

NANKAI



PRE DEPARTURE GUIDE NANKAI UNIVERSITY 2015-2016

INTO»CHINA

IN PARTNERSHIP WITH NANKAI UNIVERSITY

CHINA

DESTINATION

Dear Students,

I'd like to offer you a warm welcome from Nankai University. We are delighted to welcome you to our beautiful campus and wish you every success as you begin your studies. We are proud to continue our cooperation with INTO China and are confident that the courses that we have prepared will meet your expectations and provide you with the opportunity to work with some of the best professors in China.

China is a fantastic place to study and live. I encourage you to make new friends, embrace Chinese culture, and I look forward to speaking to you in Chinese in the near future.

PROFESSOR GUAN NAIJIA
VICE PRESIDENT, NANKAI UNIVERSITY



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Welcome! We are delighted that you have decided to study at Nankai University with INTO China and I hope that your preparations are well underway.

During your time at Nankai, the INTO China Student Services team will ensure that your first few days in China get off to a great start, as well as being with you every step of your educational journey. We believe a fantastic student experience is the core foundation of academic success, and your success defines ours.

You are about to embark on an exciting adventure where you will meet new people, live in new surroundings and become proficient in Chinese language. The INTO China experience aims to enhance your educational choice with its unrivalled Student Services team, who are committed to providing a fantastic and supported student experience outside of the classroom.

I have personally found China a fascinating and dynamic place, and I hope you will find it as rewarding and enriching. I would like to take this opportunity to wish you every success and I look forward to meeting you.

STEPHEN HEALY
EXECUTIVE VICE PRESIDENT,
GLOBAL INITIATIVES AND ASIA

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Checklist

Please make sure you have completed everything on this checklist before you leave home.

As soon as possible:

- ☐ Have you paid the full fees for your programme?
(Remember fees cannot be accepted when you arrive at the University)
- ☐ Have you checked your passport is valid for at least 18 months and has a minimum of four blank pages?
- ☐ Have you completed a medical check in a public hospital recognised by your local Chinese Embassy?
- ☐ Have you applied for and received your visa?

One or two weeks before you leave for China:

- ☐ Have you organised enough cash to bring with you and informed your bank that you are travelling to China, so that you can use your debit/credit card?
- ☐ Have you checked the applicable fees for withdrawing cash abroad and the withdrawal limit per day?
- ☐ Have you checked with your phone company about international calling fees or unlocking your phone, so that it can be set up with a Chinese SIM card?
- ☐ Do you know your airline's luggage allowance and have you packed accordingly?
Do you have a suitable suitcase, both in terms of size and sturdiness?

What to bring with you:

- ☐ Have you packed all relevant original documentation or certified copies listed below?
 - INTO China offer letter
 - Passport with a valid visa to enter China
 - Admission letter from Nankai University
 - JW202 form
 - An original Medical Check Report, completed, signed and stamped by the hospital and physician with relevant reports attached (depending on the Chinese visa requirement in your country you may be able to wait until you arrive in China to have your physical examination)
 - Original High School/University academic certificate and transcripts (as submitted as part of your application)
 - Original IELTS certificate or original English language test results
 - Signed copy of non-academic service contract
 - Eight passport-sized photographs (white background, size: 3.5cm x 4.5cm)
with your name as appears on your passport written on the back



Getting ready to come to China

What should I pack?

When leaving home for a year or more, it can be hard to decide what to pack. It's tempting to bring everything just in case, but remember you will have to carry your luggage, so pack only what you can carry and need. Shopping in China is reasonable and almost everything you will need is available here.

Remember to check your airline's luggage allowance before you fly. Most airlines normally allow 20-30 kg and there are often strict size and weight restrictions on all hand luggage.

Clothes

Tianjin has warm, humid summers (as high as 38°C) and cold, dry winters (as low as -10°C). When you arrive, in early September, you will need to be prepared for warm weather.

Even though you will be arriving in the summer we suggest that you bring some winter clothes with you. Although you can purchase more once you arrive. The northern Chinese are used to cold winters, so winter clothing is of a high quality. You will need thermal underwear, lots of layers and a thick coat, especially if you are not used to the cold weather.

Please note: there is no strict dress code for classes or scheduled social activities in China.

For your room

On-campus accommodation is equipped with everything you will need, including bedding. You will need to bring or buy your own towel, as well as any personal items, such as photographs or decorations.

Cooking is not permitted on campus, so there is no need to bring any cooking equipment to use in the dormitory.

Full details of your on-campus accommodation can be found in your accommodation booking guide.

Electrical equipment

The Chinese power supply is 220v, so if your country uses 120v (USA, Canada, parts of South America, Japan and Saudi Arabia), using these devices without an adaptor can be a major fire hazard. You will be able to buy voltage adaptors in Tianjin.

Additionally, China uses three-blade CPCS-CCC plugs. You may need to buy an adaptor to ensure that your electrical equipment fits Chinese sockets. If you have a European-style plugs (non-UK), your equipment should work fine.

You should be able to buy travel adaptors at the airport for use in China, however this will not change the voltage, so you may still require a voltage adaptor. Items such as laptops and camera chargers often have a voltage adaptor built into their standard power cables.

The INTO China Student Services team will also have some adaptors for sale during the registration week.

Shipping items

It's often cheaper to buy items in China rather than shipping them from home. In the past, students have found that it is better to wait until you have arrived to work out what you need. You can then ask a friend or family member to send any additional items you need.

If you ship items to Tianjin, you must make sure you arrive before your package does, as we cannot store them for you. Prices can vary greatly and it is important to make sure the company you use is reliable. Make sure to pack carefully and insure your belongings against damages. Always label your luggage clearly, whether you are carrying it or sending it separately.

The INTO China Student Services team will be able to provide you with a suitable shipping address once you arrive.

IMPORTANT

There are no elevators in the accommodation at Nankai, so make sure that your luggage is not too heavy for you to carry upstairs.



Before you arrive in China

Applying for a visa in China

After accepting your place on an INTO China programme, you will need to apply for a Chinese visa. You will need to apply for an X1 Visa to enter China and be eligible to apply for a Student's Resident Permit. Other types of visa are not applicable for long term study in China

To apply for your X1 Visa you will require

- A passport valid for at least 18 months from the programme start date with at least four blank pages.
- JW202 form (Issued by Tianjin Foreign Affairs office)
- Admissions letter (issued by Nankai University)
- Completed visa application form with one passport photo
- A completed Physical Examination form (Please check with your local Chinese embassy, if a physical examination is required to obtain an entry Visa to China. See the Health check section opposite for more information).

You can download the visa application form at your local Chinese Embassy's website. The JW202 form and admissions letters will be couriered to students who have confirmed their place on the programme.

Processing your application

You should check with your local Chinese Embassy for the price of applying and the processing time for a visa. The cost of processing your visa will vary according to your nationality, where you arrange your visa, the speed of processing and whether you use the services of an agency. A standard single entry 4-day processing Chinese visa, applied for at the Chinese Visa Centre in London will cost around £70. Please ensure that you leave at least a week for your visa to be processed.

You may wish to use the services of a visa processing company. However this can be very expensive. For example a next day service with delivery and agent fees could mean that your visa costs over £200. If you do decide to use an agency, you should research the reliability thoroughly and ensure you use a reputable courier when sending your documents.

The INTO China Admissions team will have advised you which visa you should apply for, and will provide you with a comprehensive visa overview but if you have any concerns about applying for a Chinese visa, contact us: cnadmissions@into.uk.com.

Once you arrive in China, INTO Student Services team will help you convert your X1 Study Visa to a Student Residence Permit, which will allow you to remain in China to study and give you multiple entries in and out of China for one year (10-months in your first year). Your Residence Permit will be renewed every year once you pay your following years' programme fees.

Visa

Allows you entry into China and a 30-day stay to apply for Residence Permit.

Health check

All international students who plan to study in China for longer than six months will need a physical examination in order to obtain their Residence Permit. Students from most countries (African, Asian and European) will require a physical examination in order to obtain their entry visa too. This examination includes an x-ray, an ultrasound, and electrocardiogram exam (ECG), blood test including liver function test and a general examination of your health. We highly recommend that you get your health check completed before you arrive in China and obtain at least two copies of the results.

When carrying out your physical examination, please ensure you adhere to the following:

- complete all sections of the 'Physical Examination form for Foreigners' in English and bring with you the hard-copy results of x-ray, ECG exam results, liver function test results and blood test results.
- have your examination completed by a Chinese embassy approved hospital. Contact your local Chinese embassy for advice.
- attach a passport-sized photo to your physical examination form and ensure that the hospital stamps their official stamp over the photo
- your examination was carried out within six months of your arrival in China
- ensure there is a signature or stamp from the hospital on every page of every document that you are submitting.

If you do not complete a test on the form or the above conditions are not met, you may be asked to retake some or all of the tests at the Tianjin Quarantine Bureau Health Centre (at your own expense). This is at the discretion of the Health Centre.

INTO China will accompany all students to the health centre during registration week to have their physical examination documents verified, or to have a complete examination taken (if not done before arriving in China). This verification is required in order for you to obtain your Residence Permit.

Summary of costs

Verification	¥60 RMB
Full physical examination	¥577 RMB

Please note: if you are diagnosed as having one of a certain number of diseases, which prohibit entry into China (mostly very serious and infectious diseases such as AIDS), you will have to return to your home country at your own expense. We therefore recommend all students complete their medical examination in their home country or at least complete a standard medical check.



Before you arrive in China Continued

Residence Permit

During your first two weeks in China, INTO China Student Services team will help you to apply for your Residence Permit. Your Residence Permit allows you 11-months residence in China, and is renewed with each year of study. Unlike a visa, it permits unlimited entries into China, meaning you do not need to renew your Residence Permit if you wish to travel outside of Mainland China or return home during the holidays.

During the registration session, the INTO China Student Services team will help you prepare the pack of documents required to apply for your Residence Permit. This will include:

- Residence Permit application form
- Proof of enrollment at Nankai University
- JW202 form (yellow copy)
- Verified Physical Examination report
- Photocopy of your passport photo page and entry visa.

You will also need to provide the following:

- your passport
- an official biometric passport photo with barcode. This is compulsory and can be taken at the Exit and Entry Bureau and will cost ¥30 RMB.
- if you do not live in the international student dormitory, you need to provide a police registration certificate (Beichaka) for your residence.

Your Residence Permit will cost ¥400 RMB, which is

paid on collection, usually seven days after submission of your application.

The INTO China Student Services team will accompany and support you through every step of your application.

Please note: you will not have your passport while your Residence Permit is being processed. Therefore you should not plan to travel outside of Tianjin during this time, as you will require a passport to travel by train or to check-in to a hotel. You should also make sure you have changed any cash that you need, as a passport is required to exchange cash.

Summary of costs

Full physical examination	¥577 RMB
Verification of completed physical examination	¥60 RMB
Photo with barcode	¥30 RMB
Residence Permit	¥400 RMB

All fees should be paid in cash directly to the appropriate office.

Please note: if for any reason you are not able to attend these appointments to complete health check or residence permit procedures according to the registration timetable, the INTO Student Services team will help you to arrange alternative appointment times to complete these procedures. However you will be liable to cover transportation costs including those of accompanying staff (approximately ¥30 RMB in total).

Residence Permit

Long-term permission to live in China for a specific purpose e.g. study



Money

Paying your tuition fees

You must pay your tuition fees a minimum of **six weeks before your programme start date**.

Tuition fees can only be paid through the below method. INTO China at Nankai University cannot accept cash payments for tuition fees.

Payment can be made directly to the bank account listed below or by debit/credit card using the payment form on the next page.

Account name: **IUP Asia Limited**
Bank name: **HSBC Hong Kong**
Address: **1 Queens Road Central, Hong Kong**
Account number: **023-194095-838**
SWIFT code: **HSBCHKHHHKH**

If you are making a bank transfer you must include your full name and unique INTO identification number (as detailed in your offer letter) in the comments.

Please send any query or payment to cnadmissions@into.uk.com quoting your unique INTO number in the email subject. For further details please check your offer letter.

Currency

The legal tender within China is CNY/RMB (Chinese Yuan or Renminbi). Notes are issued to the value of ¥100, ¥50, ¥20, ¥10, ¥5 and ¥1. Coins are used less frequently in the North of China.

We recommend that you arrive with enough local currency for the first month of your programme. Please see the tables on page 14 for details of fees payable on arrival.

Changing your money

You will be able to change money at the airport or at banks near the University campus. Many ATMs accepted foreign cards, including all Bank of China and Industrial and Commercial Bank of China (ICBC) branches.

The Bank of China (BOC) will exchange most major currencies e.g. US Dollars, Euros and British Sterling. Please note there is an exchange limit, equivalent to US\$ 5000 per person each day with your passport or a maximum of US\$50,000 per year. There is no handling fee.

US dollars are not accepted as currency anywhere in China (including payment for your accommodation), so all payments must be made in RMB.

Top tip

In China, banks are open 9am-5pm, seven days a week. You can access ATMs 24 hours a day.

Accessing your money

Credit and debit cards are accepted in China, however not as widely as other countries. MasterCard and Visa credit cards are the most common.

You can withdraw cash from a cashpoint or ATM machine if you have a Personal Identification Number (PIN) for these cards.

If you plan to use your credit or debit card from your home country please check the following before you arrive in China:

- exchange rates, withdrawal fees and limits when using an ATM in China
- overseas policy i.e. what happens if your card is lost or stolen?
- if there are any daily limits for withdrawing your cash from an ATM in China.

Before you depart your home country you should inform your bank you will be using your bank in China in the near future. Some banks may automatically block cards that are used abroad without prior notice, and it can be very inconvenient and expensive to call your home country to have your card unblocked.

An alternative method to receiving cash while in China would be to ask your parents to transfer funds to you via Western Union. You should check the website on your local branch for information.

Opening a bank account

In the long term using a Chinese bank account will be more convenient and cost effective. During the orientation week the INTO China Student Services team will help students open a Chinese bank account with Shanghai Pudong Development Bank (SPDB). There is a large branch of SPDB at the west gate of campus with English-language service five days per week.

In case of possible delays, we recommend that you do not rely solely on one source for accessing your money.

You can request to open a bank account with Internet banking. An e-bank for your account will allow you to use SPDB's online banking services, make online purchases and have money transferred from abroad. The bank will provide you with a SWIFT code, which is necessary to make international bank transfers.

If you open an account with a Chinese bank from your home country (even if you are issued a UnionPay card), this is still considered a foreign bank account, and you will not be able to use the counter service in China with this card. For any problems that occur, you will still need to contact the bank in the card-issuing country, so this method is no more convenient than using your own bank.

Living costs

It is estimated that a single student will need approximately ¥2,000-4,000 RMB per month to meet basic living expenses. This is just an indication and will vary depending on lifestyle and spending habits.

Around the campus there are plenty of budget restaurants and cafés, so it is possible to eat well while only spending ¥700 RMB per month on food. However, you may want to treat yourself to other cuisines or a more upscale restaurant every once in a while.

Working as a student

In Tianjin, you are not permitted to work while you hold a student Residence Permit. Therefore you should not plan for part-time work to help fund your studies.

You may be permitted to take part in unpaid internships in Tianjin, which must be approved by the International Office of the University. While you cannot receive an official salary, you are free to arrange for the employer to compensate your expenses in cash.



Fees payable on arrival

Accommodation fee:	¥5,400 RMB
Accommodation deposit:	¥100RMB
Compulsory TV licence	¥100 RMB

Depending on which type of accommodation you have chosen you will need to take into account other expenses ,such as Internet (¥50 RMB per month) and laundry card (¥30 RMB per 10 washes). see accommodation guide for more details.

Physical examination	¥577 RMB
Residence Permit (including photo)	¥445 RMB

Other costs you should consider

Textbooks	¥500+ RMB
Mobile SIM card and monthly bill	¥50 RMB
Personal toiletries (shampoo, toothpaste, toilet paper etc.)	¥200 RMB
Water dispenser and water gallon	¥100 RMB
Personal accessories	¥150+ RMB

Sample currency exchange rate for Chinese RMB Yuan and other currencies

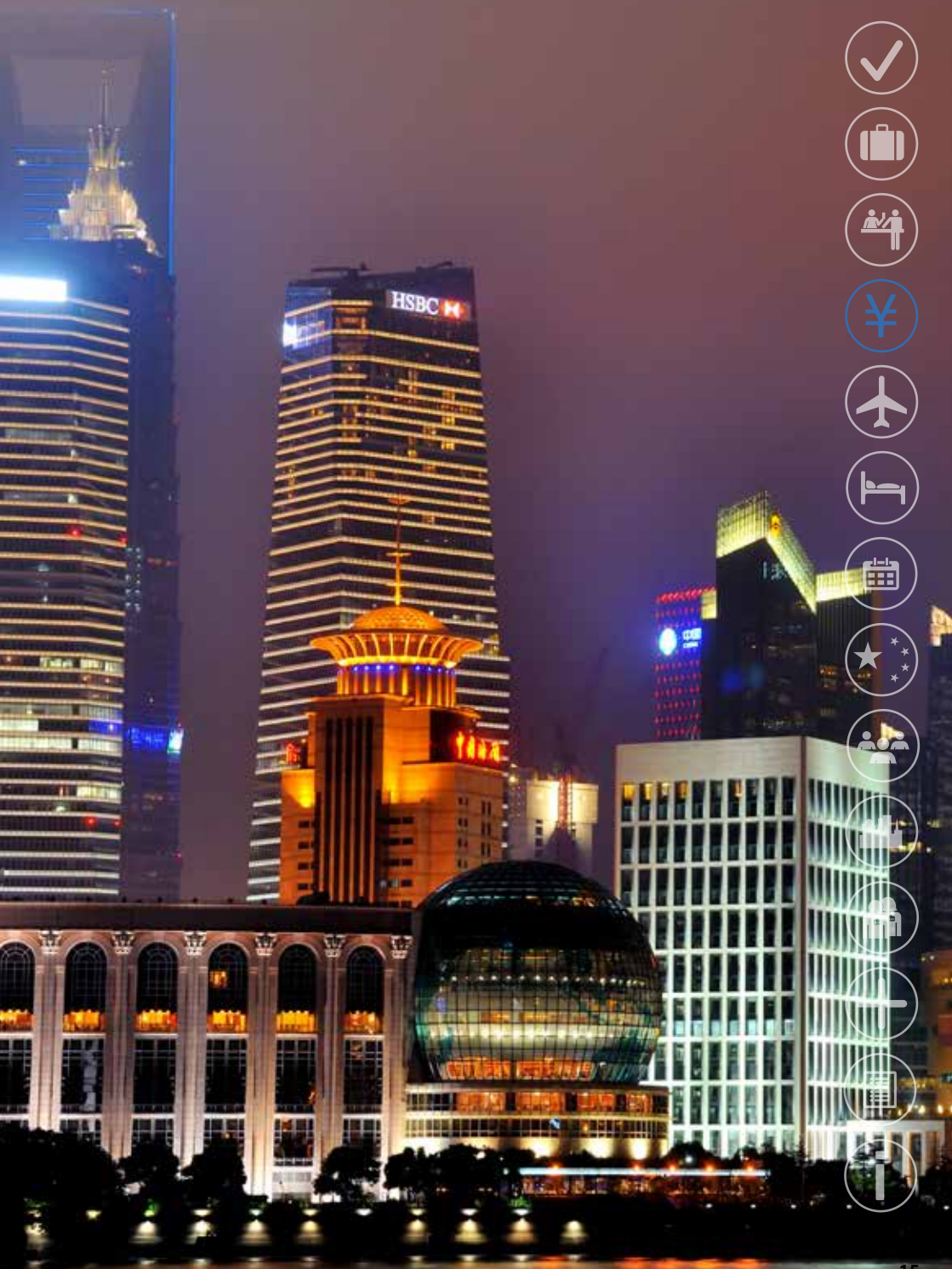
Estimate exchange rate = 1 RMB

\$ US dollar	5.991
£ Sterling	9.5498
€ Euro	7.9516
¥ Japanese Yen	0.0558
Russian Ruble	0.1765
₩ South Korean Won	0.005
Thai baht	0.1767
Indonesian Rupiah	0.0005
Senegal XOF	0.0125
Kyrgyzstan KGS	0.1230
Kazakhstan KZT	0.0391
Colombia COP	0.0031
India INR	0.0971

* Correct at time of going to press.

Tianjin price guide

Bottle of water	¥2 RMB	Western dinner	¥70-100 RMB
Small loaf of bread	¥10 RMB	Bottle of beer	
Small bottle of milk	¥4 RMB	from supermarket	¥3 RMB
Instant Noodles	¥5 RMB	Cinema ticket	¥40 RMB
Shower gel/shampoo	¥30 RMB	Bus ticket in Tianjin	¥1-2 RMB
Toothpaste	¥10 RMB	Taxi from campus to Tianjin	
Meal in student canteen	¥8-20 RMB	Railway station/airport	¥30-70 RMB
McDonald's meal	¥15-30 RMB	Train fare to Beijing	¥55 RMB



Arriving at the airport

How to get to Tianjin

By air

The easiest way to get to Nankai University is to fly to Tianjin Binhai International airport (TSN). Most travel agents and travel websites will allow you to enter your starting destination (your home city) and final destination (Tianjin) and work out a travel itinerary for you.

If you are travelling from East Asia (South Korea/Japan) or South East Asia (Thailand/Cambodia/Singapore) you will be able to take a direct flight. From elsewhere in the world, you will have to book a flight that transfers in Shanghai, Guangzhou or Chongqing, or other cities outside of China.

Arriving at Tianjin Airport

After you disembark from the plane, follow the signs for arrivals/baggage claim. If Tianjin is the first airport in China that you have visited on this journey (i.e. you have not transferred at another airport in China) you should proceed to the immigration and customs desk and give your passport and your arrival card. If your flight transfers somewhere else in mainland China, e.g. Shanghai or Guangzhou, before reaching Tianjin, you will complete immigration procedures before boarding your connecting flight to Tianjin via the domestic departure lounge. Please follow the instructions given by airport staff.

Follow the immigration procedure. Once your passport has been stamped, you should go to the baggage carousel to collect your luggage. Make sure you have all of your belongings before you leave the baggage claim area. Exit into the arrivals hall through the channel marked 'Nothing to declare'. Exit the airport through to the arrivals hall.

Please contact us on the emergency phone (0086 155 2205 8199) if you have any problems before you reach a member of the INTO China Student Services team.

Arriving in Beijing

Although we would recommend flying to Tianjin, sometimes it can be very difficult or expensive to find a suitable flight. Beijing Capital International Airport provides an alternative option.

You should follow the same immigration procedure after landing. You then have two options to reach Tianjin:

- Pre-arranged taxi pick up (¥1,000 RMB): you will be taken to the south gate of Nankai University, the driver will inform the INTO China Student Services team when you arrive. You must have RMB in cash to pay the driver.
- Airport bus (¥84 RMB): follow the signs for 'Long-distance Bus' (Terminal 3, first floor, door 1 or Terminal 1 and 2, first floor, door 15). You will find a desk selling tickets for the bus to Tianjin. Simply say 'Tian Jin' (天津) and you will be given a ticket for the next available bus. There will usually be a member of staff on duty in the airport who can speak fluent English.

Once you have purchased your ticket, please call the emergency phone to advise when you will be arriving in Tianjin, so we can arrange a member of staff to help you with check-in.

Buses leave every 30-60 minutes from 7am-10pm and the journey will take 2.5 hours. Once you have reached the bus station in Tianjin, please follow the taxi instructions on the next page.

Please note: you should take extra care when travelling on the airport bus to Tianjin, especially if you are new to China. There will be few English-speakers once you leave the airport. You should take a taxi by flagging one down from the road, and not use any of the taxis waiting at the bus station.

Top travel tip

If you have a long journey with a few transfers carry your laptop and mobile phone charger in your hand luggage. In many international airports there are facilities to charge your electronic appliances but it may be useful for you to also carry a plug adaptor.

Immigration and customs

At the immigration desk

When you reach the immigration desk you should hand the immigration officer your passport and arrivals card. The arrivals card should be given to you on the plane. You will also have a chance to complete one just before you reach the immigration desk. You should tick 'study' and complete your 'Intended Address in China' as 'Nankai University, Tianjin'.

外国人入境卡
ARRIVAL CARD

姓名: _____ 出生日期: _____
护照号码: _____ 国籍: _____
入境日期: _____ 入境地点: _____
入境事由: _____
在中国期间住址: _____
联系电话: _____
电子邮箱: _____
其他信息: _____
备注: _____

You should not need to provide any other documentation during your entry into China. If you have any problems please call the emergency phone number.

Prohibited items in China

You may not bring any live animals, live/raw plants, meat, weapons, explosives and politically sensitive materials into China. You may bring a copy of any standard religious text, but do not bring multiple copies, or texts from faith groups that are banned in China.

If you are concerned about an item you would like to bring, please check with your local Chinese embassy.



Arriving at the airport Continued

Getting to your accommodation

Airport pick-up

Please ensure that you complete an arrivals form and send to cnadmissions@into.uk.com at least one week before your arrival.

If you have confirmed your airport pick-up, a member of the INTO China Student Services team will be waiting in the arrivals hall at Tianjin Airport. We will be holding a sign with your name on it. We cannot wait in any other area for you (e.g. baggage claim or immigration), so once you collect your luggage, you should walk through customs and you will see us waiting in the arrivals area. If you do not see a member of staff or if you are not sure if you are waiting in the right place, just call the INTO Emergency telephone number and we will be able to help locate you.

Please note: airport pickups are available on the designated arrivals weekend and from Tianjin airport only. If you are arriving in Tianjin before or after the main arrivals weekend you will be required to pay for the pick-up or make your own way to the University.

If you have submitted your arrival and flight information to INTO China then the INTO Student Services team will be tracking your flight; so don't worry if your flight is delayed there will be someone waiting at the airport in Tianjin to meet you.

Alternatively if you can call or text, we recommend you contact INTO Student Services team on the emergency phone (0086 155 2205 8199) when you arrive in China, so that we either know you are on schedule or if you have missed a connection and will not be arriving in Tianjin on your scheduled flight, we know when the next flight is and you will expect to arrive.

By taxi

If you have not booked an airport pickup, once you have collected your luggage and entered the arrivals hall you should follow the sign for 'TAXI' (this is left out of the airport doors). Show the driver the following address:

Balitai campus: 天津市南开区复康路南开大学南门 (泰达会馆对面)

This will take you to the south gate of campus. You should then enter the gate, head right and then turn right towards the student dormitory. Walk through the lobby and turn left. Walk 50m to the Mingzhuyuan (明珠园) hotel reception, where you should check in.

Please call the INTO China emergency phone: 0086 155 2205 8199 as soon as you arrive on campus for assistance with checking in.

Please note: INTO China students do not need to register with the International Office on arrival. If you are greeted on arrival by a Nankai University student volunteer, please inform them that you are an INTO China student and do not need to visit the International Office and proceed straight to accommodation check-in.



Accommodation

Living on campus

We strongly recommend that you stay in the Nankai international student accommodation, as it is not only a great study environment but also safe, reasonably priced and the best way to meet other students. Living in university accommodation will also help you to settle in to life in Tianjin quicker, as the INTO China Student Services team will be able to better support you.

On-campus accommodation

On-campus accommodation is a popular choice because it is conveniently located in the south of the campus and within 10 minutes' walk of most shops, canteens and the teaching buildings. On-campus accommodation is also great value as all your utility bills are included.

Accommodation guarantee

If you have not done so already you should return your accommodation booking form to INTO China Admissions Office. If arrival details have not been received and confirmed within five working days of your arrival, you are not guaranteed your first choice room.

Your room

When you arrive at your university accommodation, it will be ready for you to live in. Bedding will be provided but you may decide to buy your own once you arrive, along with other items to make you feel like home.

It is important that you keep your room clean and tidy so it is comfortable to live in and especially if you are sharing a twin room.

Paying your accommodation fees

You are required to pay for your accommodation fees, as stated on your confirmation letter, when you check in. You should bring enough cash to pay your accommodation fees on arrival. If you have any concerns about this please contact the INTO China Admissions Office.

Security

University accommodation provides a safe and secure environment. This may be the first time you have lived away from home or away from your parents. However, you are expected to take responsibility for your actions and be aware when leaving and entering their rooms, making sure doors are correctly locked behind them.

Living in private accommodation

Students living in private rented accommodation should remember to keep their police registration certificate (Beichaka) and pay their utility bills on time. Although students who decided to live in private (non-university) accommodation would have signed a private agreement with their landlord, the INTO China Student Services team can still support you.



For more information on what accommodation is available at Nankai download the "Accommodation Booking Information" document at: www.intohigher.com/nankai/accommodation

Your first week

Registering for your programme

On the first day of your orientation week, you will have to register at the University ready for the new semester. You will receive a welcome pack on arrival, which will tell you where you need to go and outline the registration process.

You will need the following documents on your first day:

Admissions documents

- Original High School Graduation Certificate (for undergraduate students).
- Original Bachelor Graduation Certificate (for postgraduate students).
- Original High School/Undergraduate transcript.
- Original IELTS certificate (or equivalent). If you have taken an English Password Test you do not need to provide evidence of your English Level.
- Signed copy of non-academic service contract.

For your Resident Permit

- Original passport.
- Eight passport-sized photographs (white background, size: 3.5cm x 4.5cm) with your name as appears on your passport written on the back. Photos can be taken during registration week, if you cannot bring with you.
- Original Medical Check Report completed, signed and stamped by the hospital and physician with relevant reports attached.

You will need to complete the following forms during your registration:

- University enrollment form
- INTO China contact information and photo release form
- INTO China personal interests form
- Residence Permit application form.

Registration is relatively simple, but there may be a short wait while we process your documents.

Orientation programme

INTO China and Nankai University will hold a specially designed orientation programme for all new students during their first week at the university to not only help you learn more about your programme but also adapt to life in China.

Academic timetable

Your academic timetable will be given to you upon registration. Each semester has 16 weeks, and the summer and winter holidays are generally six weeks long. Your individual programme timetable will also be provided to you at this time.

Meet your professors

You will get a chance to meet face-to-face with your professors, providing you with an opportunity to better understand your programme and get some advice about your studies.

Sample orientation week timetable

	SATURDAY/ SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING		REGISTRATION/ CAMPUS TOUR	WELCOME CEREMONY / WELCOME BRIEFING	MEDICAL CHECK	SUPPORT SESSIONS	DAY TRIP
AFTERNOON	INTO AIRPORT PICK UP / SHOPPING TRIP	REGISTRATION/ CAMPUS TOUR	SUPPORT SESSIONS	CITY WALKING TOUR	MEET YOUR PROFESSORS	DAY TRIP
EVENING		WELCOME EVENING	CHINESE STUDENT SOCIAL EVENT	INTERNATIONAL STUDENT SOCIAL EVENT		

This is a sample timetable and is subject to change. You will be handed an up-to-date orientation timetable on your arrival.

INTO support sessions

There will be dedicated sessions to help you set up a bank account, register for a Chinese SIM card and apply for your Student ID.

Medical check

The INTO China Student Services team will take you to the Tianjin Quarantine Bureau Health Centre to either complete a full medical check or have your medical check verified, if you have already completed a medical check in your home country.

Nankai University welcome ceremony

You will be invited to the annual welcome ceremony attended by senior university and INTO representatives in addition to a current Nankai University international students

Social activities

Throughout the orientation week you will have the opportunity to take part in a number of social activities - so that you can meet your new classmates, the INTO China team and other current Nankai University students. It is also a good opportunity for you to get to know the city and the campus.

We will organise two events especially for you to make new friends. We will run a joint social event with the Chinese student English learners society to help you meet some Chinese friends, followed by an evening social event for all international students on-campus.

Campus and city tour

Current international and Chinese Nankai University students will give you a friendly and informative tour of the beautiful campus. Useful places of interest such as canteens and sports facilities will be visited in addition to classrooms and the campus library.

You will then explore the city. During the tour you will take both the subway and the bus to help you learn how to get around the city.

Day trip

To round off the week, we will take all students on a day trip around Tianjin to some of its most famous sights, including Tianjin Museum and the former colonial district.

Things to remember

- Attend ALL your classes - as your academic progress and your attendance will be monitored.
- Always be on time.
- Be prepared for your classes.
- Respect the feelings and cultures of others.
- Join in with social events.
- Keep your accommodation clean and tidy.
- Overcome problems by sharing them with your friends, teachers and INTO staff.
- Practice your Chinese as much as you can.

Keeping in contact with home

Although for most of you this will be an exciting time, please do remember that your family and friends may worry about you. Remember to contact them and let them know you have arrived safely in China. The INTO China Student Services team will make sure you have access to the Internet.

We recommend that you bring a phone to China and download useful apps and software such as Skype, FaceTime, Kakaotalk, WeChat, WhatsApp and Line before you arrive. With these apps you will be able to contact other users for free once your phone is connected to Wi-Fi.

Don't be afraid to ask

You are likely to have a lot of questions and may have some concerns during your first week. The INTO China Student Services team are here to help you. Most staff members have experience of studying abroad, so we know what it feels like. If you have any questions at all, please do not hesitate to ask. We want your first week to be as stress free and enjoyable as possible.



Culture shock

A unique cultural experience

Toilets

Many toilets in China are squat toilets, not seats as you might expect at home. The Chinese believe this kind of toilet is more hygienic. However standards of cleanliness, especially in public bathrooms can vary. Always remember to take your own tissues with you when you are out to public places.

Driving

When you first arrive in China, it may seem like there are no traffic rules. Chinese people drive very fast, however there are surprisingly few traffic accidents in the city. Please be careful when crossing the road. Always wait for a green light, try to cross when the locals cross and where possible use pedestrian bridges to cross any busy roads.

Please note it is illegal for foreigners to ride or own motorbikes in Tianjin.

Food

Chinese food is a lot more varied and will taste different to the Chinese food you may have experienced at home. We recommend that try to be adventurous and try everything. Vegetarian and Halal cuisine is available. The INTO Student Services team can support you with any specific dietary requirements once you arrive.

Restaurants

Most restaurants are safe and clean, but in some smaller restaurants standards of food hygiene may not be as strict as in other countries. Use your own judgment; if it looks dirty and nobody else is eating there, it's probably best to avoid it.

Speaking English

Even though China is rapidly developing and many cities are becoming more international, the majority of the Chinese population are not fluent in English, especially older generations. Most students, high school and university will have a good level of the English and can help you out in an emergency.

Personal space

There doesn't seem to be the same reverence for personal space in China as there is in other countries. Don't expect to hear "sorry" or "excuse me" either. In crowded areas such as queues for transportation, on the subway or going into an elevator, you will need to stand your ground.

International visitors

If you have light hair and fair skin, you may find yourself being stared at a lot in China. This is purely out of curiosity, as foreigners are still relatively new to China. It is nothing to worry about, but don't hesitate to refuse having photographs taken of yourself if you feel uncomfortable.

Religion

Practice of religion in any form is not allowed on campus. However, we understand religion may be an important part of some students' lives. We are able to suggest some suitable places for students to attend places of worship. Please contact the INTO China Student Services team for further information.

Keep an open mind

Things in Tianjin may not work the same as they do in your home country, but that does not necessarily mean it is the wrong way. Keep a cultural perspective and try new ways of doing things.

Living in Tianjin is not only a good opportunity to try new things within Chinese culture, but you will also meet friends and classmates from around the world who can share their culture as well.



Student life

Campus facilities

Nankai University offers modern sporting facilities that are available to use seven days a week. Sporting facilities on campus include a football field and running track, as well as tennis, basketball, volleyball, badminton and table tennis courts. You will have access to all of these facilities as well as banking facilities and a large, well-stocked library.

Food on campus

Your main diet will be Chinese food and you should remember that you are coming to live and learn in China and be ready to experience different foods. There are a number of different dining halls located around the campus that serve different types of Chinese food.

There are also plenty of restaurants near the campus, including restaurants offering halal and vegetarian cuisine, as well as western fast food restaurants, such as KFC, McDonald's and Pizza Hut. Other Western and foreign restaurants are located around Tianjin. These are concentrated in the central business district, 'Italian-style district', as well as the many shopping malls. As the student population grows the number of small 'western' style cafes and bars aimed at students is increasing. These offer cheap pizza, pasta, burgers and other simple western meals at a relatively cheap price (¥30-50 RMB).

The Nankai University campus is located close to Tianjin Medical University, which has a large south Asian population. The surrounding area has a small number of Indian and Sri Lankan restaurants.

Please email INTO China Admissions in advance if you have any special dietary requirements and need specific information.

INTO Student Services team

The INTO Student Services team are located in the INTO China Office in the No.2 Main Teaching Building. The Student Services team will provide support and assistance while you are studying at Nankai. We understand the challenges you may face adapting to a new environment and will be available to support you with any issues you encounter during your daily life in China. This support may include overcoming language barriers, help with resolving any issues in your accommodation or practical information about Tianjin.

In addition to supporting you with non-academic issues, the INTO China Student Services team, with support from the University, will also organise a comprehensive social and cultural activities calendar. Most of the activities and event will be free of charge but some, like excursions and large social events, may require a small fee, which will charged at cost price or less.

Previously organised activities include:

- Fencing and archery
- International student parties
- movie nights
- Masterclasses
- language partner evenings
- Mentor dinners
- games/ team building activities.

Student ID

Your Nankai University Student ID card is a small, brown, passport-like book. When you become a student at the University you will be given your ID card during the first month. This will state that you are an official student of Nankai University and it will be stamped every time you register for a new semester. This is an important form of identification when you are studying in China and should be kept with you at all times.

You can also use your ID card to get discounts in some shops and at sight-seeing locations, cinemas and restaurants (undergraduate students only).

INTO China Office
No.2 Main Teaching Building
Nankai University, Weijin Road
15522058199

Campus card

As well as being used to access the University library and paying at the on-campus student canteen, this card can be also used as a city transportation card. The card can be topped-up with cash at the China Bank of Communications on campus. Due to the large student population you will be issued with your campus card within one month. The INTO China Student Services team will provide students guidance and support on how to use the card around the campus and in the city.



Communications

Internet access

Internet access in China is partially restricted and certain websites you may be used to accessing on a daily basis (such as Facebook, Twitter, Instagram and YouTube) are blocked and therefore not accessible in China. Google and its services including gmail are also often blocked or very slow.

It is possible to use a VPN service to allow you to access these websites, although most stable VPNs require a fee. Please try to install any VPN software you need before you leave your home country, as websites offering VPN services may also be blocked in China.

Throughout the campus there are Wi-Fi hotspots. There are various packages for you to choose from starting from ¥5 RMB for an allowance of 1GB. There is also wired ethernet in your accommodation and guidance will be provided to you when you check-in.

Around the campus and throughout Tianjin there are many cafes and restaurants that offer free and fast Wi-Fi. The INTO Student Services team will be able to suggest the best locations. In addition, when choosing your mobile phone package, you can also choose a package that have different types of internet services.

Mobile phones

During your registration week we will help you to get a SIM card. Chinese SIM cards can receive phone calls and text messages from abroad, and you can also send text messages abroad. If you need to phone home using your mobile phone, you will need to choose a special package that is considerably more expensive. Instead, we suggest that you use an Internet calling service such as Skype.

In China, messaging apps such as WeChat are very common. Therefore we will generally suggest you choose a SIM card package with a high 3G/4G allowance and low text message allowance. Blackberry is not very common in China, and packages for Blackberry services are very expensive.

Please check that your mobile phone will work in China before you leave (especially iPhone, as only certain models will work with Chinese carriers) and ensure that your phone is unlocked before you arrive in China. Some mobile phone companies will do this for you or alternatively you can have it unlocked in China for a cost.



Living in Tianjin

About Tianjin

Tianjin is a huge city and is fast-becoming one of the most important business centres in the north of China. While not considered a tourist city, there is still plenty to do here, but is known for its laid-back lifestyle compared to Beijing.

The centre of the city is characterised by European architecture, which make up the 'Five Avenues' district as well as the former colonial financial district. Many of these early 20th century French, German, British and Russian style buildings have now been renovated into businesses, restaurants and hotels. The modern commercial centre of the city is Nanjing Road/Binjiang Road, where there are shops selling world-famous brands, international hotels as well as foreign businesses.

Tianjin is located around 120km from Beijing and takes on 30 minutes to reach by bullet train. It is a coastal city, although the city centre (where Nankai University is situated) is approximately 90 minutes by road from the port area.

Tianjin is famous for its Xiangsheng, a kind of Chinese comedy, where two performers act together on stage. This makes use of Tianjinese, a strong, distinctive accent, which is closely related to standard Mandarin.

Getting around Tianjin

Public transport

Tianjin has an extensive public transportation system including four subway lines and hundreds of bus routes. You can use your campus card as a city transportation card, which you swipe once as you enter the subway and again when you exit. Fares cost ¥2-5 RMB depending on the distance travelled.

Taking a bus costs a flat fee of ¥1-2 RMB for the entire journey on any single bus route. You should swipe your campus card as you enter the bus and you can swipe for up to two passengers per journey. You can top-up credit on campus and at supermarkets around the city. Buses can be as quick as taxis for short distances or in heavy traffic.

The INTO China Student Services team will help you learn how to plan your route around the city using some Google Maps or Baidu Maps smartphone apps.

Taxis

Taxis are abundant and are an excellent way to travel. The starting fare is ¥9 RMB for 3km and then ¥1.7 RMB per km after. There is an additional ¥1 RMB added to every fare if you are unsure how to say your destination in Chinese, so make sure you have the Chinese characters written down. Our WeChat account will give you some popular locations.

Remember to take a receipt ('fa piao') when taking a taxi. If you lose something valuable in the taxi, you will be able to trace it with your receipt. Always ask the driver to use the meter ('da biao') and never negotiate the fare.

Walking or cycling

Tianjin is an excellent city to walk around. If you travel east of the campus, most roads are single lanes and reasonably quiet. You will be able to reach the very centre of the city within half an hour.

Cycling is an option too, as most major roads have designated cycle lanes. You should take great care when cycling in Tianjin, as these cycle lanes are often used by electric scooters.

Shopping

- Binjiang Road – this is the longest retail street in Asia and houses local Chinese brand stores, as well as H&M, Uniqlo, Zara, Nike and many famous brands that are found all over the world.
- Shopping Malls – Joy City, Galaxy, Xin Tiandi, Wanda Square and Riverside 66. Tianjin has at least 10 large shopping malls across the city, some high end, some more affordable. Each generally has a food court and multi-screen movie theatre. Shopping malls are generally open 10am to 9.30pm.
- Markets – every neighborhood has a market selling fresh produce as well as cheap household wares and clothes etc. These are cheap and great places to bargain.

Food

Tianjin is fast catching up with Beijing with its choice of international cuisine. You can expect to find restaurants with cuisines from all over the world. You will also find food from all areas of China.

Tianjin is famous for its breakfast and snacks. The wheat-producing north produces many types of pancakes ('bing') filled with egg and usually another filling. The city is also famous for its lamb hot pot and during the summer the streets are lined with barbeques where you can purchase lamb skewers (¥1 RMB each).

The INTO China Student Services team will let you know about any new restaurants that are opening and give you advice if you have any special requirements.

International community

Tianjin's international community has two centres: one in central Tianjin and the other in the Binhai Development New Area. The largest community is South Korean. However there are reasonably large groups of people from every continent, with the number of Africans and South Asians growing at the fastest rate.

Tianjin's international student population is much smaller than in Beijing or Shanghai, but it is growing quickly and there is an ever-expanding network of activities and facilities aimed at international visitors. Many bars and cafes in Nankai District are almost exclusively visited by international visitors; so it's easy to meet people and make friends.

Jin Magazine, Tianjin Plus and Business Tianjin are excellent sources of information about events and services for expats in Tianjin, and there will be copies of each available to pick up in the INTO China Student Services office each month.

Chinese public holidays

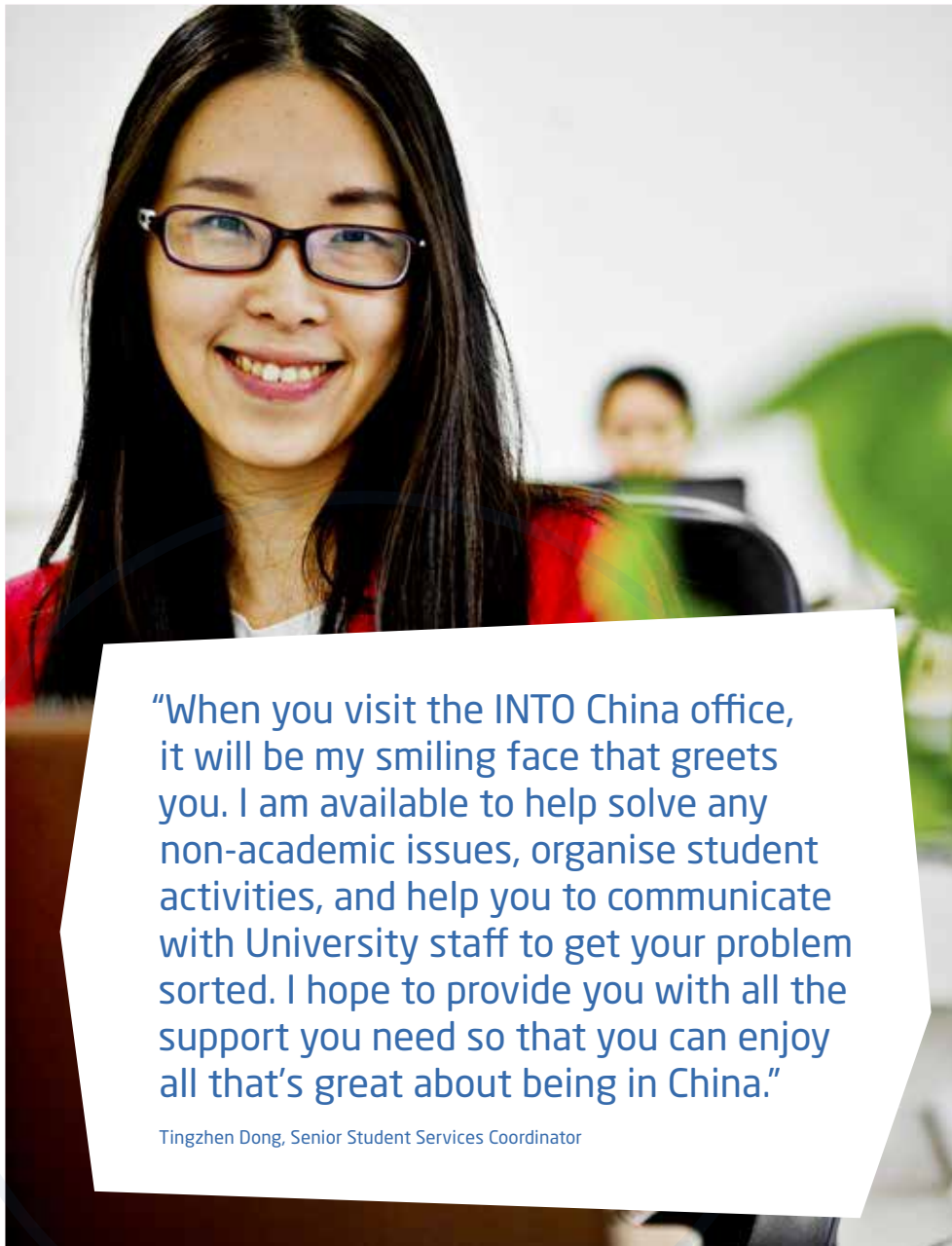
We suggest that you avoid travelling long distances in China during national holidays. This includes Chinese New Year in February and National Week in October as well as some other public holidays. This is often the only opportunity each year for Chinese workers to return home to see their families, so airfares are very expensive and train tickets are nearly impossible to get without queuing overnight. Even if you manage to get a ticket, trains and train stations will be very overcrowded and it will not be a very pleasant travel experience.

Top tip

Office hours in Tianjin are usually from 8:30am to 5:30pm, Monday to Friday. Some businesses and large government offices, including police stations and bureaus close for lunch between the hours of 11:30am to 1:30pm, so check opening time before going.



Meet the team



“When you visit the INTO China office, it will be my smiling face that greets you. I am available to help solve any non-academic issues, organise student activities, and help you to communicate with University staff to get your problem sorted. I hope to provide you with all the support you need so that you can enjoy all that’s great about being in China.”

Tingzhen Dong, Senior Student Services Coordinator



Your health

Health services on campus

There are medical facilities on-campus which you can access to for any minor health issues and many pharmacies where you can purchase any necessary medication. In pharmacies and hospitals you may be asked whether you want to take western or Chinese medicine.

In all major cities there are international clinics that you can choose to use should you need medical attention. However, they charge fees for their services and these costs are not covered by the insurance provided as part of your programme.

Feel free to contact the INTO China team if you need help with explaining your symptoms or feel you need to go to hospital. In an emergency, please contact the Student Services team using the emergency telephone number or come to the office where staff can provide you with further support.

Medicine

If you take any medicine regularly or have been recently receiving medical treatment, it is advisable that you bring at least a six-month supply of your medicine with you in the event that your brand is not available.

We also advise you to bring your current prescriptions and a doctor's report summarising your medical history, if possible. A general practitioner in Tianjin would be able to assist in sourcing a local equivalent that is often registered under a different name but manufactured by the same pharmaceutical company.

It is important that you do not forget to bring your immunisation history book and medical history information with you.

Top health tips

If you wear glasses you should consider bringing a spare pair with you or if you wear contact lenses bring a sufficient supply to use while you are in China. It can also be difficult to buy some brands of cosmetics that you may be used to and shades may not be suited to your skin tone if you are not Asian. If you have a favorite, it is better to pack a supply to start off with.

Hospitals

Please contact the INTO China team as soon as possible if you need to visit a hospital. Listed below are the hospitals in Tianjin, where it is possible to seek treatment covered by foreign insurance policies.

First Central Hospital Tianjin

天津市第一中心医院

Tel.: 022-23626600/022-236260

天津市南开区复康路24号 300192

Second Affiliated Hospital of Tianjin Medical Uni

天津市医科大学第二附属医院

Tel.: 022-28331788

天津市河西区平江道23号 300211

TEDA Western Hospital (Huawei Hospital) Tianjin

华卫国际诊所

Tel.: 022-66208676

天津开发区第二大街展望路2号300457

Health insurance

You will be provided with Endsleigh health insurance when you apply for your programme with INTO China. In the event that you need hospital treatment, we will assist you with how to make a claim on your insurance. If you are covered under your own insurance, please make sure you are familiar with the claims procedure.

Staying safe on campus

It is very unlikely that you will encounter any kind of danger while studying at Nankai. Tianjin is, in general, very safe but the usual precautions should be taken when walking around campus at night or when out and about in the city. There is a large network of CCTV on campus, wardens situated at all road entrances, and daytime security at the reception of your accommodation building.



Chinese phrasebook

(Pinyin (pronunciation), characters, English)

Shì 是 Yes

Bú shì 不是 No

Nǐ hǎo 你好 Hello

Zài jiàn 再见 Goodbye

Xièxiè 谢谢 Thank you

Duìbùqǐ 对不起 Sorry

Qǐng wèn 请问 Excuse me

wǒ bú huì shuō hàn yǔ 我不会说汉语 I can't speak Chinese

nǐ kě yǐ shuō yīng yǔ ma? 你可以说英语吗? Can you speak English?

Wǒ tīng bù dǒng 我听不懂 I don't understand

Wèi shēng jiān zài nǎ lǐ 卫生间在哪里 Where is the bathroom?

wǒ xiǎng qù zhè lǐ 我想去这里 I want to go here.

Wǒ yào yī píng shuǐ 我要一瓶水 I'd like a bottle of water

Zhè ge shì duō shǎo qián? 这个多少钱? How much does this cost?

zài nǎ kě yǐ dǎ chē? 在哪可以打车? Where can I catch a taxi?



Useful website to learn Chinese:
www.nciku.com



Key contacts

Official university address

Nankai University
No. 94 Weijin Road
Nankai District
Tianjin, P.R. China
300071

Chinese address: 中国天津市南开区卫津路94号南开大学
邮编: 300071

INTO China Student Services Office

A605 No.2 Main Teaching Building,
94 Weijin Road Nankai University,
Nankai District
Tianjin
300071

Chinese address: 天津市南开区卫津路94南开大学二主楼A605 邮编:300071

Opening Hours: 9.00 – 12.30, 1.30 – 5.30pm
(Mon – Fri)

Email: intochina.nankai@into.uk.com

(Only for students who require urgent assistance
– Before you arrive in China all of your enquiries
should be sent to cnadmissions@into.uk.com)

University on-campus accommodation

Yiyuan No.4 Building
Nankai University
No. 94 Weijin Road
Nankai District
Tianjin, P.R. China 300071

Chinese address: 中国天津市南开区卫津路94号南开大学宜园四号楼 xxxx室 邮编: 300071

Emergency telephone numbers

Police: 110
Fire: 119
Ambulance: 120

Useful websites

INTO China in partnership with Nankai University homepage

www.intohigher.com/nankai

For more information about obtaining your Chinese visa:

www.Visaforchina.org/

Tianjin Expat websites

<http://tianjinexpats.com/>

<http://www.thebeijinger.com/>

Tianjin tourism websites

<http://www.travelchinaguide.com/cityguides/tianjin/>

<http://www.lonelyplanet.com/china/tianjin>

<http://www.exploringtianjin.com/>

Booking hotels in Tianjin

www.expedia.co.uk

www.elong.co.uk

Tianjin weather

www.weathercity.com/cn/21/tianjin/

Useful websites for booking flights

www.kayak.co.uk

www.cheapflights.co.uk

www.skyscanner.net

www.expedia.com

www.ctrip.com



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NAN_BROC36PP_3092



Through innovative partnerships with leading universities, we expand opportunities for higher education, ensuring student success and transforming lives.