is a section not to be taken lightly. China's climate, style, and laundry conditions are not like they are here, and unless you've got oodles of extra cash to buy lots of clothing when you arrive, you're going to want to pack smart. These are suggestions to make your suitcase light, and your money stretch.

1. Clothing

- a. The Chinese are generally more modest. The girls don't wear very short skirts or low cut tops; guys dress similarly to Americans.
- b. Summer students would be prepared for very hot, humid weather. T-shirts, tank tops, polos, etc. and shorts, skirts, and light pants would be good clothing ideas. You might want one pair of jeans, just in case, but generally it's too hot for denim.
- c. The seasons are pretty extreme in Hangzhou, so for those who are embarking on semester or year-long programs, you'll need warmer clothes for the winter (much like URI weather, but the dorms are not very well insulated). Remember that layering is a good idea (instead of bulky sweatshirts and sweaters in your luggage), and there are tons of places to buy clothing should you need something else. Your local Chinese friend can help you with these things, like buying a down jacket for winter or a new t-shirt for summer.
- d. There are athletic facilities, so if you're into sports, you might want to consider bringing some activewear. Also, for summer participants, there is a pool, so a bathing suit isn't a bad idea either.

2. Shoes

- a. Most of your transportation will be by foot, so shoes you can walk in are very, very important. Flip flops, sandals, and sneakers are generally your best bets. If you like to run, sneakers are a good idea, since there is a track, a sports center, paths up the mountains,

and roads with sidewalks, since the cars are used to pedestrians. I don't recommend many dress shoes, if any, since it makes it harder to walk around the city (try talking in stilettos on a grooved, cobblestone, or textured sidewalk for a mile). One pair at most is probably enough.

- b. If you have somewhat smallish feet, the shoe culture in China is amazing. Larger sizes may find some shoes, but generally the Chinese have smaller, narrow feet. remember, you can always buy things and if you don't have enough room in your luggage, you can ship it home for around \$20-\$40 USD.

3. Medicines

- a. Remember that although you might have alternative and herbal/holistic medicines (that really work!) at your fingertips, your body isn't used to them. If you want to try them, by all means do so, but please bring your local Chinese friend as a translator.

Some medicines to consider packing:

- i. Advil
- ii. Tylenol
- iii. Excedrin
- iv. Laxatives
- v. Anti-diarrheal
- vi. Midol
- vii. Neosporin
- viii. Hydrocortisone (bugs are vicious)
- ix. Small First Aid kit (CVS has a tiny travel one)
- x. Allergy medicine (Benadryl, Claritin, Allegra...)
- xi. Cough drops/syrup (definitely bring these)
- xii. Multi-vitamins/calcium supplements (Chinese foods don't have a lot of calcium, and vitamins are scarce)
- xiii. Tums, Rolaids, other Antacids, etc
- xiv. Nyquil/Dayquil
- xv. Sleep agents (the time difference is +12)

- b. You don't have to bring all of these things; they're just suggestions. These are the medications we used most frequently, or wished we had most frequently. However, just because you don't end up needing these medications doesn't mean someone else won't. It is impossible to predict how your body will react to the food, pollution, time change, or bugs.

4. Toiletries

- a. The only things that are really necessary are a toothbrush, toothpaste, and floss. Chinese toothbrushes are very soft; the toothpaste doesn't seem to have any fluoride, and we couldn't find floss anywhere.
- b. If you wear contact lenses, it would be wise to bring a bottle of solution and a backup pair or two. A pair of glasses isn't a bad idea either, for both contact lens and glasses wearers.
- c. If you are very particular about your skin care or hair care products, I would suggest bringing a small or medium sized bottle. In the Educational Supermarket or Trust Mart, you can find Clean and Clear, Pantene Pro-V, Herbal Essences, and Dove (to name a few) in the same packaging, but with Chinese characters. Be prepared to pay a small fortune for these brand names; you'll pay the cost of a hearty meal for a tiny bottle of shampoo.
- d. If you regularly use gel, hairspray, mousse, straightening balm, shine spray, etc. it would be wise to bring these with you, since Chinese hair is generally straight and at best wavy. The quality and hold strength products are not the same; it's much weaker. The gel, however, might be ok.
- e. Though you can buy almost every necessity across the street when you get there, it wouldn't hurt to bring a razor, blades (if necessary), and shave gel/cream.

- f. Ladies, if you use tampons, bring them, and bring enough in case of an emergency: yours or a friend's. Though you can find pads everywhere, tampons are few and far between.
5. Currency
 - a. Unfortunately, the official word from the Chinese government is that currency (Yuan, or Renminbi, or more colloquially, "kuai"), 元 is not to be legally taken in or out of China. However, some Chinese families might have some stored, and one participant from 2006 was able to get some from her bank. I haven't been able to get in touch with her to ask the name of her bank, but it isn't a problem to wait till the next day to go to the Bank of China ATM.
6. Electronics
 - a. Electronics should probably be kept to a minimum. A laptop and charger, a cell phone and charger (check with your provider if you can use the Chinese SIM cards, or if you can make international calls from you current phone, or if it's even worth it to bring your phone), and a digital camera and charger are generally the most important things. Hair dryers and straighteners/curling irons might be necessities for some. Check the labels and the plug on all the electronics you plan to bring to see if you need a current converter or just a plug adapter. All of these things can be found at Radio Shack, and most likely at another electronics store.
 - b. China has European style outlets and runs on 220 volts.

Passport and Visa

Your passport and visa are two of the most important documents that you'll have while there. Make sure you take care of them, and make sure you always know where they are.

1. Your passport, if you don't have one already, could take 6-8 weeks to receive after applying for it. Expedited service is available, but it is expensive. Give yourself enough time.
2. The visa is taken care of by the IEP, but you need to have your passport before you get your visa. You may have to pay extra for it, or it may be included in the cost of the program. It is generally not overly expensive.
3. Make copies of your passport, and the visa in the passport, and give one to your parent/guardian/someone at home, and take two with you. These are extremely important. Don't bother taking other unnecessary identification in case you lose it.
4. Bring extra passport photos with you. You'll need at least two, one for your Zhejiang University ID and one for your course completion certificate.

Immunizations and Prescriptions

There are currently no required immunizations for travel to China. You can get whichever you think may be necessary; one participant received typhoid, tuberculosis, and a host of other inoculations, and some participants didn't receive any. It's really up to you.

1. Despite no official requirements, it might be wise to check with your doctor to make sure all your shots and medical information is up to date. This is generally best done several weeks before you leave, so in case of an immunization's incubation period, you'll be all set by the time you leave.
2. If you take prescription medication, talk to your pharmacy about getting an advance supply to take with you. Most pharmacies and insurance companies are pretty flexible when it comes to college students studying abroad, or to prolonged travel in general.
3. If it's too much of a hassle, you could consider going off the medication you're on, if that is a feasible option. You should talk to your doctor, beforehand, but really, it's not something to be overly concerned about either way. In any case, you shouldn't depend on Chinese pharmacies or timely deliveries from home.

Section II:

At ZhèDà



The first thing you should do is find the MORE magazine for that month. It will tell you all the events happening, schedules of games, descriptions and addresses of bars, clubs, and restaurants, and different stores and services. MORE Magazine will be like your Hangzhou Bible.

You can find these magazines in almost any bar or restaurant in Hangzhou. The program coordinator may give you one with your orientation packet, but if you don't have one, pick one up!

Basic Greetings

Basic greetings are generally the same. The Chinese will shake your hand, but they may also bow a little. The following are useful expressions when meeting other Chinese students, or locals when you're out and about:

Ni hao!
你好!

Hello!

Ni hao ma?
你好吗?

How are you?

Ni shenti hao ma?
你身体好吗?

How is your health?

Wo shi mei-guo ren.
我是美国人。

I am American.

Wo shi liu xuesheng.
我是留学生。

I am a foreign student.

Wo shi RoDoDa de xuesheng.

I am a URI student.

Wo jiao _____.
我叫_____。

I am _____.
(Lit. I call myself____.)

Qing wen.
请问。

Excuse me.
(I have a question)

Nin gui xing?
您贵姓?

May I know your name?
(this is a polite expression)

Wo bu zhidao.
我不知道。

I don't know.

Ni hui shuo Yingyu ma?

Can you speak English?

你会说英语吗？

Zhe shi shen me?
这是什么？

What is this?

Ce suo zai nar?
厕所那儿？

Where is the bathroom?

Ni qu nar?
你去那儿？

Where are you going?

Zaijian!
再见！

Goodbye!

*To negate phrases of existence, you can say “mei” before the verb, such as “wo you” means “I have” and “wo mei you” means “I don’t have.”

*To negate other phrases, you can put “bu” before the verb, such as in “wo bu zhidao,” versus “wo zhidao.”

A note on pronunciation:

The Chinese use a phonetic system called Pinyin. Assuming that most of you have had a foreign language in either high school or here at URI, you'll be able to at least pronounce the vowels correctly. Here is a crash course in Pinyin:

- The vowels are pronounced as if they were in a European language, where as “a” is a short “a” sound, “i” is an “ee” sound, etc.
- “Zh” is like a softer “J” sound, as in “Zhejiang.”
- An “i” after “zh,” “z,” “sh,” or “s” is pronounced like an “ih” sound, almost like in “ship.”
- An “e” at the end of a syllable is between the Romance language “eh” and an “uh” sound, like in “Zhejiang.”
- An “x” is pronounced like a soft “sh.”
- A “c” is a “ts” sound.
- If a word begins with “yi,” the “y” is softer, almost nonexistent, and should be pronounced “(y)ee.”
- “Er” is pronounced like the normal “r” sound, without the “e” in front of it.
- An “ou” is a long “o” sound.

Zhejiang University is formally Zhejiang Daxue, 浙江大学 but it is generally shortened to ZheDa.

<http://fawen.cn/yingyu-cidian.html> is a great translation site, where you can type in Pinyin (with or without tones) or English words. The definition, characters, and tonal pronunciation will come up, as well as related words.

Customs

In formal situations, small gifts are appropriate and usually exchanged.

Bowing is not so much a custom in China as it is in other Asian countries. When meeting someone, you can shake his or her hand and bow slightly, but a full bow isn't necessary unless you visit a temple or shrine and are participating in worship.

You are never supposed to pour your own tea, or let someone else pour their own.

You can find Chinese customs online, but generally they are for very formal situations.

Classes

- There are generally two classes per day: the introduction to the lesson, followed by a review of the lesson.
- The book given to you by Zhejiang University will most likely be the most complicated textbook you've ever had, since there is barely any English, and the order of lessons doesn't make much sense.
- There are a few key phrases that you won't find anywhere in the text, like "where is the bathroom." You'll also find that you need certain phrases, like "how much is this," before you actually get them in the book. This guide will have some, but your best bet is to find a local Chinese with a working knowledge of English.
- Chinese teaching is completely different from American teaching. Some tips for doing well:
 - Read the lesson before class. Even if you don't understand it, you won't be as lost, since it will at least look familiar.
 - Go to class. The instructors don't formally take attendance, but it does wonders to hear the phrases and have the opportunity to ask questions.
 - If you do ask questions, don't expect a clear answer. Unless your question is extremely simple, you will most likely receive a roundabout, convoluted answer that has little or nothing to do with your question, especially if it involves grammar or how to use certain phrases:
 - Qing wen = "excuse me," but only when you are going to be asking a question
 - Lao jia = "excuse me," but only when you're trying to get someone's attention
 - Dui bu qi = "excuse me," but only when you've done something wrong, like being late or bumping into someone.
 - There is a new lesson every day. Even though there is not a large amount of new material in each

lesson, it's important to at least read it over after class, along with your notes (should you take any), so it sticks. It also helps with character recognition.

- If reading and writing is important to you, it's a good idea to practice reading and writing the key phrases and dialogues in each lesson so you get practice with character-sound-word association.



In class with Song Laoshi, one of our language instructors.

The Dorm

The International College at Zhejiang University's Yuquan Campus is a great place. It's a new building with single rooms and a private, Western-style bathroom (toilet, sink, shower). It resembles a small hotel, with fewer restrictions. There is a front lobby, with a computer/study/lounge area on the second floor, overlooking the main entrance. They keys to your room are magnetic cards that unlock the door when placed on the circle on the handle. Each room has a large window and a heater/AC unit with a remote. There is a TV, a lamp, and a hot water thermos in each room, along with paper slippers, an ashtray, and a tray. **IF YOU DO NOT INTEND ON USING ANY OF THESE THINGS, PUT THEM IN A SAFE PLACE.** You will be charged if you damage or break them.



This is one set up for the room. You can rearrange it any way you'd like with a little help.



There is ample closet space, and if you're like most of us, you can buy hangers very cheaply across the street from the dorm.

The floor of the bathroom is sloped towards the drain, but be careful because the water may wet your entire bathroom floor.



Your best friend: The Western Toilet. These are few and far between, and you do have to supply your own TP.



The second floor lounge offers a small snack shop, three computers, and a few tables. It also has doors that open onto the roof, where students dry clothes, eat breakfast, and generally enjoy the hot, humid air.

The rooms are cleaned approximately every 4th day, which means the housekeeping service comes to change your linens, wash your floor, empty your trash, and give you new toiletries. They also inspect for any damaged ZheDa property. Be prepared to be woken early for these things, however if you don't answer your door when they knock they will come back later.

If you're used to a soft, cushy bed, you're in for a (not so pleasant) surprise. The beds are slightly softer than bricks, and the pillows aren't a huge amount better. Hopefully by the end of the trip you'll be used to it, so if you can tough it out, by all means it's worth trying. If it's really a problem, the goose-down jackets/comforters are a great help, but they're also very, very expensive (comparatively) and you'll need help finding a department store to buy one.

Procedural Matters

- Locking yourself out of your room
 - If you leave your key somewhere and are locked out of your room, you can go to the front desk.
 - Write your name in the spiral notebook, with the date and your room number.
 - The person at the front desk will radio a maintenance person who will unlock your door. Remember to say thank you!
 - Note: if it's after 11 pm, there will be no one working the desk till the next morning. You'll have to find somewhere else to sleep.
- If you break something:
 - Let someone at the front desk know. You will have to pay for it.
 - You could wait till the room inspector comes around, and she will charge you and replace the item.
 - If you break or lose your key, it's very expensive. It's 100元 which translates to roughly \$12-\$13. Though this doesn't seem like a lot, keep in mind that you can eat for a week on that much money.
- Internet access
 - Internet is initiated twice a month, on the 1st and 15th. You need an Ethernet cable to use it in your room; there is no wireless. It costs 80元 to initiate and another 50 元 to maintain.
 - You can buy an Internet card from the front desk for various amounts of money, and these cards allow access to the computers on the second floor. There are only three computers however, and access is slow and sometimes blocked. To use these computers, you have to make sure that the "language preference" is set to English, since the International College hosts students from all over

the world, and the computer is equipped to type in several different languages.

- Making phone calls
 - Buy an IP card for 10元 at the second floor lounge store. This will allow you to dial an outside line from the phone in your dorm room.
 - In order to call the US (or another country), you also need to purchase an international PI phone card. These can be found at the small electronics store across the street (to the left of the fruit stand). This card will cost 100元 for a 200元 minute value, which translates to roughly 35-45 minutes.
 - Dial 201, which will get you an outside line
 - Dial 2, which will give you the prompts in English.
 - Dial the IP card, pound, and pin number, pound
 - Dial 3, to let you call with the international IP card. This menu, along with the other menus, will be in Chinese.
 - Dial 17910, pound
 - Dial the international IP card number, pound, and the pin number, pound.
 - Dial the country code, area code, and phone number (country code for the US is 001)
- Laundry
 - There are laundry machines in the basement and liquid/powder soap can be purchased at the Educational Supermarket.
 - Laundry tickets can be purchased from 2-3元 at the Second Floor Convenience Store.
 - Bring your laundry to the basement, and there may or may not be a maintenance person to turn the machines and the water for the washer. (Sometimes you'll get lucky and they'll forget to shut it off, but don't count on it.)
 - The machines aren't the gentlest ones, and most of us had some clothes ripped or stained.

- Do not leave unattended clothes in the machines. You'll find them wet or dry in a pile (because someone else had to use the machine) or you'll find them missing.
- Because a laundry maintenance person was hard to find for most of our stay, we gave up on using the basement machines. We took to washing them by hand in our bathroom sinks and hanging them to dry either around our rooms or on the roof.
- Should you choose to go Old Country and hand wash your clothes, you can purchase large plastic tubs from the Educational Supermarket, as well as clothespins, hangers, and even long jump-rope type plastic string to create a makeshift clothesline in your room.

If you decide to take advantage of the hot, humid weather and air dry your clothes, make sure you keep an eye on them and beware of sudden Hangzhou downpours.

The Educational Supermarket and Trust Mart

These will undoubtedly be the most important stores you visit during your stay in China.

- The Educational Supermarket
 - This store is directly across from the International College. It has small selections of everything, from beer to laundry supplies to school supplies. Most basic necessities can be purchased here, the most important being bottles of water.
- Trust Mart
 - Though the name may or may not have changed by the time of your departure, due to Wal-Mart's aggressive bids for the chain, this store will be extremely important.
 - It is located in the Huang Long Sports Center complex, on the second floor of the shopping center.
 - Trust Mart, like most other Chinese supermarkets, are combinations of a huge department stores (and I do mean every department) and a gigantic supermarket.
 - Be prepared to see live animals for sale: turtles, fish, and even fowl.
- There are other supermarkets, most notably the French chain Carrefour. If you want more Western-style food/candy/liquor, that's where you have to go.



Planes, Trains, and Automobiles: Getting around in Hangzhou

The public transportation system in Hangzhou is great. Though most of your travel in the city is most likely going to be by foot, taxis are a great alternative for short trips when you might not know where to go, when your destination is farther than you'd like, or when



it's late and you're coming home from one of the city's fantastic clubs or bars.

The only thing you need to be mindful of is that driving in Hangzhou is definitely not the same as driving in the States. They drive semi-quickly, take corners fast, and brake late. Be prepared for close to “near death” experiences while traveling in taxis or busses...

- Taxis
 - The most common, easiest form of transportation in Hangzhou. It's 10 元 for the first 4 kilometers, and 1 元 every kilometer after that.
 - It's probably best to have someone write down where you want to go, or to point to the address, unless your Chinese pronunciation is nearly perfect. The university has cards that show the address and different streets.
 - When returning to ZheDa, it's probably best to ask to be taken to the back gate at XiXi road, which is “Zhejiang Daxue, XiXi lu, houmen.”
浙江大学西溪路后门

- Most of the taxi drivers are reputable, but if it's clear that you aren't paying attention or don't know exactly the address of where you're going, they'll take you the long route, or they'll take you to the wrong ZheDa.
- If you're brave enough to try giving the taxi driver oral directions, the street name comes first, then the number of the place you're trying to go, then "hao."
- Busses
 - Busses are generally good ideas if where you're going would be too expensive to take a taxi. They're pretty difficult to figure out by yourself, unless you have a strong command of Chinese language and writing.
 - There are two types of busses, "K" and regular. "K" means that it's air conditioned, and these rides cost 2 元. The non "K" busses cost 1 元.
 - These are generally crowded and you most likely will have to stand. If there are elderly passengers standing, it's customary and polite to offer them your seat. Most older gentlemen will offer young girls (especially American girls) a seat, but China is generally a traditional and respectful society, so, as the saying goes, it's age before beauty.
- Trains
 - These are good ideas if you want to travel to the Yellow Mountains, Putuoshan, or Shanghai. There really isn't a lot of time to go much further, since the train to Shanghai (110 miles) is about 3 hours.
 - Your best bet is to find someone who knows what they're doing to get you tickets. We had someone and her Chinese friend get us tickets, and we gave her money, but if you're resourceful enough you might be able to do it yourself.

Tickets are a bit hard to come by on the day of, so it's actually better (if not an unwritten rule) to buy them in advance.

Hospital Visits and Getting Sick

It is inevitable that you or someone else will get sick while in Hangzhou. Unless you live in a coal plant, your lungs probably won't be used to the pollution or the heavy air. You can't possibly predict how your body is going to react to the food, and the insects are vicious. Luckily, there is a clinic next to the International College. Your best bet, should you need to visit the hospital, is to bring a local bi-lingual Chinese friend with you. Once in the clinic, you can figure out how to tell the doctor what's wrong, and your friend will be able to help you check in, acquire prescriptions, and explain and pay for them.

A Fast, Funny Story about Going to the Hospital

No one slept much our first night in Hangzhou. We were all tired, exhausted from a rough 30 hours straight of traveling, and adjusting to the hot, humid weather on beds as soft as bricks.

At 7 am the next morning, I heard someone running down the hallway, yelling my name, sounding distraught. I opened the door, and my only friend from the Political Science department was standing outside, her left eye swollen to the point where she couldn't open it. During the early morning, she had been bitten twice on her eyelid by a gnat, causing her to have an allergic reaction. She tried to be a trouper and stick it out, but in the end, the Benadryl and Allegra took over and she ended up resting all afternoon. By nighttime, the swelling had worsened, and our friend LuLu took her to the hospital. After trying to tell the doctors what happened, two hours later they ended up prescribing an extra strength hydrocortisone cream. The moral of the story? Make sure you are medicinally prepared, and make sure you have a Chinese friend that speaks good English. Don't wait if you think you're going to need something. Though it will make for a funny story later, every day in Hangzhou is amazing, and you won't want to miss out on a single minute.



Helpful Words and Phrases

Wo tou teng I have a headache
我头疼

Wo shou... I suffer from...
我受。。。

Kesou Cough
咳嗽

Fa shao To run a fever
发烧

Shang Wound, to wound
伤

Yiyuan Hospital
医院

Shenti Health
身体

Chu xue Bleeding
出血

Yao Medicine
药

Yisheng Doctor
医生

You ren shuai shang le Someone is hurt
有人摔伤了

Wo bing le I am sick

我病了

Ge bo	胳膊	Arm
Hou mian	后面	Back
Xiong	胸	Chest
Lian	脸	Face
Tou	头	Head
Tui	腿	Leg
She tou	舌头	Lip
Kou	口	Mouh
Bo zi	脖子	Neck
Jian bang	肩膀	Shoulders
Wei	胃	Stomach

Section III:

Food



In the ZheDa Cafeteria

Ordering food for the first time in the cafeteria can be daunting at first, especially if you are unsure of the procedure. I'm pretty sure we stole breakfast the first few days, before we actually caught on...

- Breakfast
 - Go to the small desk to the right of the serving line with a few kuai. It's a great way to get rid of the change you've collected from various purchases. You'll receive a combination of red and blue tickets, depending on how much money you give them.
 - You have to be a bit aggressive to get the attention of the servers. You can point at the food you like. Since you probably won't know the names of the food, and it's generally pretty loud.
 - The foods: Rice porridge, buckwheat noodles, fried eggs, hard boiled eggs sesame buns, fried leek pancakes, dumplings, etc.
 - A note about the hard boiled eggs: Eggs in China were generally fertilized, and had more than an embryo...not for the weak stomached, and especially not for vegetarians...you'll most likely find a partially developed baby chicken.
- Lunch/Dinner
 - The counter to the left of the entrance has a print out menu and picture cards of the foods available for lunch and dinner. You order and pay there, and don't forget to order rice!
 - The lady at the counter will give you a slip with your order on it, and once you've found a place to sit, a waitress will bring you plates, spoons and chopsticks. She will take a look at your order and bring it out to you.

- There is a cooler of drinks that you can purchase, but it's usually more convenient (and cheaper) to bring your own.
- It's also ok to bring your own chopsticks. The waitresses seem to secretly prefer it. You can find them at the Educational Supermarket.
- Napkins are hard to come by. They're hidden in the drawers where the dishes and spoons are kept. Steal sparingly. The waitresses don't like it very much.

A Note about Chinese Food:

Chinese food is very, very oily. However, it's not the same oil as you're probably used to in the States. There, they use fish and soybean oil, whereas here we are more accustomed to olive, vegetable, and canola oil.

Like any other culture, there will be, shall we say, *interesting* foods to try, such as chicken feet (and various other parts of the chicken), fish on the bone, and various mystery meats. It's very difficult to predict how your body will react. Be careful when you first get there, but don't be afraid to try the local delicacies.

There is a lot of pork, beef, and chicken. However, most of the meat you'll find is served on the joints, and with a lot of cartilage. If you just can't bring yourself to try the meat, there are lots of different vegetables you can find in the cafeteria. I recommend the eggplant...

Typical Asian meals are an event. The food is placed in the center of the table (usually on a Lazy Susan), and each person takes some and puts it in a small dish or over his or her personal bowl of rice. If you are at a formal restaurant or at someone's home, and you're full, leave some on your plate. If you eat everything, the host will keep bringing more food. If you don't touch something in a dish, for whatever reason, the host will think you didn't like it and it is disrespectful. You'll know when the meal is over when fruit, usually watermelon, is served.

DO NOT DRINK THE WATER. Use it for bathing and laundry, but even brushing your teeth should be done with bottled water. Large jugs can be purchased cheaply almost anywhere.

Foodstuffs Elsewhere

If you end up getting sick of the cafeteria food (which I'm sure you will at some point), there is a myriad of other places to try, depending on what you'd like to eat.

The Noodleman:

The Hui minority is famous for their noodles. Luckily, there's a Hui noodle shop, complete with picture menu, just outside the back gate of campus. These three brothers and their parents stretch the dough with their fingers, to make a 50' long noodle. There is one vegetarian dish (it's not on the menu; you have to ask for it), but they generally have beef or pork in them.



Making the noodles

It's generally inexpensive, no more than 15 元 to eat here, though you have to bring your own drinks.

There are roughly 30 different dishes, but if you don't want noodles, they also have great steamed dumplings.



Long noodle = Long life

American Food:



Chinese KFC

Anything even remotely "American" will have a Chinese flair to it, like a sauce.

Portions are generally smaller. Take

advantage of local food, but if you get desperate, at least you know it's there.



From the bar 1828: This burger is the size of a White Castle burger

Sushi:

There are several sushi places in Hangzhou. After looking in MORE magazine, we ended up trying one in a hotel a short cab ride away from the dorm. Though a bit tricky to find, it



ended up being delicious. Sushi will be a bit more expensive (nothing like it is



Pasta, after a month of deprivation, tastes wonderful

in the states, though we paid 80 元 each), but it's totally worth it if you are an addict. Plus, that particular restaurant was in a huge shopping district.

Alternative Chinese Food:

Just because the dorm food is “Chinese” doesn’t mean there aren’t culinary adventures all over the city. One place to try is in the back alley through the side gate of campus. Though you’ll need a Chinese person, since the menu has no pictures, it’s totally



Lunch with new Chinese Friends



This is how much food was left over, after we were stuffed.

worth the short walk. Just be careful you don’t go to dinner there too late, or they’ll lock the side gate and you’ll have to walk ALL the way around, or have someone scale the fence.

Some of the best Chinese restaurants you’ll eat in will be found on Nanshan Road 南山路 Hefeng Street, or 和豐街 Hubin Road. 湖滨路

These are a short cab ride away from ZheDa, and after a huge, cheap meal you can visit the bars, clubs, and stores nearby. As always, a Chinese friend to help



A favorite restaurant on Hefeng Street



Meat-on-a-Stick is always a viable option for the adventurous. You may not know what type of meat it is, but that’s half the fun of it.



If you get tired of oily food, there are various fruit stands, usually

several per street. Take advantage of the fresh watermelon, as well as native Chinese fruit, but remember to WASH IT before eating, and be sure to wash it in BOTTLED WATER.

Don’t forget to try Chinese delicacies, if your stomach can handle it, that is. They generally don’t waste any part of the animal. Tea houses are actually fantastic places to try traditional Chinese foods. They’re more for social gatherings and than formal ceremonies. Go with friends and



Chicken feet were the most common “exotic” food, and only a few of us were brave enough to try it.

order food is a good idea.

make an afternoon of it.

Other Food:

As with any city, there is a large international influence. You may want to try other cultures' cuisine. There are ample Korean, Thai, and Indian restaurants, as well as decent Chinese attempts as American, German, Italian, French, and so forth. Though you're probably familiar with the European style food, other Asian food may throw you for a loop. A quick rundown:

- Korean
 - Korean food is generally spicy, and is actually much less greasy and oily than the local Chinese food. It's a nice break from cafeteria food, and there are two decent restaurants through the back gate of campus on XiXi Road. These are relatively inexpensive, especially the one with wooden slats on the windows.
 - Dishes to try would be bul-go-gi (beef and clear noodles, cooked on a hotplate at your table), kim-bap (a Korean version of a sushi roll, with no raw fish), and bi-bim-bap (a fried egg over steamed vegetables and white rice, in a small crock pot).
- Thai
 - Banana Leaf was the best Thai place we found, and though a bit expensive, we had a great meal. Thai food deals a lot with curry, coconut, and hot peppers. There are giant cone breads in sugar, and delicious chicken curry dishes.
- Indian
 - Indian food ranges from mild to incredibly spicy, and its curry is the main spice.
 - Dishes to try are samosas (potato, carrot, and pea turnovers), saag (spinach and curry), masala (tomato, cream, and curry), and vindaloo (vegetables, hot pepper sauce, and curry). A lassi is a yogurt ice milkshake-type drink, and usually the breads (naan) and this will help cool you down after a hot pepper.

Helpful Phrases and Words

I want...	Wo yao... 我想
Beef	Niu rou 牛肉
Pork	Zhu rou 猪肉
Chicken	Ji rou 鸡肉
Vegetables	Cai 菜
Noodles	Mian 面
Dumplings	Jiao zi 饺子
Rice	Mi fen 米粉
Fruit	Guo 果
(to) Drink	Chuo 啜
(to) Eat	Chi 吃

Section IV:

Shopping



I'm sure you can't wait to bring back cool things, so that you can say, "I got it in China." Even fun clothes are good souvenirs, but if you can't figure out how to ask for sizes, say that you want to buy them, or what the US equivalent is, your shopping trip might take much longer than you want it to.

Shopping in a Chinese store is a bit different, and more like shopping in very high-end stores here. You'll have one assistant who follows you around and gets you everything you ask for, and you don't carry items with you. The assistant takes the clothing you're going to buy and gives you a ticket. When you go to the register, you hand them the ticket and they match it with the corresponding box.

In markets, it's always expected to barter. It's always ok to begin by lowballing them, and then if they're going to try to rip you off (which is inevitable) walk away and don't seem interested.

1. Sizes

- a. One thing you'll notice in China is that almost everyone is about 200 pounds thinner than you are. Therefore, shopping for Chinese-sized clothes can be a very discouraging experience.
 - i. Ladies, don't expect the Chinese girls to have any sort of a chest. Of course, there are a few exceptions, but generally, any shirts or tops you buy are going to be made for teeny tiny girls with teeny, tiny chests.
 - ii. Girls' pants are measured by waist size, like mens' pants here. The largest size, however, is 29, for the waist measurement. This translates to roughly a size 4-6, but keep in mind that Chinese girls barely have hips, and wear their pants higher than we do here.
 - iii. Guys will have an easier time buying clothes (as usual), but Chinese men are generally tall and skinny as well.

Shoe sizes are pretty much European style, but most stores will have a "foot map" where you can figure out your European size, and then tell the sales clerk.

Stores to Try

The Huang Long Sports Center, where Trust Mart is located, has a bunch of little shops on the first floor, ranging from shoe stores, dinky souvenir shops, electronics stores, and even restaurants.

If you're feeling like a department store might be more your style, there are several in the city, but it's best to navigate with a Chinese friend.

There are stores called Baleno and Kobron, which have decently priced and sized clothes, and they're located like GAP and Starbucks are in New York City: on every other corner.

You'll find that, similar to American clothing companies and Chinese characters, Chinese clothing companies will put random English words and phrases on their shirts.

Some of the best ones we've seen have been



Che Guevara...guess the Chinese missed the memo on Mao...

the two here, along with "Tomato and Eggs" and a girl with khaki overalls that said "Drugstores" on the butt. In fact, Tomato was so surprised (incredulous, actually) that we don't have shirts in the United States that say Tomato and Eggs, or various other foods, she resolved to come to visit us to find a shirt like the one she was wearing.



Cultural Stylistic Differences

It's to be expected that a country halfway around the world might have a slightly different style than we do. I don't know exactly how prepared you are for Chinese fashion, but what I can tell you is that it's like nothing you've ever seen. Be prepared to see different (and clashing) fabrics, colors, prints and patterns, and interesting hair styles.



Generally most girls wear dresses and skirts in the excruciatingly hot and humid summer, though they're much more conservative than girls in the US. Expect stares if you wear miniskirts. However, their shorts are almost Daisy Dukes, so short shorts are acceptable. There are lots of capris, but they're at longer, odd

lengths, and aren't tight like the ones here. Most guys dress about the same as they do here, though their clothes seem a bit baggier. Jeans, sneakers, and t-shirts are staples.

Hair styles are a bit more extreme. The Chinese like to have long-ish, thicker hair on top with thinner hair towards the bottom to create the illusion of fullness. Be aware that if you are brave enough to get a haircut there, your hair will be cut like that, and because most American guys have shorter hair to begin with, it's a funny-looking

style. You won't see too many crazy colors, but you'll see occasional highlights and red, pink, or green streaks. Those are the rebellious ones.



Helpful Phrases

Wo yao zhe ge
我要这个

I want this.

Duoshao qian?
多少钱?

How much?

Tai gui le
太贵了

Too expensive.

Tai da.
太大

Too big

Tai xiao.
太小

Too small

Wo xihuan zhe shai
我喜欢这色

I like this color.

Xie xie!
谢谢!

Thank you!

Red	Chi se	赤色
Blue	Lan se	蓝色
Green	Lu se	绿色
Purple	Zi se	紫色
Pink	Fen hong se	粉红色

White	Bai se	白色
Black	Hei se	黑色
Yellow	Huang se	黄色
Orange	Cheng se	橙色
Brown	Zong se	棕色

1	Yi	一	20	Er shi	二十
2	Er/Liang	二 两	21	Er shi yi	二十一
3	San	三	30	San shi	三十
4	Si	四	40	Si shi	四十
5	Wu	五	50	Wu shi	五十
6	Liu	六	60	Liu shi	六十
7	Qi	七	70	Qi shi	七十
8	Ba	八	80	Ba shi	八十
9	Jiu	九	90	Jiu shi	九十
10	Shi	十	100	Bai	百

Counting is easy. The basic numbers are all you need. For example, “20” is “two tens” and “21” is “two tens, one.”

If you noticed how “2” has two pronunciations, it’s because “er” is to mean the number 2, and “liang” is when counting two objects. Should you use “er” when indicating an amount, they will understand, but it’s not proper Chinese.

There are counters in Chinese, something we don’t have in English. There are actually many of them, but the multifunctional one is “ge,” or 个 and can be used for any object. There is no translation for it, but it signifies that you want an amount of something.

Ex:

“I want two books”

Wo yao liang ge shuben.
我要两个书本。

Section V:

Things to Do



The best part about Hangzhou is that there's always something to do. Be it shopping, or sightseeing, or just taking in the city, Hangzhou's entertainment and diversions sector is fantastic. It's a far cry from Kingston, as almost everything is open and busy till all hours, but it's a manageable city with places for quiet if you need it.

Again, this is where MORE Magazine is going to play a huge part. MORE lists everything from massage parlors to clubs to festivals.

As the ancient capital of China, Hangzhou has much culture to offer.

Cultural Excursions

West Lake

西湖



*Shimmering, sparking, sun-drenched
lake*

All beauty to the view;

*Far hills, mist-shrouded, glimpsed
through showers.*

Are as charming, too.

Men say no jewels or robes enchanted

The beauty of Xi Zi:

And West Lake, decked or unadorned,

May well be compared with her.

~Su Dongpo

Song Dynasty

West Lake (Xi Hu) is a huge lake in the middle of the city. Though swimming is prohibited, there are cheap, hour long boat rides, as well as ferry rides to the islands, where there are small gift shops.

Leifeng Pagoda 雷锋塔

This structure was built in 975 to honor the King of Wuyan's son by his favorite concubine, Huangfei. As the "Legend of the White Snake" goes, a girl is separated from her love by an

evil monk, who changes her into a white snake and imprisons her under the pagoda. Her son rescues her, and the pagoda collapses.



The true story, however, is that the people believed a brick from the pagoda would bring wealth and good luck, and they started to remove the bricks. The poor people of Hnagzhou believed this superstition so strongly

that some took many bricks to lay them on family altars, and it was this foundation removal that caused the collapse.



In the 1500's, Japanese invaders burned the pagoda and destroyed its foundation, causing it to collapse. Though its renovation had been debated for years, they began in 2002 and have been completed. The

pagoda now houses beautiful sculptures and paintings of the legend and the subsequent history of the pagoda and of Hangzhou.



Lingyin Temple 灵隐寺

Translated as “The Temple of the Soul’s Retreat,” Lingyin Temple is one of the oldest and wealthiest temples in all of China. Originally built in 326 AD, it has been rebuilt at least sixteen times and is a historical site Buddhist caves and rock carvings.

The main Buddha statue is around 60’ high, and there are great halls with 30’-40’ statues of mythological kings and monks. Not only are there statues, but there is a monastery, and monks that perform services daily. (It

Lingyin Temple is massive, and its layout, including the Buddhist caves, makes it easily an all-day affair.





is a functioning temple, after all). It's a good idea to respect the worshippers and monks, make sure that you are not interrupting or intruding in on a ceremony with your presence or camera flashes.

Shanghai, Putuo Shan, Yellow Mountains

上海，普陀山，荒山

If you're lucky and feeling adventurous, you'll be able to take weekend excursions to nearby areas. If you're planning on taking a trip to a destination outside the city, it's generally best to have a local friend help you set it up, especially if it's going to require a train or long bus ride. It's also advisable to buy train tickets in advance.

Shanghai is the largest city in China, with a population of around 22 million. It has province status, and in 2005 it became the largest cargo port in the world. It has a rich culture, mixing China,



Japan, Korea, and various European influences, due to its major roles in several conflicts and international trade. Though it is the international center of finance and business in China, its construction began in the early 1990's, and its trademark is

towering skyscrapers with restaurants at the top. Its newest attraction is the Maglev, the world's first commercial high speed maglev line. Currently, there is only one line, that runs from Longyang Station to the Pudong Airport, but there are talks of a Maglev line from Shanghai to Hangzhou. Its top speed is around 430km/h.

The Bund, a famous mile-long stretch on the Hunagpo River.



Shanghai is easily six times the size of Hangzhou. It's difficult to determine everything you want to do, and actually do it, while only in Shanghai for a few days. There are hundreds of cultural sights, but we ended up going to an American bar (our cravings for French fries and a real burger were overwhelming) and the Jade Buddha Temple, Old Town (Pudong District), and the Fake Market. The Jade Buddha Temple had two original statues, with its most famous being 1.63 meters tall and weighing 3 tons. The picture to the left is a sculpture donated from Singapore. Certain halls charge an admission fee (10 元) and there is a tea house should you get thirsty. Note that photography is forbidden in certain areas, and again, there may or may not be services taking place. There are several gift shops, but be aware that they are priced for tourists (and you will most likely be able to find the same things in the Night Market back home).



The Fake Market is literally an enormous area of little white tents, with knockoff designer clothing, handbags, shoes, jewelry, toys, and everything else imaginable. It's like the Night Market in Hangzhou, but about seven times bigger and much more crowded. There's also more of a variety of "upscale" products; the Night Market has stereotypical Chinese things, like wood carvings and Mao watches, the Fake Market is for the brand-name-conscious on a serious budget. You'll see everything from Dior to Nike to Dolce and Gabbana. You'll see the same type of stand several (hundred) times, but if you barter you can usually get prices down to reasonable amounts.



Old Town, on the other hand, is like stepping back to pre-modern Shanghai Shanghai (15 years ago). It's a more traditional area, the kind of area one sees on the Travel Channel, where there is a community faucet, laundry hanging from every rafter, and people sitting outside watching the young children play in the dirt or semi-paved street. It's a nice escape, but at the end there is a huge hall of

gift shops and fluorescent lights.

There are tons of amazing bars and clubs in Shanghai, but they're difficult to find without a good map. Though you might be in the "saving money" mode by the time of your trip, a taxi might be worth it, even though the starting rate is 14 元 for the first 4 kilometers.

Putuo Shan is an island located off the coast of Shanghai, and is one of the four sacred mountains in Buddhism. It has since become a tourist destination, with 110元 disembarkation fees upon arriving to the island. There are hotels and restaurants, and most importantly, a beach. It can be reached by boat from a port



in Shanghai. One boat leaves at night and travels overnight, and the other leaves early in the morning, but only takes about two hours. Traffic on the island is generally only busses.

Historically, Putuo Shan is considered the bodhimanda of Avalokitesvara (Guan Yin), a revered Bodhisattva. In 1620, the young, future Zen master Yinyuan Longqi served tea to monks there while searching for his father. There is a large statue of Guan Yin on the island, and temples and monasteries all over the island. It is a highly coveted place to practice Buddhism, and monks and nuns from all over China, as well as international holy figures, come to live and practice there. Also, it has one of the largest Buddhist institutes in China.

The Yellow Mountains are a range in the Anhui province. They are famous for the weathered trees and granite peaks, and they are also famous subjects of Chinese art and calligraphy. They are a huge tourist site, as well as a UNESCO World Heritage Site since 1990.

It is slightly expensive to visit them from Hangzhou, and it's about a 5 hour bus ride. A trip here needs to be planned in advance, so the director of the international program can help you if you're interested in going. The mountains have steps carved into

them, but they're also very high, so good sneakers and being in decent shape make it easier.



You'll find that as the further away you get from the city, the fewer people speak coherent English. It's good to go with some phrases and words written down, and to have some extra cash just in case of a pinch. There are people there that you can hire to carry your bags and belongings, but they are not cheap and they most likely will not speak English (or they will pretend not to). It's advisable to pack light, and realize that even though you're climbing in altitude, it's still summer, and very, very humid. Packing your own water is a good idea, but remember, anything you pack you'll have to carry, and then take back to the base.



If you're feeling particularly stressed or tense,



there are hot springs at the Purple Cloud Peak, that are 45°C all year. You could also take in some of the famous Huangshan Mao Feng (Yellow Mountains Fur Peak) tea, named for the downy tips on the tea leaves.

Helpful Phrases

I want to go...	Wo yao qu... 我要去...
Where is...	_____ zai nar? _____在那儿?
Is it far?	Yuan bu yuan? 远不远?
What time is it?	Xianzai ji dian? 现在几点?
I want _ tickets.	Wo yao _ zhang piao. 我要_张票

Run! Run! As Fast as You Can!

Places to Get Some Exercise

Some of you will undoubtedly want to run around and get some exercise. Seven weeks is a long time to go without a gym, but there are a few places to get in some cardio.

There is a mountain behind the ZheDa campus with stairs to the peak. It's roughly 775 steps to the first plateau, and another 250 to the very top. There's always the Yellow Mountains trip if you're really serious, but if not, there's a track, a pool, and basketball courts.

One participant brought a Frisbee; you'd think it was the best thing since sliced bread.

You can find almost any sporting equipment, especially in anticipation of the Beijing Olympics in 2008, in any department store, but if you want a primarily American sport, like baseball or football, you're going to have to search high and low. You're much more apt to find soccer balls, basketballs, and ping pong balls.



After a long day of climbing mountains, Ultimate Frisbee, and walking around the city, surely you're going to be a bit sore. That's where the massages come in. MORE magazine has a list of several (reputable) massage parlors, and around 35-40元 you can have a one-hour, full body massage. The masseuses are a bit more forceful than in the states...and by "a bit," I mean "a lot," but you'll definitely come out feeling refreshed. They are generally very friendly and will spark up conversation with you. They'll also give you medicine, if they notice that you're sick or coughing.

Section VI:

Night Life

Clubs, Bars, and the Like



As a city, there's always something to do, and although it might not be as famous for its nightlife as Montreal, Tokyo, New York, or London, Hangzhou definitely holds its own.

Armed with MORE Magazine as your Bible, prepare to try interesting drinks, meet tons of people, and dance the night away.

There are a few things to keep in mind about the nightlife in Hangzhou.

First, there is no drinking age, and no real laws against drinking in public, on public transportation, or being inebriated in public. Do not take this as a green light to do anything you want; you're still representing URI and the IEP.

Secondly, this is not Providence. Or even Boston. Clubs and bars are hotspots every night of the week, and most are open till 7am or later. By all means enjoy the availability of entertainment, but remember that you do have class in the morning. One night of coming in at 5, sleeping on the dorm beds, and having class at 8 in a different language and you'll never do it again...

Now that you've read the disclaimers, here are a few clubs and bars to try:

The In

隐楼

No. 3 Building, 23 Yanggongdi

杨公堤23号3号楼

It's a great, Euro-style club. There are international DJ's that spin all kinds of music, from Latin to Reggae to House, and there's a decent bar with couches and tables. It's more of an international student/ex-pat club place, and by far our favorite.

SOS

风暴

Address: 3/F, Huanglong Hengli

Mansion, 5 Huanglong Road

黄龙路5号黄龙恒励大3楼

This is more of a Chinese style club: packed with people and there's little or no room to move, unless you're right at the DJ's turntables. There is a 50元 cover for guys and drinks are pretty expensive, but if you want a very Chinese club, SOS is for you.





1828 Bar & Grill

卡卡酒吧

Address: 262 Nanshan Road

南山路262号

1828 is a German bar with great beer and good food. If you're missing burgers and fries, or potato skins with bacon and sour cream, this is a good choice for dinner. It's not too expensive, and is a fun place to watch whatever game is on the big screen.

Barossa

芭罗莎

Address: 13 Hubin Road

湖滨路13号

Right on West Lake, Barossa offers a dance floor and a bar with live entertainment indoors, and an outdoor patio with hookas and a belly dancer. It's a nice place to unwind and hang out with some friends while taking in the sights of the lake.



Maya Bar

玛雅酒吧

Address: 94 Baishaquan, Shuguang Road

曙光路白沙泉94号

Possibly one of the best bar/restaurants near campus, Maya Bar is run by an Argentinian ex-pat who knows how to make some killer nachos, a good stiff drink, and a great time happen. The food is



delicious, and you can dictate how quickly you want your money to make you feel it. They play familiar music and there's enough room to dance, and in the hot summer months there's outdoor seating with traveling masseuses that give half-hour

massages for 20元 while you sip a (real) beer and maybe even watch a game or two.

Kana's Pub

卡那酒吧

Address: 152 Nanshan Road
南山路152号

It's a little pub with cheap drink specials and live music. The band usually covers 80's songs that you can sing to and there's a few tables and a long, table like bar. On special occasions the bartenders give out free shots and there's enough room to dance, and since it's right on the main strip you'll find it to be a more international atmosphere.



Party World

钱柜

Address: BF, 50 Hubin Rd.
湖滨路50号地下1层

When in China, do as the Chinese, and the Chinese love their Karaoke. Party World was an extremely nice, albeit pricey, KTV studio. There is tons of food and beer, and there was a decent song selection. Just make sure you bring your wallet...you pay for both the 24-hour availability and the quality of the studio.

A few more notes about going out in Hangzhou:

- Unless the bar specifically states it, you should assume that the drinks will generally be weaker than they are in the United States.
- Be clear when you order drinks, and try to stay away from ones with water or ice in them.
- Most “international” clubs will have western toilets, but beware, as some clubs will have Chinese toilets that take some practice after a few drinks.

- If you choose to taxi back after a long night, be sure to have a ZheDa card on you. Slurred Chinese speech can have interesting consequences...

Helpful Phrases

I want to go... 我要去。。。
Wo yao qu...

I want to drink... 我要啜。。。
Wo yao chuo...

I want to eat... 我要吃。。。
Wo yao chi...

Water 水
Shui

Beer 啤酒
Pijiu

Alcohol 酒精
Jiujing

Dance 跳舞
Tiao wu

Music 音乐
Yinyue

Sing 歌唱
Gechang

Section VII:

Cultural Differences



Upon arriving at Pudong International Airport in Shanghai, you'll immediately notice the differences in clothing, food, manners, and driving, to name a few. Though you land at China's most modern city, and travel to an equally as modern one, there is still a myriad of cultural quirks that you'll have to get used to.

Eating

Generally, the Chinese love their food. Sometimes, close friends will greet each other with, "Have you eaten?" There are some customs that should be mentioned, just in case you are invited to a formal dinner on a dinner at someone's home.

- Dishes are usually shared in the middle of a table, with each person receiving his or her own rice.
- Table manners are more or less non-existent; at least not in the way we're used to. Just because the Chinese don't have exactly the same ones doesn't mean that you should throw etiquette to the wind.
- Should you eat everything on your plate, the host may think you were too hungry and didn't provide enough food. Should you not touch a dish the host may think that you didn't like it. The best idea is to try a bit of everything, and when you're full leave some, partially eaten, on the plate.
- Sometimes, formal dinners or luncheons will have course after course. The Chinese, However, when the servers bring fruit, you can rest assured that it's the last course.

Driving

There's a reason for the stereotype of bad Asian drivers. It would seem that traffic lights are optional in some cases, and as in NYC, as soon as the light is green you can be sure that if you're in the crosswalk, you're going to be run over.



There are very few cars in China with an automatic transmission. Drivers are very

aggressive, and though the taxis are pretty good about a smooth about a smooth ride, you'll occasionally have a jerky ride to your destination. There are always hundreds of pedestrians in the road, so be careful, and (highly unlikely, but) you may or may not be involved in a fender bender.



Clothing

Chinese clothing, especially girls', has lots of frills, bows, sequins, and sparkles. Sizes are infinitely smaller than in the US, and it can have very, very odd sayings printed on it.

Guys generally wear tapered pants with high socks, and girls are more feminine and dress extremely girly. China is a good place to practice your comfort level with sparkles on your shirt and random words across your rear.



Yes, her butt does say "drugstores."

Restrooms



The biggest initial culture shock was arriving at the International College and being in desperate need of a restroom. Once found, the several of us in there were stunned: **HOW** were we supposed to use **THAT**?

We soon learned that this style of toilet is thought to be more sanitary...the picture is one of the more fancy, cleaner

ones from a tea house, but believe me, you'll have great restroom experiences all over China. If you notice, the picture has a toilet paper dispenser. That is also a luxury; be sure to always bring a bit with you, even if you're almost positive it will be provided. You may have to practice your aim a bit, and remember, **ALWAYS USE YOUR FOOT TO FLUSH!**

Section VIII:

Historical Events and Culture



As you may or may not know, China's history is long and complex. This section will break down the history of the country, some quirks of the culture, and so forth. Remember, Chinese life is based on tradition, history, and culture. You're in for a wild ride!

The Dynasties

Ancient China	Neolithic ca. 12000-2000 BC	
	Xia ca. 2100-1800 BC	
	Shang 1700-1027 BC	
	Western Zhou 1027 771 BC	
	Eastern Zhou 770-221 BC	Spring and Autumn Period 770-476 BC
		Warring States Period 475-221 BC

- Ancient China starts with the Yangshao and the Lungshan. These were small agricultural communities These people had pottery and also made silk.
- The Xia Dynasty was thought to be a myth until 1959, and is still sometimes not accepted as a dynasty. These people used stone and bronze tools as well as agricultural procedures.
- The Shang Dynasty is considered the first true dynasty in Chinese history, The capital was Zhengzhou, and they are the first group from which we have written records.
- The Zhou Dynasty built upon the Shang Dynasty. Western Zhou is from the Shang takeover till the time the king was assassinated by barbarians, and his son moved east. During the Eastern Zhou, the king lost power (Spring and Autumn period) and large states in China struggled for power (Warring States period).
- Confucianism, Taoism, and Legalism developed during the Warring States period. Written laws and market economies, along with iron, helped propel the Qin Dynasty.



A flood vessel from the Western Zhou Dynasty

Early Imperial China	Qin 221-207 BC	
	Western Han 206 BC-9 AD	
	Hsing (Wang Mang interregnum) 9-25 AD	
	Eastern Han 25-220 AD	
	Three Kingdoms 220-265 AD	
	Western Chin 265-316 AD	
	Eastern Chin 317-420 AD	
	Southern Dynasties 420-488 AD	Song 420-478
		Qi 479-501
		Liang 502-556
		Chen 557-588
	Northern Dynasties 420-488 AD	Northern Wei 386-533
		Eastern Wei 534-549
		Western Wei 535-557
Northern Qi 550-577		
Northern Zhou 577-588		

- The Qin Dynasty saw the first emperor, Shi Huangdi, as well as a standard form of currency, standard measurements, and the Terra Cotta Warriors at Xi'an. The Great Wall was also constructed during this time.
- Chinese people refer to themselves as the People of the Han, and it is from this Dynasty that the name is derived. The Silk Road was established, and there was an emphasis on education.
- The Three Kingdoms period (Wei, Shu, Wu) marks the spread of Buddhism, the discovery of tea, and the development of porcelain.
- The Chin dynasty made the mistake of conquering the Three Kingdoms, and then disbanding the army.
- Confucianism in the south and Buddhism in the north flourished in the Northern and Southern Dynasties.



Confucianism (left) and Buddhism had codes of conduct and relationships, though most peasants flocked to Buddhism for the idea of reincarnation. Their good, simple lives would be rewarded and reincarnated as something higher, while wealthy, exploitative, evil merchants and kings would be reincarnated as something low, like bugs or slaves.



Classic Imperial China	Sui 580-618 AD	
	Tang 618-907 AD	
	Five Dynasties 907-960 AD	Later Jin 936-946
		Later Han 947-950
		Later Zhou 951-960
		Later Zhou 951-960
		Later Zhou 951-960
	Ten Kingdoms 907-979 AD	
	Song 960-1279 AD	Northern Song 960-1125
		Southern Song 1127-1279
	Liao 916-1125 AD	
	Western Xia 1038-1227 AD	
Jin 1115-1234 AD		

- The Sui Dynasty extended the Grand Canal, fortified the Great Wall, and expanded their borders.
- The Tang Dynasty is sometimes considered the same dynasty as the Sui, but it saw greater developments, such as greater rice cultivation and transportation, a code of laws and ethics, and the only female empress.
- The Five Dynasties were in the north, while the south had ten kingdoms. Trade exploded, as did taxes, there were further developments in porcelain, and movable type and paper money were introduced.
- The Song Dynasty had huge advances in technology and culture, with gunpowder, foreign trade, a surge in the importance of education, medical advances (the first autopsy), new styles of art and poetry, and a rebirth of Confucianism.
- The Liao, Western Xia, and Jin divided the Song Dynasty to the north, and the emperor fled south and continued the Song Dynasty till the Mongols invaded and conquered in 1297.

Later Imperial China	Yuan 1279-1368 AD
	Ming 1368-1644 AD
	Qing 1644-1911 AD

Tables from www.mnsu.edu

- Ghengis Khan led the Mongols to one of only two times foreigners had ever ruled over China. There was a huge cultural gap between the Mongols and the Chinese, from clothing to dress to education. Because no nobles were allowed to participate in government, theatre and opera flourished, but because China became so weak and impoverished, the Mongols did not have much interest in maintaining their hold on China.
- The emperor of the Ming Dynasty was the third of three peasants to ever become emperor. Novels were developed, as well as laws to help the peasants, and a strong army was constructed. There was wood cut and block printing, and with this came encyclopedias and dictionaries. Though the Great Wall had been previously constructed during the Qin Dynasty, the Ming expanded and rebuilt it to the way it is today.
- The Qing Dynasty was the last Dynasty in China, and it was the Manchus, not the Chinese, that had control of the area. They had one of the best-organized armies in the world and either forced Manchurian culture on the Chinese, or excluded them from affairs. China expanded, poetry, art, and pottery grew, and trade and culture from the west came to China.



Mao!

Most of you know who Mao Zedong is. What you may not know is how the Chinese revere him.

Communism became a dirty word in the US in the early parts of the 20th Century. Karl Marx's *Communist Manifesto* was completely misunderstood by most people, but it sparked revolutions in both Russia and China. As defined, Communism is a system or theory of social organization in which all property and the economy is held by a collective community or the state. Socialism is the stage before communism, and after capitalism, where there is some private ownership, and complete collective control has not been established.

Mao was born December 26, 1893 to a well-off peasant family. He was able to attend school and after his military service and



graduation, he traveled to Beijing with a professor and worked as an assistant librarian. This is how Mao was introduced to Communism. At age 27, he attended a meeting of the National Congress of the Communist Party of China and two years later, was elected as a chairman. In 1920 he developed his theory of violent revolution, inspired by the Russian

Revolution. He appealed to Chinese peasants and conducted the Autumn Harvest Uprising in Changsha, Hunan. After this, Mao formed the Workers' and Peasants' Red Army of China, or Red Army, for short. Mao married He Zizhen, and with confrontation from other Communist leaders, he began the suppression and torture cycles he was so famous for.

Chiang Kai-shek, leader of China's Nationalist Party and China surrounded Mao and forced him into the south, which ended up as the Long March.

There was an open civil war between the two parties, and in 1949, Mao's Red Army captured the last city occupied by the Nationalists. Chiang Kai-shek fled to Taiwan in December of 1949.

The People's Republic of China was established on October 1, 1949, and even today it is a week long vacation for the Chinese. Chairman Mao, or Our Great Leader, ruled from 1954 to 1959. He had a land distribution system, simplified the written Chinese language, wanted the people to build and strengthen China. During these reforms, millions were killed in counterrevolutions and protest. He had two Five Year Plans, and instituted the Great Leap Forward, all to try to end China's dependence on agriculture. Because of the focus on industrialization and a move away from agriculture, millions of people starved to death in what is one of, if not the, largest famine in history.

Mao decided to circumvent the growing unrest in China and carried out the Cultural Revolution in 1966. he gave power directly to the Red Guards, teenagers from across the country, and closed schools and forced them to manufacture weapons for the Red Army.

Cultural and historical artifacts were lost and millions of Chinese were killed or imprisoned.

He declared the Cultural Revolution over in 1969, though most sources consider the end to be in 1976, with his death. He died of Lou Gehrig's Disease, and possibly from Parkinson's disease, heart trouble, and complications from smoking.



In China, Mao is thought of as a hero, and his face is everywhere, from t-shirts to watches to gigantic statues on every public quadrangle. In fact, in speaking with someone from even the generation above yours, you'll find that most people in China think of Mao as a savior.

China vs. US, re. Communism, Mao, and Other Such Things

Event/Person	Chinese Response	US Response
Mao Zedong	Our Great Leader, Our Chairman, and other such combinations. He has god-like status in China, mostly with older generations	A Communist, mass-murdering tyrant that did no good for China
The Cultural Revolution	A cleansing of the party, so the CPC was pure, and a status promotion of Our Great Leader	The crowning achievement of Mao's bloody history that elevated his status while killing millions of people
Tiananmen Square (1976, 1989)	Political rallies where protesters were put in their place	Demonstrations against the government, and a senseless massacre of students and intellectuals
Communism	It brought China to where it is today, and the country is better off because of it	Communism was and always will be the enemy.
Capitalism	Integrate it slowly and let's get rich quick!	The end-all economic system.
President Hu Jintao	He's great! More forward thinking! The best president for China!	Well, at least he's better than Mao, as well as other presidents China's had.
President George W. Bush	<i>Note: The most frequently received response at the mention of this name was "BU HAO!"</i>	See Chinese Response

All of these Chinese viewpoints were directly collected from several Chinese sources, including students, history professors, ex-pats, and lesson books.

Government and Economy

Today, in Hangzhou, you'll see more luxury cars than you've ever seen, as well as well-to-do businessmen, a thriving middle class, and the impoverished back alleyways. Capitalism is slowly making a takeover of China.

Under a Communist premise, the government is allowed to set quotas for everything from steel production to how many engineers and doctors it wanted graduating from its schools. There was heavy regulation of industrial production and no private ownership.

China is slowly reaching out to a free market economy and private ownership. There are smallish shops and restaurants, as well as clubs and recreational areas that do private business.

Notes from All Over

MINORITIES: Believe it or not, China is extremely diverse. There are many minority groups that you probably don't even realize are there, since they have similar features. Minorities generally have more decorative, extravagant clothing and have particular cuisines that are popping up in restaurants all over.

ART AND CALLIGRAPHY: Chinese art and calligraphy are famous everywhere. They require much schooling and take years to master. Our instructor had been practicing for 15 years. The delicacy of the brush strokes say more about the work than the actual word itself, and it is a highly precise practice.



Through the dynasties, religious, governmental, and social changes brought about changes in subjects of art and poetry, moving from landscapes to portraits to scenes of strife.



OPERA: The Beijing Opera is one of the best known forms of Chinese opera. It uses speech, song, dance, and combat with bright and extravagant costumes to tell a story, with most of the emphasis on highly symbolic movements. If you are lucky enough to get a chance to see one, I highly recommend it.



MUSIC: Traditional Chinese music dates back as far as the Zhou Dynasty, and with the changing social climate came changes in music as well. Songs of revolution were especially popular during the 1930's and 1940's, and today there is an abundance of pop music. Check out Richie Ren (Ren Xian Qi 任贤齐, left) and Jay Chou (Zhou Jie Lun 周杰伦) for some really fun songs. China



likes to cross celebrities into other genres, so both of the singers mentioned, as well as many others, also act in movies and on TV have endorsement deals. There are also tons of cover-bands all throughout China's bars and clubs.

POLICIES: China is famous for its policies, the most notorious being the Planned Birth policy. In an effort to curb the population boom that began during Mao's early years, the new Chinese government instituted a one-child-per-family regulation, and there were fees with the birth of more children. The government went as far as to issue permits for women wanting children, and to implement the policy, there were human rights abuses and forced abortions, making it extremely controversial for both Chinese and foreigners.

The Planned Birth Policy allows families in the cities can have only one child per family, and those in the country can have two. Less economically developed areas can have up to three, and in some autonomous regions, like Tibet, there is no restrictions. Han couples in cities can have two if the first-born is a female or disabled. It does not apply to minorities (no limit) or mixed

Han/minority couples (three, according to a Hui professor). Repercussions for having more than one child can be severe. According to one friend, her grandfather was thrown in jail for a few years and part of her house was bombed, as well as having to pay heavy fees and taxes upon the birth of her sister and brother.

Recently, the policy has been changed due to a number of factors. Negative or no population growth in some areas, and an overabundance of boys have caused the Chinese to relax it, as it's estimated that around 40 million boys will be bachelors, simply for lack of girls to marry. The Chinese have also restricted doctors from telling parents the sex of the baby to curb discriminatory abortions have launched the Care Girls campaign to refute the traditional idea that boys are better.

The second policy (that is actually more beneficial to you) is the Fixed Exchange Rate policy. For years now, the exchange rate has been fixed at 8元 to US\$1. This has been to keep the price of Chinese goods low, where it should actually be more around 13-14元 per US\$1. Though the Chinese government has said it's moving towards a completely floating exchange rate, the fluctuation is not much, possibly from 8元 to 7.95元 throughout the course of a week.



Money and Exchanges

As I hope you just read, the exchange rate is roughly 8元 per \$1. This amount will most likely not fluctuate much from that level. Here are just a few things to remember:

- Make sure you DO NOT bring traveler's checks. They're a pain in the butt to get changed, if you can even get the banks to change them.
- Cash is difficult to change as well. You have to have your passport and it helps to have someone who speaks Chinese, since you have to speak to the teller.

- If you have an ATM card, you will be in luck. Though there's probably a huge fee (around \$5 for most of us) to take money out of a foreign ATM, it's the easiest and most convenient way to get your money exchanged. You can take out up to 2200元 at one time.
- TRY TO USE ONLY BANK OF CHINA ATM'S. This way, you will be sure of getting the best exchange rate.
- If you have more than 4 digits in your PIN number, you can just punch in the first 4 digits and it should accept it.



Remember that you are living in luxury in China. You will have the ability and financial resources to do much more than the average Chinese person will. However, it's important to acknowledge this, and because the standards of living, the subsidies, and the general price level of everything is so much different from the US, you may or may not have the tendency to blow through money faster than you normally would. Think in Chinese terms and how they spend their money, and you'll fare a lot better than some of us did.

When in Rome...

Some culturally quirky things to expect in China

Being 6000 miles away, you would expect China to have cultural differences. Sometimes reactions will be laughing, disbelief, or shock, but perhaps it will be easier if you know it's coming...

Chinglish

This will probably be the most common quirk you see, mostly because they're direct translations of Chinese characters. You'll be able to figure out what signs mean,



but they're fun to take pictures of and laugh about. You'll also find spelling mistakes, even if the grammar is good. This adds to the charm. However, just because the signs aren't in perfect English or spelled correctly does not mean their requests are optional.



Staring

If you're a normal person, when someone walks by and you're not familiar with his or her style of dress, hair, walk, or if you find them attractive or exotic, you're likely to stare a little. And when that person catches you, you look away and pretend not to be interested.

China, however, is completely different. Since you are American, and since you look, dress, walk, and carry yourself nothing like the Chinese, you will be stared at. A lot. And they won't look away when you catch them. Ladies, if you wear moderately-to-very short skirts or clingy tops, you will be the ones most subjected to this.

Upon this staring, they may or may not ask to take pictures with you. It happened a lot to one girl on our trip, since she was Colombian and had gorgeous curly hair, something the Chinese had never seen before. Take it as a compliment 😊

Smoking

One of the best things about Rhode Island, in my opinion, is the no-smoking-in-public-places law. (If you're a smoker, I'm sure you feel differently, however I'm sure that you at least acknowledge that it is a courtesy to others.)



Photo from
Chinese BBC

In China, it's something of a smoker's paradise. You can smoke like you can drink: any time, any place, any age, and any amount. And generally, they're not overly courteous as to where they exhale.

Since smoking is allowed in the dorms, so are candles, incense, bug coils, etc. Just be careful that you don't burn it down...

Socially Acceptable Behavior in China

There are several common practices in China that really shocked us. In the US they're considered rude, but they happened everywhere in Hangzhou. Here are some of them:

- **Spitting:** It's not unusual to see a Chinese person, even a woman, spit on the sidewalk. There's really no explanation, just remember to not go barefoot.
- **Pushing/Shoving:** Generally polite people will at least say, "Excuse me." Or in China, "Dui bu qi." But if you're in someone's way, expect to be pushed or shoved out of it, most of the time from behind, unexpectedly.

- Cutting in line: In a flashback to fifth grade, when you used to cut the weird kid in line to get to the cookies first, you'd just step in and tell him to deal with it. The Chinese will cut you in line, and there's nothing you can say or do to change that. You're the foreigner, on their turf. Now you know what the weird kid felt like.
- Public Excretion/Nudity by Children: Yes, that says what you think it says. From infants to young children around 4-5 years old will frequently have no clothes, or the minimal amount. Also, in an odd form of potty training, they are encouraged to go to the bathroom on the sidewalks near the gutters. Again, don't go barefoot.
- Hygienic Differences: China is more European than American in some respects:
 - Women, as in some European countries that shall remain nameless, do not shave under their arms, legs, or take care of upper-lip hair. Apparently, it is not a normal practice to groom oneself.
 - Toothbrushing is not a common practice, either. Expect to see less than movie-star smiles. They have little to no fluoride in their toothpaste, and the toothbrushes are ridiculously soft, which contributes as well.
 - Showering once or twice a week, due to conserving water, is more the norm than we Americans who sometimes shower twice a day. Including during the hot, humid, sticky months of summer.

Section IX

Thoughts from the Participants





“I wish that I got a chance to interact with other electrical engineers, and really talk about what they are studying. I would have loved to visit a lab even though there would a language barrier, opamp is the same in any language and so is VHDL. Overall I enjoyed my stay in China, and wish it had lasted longer.”

Lexi Dempsey

“I'd have to say that the most interesting thing I found about China was that it was the most amazingly different experience being the obvious minority because of the way I look. Being a white guy in USA, I never notice it, but being one of the only white guys in a city of 7 million or so Asians, it was totally different. They were very receptive of me and had a generally positive opinion of me and where I come from, and unlike in the USA, they did not fear and hate me because I was different and a minority. I'm glad I got to be pretty good friends with some Chinese people too, because I really didn't want to have the same problem some others did. I still talk to May on an almost daily basis, and I e-mail back and forth with some of the other Chinese people.”



Curtis Richard



“In retrospect, I really do wish I’d gotten to know more Chinese people personally, which seems silly since I was surrounded by them every day. But I let my perception of a language and culture barrier make me a little more reserved than I should have been, and it was just so easy to stay with the IEP group rather than branching out more.”

Melanie Rand

“This is the first real exposure that URI students had to China, so it’s something I wanted to be a part of. I was a little worried about picking up the language, but for me the more interesting part was be learning about the culture.”

Nate Walker



“If you have big feet, you can’t buy shoes in China.”

Curtis Richard

“Bring medication!!!!!! (As my eye swelled I thought I was going to die in their hospital!!) Bring comfortable clothing, and take as many pictures as possible.”

Linda Nico

“I wish I was less scared to go out on my own, this probably would’ve been less scary if I had a good dictionary (with pictures) to help me find ask for help. All street signs are in characters, which makes reading a map and riding public transportation really hard.

This visit to China changed my life. I never thought I would meet so many different people from so many different places. A year later, I see things that remind me of the trip, and those memories brighten my day.”

Linda Nico



