Pre- Departure Orientation
Spring 2016
Health and Safety

- Key Players to keep you healthy
  - **Local Staff** - Student Development Team Nick Poche and Andrea Zhou
  - **CISI Insurance** - Carry your card with you at all times
  - **Family/Point Person at Home** - Make sure to designate someone in your home country that can help you in case of emergency
  - **Friends Abroad with You** - Keep an eye out and be accountable for each other
  - **You** - Be your own advocate with respect to your health and safety
Health and Safety

- **Before You Leave**
  - **Prescriptions**
    - Get them filled, keep them in correct/labeled bottles. Make sure you have enough and you know how to get maintenance drugs as needed. It’s advisable to have a surplus of prescription medication and a keep spare amount in your dorm room, so that you have back-up if you lose some while traveling.
  - **Doctor’s Care**
    - If you are under a doctor’s care, consult before you leave.
  - **Medical History**
    - TBC has your self disclosure, we know what you have told us. If you have a medical bracelet make sure you wear it.
  - **Medical Contacts**
    - Verify your domestic insurance and that you have your CISI card (will be emailed). Make sure you have both cards and that you carry them with you overseas.
Health and Safety

- **Site Specific Vaccines or Medications**
  - Review information for your site at [travel.state.gov](http://travel.state.gov) and [cdc.gov](http://cdc.gov). Some countries require vaccines, or suggest preventative medication. Suggested vaccines for China include Typhoid and Hep.

- **Water, Ice, Food**
  - You cannot drink water out of the tap in China. Tea and other items with boiled water are safe to drink. Foods from street carts are generally safe and a popular choice for students, but can make people sick if you are not used to the foods.

- **Point Person at Home**
  - Make sure someone at home has access to your information and a way to contact you.

- **Other Medications**
  - Bring a supply of over the counter medicine, for headaches, upset stomach, and diarrhea. You will be eating a variety of new foods and spices so there may be an adjustment period.
Health and Safety

◦ In Your Wallet
  • Keep an emergency contact card and CISI health insurance card on you at all times

◦ Pay Attention to the On-Site Orientation
  • Ask about medical facilities in the area. What would you do if you got sick?

◦ Seek Help
  • If you or someone in your group is feeling ill. Be careful with headaches, abdominal pain, flu like symptoms. Do not let symptoms persist!

◦ Mental Health
  • If you are experiencing culture shock or feeling disoriented upon arrival, reach out immediately. Look out for others who may display symptoms or seem to be struggling.
Health and Safety

- **Alcohol**
  - May lead to bad decisions and is a factor in nearly every accident/incident in study abroad. Alcohol can make you vulnerable and a target. Do not take drinking habits with you overseas. You can be expelled from a program for excessive drinking.

  - Even though the legal drinking age in China is 18, most Chinese college students do not drink; if they do, they do not drink that much. Beer and Chinese wine is the choice of locals, and both of those products have significantly less alcohol than other Western brands.

  - The Chinese use alcohol as a link to develop relationships and is offered to friends and family as a courteous gesture to build a deeper relationship. If you drink while you’re abroad, you should consider how to adapt to the Chinese culture around drinking.
Health and Safety

◦ Drugs
  • Drugs are illegal in China. Do not do them or be with other who are doing them. Do not transport or sell them. If you are caught with drugs and arrested, our ability to help you will be limited. The US government will not intervene on your behalf and participation in drugs will lead to immediate expulsion from the program.

◦ Pollution
  • There are good days and bad days in Beijing. You may have heavy pollution for a few days and then clear ones for a few days.
  • Onsite staff will provide one mask to all students. Additional masks can be purchased in the TBC office.
  • Air filters are installed in the lounge, library, and TBC offices. You can purchase a filter for your dorm room for around $165.
Health and Safety

- **Traffic**
  - One of the top reasons students are injured abroad. Traffic patterns in China are not the same as in your home country, so it is important to pay attention to your onsite orientation for tips.

- **Food and Water**
  - Do NOT drink the tap water
  - Be mindful of ice
  - Boiled water and tea are safe to drink
  - Hot water is readily available in the dorms but you may also purchase a water cooler for your room (approx. $25) with replacement jugs for $2 each.
  - It is always a good idea to wash your hands before eating and bring antibacterial wipes or hand sanitizer.
  - Many foods are cooked in peanut oil, those with a peanut allergy should take caution.
  - If you have celiac disease or gluten intolerance, it can be difficult to communicate when ordering food, but generally not a huge problem.
Sexual Assault

- Sexual assault is often perpetrated by someone the person knows
- The drug used most to facilitate sexual assault is alcohol
- What to do ...
  - Get to a safe place as soon as possible
  - Get medical attention
  - Call CISI for the location nearest you
  - Going to the hospital or reporting the assault does not mean that you are pressing charges, however, it provides the necessary documentation/evidence should you decide to press charges
- Report the assault to local police/authorities, to program staff on the ground, and to OIP
- Get support, call the Loyola Sexual Assault Advocacy Line (Mon-Fri from 8:30am-5pm Central Standard Time and Weekends 24 hours) at 773.494.3810
- If you are receiving unwanted attention this might also be a crime...
- If you are sexually assaulted please remember...You Are Not Alone
Safety Tips

- **Strangers**
  - Don’t go with people you don’t know

- **Traveling Alone**
  - Avoid unfamiliar places alone; if possible, travel in a group

- **Demonstrations**
  - Avoid political and other demonstrations. In some countries it is illegal for citizens of other countries to participate in demonstrations

- **Night Time**
  - Take extra caution, do not walk around alone at night
  - Be mindful of arrival times, ATM trips, and paths home
  - Public transportation

- **Crowds and Concerts**
  - Be mindful of personal belongings

YOU HAVE TO MAKE GOOD DECISIONS. WE CANNOT MAKE THESE CHOICES FOR YOU!
Insurance Information

- **CISI- Cultural Insurance Services International**
- 24 hour emergency telephone assistance
- When calling from outside of your home country use (01-312) 935-1703. When in doubt, call and open a case. Anyone is able to call on behalf of someone else. When calling from outside of your home country use (855) 327-1411
- **Direct Pay vs. Reimbursement**
  - Direct pay is when CISI pays the hospital directly for your medical expenses.
  - Reimbursement is when you pay upfront for the medical treatment and once you submit the claim with supporting receipts, you will be refunded money from CISI.
  - You must bring a credit card to China in case of medical emergencies
Insurance Information Cont.

- **Basic Summary**
  - $250,000 Basic Medical

- **$100 Deductible per Injury/Illness**
  - Ex: If you break your wrist you must pay $100 USD upfront when getting initial treatment. If you go back for the follow up appointment, you do not need to pay the $100 USD.
  - Ex: If you break your wrist, you pay the $100 USD when you receive treatment. Then, if the next week you receive treatment for a stomach illness, it will be another $100 USD

- **Pay and Claim System**
- **Mental Health Covered**
- **Medical Evacuation and Medical Reunion**
- **Reparation of Remains, Accidental Death Benefit**
- **Security Evacuation** (terrorism, political instability, natural disaster)
Academics

- Expect a different teaching style/classroom environment
- Your home institution will decide how grades and credits are counted toward your degree, you are responsible for knowing how your classes fit into your degree.
- Registration is done through LOCUS and will open in early-May for fall students and mid-November for spring. The final list of courses and schedule will be emailed to you by Loyola University Chicago
- Enrollment in Chinese language is required for all semester students. Students can choose the regular (4 credits) or intensive (6 credits) track
  - Many students test into their desired level of Chinese by taking a placement test
Academics

- You will need to purchase textbooks prior to arrival. Don’t forget to save room in your luggage for them.
- There will be an Add/Drop period in Beijing during the second week of classes where you can make changes to your schedule.
- It can take up to one month after the program ends for your grades to be posted to your LUC transcript. You must request the transcript from LUC through LOCUS and have it sent to your home institution. TBC staff in Chicago cannot make this request on your behalf.
Cultural Adjustment

- Upon arrival, it can take a few days to recover from jet lag and the time change.
- Make regular attempts to meet people inside and outside the program.
- Establish daily and weekly routines for yourself to help create familiarity in your new surroundings.
- No matter your fluency level, practice speaking Chinese as much as possible!
- Expect to have days when you love your host country and days when you wish you were back in the U.S.
- Ask for support from on-site program staff or seek professional help if you feel you may be experiencing anxiety or depression.
Practical Tips

◦ Technology/Internet
  • The internet in China can be unpredictable so you must acclimate to it. Not all sites are available and the servers can take much longer than you are used to. Contact your school’s IT dept. and see if they can accommodate your internet access while you travel overseas.

◦ Cell Phones
  • Students usually purchase a cheap pay-as-you-go phone once they arrive. TBC sells brand new, basic phones and SIM cards at the beginning of each semester ($35) Others use their current smart phones, but make sure you get your phone “unlocked”. Check with your service provider about how your phone will work in China and what the rates will be.

◦ Room Phones
  • You can receive calls to your room phone for free, but if you want to call out, you must get a phone card
Practical Tips

◦ **Laptops/Tablets/iPads**
  - Feel free to bring them, as most students use these for schoolwork. There is internet available in your dorm room and in the TBC library. However, you are not permitted to bring these items to your classes and Wi-Fi is not available in the classrooms.

◦ Keep in touch with those at home, but don’t let communications with them (via Facebook, social media) dominate your time.

◦ Before you leave, set reasonable expectations with parents regarding how frequently you’ll be in contact and what method you’ll use (email, phone, Skype). Also, remember to contact your family upon arrival in Beijing.

◦ The most common methods for keeping in touch with people in the states are email, Skype, FaceTime, local Chinese cell phones, US cell phones
Practical Tips

- **Food/Budget**
  - Since TBC does not have a formal meal plan, you will have access to over 100 restaurants and cafes around campus where you can purchase meals and snacks. TBC will provide a meal card with about 500 RMB ($80) at the beginning of the semester which students can use in the campus cafeteria.

- **Money/Budget**
  - You can use your debit card to withdrawal Chinese RMB at any of the ATMs around campus. Be aware of the fees that your bank charges as well as the exchange rate.
  - Credit cards are not largely accepted, as China is a cash society for the most part. However, most major cards (Visa, American Express, MasterCard) are accepted at major* hotels, restaurants, and stores. *major = expensive!
  - Still, you need to bring a credit card in case of emergencies - especially health-related.
  - Most students spend between $1,500-$3,000 USD in the course of the semester (info taken from student evaluations)
Visa Overview

- Step by step visa instructions can be found in the TBC Acceptance Packet.
- All students will receive either an \textbf{X1} (more than 6 months) or \textbf{X2} (less than 6 months) visa. Only in rare cases will a student get an F visa (if they cannot get a JW202 in time, or if there is a problem with issuing a visa because they are not a U.S. student, for example)
- If you are issued an X1 visa you MUST obtain a physical exam (in China) within 30 days of your arrival in China and apply for a residence permit (which includes multiple entries). TBC will facilitate this for you.
- On either visa (X1 or X2) you **ARE NOT** allowed to work, as UIBE does not grant this permission to TBC students. This is a very serious matter, and violation of this law can result in you getting deported and dismissed from TBC.
Visa Overview

- If you are unable to travel to a Chinese consulate, you may use a visa processing service.
- General processes time is 5 days
- You **MUST** wait to apply for your visa until notified by TBC’s Chicago staff. For fall semester, this usually happens in June and for Spring Semester, November. We will provide you with the necessary documentation and detailed instructions for how to complete the visa application.
- Multiple Entry visas and Purchasing new a visa
  - Student visas either have 1, 2, or multiple entries into China
  - We encourage all students to apply for a double entry visa, since there are no additional fees associated in this option. However, this does not mean you will automatically be granted one.
  - If you are not given a multiple entry visa, students will be able to purchase additional entries when they arrive in Beijing. ($150 USD)
Final Check List

- Always carry your TBC emergency contact card, CISI health insurance card, and a copy of your passport on you.
- Make sure a point person at home has copies of all these documents including credit cards and flight information. Bring an extra copy of these items for yourself as well.
- Read all contents of your acceptance and orientation packets.
- Pay close attention to the arrival/departure instructions and dates per the Travel Arrangements handout.
- Make sure to check your email regularly, as that is our main mode of communication.
Contact Us

- Always feel free to contact the TBC Chicago office with questions or concerns! (773) 508-3879

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