

**China Trip for Troy Students and Faculty Staff
Necessary Travel Document – before we go to China**

Here are some advices for your packing list:

1. **Passport** with all necessary visas
2. **Money** (with you all the time)
3. **Cards:** VISA or Master cards, Health Care card or other card for emergency are with you all the time
4. Print out the itinerary and bring one copy with you.
5. We suggest you take your medical record with you in case that you need it in the event of an emergency, and please also take with you your doctor's name, address and phone number, emergency contact name and phone number, and your insurance company's name, address and phone number.
6. Address and telephone number list on a sheet.
7. **Luggage:** In general, Continental Airlines will accept up to two pieces of checked baggage with a maximum weight of 50 pounds (23 kg) per bag and a maximum outside dimension of 62 inches (157 cm) per bag in exchange for the applicable service fees set forth below. Outside dimension of a bag is equal to the width + height + depth of the bag added together. Continental will permit one bag plus one personal item, The maximum combined linear measurement (L + W + H) of the carry-on bag is 45 inches (115 cm) up to 14 in x 9 in x 22 in. The maximum weight of the carry-on bag is 40 pounds (18 kg). More information please check the website as follows
<http://www.continental.com/web/en-US/content/travel/baggage/checkbag.aspx>
8. **Computer:** the smaller the better and password is necessary in some circumstances or put it in the safety box in your room when you leave the room.
http://www.tsa.gov/press/happenings/simplifying_laptop_bag_procedures.shtm

Dress Code

The Dress Code is casual during your whole trip. Shorts and T-shirts in summer are fine, even in the dining room. Remember, it's a group trip of Troy University and you should wear more **Troy University T-Shirts** for you. But do prepare one or two sets of formal dress if you feel like and / or we would attend some formal meetings and banquets during our trip in Hebei Normal University of Science & Technology.

9. **Stuff:** Converter (power adaptor) if you have one or it is necessary for you to have one. Cloth, shoes, running shoes, scarf, umbrella, T-Shirts, magazines, hat, Sunglasses, lotion, floss, (shampoo or condition) If you wear glasses, we suggest you bring two pairs with you in case that you lose one pair. etc.

What's the Weather like in China?

Weather: Summer in Beijing, around 77°F/25.2°C, in Qinhuangdao, around 68°F/20°C

Language

- Chinese and some English
- Prepare a matchbook with some useful words and phrases both in Chinese and English. You can show the matchbook to a policeman or a local people if you need to find out and say like: "Where is the restrooms?" or "Where is KFC?" etc.

Food

- Most breakfasts are western style served in the hotels (you needn't pay), most of which will be buffet. Lunch and dinner are Chinese food served in local restaurants or hotels. The lunches and dinners included in our package tours for you are set menu, except those otherwise stated.
- To guarantee the hygiene and quality, all the meals arranged for us are in the government approved restaurants, sometimes in some cities.
- Our goal is to make you satisfied, but do please understand that Chinese food here in China would be different from the Chinese food you have in your country, and different places have different cuisines, if you have any special requirements for your food, please tell the Chinese language teachers/supervisors/tour guides who will try their best to fulfill your special requirements.
- If your meals are not included in some areas and you want to eat at McDonald's or KFC or some other restaurants, ask tour guides to give you some information about where the restaurants are and how to get there, etc.
- Do NOT drink the tap water. Hotel provides two bottle of water each day but you can ask for extra bottles.

Phone in China (Q&A)

- **Can I use my mobile phone in China?**

It depends on what model your mobile phone is. So if you have a dual band or tri band unlocked GSM phone, you can use it around China in most big cities. In China, GSM networks operated by China Mobile provide coverage in every major city, while CDMA networks run by China Unicom is improving its coverage.

● **Can I buy GSM SIM card in China?**

Yes, in China, you can buy GSM SIM cards such as China prepaid SIM card, and their recharge vouchers. They are easily got at some online store, for example, at www.pandasim.com. If you own or have rented an international unlocked GSM cell phones, you are supposed to buy China prepaid SIM card

The following are some tips for traveling safely:

- a. Get as much information as possible from Confucius Institute at Troy University about the places you are to travel. CIT will provide a detailed itinerary including the websites of the hotel, sightseeing and cities.
- b. Make several copies of your passport, traveler's checks, credit cards, itinerary, airline tickets and other travel documents. Take one copy with you and leave one copy with a relative or friend back home.
- c. Be sure the photographs on your passport, driver's license and other ID is accurate, and be sure your passport, driver's license and other ID is valid and not expiring before you return from your trip.
- d. When you don't need to transfer from one city to another and don't need to bring your passport, driver's license and other ID with you, it's better to leave them in the safety box in the hotel either in the room or at the reception (some five-star hotels may have safety box in the rooms, while all the hotels above 3 star have safety boxes at the reception). If you need to carry your passport, driver's license and other ID with you, be sure you put them in a safe place that the others can not reach them, like you can put them in the money belt under your clothes. The same with all your tickets, credit cards and important documents and valuable things.
- e. Be sure the door of your hotel room and window is closed and locked at all times, especially when you are not in the room.
- f. Do not answer the hotel room door before you verify who it is. Never let a stranger come into your room.
- g. The water from the tap in the most hotels is not drinkable, so always drink the boiled water or bottled water.
- h. Take most of your money in traveler's checks and record the serial numbers, denominations and date and location of the issuing agency, don't sign your name on the traveler's checks before you use them. Remove all unnecessary credit cards from your wallet. Be sure to carry your credit card company's telephone number in case your card is lost or stolen. Always report losses immediately.
- i. Always exchange money at the Bank of China or in the hotel counters, don't try to exchange money in the black market, because it is illegal and sometimes you might be ripped off.
- j. Always prepare some small changes, which you can use to buy things

from the street vendors, especially those at scenic spots, and when you get changes back, check carefully in case they are counterfeit money.

- k. Dress down, leave expensive jewelry and watches at home and don't show large amounts of cash or traveler's check in public.
- l. During your trip, when you have free time, you may want to go somewhere on your own by taxi, it's better have your hotel arrange taxi service for you, take a hotel card with you or ask Chinese language teachers/tour guide/ receptionist to write down the names of the hotels and places you want to go in English and Chinese before getting in the car. Remember the number of the taxi in case you leave anything in it.
- m. Respect the customs of local people, especially when you go to visit the areas of different minorities, ask your supervisors/ Chinese language teachers/tour guides about the proper etiquettes, behaviors, manners and taboos to avoid offending people.
- n. Most people in China are friendly, and some of them are eager to practice English, it is delightful to talk with them, but never go anywhere with a stranger.
- o. Be careful when out of the town at night and not to be out on the streets too late at night.
- p. We are going to take the train during our trip in China, when you get to the railway station, be careful with all your properties since the railway stations in China are always crowded, and never entrust your luggage to someone not in uniform. While you are on the train, be sure your passport, your credit cards and all valuable things are put in a safe place.

When you lose your property, what can you do?

- If unfortunately you lose your properties, tour guide can always help you, if serious; tour guide will help you report to the police.
- If you lose your passport in China, report to the local public security organ as soon as possible what has happened. Besides, contact with the embassy or consulate of your own country applying for an exit document with the certificate issued by the local public security organ.
- If you lose your credit card, call the issuing bank to report the loss immediately.

Health Issues (Q&A)

- **Do I need to buy insurance?**

Yes, please contact Study Abroad at Troy University, (CIT will provide a medical insurance agency soon.)

● **Do I need to bring my medical record with me?**

Yes, we suggest you take your medical record with you in case that you need it in the event of an emergency, and please also take with you your doctor's name, address and phone number, emergency contact name and phone number, and your insurance company's name, address and phone number.

● **Do we need vaccinations to travel to China? If yes, what kinds of vaccinations do we need?**

We always carefully select restaurants and hotels that are clean and safe in order to provide you with a safe and healthy environment. However, we do suggest you have sorts of vaccinations 4 to 6 weeks before your trip as the following, especially if you choose to go and visit those remote and /or rural areas.

- Hepatitis A or immune globulin (IG)
- Hepatitis B

● **What kinds of medicine do you think I should take?**

We do suggest you take some common medicines with you, such as: the medicines for flu, sore throat, coughing, diarrhea, etc that you use at home. We strongly suggest you go to see your doctor and take his/her advices as well as the medicines he/she provides.

Have a nice trip!