SHANGHAI SEMESTER

上留海学

STUDENT GUIDE

A Co-operative Venture Between:
East China Normal University
&
The University of Guelph
&
The University of Guelph-Humber
Shanghai Semester
Student Guide

TABLE OF CONTENTS

I. INTRODUCTION 1
II. EAST CHINA NORMAL UNIVERSITY 2
III. DATES 5
IV. COSTS 6
V. APPLICATION PROCEDURE 7
VI. GETTING READY TO GO 7
VII. ARRIVAL IN SHANGHAI 10
VIII. GETTING SETTLED 11
IX. EATING AND DRINKING IN SHANGHAI 13
X. LOCAL TRANSPORTATION 16
XI. GETTING TO KNOW SHANGHAI 17
XII. INTERNET RESOURCES 19
XIII. TRAVEL OUTSIDE OF SHANGHAI 20
XIV. FREQUENTLY ASKED QUESTIONS 21
XV. CONTACTS 22
XVI. MAPS 23
I. INTRODUCTION

The Shanghai Semester is a cooperative venture between the University of Guelph (UG), the University of Guelph-Humber (G-H), and East China Normal University (ECNU, 华东师范大学). The Semester takes place in Shanghai, one of the world’s most exciting and historically significant cities.

Shanghai is located in central eastern China, at the mouth of the Yangzi River, an ancient transit hub for much of the nation. Shanghai’s history dates back more than a thousand years. In the 19th and 20th centuries it was established as a centre of East-West economic and cultural exchange. It is one of the most densely populated and intensely dynamic human environments on earth.

From the bustle of East Nanjing Road to the serene streets of the former French concession to the tranquil beauty of the ECNU campus, Shanghai has something for everyone. Make the most of your time in Shanghai – discover the variety and richness of contemporary and ancient Chinese culture. Visit the Bund to see the edifices of the colonial era, see Tianzifang for a taste of Shanghai street cool.

Take a trip Xintiandi to experience the best of Shanghai’s urban renewal. Spend an afternoon at Moganshan Lu, a centre of China’s contemporary art world. Or visit the Shanghai Museum at People’s Square to see a superb collection of objects spanning more than 5,000 years of Chinese cultural heritage.

Or simply spend an afternoon discovering the beautiful campus at ECNU, lingering by the ponds and gardens. Chat with the Chinese students, who are fantastically friendly and often eager to practice their English. Finish the day on the streets surrounding ECNU, eating delicious Shanghai food like xiaolongbao (小笼包, “little dragon dumplings” with soup inside), drunken chicken (醉鸡), Shanghai crabs (上海毛蟹, in the autumn), and the many varieties of Shanghai noodles.

Regardless of your academic discipline or your personal interests, a semester in Shanghai will open your eyes and your mind to the richness and diversity of Chinese culture—come spend a semester in the past, the present and the future!
II. EAST CHINA NORMAL UNIVERSITY

At internationally renowned East China Normal University, located in central Shanghai, students will have access to courses in such topics as history, business, culture, Mandarin, politics, urbanization and trade. This research university, China’s “Garden University”, enrolls more than 27,000 students from China and abroad in 70 undergraduate programs, 190 MA programs, 130 PhD programs and 18 Post-Doctoral programs. ECNU is the top university in Shanghai for training teachers from all over China. It is also home to Shanghai’s most popular Chinese language school for foreign exchange students.

ECNU is one of the most beautiful campuses in all of China and is filled with trees, small pavilions and waterways. Students mill through the school both day and night, socializing, playing all types of sports, practicing tai qi and gong fu, or just taking a walk.

For Semester Abroad students, the most important parts of the campus will be the international students’ dormitory, the international exchange centre study building, and the Chinese language study building. These places are where you will be living and taking classes.

Students at ECNU will find themselves in a very Chinese atmosphere and at the same time in a very international atmosphere: a great many students from around the world study at ECNU. Canadian students will have access to all university facilities available to Chinese students. Cultural excursions in Shanghai and the surrounding areas will be arranged by the Global Curriculum Program.

Teachers and faculty at ECNU are very helpful and friendly. Students are expected to study hard, but the work load is no more than in Canada and there is always free time allotted so that students can explore the city and travel.
Courses at ECNU

Students participate in ECNU’s innovative Global Curriculum Program. The GCP offers a multi-disciplinary curriculum of courses taught in English by ECNU faculty, as well as intensive training in Mandarin, the national language of China.

Students choose two or three courses, with a UNIV designation from the University of Guelph. (Students from other institutions will have credits transferred according to their institutions requirements).

Courses recently offered at ECNU
- China’s Macroeconomic Impact
- Classical Chinese Philosophy
- Contemporary Chinese Cinema
- International Marketing (China Focus)
- Issues in Contemporary Chinese Society
- Introduction to Chinese Civilization

Examples of Guelph course numbers
UNIV 3220 (0.5) University Studies in Shanghai I
UNIV 3230 (0.5) University Studies in Shanghai II

These generic course codes will be applied to whichever courses you elect to take at ECNU.

For most students these courses will count towards their Guelph degree as electives. Consult with your degree advisor and instructors—you may find that some of the ECNU courses will be applicable to other degree requirements.
**Mandarin courses**

Mandarin courses are compulsory; an appropriate level will be determined by a placement test at ECNU. Mandarin courses are intensive and are worth **one full credit** for U of G students. Students spend three hours a day, three days a week in Mandarin classes. These classes generally run in the mornings from 8:30 to 11:30 with a short break. All of the teachers speak English, but if you have trouble communicating with them, please advise Chrissie Wang and she will speak with the teachers in Chinese to help address any issues that come up.

**Class attendance**

Professors at ECNU take attendance very seriously and do deduct grades for those who do not show up at class. Teachers will understand if you take some time off to travel, but they should be notified of your plans if they will result in missed classes.

**Extracurricular programs**

There may also be a chance at ECNU for informal study of Chinese culture. Extracurricular activities will help you get to know the diversity of Chinese culture, meet friends, and learn a new hobby. Courses include things like taijiquan (tai chi), calligraphy, erhu (Chinese classical instrument), gong fu (kung fu), and the local Shanghai language. Shanghai has its own dialect which is different from standard Mandarin—but don’t worry, everyone speaks Mandarin too!

**Facilitators**

The Shanghai Semester Coordinator, James Carl (jcarl@uoguelph.ca), is a faculty member in the School of Fine Art and Music at the University of Guelph. For the 2016 semester, Professor Carl will be on hand in Shanghai to teach a course and to help students get settled at ECNU. He is on hand to ensure you have a great experience in China.

Your Shanghai Semester Facilitator, Louise Wang (louise_julie@hotmail.com), will help you secure your dormitory room, assist you to settle in, help you sign up for classes, and take you on trips in and around Shanghai.
Student Residences

Students dorms are modern and clean with internet access and en suite washrooms. According to former Guelph-Shanghai students, the ECNU dorms are comparable to dorms at Guelph, if not slightly better for having private bathrooms. Rooms are well-maintained – when problems arise, they are resolved in a relatively quick manner. The Semester abroad facilitator, Louise Wang, can be of help in this regard, call her whenever you have a problem with your dorm room. Security is very good. The location is great, close to a major cafeteria and small campus shops, and right beside the volleyball and basketball courts.

There are single and double rooms available. There are shared kitchen and laundry facilities in the building.

III. DATES

2016 Shanghai Semester dates:
Early September to Mid-December

The Shanghai Semester 2016 runs for 14 weeks. Registration begins on Monday September 5th. Students should plan to arrive a few days prior to registration in order to get settled in and get over the jet lag. Students may elect to stay on after the semester and do some travelling.
IV. COSTS

Participating in the Shanghai Semester will cost approximately the same as staying in Guelph for a semester. Your low cost of living expenses in China, specifically your low food costs, will compensate for the cost of your airfare. Lunch at the cafeteria can cost as little as $2 Canadian. A modest breakfast: less than $1.

Estimated costs, based on 2015 experience
Students are responsible for arranging their own airfare and visas, their own food (a wide variety of restaurants and markets exist on and off-campus), independent travel within China, and sundries.

Tuition:
Guelph students pay regular tuition at Guelph for Fall 2015 Semester

Airfare:
(Toronto – Shanghai – Toronto) approximately $1,200

Accommodation:
Double: approximately $1,500 for 14 weeks
Single: approximately $3000 for 14 weeks

Excursion fee:
$600

Food:
approximately $1500 for the semester. This is where students realize major savings. Food at the on-campus cafeterias is extremely inexpensive and tasty!

Textbooks:
approximately $200

Scholarships:
Some funds are available. For details contact the Student Finance & Awards Office of your university.

All costs in Canadian Dollars
V. APPLICATION PROCEDURE

University of Guelph students must first attend a Study Abroad Information Session with the Centre for International Programs. Once you attend a Study Abroad Information session, you will be given access to the online Semester Abroad Application.

Guelph-Humber students apply for approval to participate through the relevant Study Abroad Program at their home university.

VI. GETTING READY TO GO

Documentation
Assembling all of the necessary documentation takes time. Start collecting all of these documents early. It is NOT possible to get all this done in the last few weeks before you leave.

These documents are ESSENTIAL:
• a passport; which must be valid for six (6) months after you expect to return from China.
• a letter of invitation from East China Normal University, obtained through the University of Guelph after you have been accepted.
• a Chinese visa – Once you receive your invitation letter from ECNU, you can apply for your visa. You can’t apply for the visa until you receive your letter of acceptance from ECNU. You will most likely get an “F” visa, or possibly an “X1” or “X2”. Things change frequently at the Chinese visa office, so ask what is recommended when you apply. You will be staying approximately 100 days in China.

Visas
Go directly to the China visa website. The visa application form can be downloaded there. The website is super helpful. The visa can be applied for in person at the visa office on University Avenue in Toronto, or you can apply by mail. Check the website for ALL the info on visas. Visas are generally easy to obtain these days. If you plan to apply in person, it is worth making an appointment online.

Flights to Shanghai
There are lots of direct flights from Toronto to Shanghai. And if you book early it can be quite economical. Students have paid as little as $900 Canadian for a return flight. Normal fare is around $1300 Canadian return. You can book online but you might want to discuss options with a travel agent for flexible return flight dates. You might want to stop somewhere on your way home...
Banking / Currency Tips

• ATM withdrawals are an easy way to access funds while you are in China. There are lots of international ATMs in Shanghai, including some right at the front gate of the university. Not all ATMs accept international cards.
• Some Canadian banks offer free international ATM withdrawals with their accounts. They usually require a minimum balance. Otherwise international ATM withdrawals can get costly. Check with your bank before you go, regarding fees per withdrawal.
• Consider opening a joint bank account with your parents/spouse.
• On-line Canadian banking, with proper precautions, is fine while in China. It would be a good idea to set up Internet banking.
• Make sure your bank card/credit card will be valid for your whole trip. It is a good idea to notify your bank of your extended visit to China.
• Make sure that your bank card/credit card PIN number is not longer than 4 digits, or it might not work internationally.
• You might want to visit a lawyer and have power of attorney given to someone at home so that person can access your financial matters, should such a need arise.
• Don’t accept currency that is torn or excessively wrinkled – merchants and banks may refuse it.
• Generally, Canadian currency is not as welcome as American, though most banks will exchange it.
• Students should have some Chinese currency when they arrive, or get some upon arrival. You may need money for transportation and you will need to pay a deposit at the residence. Approximately $1200 RMB ($250 CAD) is adequate. There is an ATM at the Pudong airport, right near the taxi stand.
• If you plan to change money in Canada before departure for Shanghai, be sure to do so well in advance. You may have to wait as long as a week to get Chinese cash from your local bank.

Medical

Despite a request in the ECNU Letter of Invitation to have a “physical examination record for foreigners” or “comprehensive analysis blood test report”, these are only required if you are staying in China for more than six months. The Shanghai semester is only four months long, so this requirement does not pertain to you despite what it says in your letter of invitation.

Students should not put on their visa application information regarding health issues or medications being taken into China. Detailing health issues on that form might result in you having to undergo rather expensive testing in China.

Vaccinations

Be sure to check with your family physician about recommended vaccinations for travel in China.

Medical Insurance

• you are responsible for ensuring that you have adequate medical insurance for an extended stay abroad. Make sure that you have international medical insurance coverage beyond OHIP. Blue Cross, for example, offers this.
• before you leave, check with your insurance company for a list of approved medical facilities in Shanghai. In the unlikely event that you need to visit a hospital, you will want to know that whatever costs you incur will be covered by your insurer back home. The largest clinic is in Shanghai Centre, alongside the Ritz Carlton and Canadian Consulate. It is about a 15 minute taxi ride from the university.
• Chinese hospitals accept only cash or local credit card before service, which can become quite costly.

Health and Toiletry Supplies

EXTREMELY IMPORTANT: “Western” style medication can be very expensive in China, and often are not even available. For example, over the counter medicines such as Contac C require a prescription in China. Common allergy medicines are hard to find and/or expensive. If you have favourite medicines, make a kit and take it with you. Things to consider bringing with you:
• prescription medicine, enough to last your stay
• asthma medication, cough syrup, aspirin/tylenol
• allergy medication
• stomach meds; anti-diarrhea medicine
• contact lens solution
• deodorant/anti-perspirant
• sun screen
• vitamins/health supplements
Gift giving is a much more common practice in China than in Canada. If you are invited to someone’s home, for example, or when you make some new friends, it is customary to offer small gifts. Bring a variety of little Canadian trinkets. Some things that might go over well (preferably made in Canada, not China!) might be: business card holders, coin pouches, dream catchers, things with red maple leafs, things that say Canada. Canadian maple syrup and Canadian ice wine are favourites. Canadian ginseng is also a popular thing in China these days. There is a store on Spadina in Chinatown in Toronto that specializes in Canadian gifts.

Packing
Use common sense when packing for four months away. The change of seasons is not nearly as dramatic as it is in Guelph, but December will dip below 10°, and it is damp. September can be hot. You will probably want to do some shopping in Shanghai, and almost anything you need is available there, so don’t over pack.

A few packing recommendations:
• Summer and fall/winter clothing
• rain coat, light down jacket
• bathing suit, gym clothes if you’ll use them
• hat, scarf
• sandals or slippers for residence halls and bathrooms
• a journal
• convertor/adaptor for hair dryer etc. and other electrical devices
• money belt
• camera
• towel
• travel alarm clock
• a map of Canada—and brush up on your Canadian history before you leave home, you will be asked
• comfort foods
• prepare at least one song for karaoke fun
• Lonely Planet Shanghai guidebook is not bad—many guidebooks can now be bought as apps

Electricity
China runs on 220 volts, unlike Canadian 110, so you’ll need adaptors for some of your stuff. Most of your lap tops and phones come with adaptors that accommodate both. But if you have other things like hair dryers, you will need an adaptor to take with you. Bring these from Canada. It is possibly better to buy a cheap hair dryer in Shanghai than carry around a heavy adaptor.

It is also a good idea to buy some wall outlet adaptors, as you will no doubt come across a variety of outlets in use in buildings of different eras. This information is available on the internet. Search for Chinese electrical outlets and electrical requirements.
VII. ARRIVAL IN SHANGHAI

Most International flights arrive at Pudong Airport. It is about an hour from the school. If for some reason you fly in to Hongqiao Airport, lucky you, it is much closer to the school.

ECNU does their best to arrange for pick up at the Pudong airport. They usually send a group of volunteers to the airport and a bus to take students directly to the dormitories.

If you are not met at the airport, transportation from Pudong to ECNU is quite straightforward. You can either take a taxi or the subway. Taxi is recommended. It is approximately 30km from the airport to ECNU. In normal traffic it will take a taxi around an hour to get to ECNU. Taxi will cost about $40 CAD.

*Note: DO NOT take the high speed “maglev” train from the airport. It drops you off in an inconvenient location.*

¥$¥$¥
Students should have some Chinese currency on them either when they arrive or immediately when they get to the airport. You may need money for transportation and you will need to pay a deposit for your residence room. Approximately $1200 RMB ($250 CAD) is adequate for starters. There is an international ATM at the Pudong airport, right near the taxi stand.

**Pudong Airport to ECNU by Taxi**
Taking a taxi is quite straightforward and will cost about ¥200 ($40). Be sure to take the taxis at the OFFICIAL taxi stand. DO NOT take a taxi from people cruising the airport offering “taxi-taxi” (this rule applies to most airports in the world).

**Pudong Airport to ECNU by Subway:**
From Pudong Airport, take Subway Line 2 to Zhongshan Park (中山公园). Transfer for line 3/4 at Zhongshan Park station and then get off at Jinshajiang Road (金沙江路) station—one stop away. The campus is about a 10 minute walk from the subway.

If you have lots of luggage, you will want to take a taxi and ask the driver to take you right to the dormitory, not leave you at the front gate. You will probably have to persuade security at the front gate to let the taxi enter the campus.

Show this to your driver and the security person at the front gate:

华东师范大学
中山北路, 3663号
留学生公寓2号楼

East China Normal University
3663 North Zhongshan Road
International Dormitory #2

Or show this to anyone if you get lost:

请载我到
华东师范大学国际交流中心
中山北路, 3663号
Student Cards
ECNU Student identity cards will be issued at the school once you have registered — till then, no library or gym access and difficulties buying food in the on-campus restaurants. The cards function as ID, library card, and as a rechargeable food card for on-campus cafeterias.

Class Etiquette
Do not eat or drink in class. If the prof has a coffee or water, it may be OK for you to have one too. Classes are generally more formal than in Canada, but take your cues from the instructor. As for clothing, you’ll notice right away that Chinese students dress modestly and take care in their dress—follow suit! Wearing saggy sweat pants to class is not local style.

Holidays
There are two major holidays in the Fall: Mid-Autumn Festival and National Day.

Mid-Autumn Festival is towards the end of September. This holiday features moon cakes, filled with a variety of treats; they are available everywhere. Be sure to try them!

National Day will be celebrated in early October and usually lasts for several days.

Both holidays will have some impact on your class schedule, be sure to check on possible schedule changes.

Potential e-Shock
Facebook and YouTube are not accessible; Google is hard to access; sometimes Skype does not work. Students quickly acquire the necessary workarounds to overcome these difficulties. Your fellow international students at the dorm can be of assistance.

Weather
The weather from mid-August to end of September can be very warm; over 30 and feels like 40. Summer type clothes are worn until the end of September. Please note that Chinese “dress code” is different than Canadian. As polite guests, it is our responsibility to pay attention to local customs. When in Rome... 入乡随俗!

Telephones and Social Media
Take your cell phone to China, but make sure it is UNLOCKED – so you can use a local SIM card. There are a few local options, and lots of locals hoping to sell you a SIM card. We’ll figure this out as a group in the first week on campus. A locked phone will seriously hamper your ability to communicate with the rest of the group and with your new friends.

WeChat is the #1 social media app in China. Get it before you go and set up a group with your fellow students.
**Libraries and bookstores**
Unlike Guelph, many library stacks in China are out of reach. Books are requested by card and retrieved. This is an old system still in place in many parts of the world, including China. It can be time consuming—be patient.

There are several English language bookstores in Shanghai. See the section below on “Getting to Know Shanghai”.

**Lost and Found**
If you lose documents (e.g. your passport), contact the police immediately and fill out the necessary forms.

Before you leave Canada, take your wallet to a photocopier and make 3-4 copies of everything that will be going with you to Shanghai. Also, make photocopies of relevant pages in your passport. Leave two copies at home with your family and take a couple with you. This way, if you happen to lose something, cancellation and/or replacement will be much easier.
IX. EATING AND DRINKING IN SHANGHAI

Your food budget should be about $5-10 Canadian per day if you eat at the cafeteria. If you buy your own groceries, it will be less expensive. If you eat off campus it will be more expensive. In 2015, the group ate out once a week at a nice restaurant. That usually cost around $20 for a small feast.

Dining out in Shanghai ranges from economical to astronomical in price. Tipping is not standard; "doggy bags” now are. Many restaurants have menus with pictures of the dishes, so don’t be afraid to try the local restaurants even if your Chinese language skills are basic. And don’t be afraid to point! Cafes and bars can be expensive – expect to pay around $5 Canadian for a cup of coffee in a trendy coffee house.

Generally speaking, food in Shanghai is inexpensive, tasty, and plentiful. Chinese cuisine is regional, with huge differences between regional styles. Most every region of China is represented in Shanghai, as are many foreign cuisines. Shanghai specialties include xiao long bao 小笼包 (soup filled dumplings), and hong shao rou 红烧肉 a delicious sticky sweet stewed pork. The hun tun 混沌 (wonton) in the small shops are super tasty and cheap. Other regional styles that are famous in China are Sichuan and Hunan style which are very spicy; Dongbei style (northeastern cuisine) which has lots of tasty cold veggie dishes and boiled dumplings; Cantonese style (think dim sum) and Xinjiang cuisine, a province on the Silk Road in the north-west which is something like a fusion of Middle Eastern and Chinese cuisine.

Vegetarian food is widely available. Most Buddhist monks are vegetarians and there are Buddhist vegetarian restaurants in all major Chinese cities. There are lots of Muslims and Jews in China as well, so pork restricted diets are not uncommon. Lamb is a very common meat in China. And delicious!

“Western” food is available, and if you would like a pizza, hamburger, some French or German or Thai food, you can probably find it. But prices at some of these places are also Western style, i.e. relatively expensive. Western food can also be found on Laowai Jie (老外街), which even features Canadian restaurants. It is located on 虹梅路3338号 No.3338 Hongmei Road.

See the “Food” section in “Getting to know Shanghai” for restaurant suggestions.
Stomach problems

For new arrivals in China, there will be one on-going concern: stomach sensitivity. Stomach complaints are standard, in rare instances resulting in trips to the hospital. Be aware that, like anywhere, food poisoning does happen in Shanghai and that not all restaurants follow the same standard of cleanliness. And also know that your stomach will adjust to its new environment.

You are your own food inspection board! Check places out before you decide where to eat. The Chinese government marks restaurants with quality certificates: check the certificates at the door. If you see a restaurant with a green smiley face on the sign, it is likely very safe to eat at. If marked with a yellow serious face, it is slightly under standard, and if marked with a red crying face, you may want to choose another place!

There are literally dozens of restaurants just outside the campus gates. Learning where the good places are is part of the fun; ask other students where they eat.

Be particularly careful eating street food, as there is no quality inspection on these pop-up places. It may be very convenient and cheap, but it also has the potential to make you seriously ill. If you do eat food on the street, be sure that it is cooked – avoid raw foods. As with the restaurants, check these places out, assess for yourself the level of cleanliness and freshness of ingredients before you indulge. Eating steamed buns on the street probably won’t get you into trouble, eating bad meat or seafood might.

Water

IT IS NEVER SAFE TO DRINK UNBOILED TAP WATER.

Shanghai’s water quality varies from building to building, neighborhood to neighborhood. Boiled/bottled water is cheap and available everywhere.

One of your first purchases might be a kettle. Boiling the tap water is a safe and economical way to go.
X. LOCAL TRANSPORTATION

Shanghai has a great transit system. Buses, subways, taxis, high speed trains and even boats are integrated into a huge transit infrastructure that allows easy access to the entire city, the Jiangnan region, and the whole country. But remember, Shanghai is a big city and some places can take quite a while to get to.

A transit pass is one thing you will want to purchase as soon as you arrive—they’re available at the Jinshajiang subway station near campus. Cards can be cashed up as needed and are good for local buses, subways and even taxis.

Subways There are 13 subway lines that service the inner city and extend well out into the surrounding regional suburbs. Jinshajiang Road station (金沙江路), is a short walk from the campus gate and is on one of the main subway routes, the 3-4, which circles the city and connects to most of the other lines.

The subway lines are all clearly marked in English and Chinese, making it easy to travel from place to place. Transferring is very simple and direct.

Taxis are relatively cheap. Ensure that the driver uses the meter. Make that your first concern upon entering a taxi. Taxis can be super convenient but super slow during rush hour. If your Chinese is not very good, ask a friend to text or write down your destination in Chinese and show it to the driver. Keep the address of the university on your phone or on a piece of paper written in Chinese so that you can get back home easily.

Bikes and Feet Shanghai is a great walking and cycling city. You can spend hours in some of the older neighborhoods like the French Concession just strolling and taking in the sights. Suzhou Creek is an easy walk from campus and has bike and walking trails along its banks.

Warning Both biking and walking require learning the rules of the road, Shanghai style. Basically, cars rule. Keep your eyes open: this is not Canadian style driving.
XI. GETTING TO KNOW SHANGHAI

To get to know the city, the first thing to do is find a good map of Shanghai (i.e. not the one on your phone). Try to find a map that is bilingual Chinese and English. Check the bookstores and news stands. Second thing to do is get on the subway and start exploring.

Shanghai by day is a very safe city. Shanghai by night is exciting, but exercise the sort of caution you would in any big city.

Day or night: ALWAYS KEEP YOUR VALUABLES CLOSE

Basic Orientation
- ECNU is located in the north-west of Shanghai. 50 years ago it was on the edge of the city proper. Today it is very much within the city. Putuo (普陀) is the name of the district where ECNU is located.

- The other major districts within the city are Puxi (浦西), Pudong (浦东), Changning (长宁), Xuhui (徐汇), Hongkou (虹口), Hongqiao (虹桥) and Jing’an (静安). Each district has its own character and sights to see, historical and contemporary.

- Puxi (浦西) translates as “west of the Huangpu River” and Pudong (浦东), “east of the Huangpu River”. In Puxi you’ll find the centre of the ancient city and the centre of the 20th century city. Pudong is very much the 21st century—a newly developed area, mostly occupied by a fantastic array of post modern skyscrapers.

- The Bund (外滩, Waitan) is located in Puxi and is the major waterfront district developed during the colonial period in the late 19th and early 20th centuries. Great for a promenade and vintage architecture gawking.

- The original Chinese city is also located in Puxi, south of the Bund. Here you will find the Yu Yuan Garden (豫园), the most significant traditional Chinese garden in the city; the Confucian Temple or Wen Miao (文庙); and a variety of tourist attractions alongside some of the oldest residential neighborhoods in the city. Yuyuan Metro, Xiaonanmen Metro or Laoximen Metro all get you to the old city.

- Jing’an Temple is at the heart of the Jing’an district and is the grandest Buddhist temple in the city.

- The Tunnel. To get to Pudong from the Puxi side, take the Shanghai Underwater Light Tunnel; you won’t believe your eyes! The entrance is approximately across the street from the Fairmont Peace Hotel, which has one of the most beautiful lobbies in Shanghai.

- People’s Square (人民广场) is on the site of the former British racetrack, on the west side of Xizang Lu (西藏路), north of Yan’an Lu (延安路). Here you’ll find the Shanghai Museum and the Urban Planning Exhibition Hall—don’t miss either of those.

- Nanjing Road (南京路) is the busiest shopping street in Shanghai; Dongtai Road (东台路) is a popular place for antique-hunting.

- The former French Concession can be found straddling Jing’an and Xuhui in the southwest of the inner city. This is a totally charming part of Shanghai, with tree lined streets filled with small shops, restaurants, cafes and impressive colonial residences. Stroll here endlessly (after you finish your homework!). Get off at Shanghai Library Metro and walk in any direction.

- Xintiandi (新天地) is an upscale shopping, dining and leisure zone comprised in part of renovated Shikumen housing blocks. It is a model of thoughtful urban renewal which is being copied in other parts of town.

- Tianzifang (田子坊) is something of a grass roots Xintiandi. Renewal here was the work of local artists who revitalized the neighborhood. The artists have mostly moved on but left behind them a cool culture spot on the city map. Fun, but can be crowded. Dapuqiao (打浦桥) Metro.

- For the stout-hearted: try the Cricket Market, 417 South Xizang Road (西藏南路), or Laoximen Metro.
Restaurants
Restaurants in Shanghai are way too numerous to mention. And there are new ones every day! When you first arrive you’ll probably be eating mostly on campus and in the surrounding neighborhood. The campus cafeterias have great and extremely inexpensive food with amazing variety. When you feel like venturing out, sometimes the city’s modestly priced chain restaurants and food courts are a good place to start for variety and cleanliness.

• Jinshajiang Road 金沙江路 is the street right outside the North gate of ECNU. Turn right to get to the subway, turn left for Chang Feng Park 长风公园. In both directions you will find lots of small restaurants. Some of these are a little sketchy in terms of cleanliness, others are terrific, inexpensive and great when you want a change from the school cafeteria.

To the right on your way out the gate, half way to the subway, Snoodle is a good safe bet for noodles. To the left is a great Uighur restaurant serving lamb dishes and other things from the Northwest of China (a bit pricey). You’ll know it by the nan bread being made out front. Keep walking west and there is a great fruit market. When you get to Zaoyang Road 枣阳路 turn left and there is a cluster of good, cheap places to eat. The place with fried dumplings outside has huntun 馄饨 (wonton) and a great variety of tasty inexpensive things.

• Global Harbour Mall is right across the street from the school and has a food court and lots of restaurants. Plus Starbucks and other Western crap. Seems like the restaurants on the lower floors are the least expensive.

• Waipojia 外婆家 and Green Tea 绿茶 are two very popular “family style” chain restaurants. Excellent food and decor for the money. They’re can be found around the city. The closest Green Tea is near Zhongshan Park, one subway stop away. Dinner can be very busy with long lines.

• Dapuqiao 打浦桥 food court is totally great as food courts go and totally convenient if you’re going to check out Tianzifang. Tons of choices here, including Mister Donut! It all seems very clean.

Bookstores
Shanghai is home to many great bookstores which cater mostly to Chinese readers. There are some great foreign language bookstores as well.

• The single best street for bookstores downtown is Fuzhou Lu (福州路). The big Foreign Languages Bookstore is here at #390. Just west of this is the Fine Art Bookstore, which has a good selection of art and design books in a variety of languages and a beautiful collection of Chinese art and calligraphy books. On the south side of the street is one of the most famous bookstores in the city, Shanghai Book City 上海书城, #465.

• The closest bookstore to the school is also a Shanghai Book City 上海书城. It is located at Zaoyang Lu 枣阳路 and Xingshan Lu 杏山路, a ten minute walk from the North gate. They carry mostly Chinese books but have a small English section plus some bilingual books. Good place to buy a dictionary and some basic Chinese books.

• Garden Books is a small English language book store and cafe at 325 Changle Lu (长乐路) near the corner of Shaanxi Lu (陕西路). Changle Lu is, as its name implies: long and happy. A great street for a stroll.

Museums and Galleries
The Chinese Government has been promoting cultural growth in Shanghai for the past several years. The excellent Shanghai Museum in People’s Square has recently been joined by numerous other world class museum and exhibition spaces. A very short list of great museums:

• The Shanghai Museum
• Shanghai Natural History Museum
• Shanghai History Museum
• The Urban Planning Museum
• The Rockbund Museum
• The Yuz Museum
• The Long Museum
• M50 on Moganshan Lu 莫干山路
• The Power Station of Art
XII. INTERNET RESOURCES

Some of these are likely to be outdated but will give you some idea of what’s out there.

East China Normal University:
http://english.ecnu.edu.cn
Global Curriculum Program
http://lxs.ecnu.edu.cn/EN/msg.php?id=57
ECNU International homepage:
http://english.ecnu.edu.cn/1789/list.htm

Shanghai web links:
http://www.shanghai.gov.cn/shanghai/node17256/index.html
http://www.shanghaidaily.com/
http://www.cityweekend.com.cn/shanghai
http://www.shanghaireport.com
http://www.shanghaiist.com
http://www.smartshanghai.com

A good place to start learning Chinese:
http://www.bbc.co.uk/languages/chinese

For what’s on:
http://www.timeoutshanghai.com

For the music scene:
http://www.kungfuology.com/andybest
http://www.chinamusicradar.com/
http://musicweekly.asia

For travel:
http://english.ctrip.com
XIII. TRAVEL OUTSIDE OF SHANGHAI

Students participating in the Shanghai Semester pay an excursion fee before departure which covers expenses for several filed trips. In a typical semester there is one major excursion to Beijing to see the Great Wall and the many other local points of interest. Class trips in the Jiangnan region around Shanghai usually include Suzhou or Hangzhou. These trips try to balance their focus between the historical and the contemporary.

Many students also elect to do some independent travel while in China. Students have travelled to Korea, Japan, Hong Kong, Taiwan and, of course to many of the numerous places of interest within mainland China. Popular destinations like the Yellow Mountains, Xi’an, and Nanjing are easily accessible from Shanghai. Independent trips are self funded and self guided.

Tips For Solo Travel

Booking
Ctrip is the most accessible web-based booking agent in China. They do online booking for trains, planes, and accommodation. It is comparable to similar online reservation services anywhere.

Getting Away
Shanghai has three major train stations and two major airports. All of these are accessible by subway. The Hongqiao “hub” is especially convenient, combining air, high speed and regular rail, local ground transportation and subway. You can get there in 45 minutes or less from the school. Shanghai South Station is also a super modern facility with high speed train service, bus and subway connections. Shanghai Station is the oldest train station in town but has undergone significant renovations in recent years.

Places to see in the region
Shanghai has only been the capital of this region for the last hundred years. For the previous several hundred years, places like Suzhou, Hangzhou, Songjiang, Jiaxing, Shaoxing, etc., were important centres. Many of them are within an hour’s high speed train ride from Shanghai.

“Watertowns” are a favorite local travel destination. Transportation in Jiangnan in premodern times was largely via the many natural and man made waterways in the region. Some towns that were based on canal transportation are still around. Some have been restored as tourist destinations. They are definitely worth checking out to get a flavour of the regions colourful history. Qibao and Zhujiajiao are the two closest to Shanghai. There is a great list of recommendations here: http://www.chinahighlights.com/shanghai/nearby-ancient-town.htm.

Sites to see in the rest of China are WAY too numerous to mention! A good guidebook like Lonely Planet will have some recommendations. As will your fellow international classmates. Ask around, organize a group trip, go see China!
XIV. FREQUENTLY ASKED QUESTIONS

• **How does one apply?**
Students have to apply to the Semester Abroad Program through their home university: Guelph or Guelph-Humber. Each university sets its own conditions.

• **Who verifies and confirms the students’ participation?**
Students from UoG will undergo an interview in Guelph in the Winter Semester. Once they have been accepted through the Centre For International Programs, the students will receive a letter of invitation from ECNU that will confirm their participation. The letters are forwarded to students by early June from the COA Dean’s office. This invitation is needed to obtain a Visa from the Chinese Visa Office in Toronto.

Students from Guelph-Humber will work with George Bragues to determine their eligibility for participation.

• **How do students register and pay?**
Students will register and pay regular full-time tuition rates at their home institutions.

Accommodations and field trip money will be paid before departure, to the Dean’s Office, College of Arts, University of Guelph. Students must advise the Semester Abroad Coordinator regarding their choice of accommodations and courses. This is usually all be settled and confirmed in the summer prior to departure.

• **Dates**
Early September to mid-December, 2016

• **How are grades transferred?**
Grades are transferred directly to the University of Guelph.

Guelph-Humber students will have to consult with their home institution.

• **What are the deadlines?**
The application date for the Fall semester is early in the Winter, usually in January. Visa applications can only be done once the letters of invitation are received from ECNU. Passports must be valid for six months after departure from China or a visa will not be granted.

• **Who are forms submitted to?**
Once approved for a semester abroad by the student’s home university, the applicant submits an ECNU application form to the Shanghai Coordinator at Guelph, James Carl.

• **How expensive is it?**
The total cost for the Shanghai Semester (including airfare) is approximately the same as what would be spent in Guelph if a student were living in a dorm room on campus.
XV. Contacts:

University of Guelph, semester coordinator:  
Professor James Carl  
School of Fine Art and Music  
jcarl@uoguelph.ca

Shanghai facilitator:  
Louise Wang  
louise_julie@hotmail.com

ECNU Contact:  
Chrissy Wang 王秋池  
gcwang@gec.ecnu.edu.cn  
International Exchange Service Centre: 62233520
<table>
<thead>
<tr>
<th></th>
<th>XV. ECNU MAP</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Bank</td>
</tr>
<tr>
<td>2</td>
<td>Post Office</td>
</tr>
<tr>
<td>3</td>
<td>Gymnasium</td>
</tr>
<tr>
<td>4</td>
<td>Wenshi Building</td>
</tr>
<tr>
<td>5</td>
<td>Bai Yulan Guest House</td>
</tr>
<tr>
<td>6</td>
<td>East Dining Hall</td>
</tr>
<tr>
<td>7</td>
<td>Liberal Arts Bldg</td>
</tr>
<tr>
<td>8</td>
<td>Cinema</td>
</tr>
<tr>
<td>9</td>
<td>Book Store</td>
</tr>
<tr>
<td>10</td>
<td>Swimming Pool</td>
</tr>
<tr>
<td>11</td>
<td>Tian Jiabing Building</td>
</tr>
<tr>
<td>12</td>
<td>Graduate School</td>
</tr>
<tr>
<td>13</td>
<td>Student Medical Clinic</td>
</tr>
<tr>
<td>14</td>
<td>Physics Building</td>
</tr>
<tr>
<td>15</td>
<td>Xiaoqiao Building</td>
</tr>
<tr>
<td>16</td>
<td>Wenfu Building</td>
</tr>
<tr>
<td>17</td>
<td>Foreign Experts Building</td>
</tr>
<tr>
<td>18</td>
<td>Yifu Guest House</td>
</tr>
<tr>
<td>19</td>
<td>Science Hall</td>
</tr>
<tr>
<td>20</td>
<td>Administrative Building</td>
</tr>
<tr>
<td>21</td>
<td>Library</td>
</tr>
<tr>
<td>22</td>
<td>Student ID Card Office</td>
</tr>
<tr>
<td>23</td>
<td>Student Activities Centre</td>
</tr>
<tr>
<td>24</td>
<td>Tennis Court</td>
</tr>
<tr>
<td>25</td>
<td>International Exchange Centre</td>
</tr>
<tr>
<td>26</td>
<td>Global Education Building</td>
</tr>
<tr>
<td>27</td>
<td>Software Engineering</td>
</tr>
<tr>
<td>28</td>
<td>Green Chemistry Lab</td>
</tr>
<tr>
<td>29</td>
<td>School of Design</td>
</tr>
<tr>
<td>30</td>
<td>School of Chinese as a Foreign Language</td>
</tr>
<tr>
<td>31</td>
<td>International Student Residence</td>
</tr>
<tr>
<td>32</td>
<td>School of Chinese as a Foreign Language Offices</td>
</tr>
<tr>
<td>33</td>
<td>Western Cafeteria</td>
</tr>
<tr>
<td>34</td>
<td>Environmental Sciences</td>
</tr>
<tr>
<td>35</td>
<td>Liwa Dining Hall/Korean Dining Hall</td>
</tr>
<tr>
<td>36</td>
<td>Science Building</td>
</tr>
<tr>
<td>37</td>
<td>Grocery Stores</td>
</tr>
<tr>
<td>38</td>
<td>West Dining Hall</td>
</tr>
<tr>
<td>39</td>
<td>#2 International Residence</td>
</tr>
<tr>
<td>40</td>
<td>Foreign Languages Building</td>
</tr>
<tr>
<td>41</td>
<td>#12 Student Residence</td>
</tr>
</tbody>
</table>