

CHINA 2016 HANDBOOK

ALABAMA A & M UNIVERSITY

美国阿拉巴马农工大学

&

NANJING FORESTRY UNIVERSITY

中国南京林业大学

in

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Research Experiences for Undergraduates and Graduates
For U.S. Undergraduate and Graduate Students Pursuing a Research Career in Science



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I. INTRODUCTION

Welcome to the 2016 summer Research Experiences for Undergraduates and Graduate (REUG) Program in the Department of Biological and Environmental Sciences (BES) at Alabama A&M University (AAMU). This program is sponsored by the National Science Foundation, USDA National Institute of Food and Agriculture, AAMU, and Nanjing Forestry University (NFU) in Nanjing, China.

The REUG program for 2016 will be held from June 1 (Arrival to AAMU) — July 11 (Departure from AAMU), 2016. REUG students will spend six weeks of this summer program in China. This is Alabama A&M University's (AAMU) fifth year bringing students to Nanjing Forestry University (NFU) to conduct collaborative research with both faculty from AAMU and faculty from NFU on the NFU campus, using NFU facilities. The goal of the REUG program in China is to provide U.S. students (U.S. citizens or permanent residents) in science and engineering first-hand research experience in China, an introduction to the development of science and technology in China, and an orientation to the Chinese culture and language.

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Expectations

This program is designed to stimulate your interest in research in general, and in a variety of environmental and/or ecological sciences through active full-time participation in a six (6) week research project. In addition, it is designed to instill an appreciation of the scientific method and the rigors of conducting relevant and interesting research, as well as an appreciation of the creativity needed to conduct it. This program has been designed so that you will develop a confidence and independence in carrying out meaningful research on a topic of current interest and generate a willingness to accept responsibility to report your results to your peers. We hope that through this program, more students will plan on attending graduate school in the biological sciences. Science is increasingly conducted in an international setting. To prepare for a successful professional career, we expect that you will demonstrate your ability to think independently by summarizing your results at the end of the project in a written report, and prepare your results for presentation at both NFU and AAMU, and at state, regional or national scientific meetings.

During the eight week program, you will be introduced to the challenging field of environmental and/or ecological research in an urban setting. And to complicate matters, you will be doing this in a foreign country with foreign customs. Not only will you gain valuable hands-on experience in a laboratory, learning to operate a variety of lab and field instruments, but you will gain valuable experience with a foreign culture. You will learn to think creatively to deal with a variety of cultural differences, and communicate with others who may not share the same world views as you. In addition, you will be able to interact with faculty, staff, and graduate students.

You will be expected to complete the following BEFORE you leave China:

1. A properly referenced scientific research paper (Containing the following: abstract, introduction/literature review, methodology, results, discussion, references cited). **You will be expected to blind review at least one of your peers' papers.**
2. A PowerPoint presentation (20 minutes) of your research (12 minutes plus 3 minutes for questions) and your cultural experiences (5 minutes) in China; you will present this to the NFU community. **Your presentations will be judged and awards for the best presentation will be handed out.**
3. A PowerPoint poster; **the purpose of which will be to present at a national meeting within the following year.**
4. Maintain a daily blog that **your mentors will grade, and which will be in the public domain.**
5. A cultural paper (≥ 10 double spaced pages). You will be expected to read and review at least one of your peers' papers.
6. Your scientific and cultural paper reviews will be handed in for us to grade. We will distribute them to the persons to whom they are addressed.

Background Information on AAMU / NFU Collaboration

Alabama A&M University (AAMU) has been collaborating with Nanjing Forestry University (NFU) since 2009, initially through a grant from the National Institute of Food and Agriculture program (NIFA, under the United States Department of Agriculture, USDA). In 2009, a fact-finding trip was made to determine the feasibility and develop the logistics. In 2010, the first team of three students and six faculty members participated in the program and signed *memorandums of understanding* (MOUs) between the College of Forest Resources and Environment of NFU and the School of Agricultural and Environmental Sciences of AAMU, which laid the foundation for future long-term collaborative efforts. In spring 2011 a team of faculty members from Nanjing Forestry University, led by their Vice President, paid a reverse visit to AAMU. Shortly thereafter, we had a second group of faculty and students visit NFU for research and exchange. The AAMU President, Dr. Andrew Hugine Jr. and interim Dean Dr. Lloyd Walker of the College of Agriculture, Life, and Environmental Sciences visited China and NFU in October 2012 and signed a *memorandum of understanding* (MOU) to formalize the research and educational collaborations taking place between the two institutions. This year, in addition to the students and their mentors travelling to China, the President and Dean may visit us while we are at NFU to show their support for a strong partnership between AAMU and NFU.

Another goal of the program is to develop courses with international content / contexts, to prepare and mentor students for international agricultural and environmental science career opportunities. Existing courses will be enhanced with global perspectives, and a new seminar course, “Global Issues in Agricultural and Environmental Sciences – an internal internship” will be developed in the near future. The University will also enhance the scientific research and teaching capabilities of AAMU faculty through exposure to facilities run by researchers of a different culture, thereby encouraging them to think about issues from a different perspective.

AAMU is strengthening its relationship with NFU through a new Research Experiences for Undergraduates Program grant funded by the National Science Foundation (REU, National Science Foundation). The goal of this program is to provide an opportunity for faculty and students to gain first-hand research experience, as well as become acquainted with the culture and scientific research currently underway in China. REU students and their mentors will work with Chinese students and faculty at NFU to strengthen the capacity of both universities to compete on a global scale.

Host City and University

Nanjing

Nanjing lies on the south bank of the Yangtze River. Nanjing is the capital of Jiangsu Province and is one of the more delightful destinations in China. Before World War II, Nanjing was the capital city of six or ten dynasties in ancient Chinese history; it has a brilliant cultural heritage. The online site [Travel China Guide](#) has some excellent information about Nanjing and its tourist sites. Be sure to take time to read through it.

History

Yuecheng, the first recorded military defense constructed in early 472 B.C., opened the long history of Nanjing. In the following years, the city reached its height of splendor at various times. In 229, Sun Quan, one of the three heroes in China's Three Kingdoms Period (220 - 280), to strengthen his influence in the middle valley of the Yangtze River, moved the capital of his kingdom to Jianye - present Nanjing. From that time on, the city served as the capital for several dynasties in China's history. In 1356, in a peasant rebellion, Zhu Yuanzhang, later the Emperor Taizu of the Ming Dynasty (1368 - 1644), conquered the city and renamed it Yingtian Fu. In 1368, Zhu established the Ming Dynasty - the last feudal dynasty ruled by the native Han people - and gave Yingtian Fu the new name of Nanjing. Ten years later, the emperor made it the capital of the country. The mausoleum of Emperor Zhu Yuanzhang is perching on the southern slope of the Mount Zijinshan in the northeastern part of the city.

Xiaoling Mausoleum of the Ming Dynasty

Following officials' advice of "building walls and producing grain to consolidate the rule," the emperor ordered the construction of city walls. Today's majestic walls in Nanjing, the longest of its kind in the world, are the result of that phase of construction. Zhonghua Gate, simply meaning 'Chinese Gate', is a noted attraction for tourists in the present city center.

In spite of its glorious times, the city also witnessed the hardest moment of this nation. In 1839, the Opium War burst out after Lin Zexu, an assiduous official, burnt twenty thousand boxes of opium in Humen. On a battleship in Nanjing's Xiaguan, the corrupt Qing government, under threat by Britain troops, signed the notorious Nanjing Treaty, the first of the 'Unequal Treaties' which ceded Hong Kong away from China for more than hundred years. Following this treaty, invasions and colonial rule of the western countries intensified and China sank into a harder and darker time.

Peasant groups of Taiping rebelled against the Qing government in 1853 and established the Taiping Heavenly Kingdom in Jinling, Nanjing's name at that time, and formed an army. Unfortunately, the peasant regime was short-lived and in 1864, troops of Qing government won the city back. Nowadays, in Xuyuan Garden, one can still see part of the palace of Heavenly King of Taiping Heavenly Kingdom.

Dr. Sun Yat-sen's Mausoleum

It was the Revolution of 1911, the Chinese bourgeois democratic revolution led by Dr. Sun Yat-sen that overthrew the Qing Dynasty. On the first day of 1912, Dr. Sun Yat-sen gave his simple but sublime address on the inauguration held of the new Republic of China. Today, a memorial hall in the Mausoleum of Dr. Sun Yat-sen, houses a statue of Dr. Sun sculpted out of white marble.

On April 18th, 1927, Chiang Kaishek launched the counter-revolutionary 4.12 Coup and established his power in the city. Also, in 1937, the inhuman Nanjing Massacre happened. In six weeks, more than 300,000 Chinese people were killed including women and children. No atrocity can go unpunished. In 1945 the Chinese people eventually drove the barbarous Japanese army

out of China and the war criminals got what they deserved. However the atrocity left a deep scar on the city. Pictures of Japanese soldiers taken by Japanese photographers are exhibited in the Memorial Hall to the Victims in the Nanjing Massacre.

This memorial to Sun Yat-sen is just down the road from Nanjing Forestry University, on Purple Mountain.

Cultural City

In addition to historical sites, memorials, museums and cultural sights also attract thousands of travelers. The famous Confucius Temple (Fuzimiao) is not only a memorial place for the Great Sage in China but has a surrounding area bustling with shops, restaurants and a snack street housed in traditional Chinese architectural buildings. In the city center, Nanjing Museum is a must for travelers with a collection of more than 420 thousand pieces, including about 2,000 that are rare and valued. The Zijinshan Observatory (Purple Mountain Observatory) to the east of the city center was the first modern observatory built in China.

Qinhuai River, in the southwest of the city, extends one hundred kilometres and flows into the Yangtze River. The Qinhuai area used to be the most popular and populous part of the city in the old days. In many Chinese novels, it is renowned as a place which nurtured beauties and romance. Today, it is a place for people to recall the old splendor of this historical city. Like all sights here, it tells the story of past, present and future of the city.

Modern Metropolis

Like most major cities in China, Nanjing is developing rapidly. Great changes have taken place in the city. Modern highways and railways connect the city with most major cities throughout the country and it is becoming a sparkling metropolis akin to Shanghai and Beijing with skyscrapers, luxury hotels, fashion shopping malls, supermarkets and highly-developed economic zones throughout the city. Transport in the city is very convenient with the new metro service in addition to taxis, public buses, tourist special lines and other means of transport. Modern amenities in luxury hotels make your trip a comfortable one. Dazzling shopping malls and department stores can be found in the commercial areas of the city with stocked plenty of international brand names. The city is also home to several colleges and universities and a large foreign population. The city is become an international metropolis with new faces every day.

About NFU

Nanjing Forestry University (NFU), located in the east of Nanjing, at the foot of Purple Mountain and east of Xuanwu Lake, is a comprehensive university administered directly by Jiangsu Provincial Department of Education. Its origin can be traced back to 1902, when it was founded as Sanjiang Normal College. Then, it evolved as: Forest Departments of Jinling University (founded in 1888) and Central University (in 1902). During the nationwide restructuring of institutions of higher learning in 1952, the university was called Nanjing Forestry College combined with different forest departments from Wuhan University, Nanchang University and Hubei Agricultural College. NFU was also named Nanjing Technological College

of Forest Products in 1972. Again in 1983 NFU resumed its name as Nanjing Forestry College. 1985 witnessed the founding of Nanjing Forestry University.

At present, NFU has 60 Departments in 22 Colleges of Forest Resources and Environment, Wood Science and Technology, Chemical Engineering, Electronic and Mechanical Engineering, Civil Engineering, Economics and Management, Humanities and Social Sciences, Information Science and Technology, Landscape Architecture, Science, Foreign Languages, Art Design, Furniture and Industrial Design, Light Industry Science and Engineering, Automobile and Transportation Engineering, Graduate School, Applied Technology, Continuing Education, International Education, Division of Political Education, one Physical Education Department and Nanfang College.

NFU has been authorized to confer master and doctoral degrees in addition to conferring bachelor degrees. NFU offers 59 undergraduate programs, 90 master degree programs, 23 professional master degree programs, 36 doctorate programs. The discipline of Forestry, as a first-class discipline which can confer the doctoral degree, is also authorized to confer a professional master degree in Agricultural Extension. The discipline of Forestry Engineering, as a first-class discipline which can confer the doctoral degree, is also authorized to confer a master degree in engineering. NFU currently possesses 5 Current Centers for Postdoctoral Researchers with 3 first-class disciplines. There are 6 national key disciplines of Ecology, Forest Genetics and Tree Breeding, Wood Science and Technology, Chemical Processing Engineering of Forest Products, Forest Protection and Forest Engineering together with another 11 ministerial and provincial key disciplines.

The total number of students is more than 30,000, among whom are 4,000 master, doctoral and foreign students. In nearly sixty years, NFU has fostered 90,000 graduates and postgraduates as well as foreign students, most of whom have now become the backbones of the forestry development of China.

NFU is authorized to examine quality and approve professorships. Now NFU has approximately 1150 teaching and administrative staff including 2 members of the Chinese Academy of Engineering, other 7 members of the Chinese Academy of Engineering invited as university's concurrent professors, 180 professors and 393 associate professors, 152 supervisors for doctoral students. NFU has the total area of 378 square meters, the total teaching and research equipment of the university reaches to the value of 328 million yuan. The university library has a collection of 1,570,000 volumes and 67,000 periodicals in both Chinese and foreign languages. And the campus broadband network has already covered all the corners of the university.

NFU pays a particular attention to scientific research programs and has attained great achievements. There are 40 R&D research centers, national key open labs, engineering centers, institutes, and divisions approved by the State Forestry Administration and the provincial government, and there are also 59 university-based research institutions and centers. Since 1978, NFU has carried out more than 700 various kinds of scientific research projects each year including "973", "863" and "948" research programs together with other research projects at the state, ministerial and provincial levels. More than 280 research projects have obtained fruitful results and various prizes have been obtained from the state, the ministerial and the provincial

government, among which 4 got the first prize and 37 obtained the second and third prizes of State Science and Technology Advancement; 1 had the first prize, 2 had the second prize together with 1 for the third and 1 for the forth prize of State Invention; 1 got the second prize of State Natural Sciences; and 237 obtained prizes at the ministerial and provincial levels. NFU issues academic publications such as: Journal of Nanjing Forestry University (one edition for natural sciences and the other for humanities and social sciences), China Forestry Science and Technology, Interior Design + Construction and Forestry Energy Conservation.

NFU takes an active role in developing academic exchanges and has established intercollegiate ties for academic exchange and cooperation with 50 universities and research institutions from 20 countries and areas worldwide. More and more foreign students are coming to our university to study as language learners, undergraduate, master students and doctoral students. Right now, some special international cooperation programs have been launched with Mississippi States University, Alabama A&M University, North Carolina State University, University of Toronto, University of British Columbia, and others.

Today, depending on rich regional economic advantages and excellent human and natural resources, NFU is further deepening its own educational reform and quickening its development while exploring the effective ways to provide the services for economic construction and social development, endeavouring to build itself into an outstanding university both at home and abroad integrating science, engineering, agriculture, liberal arts, management, economics, philosophy and law, with a special emphasis on ecological environment construction and management, development and utilization of biological resources.

II. PREPARATION

Vaccinations

Travel to China is different from living in China. If you are moving to China for longer than three months, you'll want to visit a physician to find out what is recommended for living in the area to which you'll be moving.

- **Routine immunizations** should be up to date. These include:
 - **Tetanus-diphtheria (DPT)**
 - **Measles/Mumps/Rubella (MMR)**
 - **Varicella (chickenpox)**
- **Hepatitis A** is recommended for all travelers over 12 months of age to China.
- **Typhoid** is recommended especially if you'll be in rural areas where you may eat or drink outside large restaurants and hotels where you may come in contact with contaminated water or food.
- **Yellow Fever** is required by Chinese law **only if you are arriving from an infected area** such as Africa.
- **Japanese Encephalitis** is recommended for longer-term travelers, especially children, who are susceptible to mosquito bites and will be outdoors during mosquito season (which can last from May to November in southern China).
- **Hepatitis B** is also recommended for longer term visitors/residents as it is very common throughout China.
- **Rabies** is recommended for any traveler who may come in contact with or handle animals, especially dogs. Rabies is common in China while the vaccination is not.

This is a collection of information that can be found on the [Center for Disease Control](#) and [MD Travel Health](#) specifically for China.

Passport and Visa

*** The following should already be in progress.**

By now, you should have a valid passport with **at least** six (6) months of remaining validity for travel to People's Republic of China. For U.S. passports, application instructions and forms are available at the State Department Web site: <http://travel.state.gov/>. You should apply early (2-3 months before travel). You can request expedited processing with an additional fee. An applicant who was born in China is required to submit his/her Chinese passport or last foreign passport with a Chinese visa when s/he applies for a Chinese visa with a new foreign passport.

Passports will be sent together as a bundle to the Chinese Consulate. If you do not have a valid passport at the time of acceptance, you must get one expedited to you, ***and you must be willing to pay the extra cost to do so.***

Chosen students must mail their passports (****get a signature confirmation***) AND a completed and signed visa application (students should receive a partially filled form in the mail with their Information Package) to Elica Moss by ***MONDAY, APRIL 11***. The visa application form will request multiple references in China. AAMU will provide letters to the Consul General that can be used for visa applications. Only single entry visas will be processed. This will allow participants to stay in China for up to 90 days.

Participants will be requested to prepare the following:

- Original passport with at least two blank visa pages, pages 22, 23, 24 cannot be used for the visas
- Visa Application Form (Q1)
- One original passport photograph on photo paper, stapled to the visa application
- We will pay the \$122.00 visa fee, which includes all fees and a 3 day return shipping via Federal Express/UPS
- Visa processing will take approximately 5 to 6 business days, then the expeditor will mail all passports back to AAMU
- The letter will state that you will be in China May 15 through July 30, 2016

International Air Travel

The flight to Shanghai will be long. Be sure to bring an empty water bottle to fill on the plane, a few snacks, and wear loose, comfortable clothes. You will be fed on the international flight, but not within the U.S. If we're lucky, each seat on the international flight will come equipped with its own TV screen and the ability to watch many movies and listen to music. In addition to bringing items for comfort, consider bringing a clean wash cloth and some facial/hand cream as the air quality becomes very dry.

Living Allowance in China

During your time in China, your basic living expenses will be taken care of including lodging, group meals, and transportation to pre-arranged destinations. You will be given an NFU university card with the equivalent of \$100 on it. This should be sufficient to cover your daily on-campus meals. Additionally, when we go out as a group on organized trips, meals will be provided.

You are advised to bring with you at least USD \$200.00 to cover expenses not supported by this program. Money exchange is available in Nanjing. For daily exchange rates, please check the Bank of China website (<http://www.bank-of-china.com/>). Remember that the exchange rate is the same for all hotels, bank branches, shops (if they accept foreign exchange) in China. Additionally, there are apps for your phones that will provide you on-the-go currency exchange rates.

What is NOT included: any meals or food you purchase off campus and outside of the planned group tours; personal phone time, local or international; et cetera.

Stipend

Student participant stipends will be \$200 plus all travel expenses paid to and from China, including roundtrip flights (both to/from Huntsville from your home town and to/from China from Huntsville), travel inside of China, all dormitory and hotel accommodations, all group tour costs, plus an identification card on campus that is pre-paid and allows you to purchase all on-campus meals through the card. We will also provide wifi internet service in the dorms (we cannot attest to the quality, however).

Insurance

Participants are required to have traveller's health/medical insurance WITH EVACUATION COVERAGE during their stay in Nanjing. If current insurance does not cover your medical needs abroad, you are responsible for obtaining your own health/medical insurance to cover your stay in China, typically called traveller's insurance.

Housing & Arrangements

All students will be housed in the International Dormitory on campus. Each dorm has four private rooms and a common space that includes kitchen and a common bathroom, equipped with a shower and (happily for us!) a western style toilet. Students may or may not be housed with other REU students, and may or may not be housed with other English-speaking students.

Bedding and a power strip for your electronic devices are checked in and out through the Office of International Education. They will also provide you with a campus swipe card that will enable you to make purchases at all cafeterias on campus, and all campus stores. ***Be forewarned that this card has a pre-established amount of money on it and if you finish it off it will not be recharged for you. All cards must be returned prior to leaving campus.***

Note, also, that the cleanliness of your roommates (and therefore the common space) will vary, and if your standards of cleanliness are more stringent than those of your roommates, you will likely bear the burden of cleaning your common space.

There are no washers or dryers to use and you will have to hand-wash and line dry your clothes. The majority of people in China—indeed, the majority of the people throughout the

world!—wash their clothes by hand. You can buy a basin, laundry detergent, and clothes clips on campus, and there are outdoor lines for drying your clothes adjacent to the International Students Dormitory.

Money Matters - Currency & Exchange

The official currency in mainland China is the Renminbi (RMB) or "People's currency." The basic unit is the yuan (also known as 'kuai'), which equals 10 jiao (or 'mao'), which is then divided into 10 fen. Paper currency comes in 1, 2, 5, 10, 20, 50 and 100 yuan notes, paper jiao comes in denominations of 1, 2 and 5. There are also 1 and 2 fen notes, but these are rarely used as their purchasing power is almost zero. As for coins, there are 1 yuan, 1 and 5 jiao, and 1, 2 and 5 fen (again, the fen coins are basically useless).

The Chinese Construction Bank, which is conveniently present on NFU's campus, allows the use of debit cards to withdraw money directly from your bank account. This makes obtaining money very simple. This is the simplest way to get spendable yuan, as you don't have to worry about the exchange.

You can also exchange traveller's checks or cash at most banks and at most hotels in the cities - the exchange rate in the hotels is the same as that in the banks. To change money, you have to have your passport at hand. If you want to change money in a hotel, you usually have to be a guest there. Whenever you change the money, please keep the exchange receipts well in case you need to exchange back into the original currency upon your leaving from China.

You can use US dollars in hotels to pay for the bill, in the friendship stores, to buy things from vendors outside the scenic spots, to pay for any optional tours and to tip porters of the hotels, tour guides and drivers or whomever you want to tip. You will not be able to use US dollars in department stores or small convenience stores, local restaurants, or if you try to buy things from street vendors.

Bank of America is partnered with the Chinese Construction Bank. If you have an account with them, you can withdraw money from your account for free.
(<http://transpacifica.net/2008/05/28/bank-of-america-and-china-construction-bank-or-no-fee-usd-withdrawals-in-china/>), and you can get an online account (<http://www.bankofamerica.com/onlinebanking/> here).

Mobile Phones and Other Technologies

Check with your phone company about international coverage options and costs.

We will have some cheap, local phones to use in China that can be shared. These phones will allow for cheap communication via text messaging between everybody. If you want to explore, be sure to go with a buddy, and bring a phone with you (along with the University address in Mandarin).

Phone Apps and Podcasts

There are a variety of really cool apps for language learning (<http://technode.com/2012/10/11/15-smartphone-apps-to-teach-yourself-chinese/>), translation ([Pleco](#)), Nanjing subway travel (Metro Nanjing Subway); a few podcasts: [Pop-up Chinese](#), [Slow Chinese](#), [Mandarin Chinese Lessons with Serge Melnyk](#). [Independent Traveler](#) is another good site to visit. **I STRONGLY urge you to download these and/or other apps and podcasts. And if you find something worthwhile, share it with the group!**

Virtual Private Networks (VPNs)

The [Golden Shield Project](#), or the Great Chinese Firewall, as it is more commonly known, is notorious censorship program that works diligently to block potentially unfavourable information from coming into China from foreign countries. It does an excellent job, which is to say that it is very effective at keeping us from accessing our most commonly used sites. Therefore, if you want to be able to access your social media sites, such as Google, YouTube, Facebook, Twitter, and a long et cetera, you will need a VPN. To my knowledge, you can use Skype in China without a VPN. Likewise, if you and your family have iPhones, you can use Facetime to talk with them when you are in range of wifi.

There are a lot of “best of” pages when you google “best VPNs in China 2016.” I suggest going through a few of them with a critical eye (I imagine some or many are paid to give good reviews, but maybe I’m too sceptical). Here’s one, called [Startup Living China](#), that gauges what it calls the three top VPNs for China for 2016, and seems legit enough.

I used VyprVPN last year and liked it. Others have used ExpressVPN successfully. I will go with either of these again this year. There is a monthly fee that, in my opinion, is worth it. However, there are free VPN services that I’ve heard work just fine as well. They aren’t that expensive, though. I believe most VPNs all you to use it on 2 computers plus a phone. You may be able to share a VPN service with one of your China-bound peers, and split the cost.

Alternatively, if you are looking forward to time away from social media, then going to China will be a good opportunity for you to get away!

Health

Of course, your health is important. When traveling to any foreign country, you need to be careful of the foods you consume. Water harbors pathogens that travellers are not accustomed to, and may therefore make you sick. Sometimes, depending on your constitution, VERY sick, even life-threateningly sick. Therefore, it is wise to be choosy when eating. If you are like me, you want to try *everything* and truly experience Chinese culture through food. Unfortunately, you need to keep this desire in check while exploring new foods. Visit the CDC’s [Food and Water Safety](#) page for some other helpful tips.

Following are some suggestions when eating out:

1. Pay attention to your body and its needs. Some people have an ‘iron’ digestive system, while others have extremely sensitive systems. Some people can literally eat anything without any physical repercussions. Be aware of this as you explore.
2. Drink only bottled or otherwise filtered water. The most common source of dietary issues when traveling is contaminated water. Bacteria, protozoa, viruses, and chemical pollutants can all be potentially polluting the water you drink. Read [Drinking Water Safety](#) for more info.
3. Avoid raw fruits and vegetables; if you decide to eat raw fruits and veggies, you risk consuming pathogens that might make you sick. That said, if you choose to eat fresh fruits (most of us will: bananas and watermelon!), remove the outer skin.
4. Be wary of street vendor carts and buffets. Are foods sitting around for long periods of time after cooking, or are they being served immediately?

Safety

If you have free time and want to explore the local area on your own, carry a map of the city (we provide you with one) or area and a business card of the hotel and the mobile phone number of somebody who can help you in a bind, in case you get lost and need help getting back to your point of origin. Nanjing Forestry University now has a metro subway stop at its entrance. This makes exploring the city very feasible and also makes getting lost difficult.

In most cities in China, there are a lot taxis available, which are cars painted red, yellow or green. Taxi fares may vary from city to city but they should be marked on the taxi window, and the taxi drivers are supposed to use the taximeter when you get in the taxi.

Most taxi drivers do not understand English, thus it is better for you to have your destinations written down in Chinese so that you can show the address to the taxi driver, and don't forget to ask for a receipt or remember the number of the taxi in case you leave something in the taxi.

In general, China is relatively safe. However, there are crimes here, as in all places. **Please be careful of pickpockets!** Keep your valuables, such as your passport, money and camera, in a secure place when you out. Be sure to keep valuables that are in your room in a safe hiding place, as well. Keep a small amount of money on hand at all times, but do not let others see your primary money stash (an underclothes money wallet is suggested). When travelling, be sure to keep an eye on your belongings and luggage. Do not go out exploring by yourself alone, particularly late at night, and always let others know where you are going to be. Also be sure to keep your door locked at night when you are sleeping. In China, the foreigner's passport is regarded as Chinese ID, which is the only proof of your identity in China: therefore you should

Your Packing List

Print out the confirmation letter and itinerary you get from us and bring two copies with you - one to keep in your luggage and the other for your carry-on.

- ☐ Passport with all necessary visas (to be given to you before you leave Huntsville for Shanghai)
 - be sure to make a complete, photo-legible copy of your passport and keep it somewhere separate from your passport
- ☐ International Airline tickets
- ☐ Wallet, credit cards, ~\$200 cash
- ☐ Proof of insurance and your insurance company's information for international coverage
- ☐ Language translation apps (Pleco software: <http://www.pleco.com/>;
- ☐ Your medical records (list of vaccinations)
- ☐ Medications and vitamins
- ☐ **For women:** sanitary pads and/or tampons.
- ☐ **For women:** Talcum powder or anti-chaffing ointment
- ☐ Your international travel medical kit* (*see following page for first aid packing list*)
- ☐ Camera
 - Extra battery and memory card
- ☐ Clothes suitable for the summer
- ☐ Good, comfortable walking shoes are a must!
- ☐ The dress standard for most places in China would best be described as "smart casual;" bring one or two sets of formal wear for more formal occasions
- ☐ Raincoat and/or umbrella (there are nice umbrellas all over China for sale)
- ☐ Hat, sunglasses, and sunscreen
- ☐ Insect repellent
- ☐ If you wear glasses, bring two pairs with you in case that you lose one pair
- ☐ Address and telephone number list on a sheet
- ☐ Converter (power adaptor) if you have one or it is necessary for you to have one
- ☐ Gifts: bring magazines to share, movies, music, fancy chocolates
- ☐ Your favorite snacks - sometimes it's nice to have some comfort food from home to snack on.
- ☐ Coffee, if you are a coffee drinker. There is Starbucks in China, including Nanjing (http://www.mystore411.com/store/list_city/15/Jiangsu/Nanjing/China/Starbucks-store-locations), but if you don't drink Starbucks coffee then you might want to pack your own.

- ☐ A happy and friendly demeanor! ***Your attitude will make or break the experience for all of your co-travelers! Let's all work to make it an amazing experience!***

First Aid Kit Packing List

- ☐ **Your prescription medication** - you should bring an ample supply with you for the entire duration of your trip. Bring along the prescriptions, just in case you are questioned (highly doubtful) in customs. See your physician before you go to China to ensure you have all the prescriptions you need before you begin your travel.
- ☐ **Headache medication** such as Tylenol or Advil. Tylenol is good too especially if you end up with a fever.
- ☐ **Diarrhea/nausea medication** is essential as even if the food you eat is fine - it could upset your stomach because you aren't used to it. For bad cases of diarrhea, it's great to have Cipro along with you. Ask your physician about prescribing it for you.
- ☐ **Cipro:** a full spectrum antibiotic; this will be necessary if you happen to get food poisoning (a distinct possibility)
- ☐ **Band-aids** for the occasional blister from long walks.
- ☐ **Anti-bacterial ointment:** useful for blisters and chaffed skin, and an assortment of other minor skin injuries.
- ☐ **Alcohol swabs**
- ☐ **Cotton swabs**
- ☐ **Cotton bandages**
- ☐ **Bandage tape**
- ☐ **Ace bandage** for the twisted ankle that might occur on the [Great Wall](#) or other hikes.
- ☐ **Nail scissors** - perfect for cutting bandages and other essentials.

III. PROPER PROTOCOL & ETIQUETTE

China is a large country with a very long history and unique culture. It is these reasons that make it such a draw to visitors, but there are some things that must be kept in mind when visiting China. China opened up to the outside world only three decades ago and has witnessed dramatic changes in those thirty years, but because China was closed to outsiders for centuries, its culture is unique and most Chinese people are only familiar with their own culture and do not understand other cultures. Visitors must keep this in mind when visiting China. The old expression "When in Rome do as the Romans do" is a great way to look at China and its cultures and traditions. China is an amazing and diverse country which never fails to enchant visitors. It is important to remember that their culture is ancient and unique. Being flexible will help immensely.

Modesty

Our experience in China has been that Chinese people are inherently reserved about their emotions. They typically do not display emotion and feelings other than reserved happiness in public and find speaking about personal things to be unnerving. Though in many places couples will not hold hands when walking in public, at Nanjing Forestry University there is a relatively relaxed atmosphere, and couples can be seen holding hands and quietly sharing a private moment on one of the many campus benches. For the most part, Chinese people do not hug or kiss in public, and in most public places, the strongest public displays of affection is generally a handshake when saying hello or goodbye.

That said it is not uncommon to see two females, and even two males walking down the street arm-in-arm or hand in hand. Most visitors to China do not understand this and assume they are holding hands as a couple. However, this is not the case. In China only truly close friends hold hands, while two friends of the opposite sex cannot hold hands as a couple. Please keep this in mind when traveling with your significant other, or boy/girlfriend, particularly outside of any big metropolis. More and more people are accepting of it, but not everyone is yet.

Dress Code

The Dress Code is casual during most of your stay. Shorts and t-shirts in summer are fine, even in the dining room. You should wear what's comfortable for you. But do prepare one or two sets of formal dress to attend any formal meetings and banquets we may have. People at the university tend to dress up in a business casual manner.

Patience

Sometimes decisions that would be made easily and instantly elsewhere, can take quite a while in China. Everyone feels they must make absolutely sure that everyone involved is truly happy with the decision and not just being friendly. It is Chinese culture and sometimes requires patience.

“Face”

The concept of "Face" in China is extremely strong. "Keeping face" is of extreme importance and "losing face" in public is unacceptable and can usually end in a fight. It is important to never embarrass shame, yell at, or demean a Chinese person. Losing face is considered unacceptable and if you make someone lose face, you will never get what you want, and may get something you don't want.

Humor

Chinese people like people the world over love to laugh, and Chinese people have an excellent sense of humor, but sexual and political subjects are strictly avoided.

Politics

Again, politics is a subject to be avoided in China. In the West, it is generally common knowledge that Tibet and Taiwan are independent countries occupied by China. Likewise, in the West the Dalai Lama is seen as an intellectual man of peace and someone who represents a repressed minority group. In China, they see this subject very differently and most are not interested in a debate over the particulars. Remember that you are there as a representative of AAMU and the United States. One's personal politics should be left at the Stateside airport.

Getting stared at and personal space

In many parts of China, people have never seen a Westerner outside of movies and television, so when traveling to more underdeveloped areas, chances are you will get stared at. Although sometimes uncomfortable, it is nothing more than harmless curiosity.

In Nanjing and Beijing, which are two of the more international cities in China, many people are accustomed to seeing tourists. However, many people have never or rarely seen a person of African descent. If you are of African descent, get used to the idea now because everywhere you go, people will unabashedly stare at you. They will try to take photos with you, either with or without your consent. And they may even try to touch your hair. People are usually friendly about it, but they can be, to us, quite rude. As your time in China continues, you may feel less appreciative of the attention. But always try to be gracious and remember that you are there as a guest and a representative of AAMU and the United States.

Photo taking

It is considered extremely rude to take photos of people without their consent. In some of the more touristy areas, the locals have gotten used to it, but it is still a good idea to get permission before taking a photo. Gesture with your camera with a big smile on your face will usually get you the photo you want. If using a digital camera show them the photo you just took. This works well particularly with children who will find seeing themselves in the photo very exciting and

many others will then pose for you to be able to see themselves in your camera. That said, be prepared for some Chinese to take sneak photos of you.

Some basic dining etiquette & customs in China

Dining etiquette in China can be quite intricate and daunting at first. The following etiquette and customs may ease your nervousness and make you enjoy China's cuisine more.

- In Chinese restaurants, knives should not be seen on the table. Chopsticks, bowls and soup spoons are the traditional table ware. Food is always cut into bite sized pieces, whole meats such as pig, fish and poultry are cooked till they are so tender that the meat can be removed right off the bones with chopsticks.
- When using chopsticks, don't point them directly at people and never stick them standing upright in your rice bowl -- this is a reminder of the incense burned at funerals.
- Use either a clean spoon solely for taking food from communal plates for yourself or others, or **be sure that your chopsticks only touch the food that you will be taking**. If you serve someone with your own chopsticks, use the blunt ends that don't go into your mouth. Though you may see some Chinese people take food directly with their own chopsticks occasionally, it is usually an occasion when people have meals with their families, relatives and/or intimate friends.
- If you're invited to be a guest at a meal, don't be surprised if your host orders more food than you can have, this is the way for Chinese people to "save face" and show their hospitality. And also, please don't be surprised if your host keeps serving you choice morsels of food even you don't ask for it, this is another way to show hospitality.
- In Chinese custom, unless amongst friends or in an informal setting, it is the inviter who pays for the meal. It is polite to make an effort to pay, but expect strong resistance, that is why in many Chinese restaurants, it is a common sight to see two people arguing loudly after a meal-they're fighting for the right to pay.
- People like to drink socially in China, especially before, during, and after meetings. If you are dining with people during a business-related outing, those hosting you will likely encourage you to drink a lot of alcohol. On top of this, it is custom to not allow their guests' cups to go empty. You can see how this custom might result in a hangover, at least! The polite way to decline more beer or liquor is by simply turning your empty glass upside down on the table at the beginning of the meal.
- When you are not so sure what to do, simply ask your guides or do as local people do.

Tipping

Tipping is no longer illegal in China since the 1980s. Tipping for tour guides and drivers in recognition of their good service has become a common practice. Hotel bellboys and house keepers expect your tips as well. It is not customary to leave tips at hotel or local restaurants as the bill usually includes 10-15% service charge.

IV. FOOD

One of the most important aspects of traveling to far-away places is the opportunity to try new and different foods. China is replete with novel foods for new travellers. In order to fully enjoy a new place, one must be willing to forgo the comfort of their home foods and adopt an attitude of “anything goes.” If you do not or cannot adjust your tastes and allow yourself the willingness to truly try new (and very often *weird*) foods, you may find it very difficult to enjoy your trip.

Below is information compiled on foods. You may want to carry a copy of the foods lists with you in China. If you have a food allergy, you will need to be sure the wait staff understand your needs.

Chinese Cuisine & Food Websites

The Chinese take their food very seriously. One of the most pleasurable aspects about being in China is being open to trying many different types of food. Having an idea of what might be available prior to arrival might take the edge off of the shock. And there will be shock! The foods eaten in China are very different from what we are accustomed to in the U.S.

If you are interested in learning more about Chinese cuisine and how to cook it, China Whisper has a [Top 5 Best Chinese Food Blogs](#) from January 2014.

If you're interested in blogs and blogging, I

I found Wikipedia to be very consistent and detailed in its descriptions of different foods, from tofu to noodles to meats. It is a good quick reference. Remember that you likely won't be able to access Wikipedia in China, so be sure to read up on whatever you are interested in, in advance.

http://en.wikipedia.org/wiki/Chinese_cuisine (check out the following links within this page)

Chinese Noodles, http://en.wikipedia.org/wiki/Chinese_noodles etc.

V. WEATHER & ENVIRONMENT RELATED ISSUES

The weather in Nanjing will be hot and muggy; much like northern Alabama is during the height of summer. Because of this, you will want to bring cool, light clothing. Additionally, if you wear loose shorts or skirts, bring talcum powder or an anti-chaffing cream, as we will be walking a LOT, and your inner thighs will sweat.

In addition to hot weather, the air quality in eastern China is extremely poor, and can be quite high in small particulate matter.

There will be rain in China. Bring a rain jacket and/or umbrella, or plan on buying an umbrella in China. They are widely available, and Shanghai in particular has some really fancy ones.

~ 结束 ~

VI. BRIEF OVERVIEW OF SOME COMMON CHINESE FOODS & FOOD-RELATED PHRASES

MEATS

Pork: Zhū ròu 猪肉

Chicken: Jī ròu 鸡肉

Beef: Niú ròu 牛肉

lamb: 羊肉

duck: 鸭肉

egg : 蛋

milk : 奶

FISH

Fish: yú 鱼

Shrimp: Xiā 虾

VEGETABLES

Bok choy: qīng cài 青菜

Chinese cabbage: bái cài 大白菜

Carrots: hú luó bo 胡萝卜

spinach: bo cài 菠菜

Water Chestnuts: bí qí or bó qí 荸荠

cucumber 黄瓜

potato 土豆

eggplant 茄子

green paper 大辣椒; 甜椒

FUNGUS

Black Chinese Fungus: mù 'ěr 木耳

White Chinese Fungus: Yin ěr

Shitake / Black Mushrooms: dōng gū 冬菇

Enoki / Enokitake / Golden Needle: jīn zhēn gū 金針菇

Oyster Mushroom: píng gū /mó gū 平菇/

BREADS ETC.

Steamed bun, plain: bāo zi 包子

Steamed bun with pork: ròu bāo 肉包

smashed red bean bun: dòu shā bāo 豆沙包

vegetable bun: sù bāo 素包

bun with soup in it: guān tāng bāo 灌汤包

Dumplings: jiǎo zi 饺子

Steamed dumplings: zhēng jiǎo 蒸饺

Pan-fried Dumplings (pot stickers): guō tiē 锅贴

TOFU AND BEAN CURD

Tofu: dòu fu (pronounced DOF or TOF, with the 'u' barely there) 豆腐

Dried Tofu 豆腐干

Bean sprouts 豆芽

WHEAT NOODLES

Wheat Noodles: miàn or mein 面

Cold noodles: liang miàn, 凉面 - served cold with meat and/or vegetables

Handpulled / ramen noodles: lā miàn 拉面- Hand-pulled noodles from which ramen was derived. Served in soups.

Lo mein noodles: Chǎo miàn 炒面 - Wheat flour noodles that are stir fried with sliced vegetables and/or meats and other seasonings

RICE NOODLES

Rice Noodles, thick: Mǐ fěn 米粉

Rice Noodles, spaghetti: Mǐ xiàn 米线

STARCH NOODLES

Mung Bean Starch Threads: fěn sī 粉絲 - thin, cellophane-like noodles; like vermicelli

Liang pi: liáng pí 凉皮 - Translucent noodles made from wheat starch from gluten production, can be very thick, almost like dumplings

COMMON DISHES

Lion's Head (pork) meatball: shī zǐ tóu 狮子头

Braised Pork Belly: dōng pō ròu 东坡肉

Braised Pork with sweet soy sauce: hóng shāo ròu 红烧肉

Mapo Tofu (Stir-Fried Tofu in Hot Sauce) 麻婆豆腐

Kung Pao Chicken 宫保鸡丁

shredded pork with garlic sauce 鱼香肉丝

Shredded potatoes 土豆丝

RICE 米饭

NECESSARY PHRASES FOR FOOD

I do not eat any pork or pork fat: 我不吃猪肉

I do not eat animal products of any kind: 我只吃素，不吃肉蛋奶。

I have a very strong allergy to peanuts:

我对花生过敏，我吃了任何带花生或花生油的食物会有生命危险！

I have a very strong allergy to eggs! :

我对鸡蛋过敏，我吃了任何带鸡蛋的食物会有生命危险！

I have an allergy to seafood !

我对海鲜过敏，我吃了任何带海鲜的食物会有生命危险！

I have an allergy to milk !

我对奶制品过敏，我吃了任何带奶制品的食物会有生命危险！

I have an allergy to wheat gluten !

我对小麦面筋过敏，我吃了任何带小麦的食物会有生命危险！

DRINKS 饮料

Coca Cola 可口可乐

Diet Coke 健怡可乐

Pepsi Cola 百事可乐

Fanta 芬达

Red Bull 红牛

Sprite 雪碧

Milk 牛奶

Soy Milk (tastes different from soy milk in the US) 豆浆

yogurt 酸奶

soup 汤

red wine 红酒

spirit wine 白酒

grape wine 葡萄酒

beer 啤酒

coffee 咖啡

tea 茶

fruit juice 果汁

mango 芒果

SPICES and FLAVORINGS 味道

salt 盐

sugar 糖

soy sauce 酱油

vinegar 醋

sweet 甜

spicy;hot 辣

sour 酸

salty 咸

bitter 苦

too much 太多

not enough 不够

FRUITS 水果

apple 苹果

pear 梨

Banana 香蕉

pineapple 菠萝

watermelon 西瓜

orange 橙子

Mandarin orange 橘子

sugar cane 甘蔗

cherry 樱桃