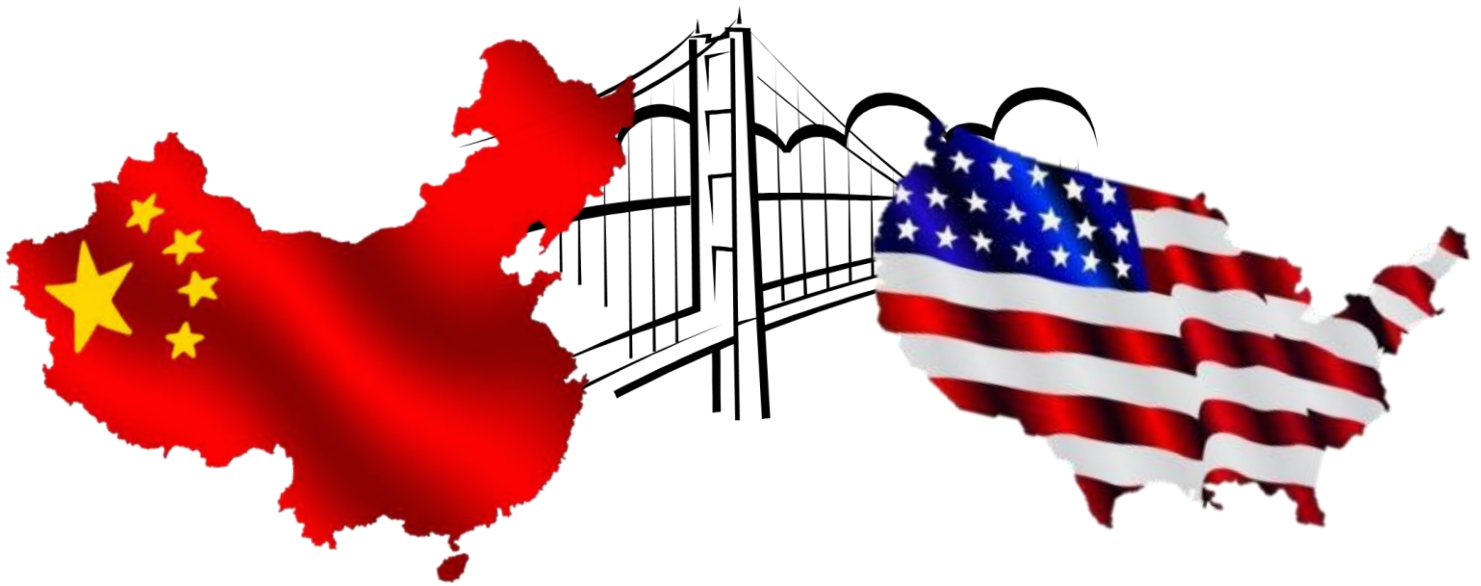


Chinese Bridge Summer Camp

for American Students



The Confucius Institute at Davis School District

Camp Information

Overview

The “Chinese Bridge Summer Camp for American Students” is sponsored by Hanban / Confucius Institute Headquarters in cooperation with Confucius Institutes in the U.S. for American high school students to experience Chinese language and culture in China.

Since the program was launched in 2007, over 5000 American high school students have been invited to participate in the summer camp in China, which has helped them to understand Chinese culture, improve their Chinese, and build friendships with young people in China. The Confucius Institute Headquarters in Beijing will welcome students from The Confucius Institute at Davis School District to their 2018 summer camp.



Students who participate in the camp must be high school students at the time of the camp, must be interested in learning Chinese or currently learning Chinese (in their first three years of Chinese study), and must be outgoing and eager to learn.

There is another camp specifically designed for higher-level Chinese students who will be able to perfect their Chinese language skills the summer before taking AP Chinese. If you have studied Chinese for more than three years, the camp discussed in this booklet is not for you.

Mission Statement

The “Chinese Bridge Summer Camp for American High School Students” aims to promote exchange between the youth of China and the United States and enhance the understanding of American high school students of Chinese language and culture, thus to stimulate their interest in learning Chinese language.

Camp Activities

During the program, students will study Chinese language and culture (paper cutting, calligraphy, brush painting, tea ceremony, martial arts, etc.), participate in various sports and cultural activities (friendly basketball matches, international student get-togethers, host family experiences, etc.); and visit points of interest and sites of natural beauty in China. (See itinerary for specifics on activities!)

Location

The student delegation from the Confucius Institute at Davis School District has been very fortunate to be able to participate in the summer camp in previous years. In the summer of 2015, our students visited Henan, China. In 2016 & 2017, our students visited Harbin, China. Lifelong friendships were established with the students and faculty in these cities. The location for the 2018 summer camp will again be Harbin.



Harbin is well known to many of us at the Confucius Institute at Davis School District, and we are excited that more students will get to experience its charms.



Unlike many Chinese cities, Harbin has a short history. The city is about 110 years old. Despite its youth, it is the biggest city in the northeastern section of China with about 10 million people, and it is the capital of Heilongjiang Province. However, the city has not attracted much foreign investment so the city’s old structures remain. There is a lot of architecture dating from the first few decades of the 20th century when the city was a cosmopolitan city composed of people from dozens of countries. In the 1920s, most of the population was Russian, and many Russian buildings still stand.

Every year in January or February, Harbin Ice Lantern Festival is held in Harbin.



Sculptors from all over China and around the world to make ice or snow sculptures and create a wonderful snow world in Harbin.

Your hosts throughout the stay will be the generous students and faculty of Harbin Normal University. This university's focus is preparing its students to be teachers in all content areas—from international studies to physical education.

According to Lonely Planet, these are the top ten interesting facts about Harbin:

#1 - Harbin hosts China's chilliest festival

From January through to mid-March, Harbin hosts the International Ice & Snow Festival. Exhibitions of snow and ice sculptures, kept pristine by subzero temperatures, are dotted across multiple locations. The biggest – and priciest to attend – is Harbin Ice and Snow World (en.hrbicesnow.com), which displays the flashiest and most neck-craning sculptures. For a less hectic experience, there are exhibitions at Sun Island (a short taxi ride across the Songhua River) and Zhaolin Park. Down-lined jackets, thick gloves and even balaclavas are recommended if you plan on ogling the ice art. The mercury can drop as low as -35°C , so take regular breaks to thaw your nose in the festival's coffee huts.

#2 This festival has serious pedigree

Ice sculpting isn't uncommon in north Asia's numbingly cold winters, from Sapporo in Japan to Korea's Taebaeksan Mountain Snow Festival. Harbin's sculptures have been dazzling visitors for 31 years. Today the festival area covers 750,000 sq m and themed zones present glistening renditions of architectural wonders, folklore and traditional crafts. Some border on the surreal, so step back and enjoy the chubby snow fairies, dragons and towering igloos.

#3 - The sculptures break records

The tallest ice carving in recent years was the Crystal Castle. At 48m high, this structure was just shy of the height of Paris' Arc de Triomphe. 2015's festival had an ice Kremlin, enormous seated Buddha, snow-rendered whales and supersized Chinese fishermen, glistening bluish white during the day and illuminated magenta and neon green after dusk.

Ice art here is serious business. Master sculptors mostly use ice blocks cut from the Songhua River, but deionised water is also frozen when artists need ice with perfect clarity.

#4 - The Songhua River

Frozen solid in midwinter, this river becomes a playground at festival time. Biking, skating, miniature tanks, ponies and almost every conceivable mode of transport set revellers spinning across the Songhua's frozen surface. Not everything has a steep entry fee. While the bigger and more elaborate ice sculpture displays require a ticket (ranging from ¥150 to ¥300), ice carvings are dotted across the city, especially around the riverside and along pedestrian-only Zhongyang Dajie.

#5 - Trains made this town

Harbin was a sleepy backwater until the building of the Chinese Eastern Railway line (1897-1901) thrust it into the spotlight. As its value as a trading post skyrocketed, there were tussles to control Harbin. The Russians, who negotiated the building of the railway line, lost it to the Japanese in the Russo-Japanese war (1904-5), though Russian immigration and influence continued to trickle in. Today Harbin is a main port-of-call along the Trans-Manchurian Railway, linking the Chinese capital, Beijing with Chita in Eastern Siberia, where the line joins the Trans-Siberian Railway all the way to Russia's capital, Moscow.

#6 - Russian flair spices the city

First-time visitors might rub their eyes at the neoclassical stylings and cobblestoned pedestrian zones, especially in Harbin's old town. Russians streamed into Harbin to flee the Bolsheviks during the Russian Revolution, gradually shaping the town with Russian flavours and architecture. To this day, you are just as likely to chow down on *pelmeni* (Russian dumplings) as their Chinese equivalent. Sample some Russian flavor at train-themed Caféxpress (Xitoudao Dajie), decked out with a treasure chest of vodkas, and look out for souvenir shops along Zhongyang Dajie packed with Russian kitsch. Before you imagine you're in Red Square, remember that 5903km and a five-hour time difference separate Harbin and Moscow.

#7 - One church outlasted them all

The gilded Orthodox churches of Harbin, steadily built up by the Russians, were ransacked during China's Cultural Revolution. But one gem remains: the magnificent Church of St Sophia has been polished from its dark green onion domes to the golden spire-top crosses. This 1907 church may have been stripped of its interior splendors – today it's a museum hosting a photographic exhibition about Harbin history – but it's a striking reminder of the city's Russian heritage and an unmissable photo op for visitors to the city.

#8 - Harbin has rich Jewish history

The biggest Jewish community in the Far East made Harbin their home. In the 1920s, about 20,000 Jews, mainly Russian, moved to the city. Mostly they fled persecution in Russia and, despite Harbin's challenging conditions; they thrived, building two synagogues along the way. Many fled during the First and Second World Wars and the community dwindled with the last Harbin Jew dying in 1985 – but the synagogues still stand, and you can find traces of Harbin's Jewish history at the Huangshan Jewish Cemetery in Harbin's eastern suburbs.

#9 - The city basks in summer

Don't let the ice fool you. Come summertime, locals flock to the riverside, splashing in the Songhua River and lapping ice cream on the promenade. Temperatures reach the upper 20s°C – good enough to sunbathe, for sure. If you're here in warm weather, slather on sunblock and follow the crowds to Sun Island Park's shady gardens and highly splashable waterparks.

#10 - Siberian tigers are right at home

Siberian (or Manchurian) tigers prowl these parts. 15km north of Harbin, conservationists are hard at work to help these snarling felines roar another day. In the Siberian Tiger Park, dozens of these mighty beasts stalk the grounds. First you board a minibus that rattles through the enclosures, with predators like shaggy lions and rare white tigers padding right up to the windows. Then you can amble at your own pace past tiger enclosures, as well as cheetah and the crossbred 'liger' (part lion, part tiger). Animal lovers may wish to look away while onlookers drop strips of meat through the fencing. A 'menu' outside the zoo advertises the option to buy live prey to feed the tigers, too. Be advised that you may find the conditions in which the animals live here distressing.

Itinerary

The summer camp is tentatively set to be the last two weeks of June. Students will likely depart Salt Lake City on June 15th and arrive in Beijing the following day. Return flights are likely to be on June 30th. The dates will be finalized soon.



Chinese Bridge Summer Camp 2018

Beijing/Harbin
June 15 – 30, 2018

Itinerary (Draft)

Date	Time	Arrangement
June 16 D1	TBC	Arrive in Beijing and pick-up at the airport Hotel Check-in
June 17 D2	08:30-09:30	Visit the CI Headquarters
	09:30-12:00	Chinese Culture Experience: Hutong Tour
	12:00-13:00	Lunch
	13:00-15:30	Visit the Palace Museum (Forbidden City)
	15:30-17:00	Visit the Tiananmen Square and Wangfujing Street
	17:00-18:00	Dinner
June 18 D3	08:30-11:30	Visit the Great Wall
	11:30-13:30	Lunch
	13:30-17:00	Visit the Summer Palace
	17:00-19:00	Dinner
June 19 D4	08:30-11:30	Hotel Check-out Visit Temple of Heaven
	11:30-13:00	Lunch
	TBC	Flight to Harbin
June 20 D5	09:30-11:30	Placement Test and Opening Ceremony
	11:30-13:00	Welcome Banquet
	14:00-16:00	Visit Harbin Planning Bureau
	17:00-18:00	Dinner
	18:30-19:30	Topic Lecture – Brief Introduction to Heilongjiang & Harbin

June 21 D6	08:30-11:30	Chinese Language Class
	12:00-13:00	Lunch
	14:00-18:00	Visit the Central Avenue, Flood-Control Monument and Dinner
	18:30-20:30	Topic Lecture – Chinese Kung Fu
June 22 D7	08:30-11:30	Chinese Language Class
	12:00-13:00	Lunch
	14:00-18:00	Visit the Harbin Tiger Land and Dinner
	19:00-20:00	Topic Lecture– Chinese Painting and Calligraphy
June 23 D8	08:30-11:30	Chinese Language Class
	12:00-13:00	Lunch
	14:00-18:00	Visit the Polar Island and Dinner
	18:30-19:30	Topic Lecture – Chinese Paper Cutting and Chinese Knots
June 24 D9	08:30-20:00	Home Stay
June 25 D10	08:30-11:30	Chinese Language Class
	12:00-13:00	Lunch
	14:00-20:00	Visit the Museum of Ancient Vestige of Jin Dynasty and Dinner
June 26 D11	08:30-11:30	Chinese Language Class
	12:00-13:00	Lunch
	13:30-18:00	Visit the Temple of Bliss and the Confucius Temple of Harbin and Dinner
	18:30-20:00	American-Chinese Students' Party
June 27 D12	09:00-11:00	YCT Test
	12:00-15:30	Visit the Imitation Classic Northeastern Chinese Alley and Lunch
	16:00-17:00	Closing Ceremony
	17:30-19:00	Farewell Banquet
June 28 D13	08:00-12:00	Visit the Ancient Guandong Lane and Lunch
	TBC	Flight to Beijing (two groups)
June 29 D14	TBC	Flight to U.S. (two groups) Flight to Beijing (other 3 groups)
June 30 D15	TBC	Flight to U.S. (other 3 groups)



One of the highlights of past trips has been the "home stay". One day is set aside for each of our students to spend time with a Chinese family with a student of the same age. While our students don't stay overnight at the home, they do become part of the family from dawn to dusk. We are confident that our 2017 campers will find a Chinese family that will become part of their hearts forever.

Travel Information

Passport and Travel Visa - You are required to have a valid passport with at least six (6) months validity from the date of departure (i.e. with an expiration date of November 15, 2018 or later). Proof of a valid passport or a submission of a passport application will be required to submit your Summer Camp application.

For more information, please visit: http://travel.state.gov/passport/passport_1738.html

You must also have a travel visa, which you will apply for after you have a valid passport and well before the trip. For the Chinese Bridge Summer Camp, you should apply for a Tourist Visa (L Visa). The L Visa is issued to foreigners who enter China temporarily for touring, family visiting or other personal affairs. Single-entry, double-entry or multiple-entry visas are available for tourists. The maximum duration of each stay is 30 days. Multiple-entry visas may also be issued. The longest multiple-entry visa is valid for 10 years.

For more information, please visit: <http://newyork.china-consulate.org/eng/lsw/lsw/sbqz/>

or

<http://www.visarite.com>

Before Trip Health Issues - Before you go, it is a good idea to check with your personal physician or health plan about your travel plans. Most group insurance health plans have a travel desk or nurse that can give you the standard recommendations for overseas travel. They should also have direct access to the World Health Organization or Center for Disease Control for the latest outbreaks of any specific

illnesses. You can check for general travel advice at CDC's travel page. No shots are needed for travel to China, but final determination of this is up to each family and their physician.

Medicine - If you take prescription medicine, you should bring all medicine in their original bottles and with a note from a doctor in the U.S. in case of emergency. Be sure to bring enough medication for the duration of your stay in China and a small additional amount, in case travel is unavoidably delayed. You should also bring any over-the-counter medications that you prefer to use for common illnesses, including headache, diarrhea, etc. You will be responsible for self-administering all medication. Be sure to pack all necessary medications into your carry-on bag. Do not pack anything that you will absolutely need to have in your checked luggage.

Medical Records - All campers are recommended to take their medical records along. In the event of an emergency your medical records will be of great assistance. The medical record should include your blood type, immunization record, allergies, and any medications you are currently taking (both prescription and non-prescription). You should also include your doctor's name, address, and phone number; emergency contact name and phone number; and your insurance company's name, address and phone number. We recommend that you translate information about any life-threatening food or other allergies (e.g. peanuts) into Chinese and keep this information in your pocket.

Insurance

In order to deal with any emergencies appropriately, Hanban and the Confucius Institute at Davis School District requires that students have both proof of health insurance and international travel insurance.

Health Insurance – Well-before departure, check with your health insurance provider and determine what coverage, if any, you will have while in China. If you need more insurance, you can purchase a “rider” or additional coverage. You should have coverage for emergency hospital visits, medical evacuation and other major events. Hospital costs for non-Chinese visitors are similar to those charged for similar services in the United States. Your U.S. health insurance may include coverage overseas. If this is the case, be sure you understand the limitations, co-pays, deductibles and process for use. If your U.S. policy doesn't include adequate overseas coverage or if it doesn't include any overseas coverage, consider buying coverage that does. In addition, insurance covering medical evacuation is recommended by the U.S. State Department.

Travel Insurance - All campers are also required to provide proof of travel insurance which can be purchased from a travel agent or other provider. Many travel insurance companies sell their plans over the internet, and are quite easy to find.

Camp Program & Activities

During this 16-day program, you will study Chinese language and culture in traditional classrooms, have an opportunity to interact with local students, and also visit tourist sites.

Chinese Language Lessons - Chinese language classes will be divided based on levels of Chinese proficiency. Teachers will use student-centered pedagogy and a wide array of teaching aids to ensure a rich and dynamic learning environment. The number of students in each class will not exceed 18 people. All teachers are credentialed, speaking standard Mandarin and fluent English. All teachers have experience teaching students from English-speaking countries and many have experience teaching Chinese abroad.

Chinese Culture Lessons- Various Chinese culture lessons will be provided, including options to learn paper cutting, calligraphy, ink painting, China-go, Chinese knots, clay figure, Peking Opera, kites, embroidery, martial arts, among others. Students will be able to choose lessons based on their interests. The teachers of these lessons have experience teaching foreign students and can speak English.

Activities and Interactions with Local Students - The Chinese Bridge Summer Camp will organize events and visits to local high schools, so that students get opportunities to interact with Chinese students of the same age. Activities to enhance communication will be organized, including sports, lessons, karaoke and visits to host families.

Tourism – You will be able to visit many tourist sites while in China. These will be determined by the host educational Institute.

Language Evaluation - A graduation and final language exam will be held at the end of the program. Hanban designs the test and will award each student a certificate for graduation.

Host Families & Home Stay - You will spend one day with host families, but you will not stay overnight in their homes. (More information was included about this earlier in this document).

Student Safety

Curfew - Each host school will enforce a curfew. In Beijing, the dormitory building will close at 10:30 p.m. and bedtime will be 11:30 p.m. The curfew in the other location will be determined by the host school.

Adult Supervision - You should always have an adult chaperone with you when you leave the host campus.

Student Conduct & Behavior - Students will be responsible for adhering to the same "Code of Conduct" that is required by their schools. Alcohol, drugs and other illegal substances are strictly forbidden. If the student is found to be in violation of the "Code of Conduct" the student **will be sent home at his or her own expense**. Please also be aware that while in a foreign country, a U.S. citizen is subject to that country's laws and regulations, which sometimes differ significantly from those in the United States and may not afford the protections available to the individual under U.S. law. Penalties for breaking the law can be more severe than in the United States for similar offenses.

Health & wellness

Cases of malaria, dengue fever, and other diseases spread through insect bites are very rare in Beijing and Chongqing but they have occurred. One of the best protections is to prevent insect bites by using insect repellent. Shots are not required for travel in China. Food-borne illnesses are common for travelers in China.

Food & Water - Diseases from food and water are the leading cause of illness in travelers. Follow these tips for safe eating and drinking:

- Wash your hands often with soap and water, especially before eating. If soap and water are not available, use an alcohol-based hand gel (with at least 60% alcohol).
- Do not eat food purchased from street vendors.
- Make sure food is fully cooked.
- Avoid dairy products, unless you know they have been pasteurized. This is not typically a problem as dairy is not a large part of the Chinese diet.
- Diseases from food and water often cause vomiting and diarrhea. Make sure to bring diarrhea medicine with you so that you can treat mild cases.
- Water in China is NOT safe to drink. Drink only bottled or boiled water. You will be provided with bottled water each day. Use it for brushing your teeth, too.

When you are out sightseeing, remember to bring a bottle of water and a small amount of toilet paper with you for the day. Public toilets do not always provide such conveniences.

Climate & Weather - Average High Temperatures in June, in the cities you will visit, are:

Beijing - 86° F

Harbin - 79°F

The high temperatures are likely to be accompanied by high humidity. Not all buildings in China are climate controlled and you will find that many will not be air- conditioned.

Lodging / Food / Clothing

Student Lodging - Students will stay in hotels throughout the trip. The host schools are secondary schools or even universities and will provide student housing appropriate for accommodating international students. Host schools have qualified Chinese language teachers, facilities for student entertainment, sports, and medical assistance. Students typically share rooms.

Food - Host schools will provide students with three meals per day. Our hosts at Harbin Normal University work with an excellent travel agency to find fun and unique dining experiences for our students throughout their stay. The food provided will be tasty, safe and nutritious and will include options suitable for vegetarians, if needed. You are also free to pack snacks from home. Granola bars, candy, nuts—anything that travels well and doesn't take up much space.

Clothing - En route, wear comfortable clothes, as total travel time between Utah and Beijing is likely to be about 15-16 hours. For sightseeing, sport clothes and tennis shoes and/ or sandals are appropriate. Shorts are more common now, however modest attire is favored for men and women.

In addition to daily school clothes, students should bring at least one dressy outfit for the opening and graduation ceremonies. For boys this should include a pair of dress pants and nice polo or short sleeve button-down shirt. Coats and ties are not necessary. For girls, this should include a dress or skirt of moderate length, or dressy pants paired with a dressier top. Avoid sleeveless or spaghetti strap tank tops or shirts that show the midriff. All students should bring a swimsuit. Most hotels will provide towels and slippers.

You may wish to bring a light jacket or sweater for evenings. It might cool down in the evening, especially in Beijing. If you plan to go out in the evening to a night market or just for a walk, it is advisable to protect yourself with insect repellent.

Laundry – Hotels often have laundry service, so if you need to wash clothing partway through your stay, this won't be a problem. If not, the host institution will plan an excursion to a local laundromat to help you keep your clothing clean.

Shoes – Shoes are always a big consideration when traveling, because you do a lot of walking—more than you typically do—and you will usually wear the same pair day after day. Students should bring three pairs of shoes including one pair of flip flops/casual sandals, one pair of tennis shoes, and one pair of dressier shoes that are not tennis shoes. Students may spend a lot of time walking, so comfortable shoes are recommended. Sport sandals are good because they are versatile and easy to pack.

Time Zones

Mainland China, Hong Kong and Taiwan are on one time zone. The local time is 14 hours ahead of Mountain Daylight Time. For example, if it is 9:40 am in Utah, it is 11:40 pm in China.

Electricity

Electric current in China is at 220v. There is no standard electric outlet system in China. Outlets typically are two-pronged with angled holes, but other configurations can be found. Bring a variety of adapter plugs. The Hanban recommends that students purchase a voltage and outlet converter before or after they arrive in China. If they do not purchase one in the U.S., the staff in host schools in China might be able to help them buy one. Most laptop computers and some hair appliances are dual voltage, but other electronic devices may not be.



Money

The Hanban will provide food, accommodation, travel and trip costs in China. The Hanban recommends that students bring \$150-200 USD for incidentals and spending money. Students will be able to exchange USD to RMB in the airport through the Bank of China. ATMs are also available from which students can get cash with a debit card and PIN.

Chinese currency is called renminbi and the basic unit is called a yuan. This is also known as a kuai (kwai). The yuan is equal to 10 jiao or 100 fen. Yuan, jiao and fen all come in both coin and paper versions. The exchange rate varies, so check often. The exchange rate is standard throughout China. Banks, hotels, and the airport should all sell currency at the same exchange rate. Some hotels, however, may charge an exchange service fee on top of the rate.

Credit cards (MasterCard, Visa and American Express) are used in more and more locations; however, the exchange rate may vary, as it will depend on the rate the day the charges go through and there are likely to be additional fees

added by the credit card company. Because the renminbi is not traded in the world markets and the Chinese government pegs the exchange rate, it is costly or inconvenient to exchange renminbi back to dollars in the U.S. So it is best to spend it or change it back to U.S. dollars in China.

Tipping - While tipping in restaurants is not customary, it is customary and polite to tip your bus driver and any tour guides. Your chaperone will collect funds for this toward the end of the trip or the end of your time within a city. 10 Yuan per day, per person is a typical tip. So, if you are in Chongqing for 10 days and one bus driver takes you everywhere, it would be nice for each of camper to contribute 100 yuan to the driver.

Gifts - You should bring a few small gifts that represent the U.S. or Utah to give to the host families or other friends made during the trip.

Phones & Internet Access

The host schools all have computer rooms where students can log onto the Internet and send email to their family and friends. Typically, it is best to use an international calling card to make calls from China. Parents will receive the contact information of someone at each host school who they might call in the case of an emergency.

Most U.S. cell phone companies provide service in China. Prior to leaving the US, you will want to contact your cell phone provider to find out if you will get service in China and determine the rates.

International Phone Calls

When you are in China and you want to make a phone call back to the US, there are several ways to do this. The most economical method is to purchase a calling card but it's not always convenient. You can also use your cell phone when it is connected to wifi or use your cell phone's roaming service--just be aware of the costs beforehand. It is our recommendation that each camper bring a cell phone for his or her use while in China.

Facebook & Social Media

Many social media sites that are common in the United States are banned in China as is any site that is associated with Google. WeChat is the social media platform most used in China, and your group will create a WeChat group that you will use throughout your time in China to message each other, message your family back home, and share photos. It is best to have the app downloaded before getting to China. The Google Play store does not work in China.

A daily email from the chaperone will be sent to our Confucius Institute Director

and shared with all parents via email and our Confucius Institute Facebook page so parents will be able to follow your travels.

If you are using your cell phone's data plan, you will be able to access Facebook, Instagram, and other banned sites, but this uses a lot of data and can be very costly. You may sign up for, in advance, and use a VPN, if you like.

Packing

For international flights, the first piece of checked luggage is typically free, as long as they fall within the size limit of 50 lbs. and 62 linear inches. An additional charge will apply for a second bag or any item over 50 lbs. or in excess of 62 linear inches.

Carry-on luggage is limited to one piece plus a personal item (i.e. purse or backpack). Although many airlines have similar luggage policies, please check with your airline carrier for exact luggage requirements.

For domestic China and Intra-Asia flights, you are only allowed to check one piece of luggage. The weight limit is generally 20 kilograms (44 lbs.). Note that this is less than what is allowed in the U.S. You are allowed to carry on whatever you can carry. Laundry services are available during your stay, so pack lightly! You will need to be able to carry and move your own luggage.

Packing List

- Comfortable shoes
- Umbrella and/or rain gear
- Moistened towelettes or antibacterial handwipes
- Camera
- Camera batteries/charger
- Electrical convertor (change wattage if necessary)
- Electrical adapter
- Photocopy of passport
- Sunglasses
- Sunscreen
- Add your own items below ☺
- Lip balm
- Lotion
- Tissues (keep with you at all times as toilets don't often have tp)
- Insect repellent
- Small amount of laundry soap
- Some easy-to-pack snacks
- Clothing as needed
- Deodorant
- Powder
- Personal toiletries

Emergencies

China has a system similar to "911" in the United States which the Chinese can use to contact police or other emergency services. U.S. citizens can call 110 while in China to reach this service; however, there are rarely any English speakers working this hotline.

In case of emergency get the help of your chaperone instantly.

If international help is needed while in China, you can contact the U.S. Embassy or Consulate in the city you are visiting. They are available 24 hours a day, 7 days a week, to provide emergency assistance to U.S. Citizens.

United States Embassy

No. 55 An Jia Lou Lu,
Beijing, China 100600
(86-10) 8531-3000 (embassy switchboard)
(86-10) 85313300 (emergency contact)

You may also contact the following people in case of emergency:

TBD - Chaperones

Bonnie Flint, Director of the Confucius Institute

Phone: 801-678-0299

Email: bflint@dsdmail.net

Margo Hammond, Administrative Assistant to the Director

Phone: 801-402-5251

Email: mhammond@dsdmail.net

Xue Jiao, Confucius Institute Student Travel Coordinator

Phone: 86-10-5859-5914

Email: xuejiao@hanban.org