



Pre Departure Orientation

Spring 2017

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GOALS

- **CONSIDER:** How will my identities impact my study away experience?
- **REFLECT:** What do I want my cultural engagement look like?
- **KNOW:** These are my resources, and these are my responsibilities.

You are stepping into a social/political/cultural context that existed far before you arrived.

How will you educate yourself about that history?

So what is Shanghai like?

Largest city in China, population around 24 million

China's commercial and financial center;
Bridge between east and west

Weather similar to NYC. Summers are hot, then weather will transition. Autumns generally sunny and dry. Winters are typically chilly and damp

Great walking city with good public transit and cheap taxis (about \$5 or less for most locations in central Shanghai). Uber also available

Cost of living varies greatly based on where you eat, shop, etc.

Lots of places to shop – Uniqlo, H&M, Gap, City Shop, Lotus, Olé



This short video is a good starting point to learn about general values and norms in Shanghai. Click on the image or visit our “Preparing to Live in a Different City” section on our website.



If you don't know too much about Shanghai, these videos are also a helpful start!



Chimamanda Ngozi Adichie:

The danger of a single story

TEDGlobal 2009 · 18:49 · Filmed Jul 2009

 44 subtitle languages 

 [View interactive transcript](#)



Part of our job in studying away is learning about the place we are going, and making sure not to assign a single story to any person or place. Take 20 minutes to watch this Ted Talk.

The other part of our job is to consider our own story: what has shaped your views of the world?

The Cultural Iceberg image helps us visualize our own culture: what do we see on the surface, and what can't we see so easily? Before you go to Shanghai, it is important to think about your own values and beliefs, where they come from, and how they have molded you. This will influence how you connect to a new city (as you may already know!).

By exploring our cultural iceberg, we can understand our own positions, but also be open to knowing that others are coming from their own perspective. Keep these things in mind as you explore Shanghai, China and other exciting places!

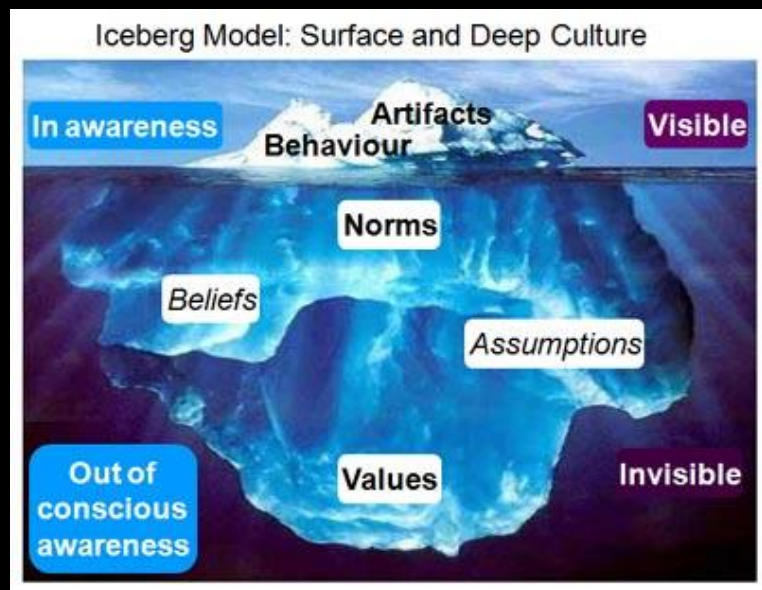


Image courtesy of www.diploweb.com

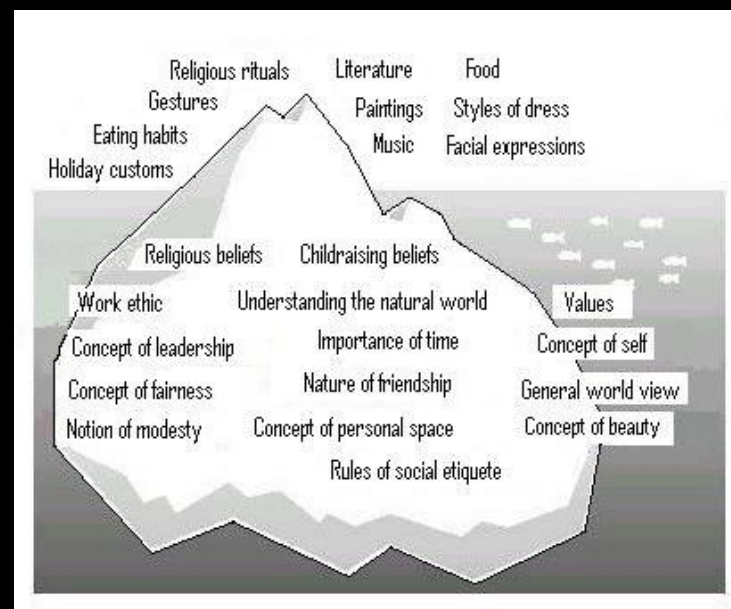


Image courtesy of [OneWorld Now!](http://OneWorldNow.com)

Missed these?

Email global-peer-mentors@nyu.edu
to have a conversation

Preparing to Study Away

Identity Conversation Series

The Office of Global Programs and partners across campus are hosting a series of identity-based dialogues and workshops to explore questions students have about studying away.

Religion and Spiritual Life Panel

Tuesday, November 15th
6:00pm to 7:30pm
Jurow Hall, Silver Center

Gender and Dating Norms Panel

Wednesday, November 16th
6:00pm to 7:30pm
383 Lafayette, Room C06

Students of Color Panel

Thursday, November 17th
6:00pm to 7:30pm
Jurow Hall, Silver Center

Panel on LGBTQ Life Abroad

Monday, November 21st
6:00pm to 7:30pm
383 Lafayette, Room C06

RSVP and join the conversation!

Co-sponsoring Offices: Center for Multicultural Education and Programming | Office of Global Spiritual Life | Opportunity Programs | LGBTQ Center

Please contact global-peer-mentors@nyu.edu to be put in touch with former study away students if you are unable to attend.



NYU
GLOBAL
PROGRAMS

Welcome to NYU Shanghai!

What is NYU Shanghai?

- 1 of 3 degree-granting campuses | 1 of 14 study away sites within the NYU Global Network
- NYU classes in NYU facilities in Pudong
- NYU Shanghai is a fully-fledged campus
 - Office of the Dean
 - Student Services
 - Academic Affairs
 - Academic Resource Center
 - Student Involvement
 - Career Development
 - Health & Wellness
 - Residential Life & Housing
 - Athletics & Recreation

Who Attends?

- Degree-seeking students with Shanghai as their home campus
- Study away students
- Research fellows
- NYU Law, Silver Masters program
- Visiting students from other colleges and universities



NYU SHANGHAI
上海 纽约大学

15F	EXECUTIVE LOUNGES	多功能厅
14F	UNIVERSITY LEADERSHIP	校领导办公室
13F	FACULTY OFFICES	教员办公室
12F	FACULTY OFFICES	教员办公室
11F	FACULTY OFFICES	教员办公室
10F	ADMINISTRATION OFFICES	行政办公室
9F	FACULTY OFFICES	教员办公室
8F	ARTS & SCIENCES	艺术和科学工作室
7F	LABORATORIES	实验室
6F	CAREER DEVELOPMENT \ HEALTH & WELLNESS	职业发展中心 \ 医务室
5F	ACADEMIC AFFAIRS \ COMPUTER LABS \ CLASSROOMS	学术事业部 \ 计算机实验室 \ 教室
4F	LIBRARY	图书馆
3F	CLASSROOMS	教室
2F	AUDITORIUM \ CAFÉ \ CLASSROOMS	报告厅 \ 咖啡吧 \ 教室
1F	STUDENT LIFE \ PUBLIC SAFETY \ MAILROOM	学生事务部 \ 公共安全部 \ 收发室
1F	CAFETERIA \ STUDENT LIFE	餐厅 \ 学生事务部
B1	PARKING GARAGE	地下停车场
B2		

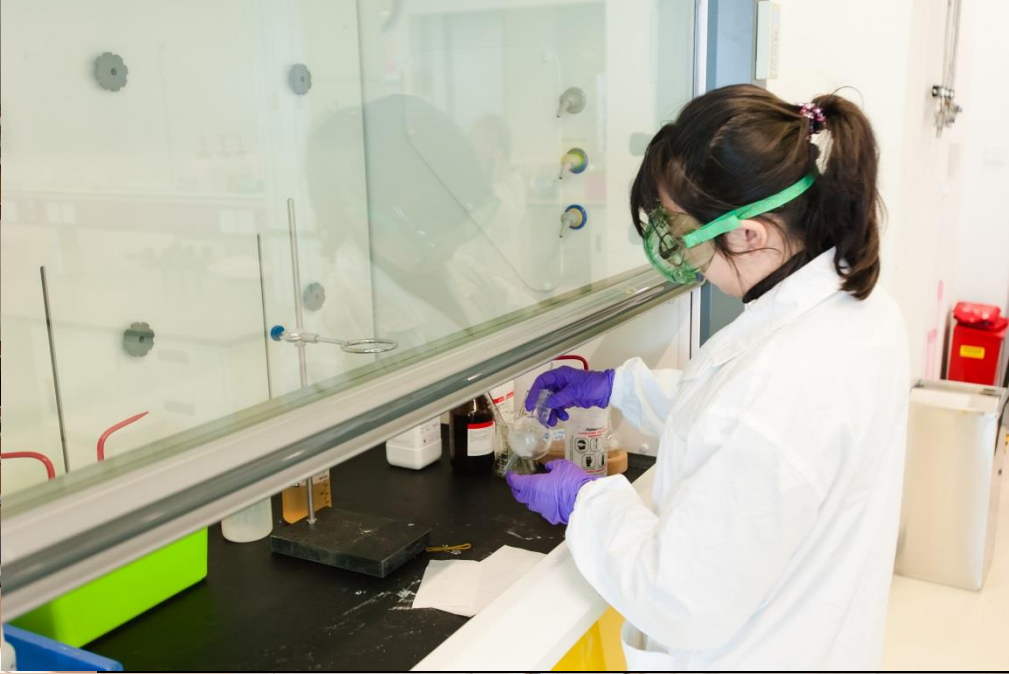




View of NYU Shanghai from Century Avenue

How are classes and how do I get books?

- Coursework is rigorous and attendance is required: **absences will negatively affect grades.**
- Download VPN before you go (check the blog)!
- May purchase books before or after arrival:
 - In Shanghai, follow textbook ordering policy; billed to Bursar account
 - Textbooks and materials will be in electronic format when possible.
 - Book lists available soon on NYU Shanghai Textbook website
- Global Orientations Program:
 - Mandatory series of lectures and activities for students to learn more about Shanghai and China (0-credit).





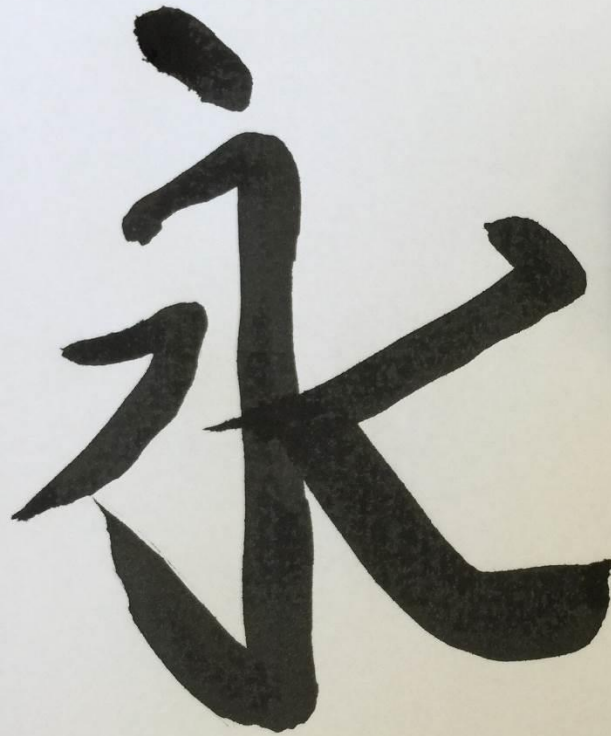
Chinese Language **PLACEMENT EXAM**

- Language required | cannot be PASS/FAIL
- Skype interview after completing the exam
- Think you should place out?

Email shanghai.chinese.program@nyu.edu
before Feb 2, 2017.

Language Support

- Chinese Language Clinic
- Free!
- TAs help with speaking, writing and grammar
- Drop-in hours



“Forever”, by Luis

ACADEMIC RESOURCE CENTER

The Academic Resource Center (ARC) provides support to students looking to reach their highest academic potential. Students can schedule a meeting, or drop in to see, a Global Academic Fellow or Peer Tutor for :

- Individual and small-group tutoring in over 20 STEM and Business/Finance courses
- Individual writing consultations at any stage of the writing process
- Academic coaching in areas such as time management, reading & note-taking strategies, and goal setting
- Workshops on writing and academic skills, and computing languages
- Informal study groups

Students are also welcome to study on their own in the comfortable, supportive atmosphere of the Academic Resource Center.



NYU Shanghai Career Development Center

- Career Bootcamp
- Company Expo
- Alumni Mentor Program
- Internships in Shanghai: unpaid and non-credit
 - **Before arrival:** search and apply through NYU Shanghai CareerNet.
 - **After arrival:** apply for Residence Permit; complete Internship Registration Process

Questions? Email

shanghai.careerdevelopment@nyu.edu

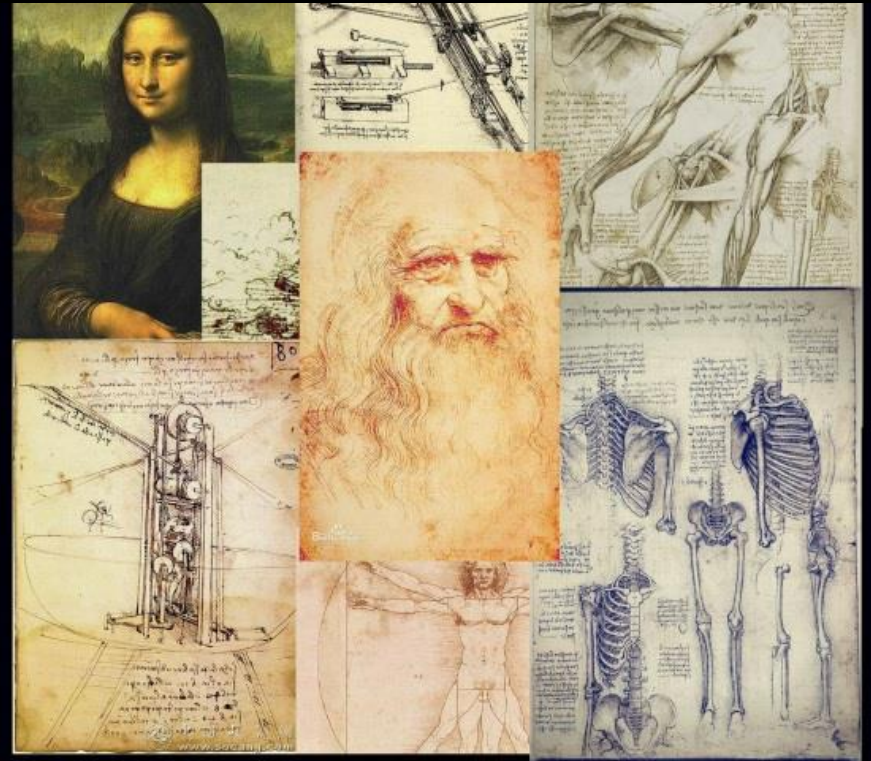


Getting Involved: Student Life

- Day trips, cooking lessons, theater and sports events, museum visits, residence life programming
- Join a club: arts, media, sports, cultural, identity-based, Green Shanghai, professional, volunteer, literary, professional, etc.
- Intersections Dialogue: Exploring Identities



NYU Shanghai Flash Mob at the Shanghai Science and Technology Museum



Da Vinci At Hub

REVISING THE CLASSIC
FEB. 27TH

RSVP on Orgsync



When do I need to be at NYU Shanghai?

ARRIVAL

- MANDATORY: February 2
- Pudong International Airport (PVG)
- Housing check-in starts *after* 12 pm on February 2

CLASSES: February 6 - May 19; Final Exams May 22-26

DEPARTURE: May 27 before 9am

TWO-PART VISA PROCESS:

1. OFFICE OF GLOBAL SERVICES IN NEW YORK;
2. NYU SHANGHAI MOBILITY TEAM IN SHANGHAI

How can I explore China and the region?



Spring Break: April 3-7

If you are on a Student Visa,
you must get your Resident
Permit first in Shanghai!

Register with NYU Traveler before you go.
www.nyu.edu/nyutraveler

Want travel tips?

Email global-peer-mentors@nyu.edu

Where will I live?

- Jianqiao Residence Hall: mandatory and guaranteed
- Housing for both study away and degree students
- 30 minute commute to campus; a few metro stops via Metro Line 6 and complementary shuttle for classes (schedule determined by course times)
- Assignments based on Housing Application (Due Nov 18)
- Mutual roommate requests
- Very limited single rooms. Reserved first for Moses Accommodations (register well before arrival!)





Communal-style housing

Amenities include shared kitchen, clean water dispensers, bathrooms, washer/dryer units, wireless internet, lounge spaces





Apartment-style housing

Standard and large double rooms

Amenities include living room with balcony,
private kitchen, bathrooms, washer/dryer units,
wireless internet



Where will I eat?

- No meal plan
- Dining hall in Academic Center
- Cheap eats everywhere!
- Dietary restrictions?
 - Health & Wellness can help!
 - Jinqiao International Commercial Plaza



Cooking Class





NYU Shanghai Dining Hall



How will I get around?

- Subway (metro) between residence and campus, as well as a free NYU shuttle for classes.
- Subway is generally reliable and can be as cheap as 50 cents USD.
- Taxis are also cheap! Always keep cash on hand for a cab ride home at night.

Student tip: Know addresses of where you are going in advance. Apps like Smart Shanghai and Bon App provide addresses for various places in English, Chinese characters and pinyin. This will be useful for communicating to taxi drivers. Apps also offer subway directions.



Taxi Stand at Pudong Airport

BEING FINANCIALLY STRATEGIC

- Figure out how much money you will have
 - How much money can you save before going?
 - Working abroad may not be an option.
- Consider ALL of your expenses: airfare, food, toiletries, medicine, trips, etc.
- Students are encouraged to open a Chinese bank account after arrival.
- You would withdraw a larger amount of RMB (local currency) using your home ATM or debit card and then deposit this amount into your Chinese bank account. This helps to alleviate international and transaction fees.
- Remember to inform your credit card/ bank companies of your travel plans.
- While most credit cards are accepted, you will be using mostly cash.



- China can be very expensive or relatively cheap. Think about where you eat, how you get around the city, how you spend your evenings, where you shop, and how much you travel.

[Making Sense of Chinese Money and China's Currency](#)

How will I stay in touch with people?



- Communication plan with friends and family
 - Skype and other internet phone services can be used: VPN offers unrestricted access.
- Local cell phone: pay-as-you-go
- Unlock smartphone before departure and purchase local SIM card in Shanghai



French Concession, Puxi

Will I feel safe?

- NYU security staff on duty 24/7
- Don't invite strangers into the residence. Guests should always be accompanied
- Always lock your doors.
- Don't ever hitchhike.
- Don't leave your street smarts at home!

Student Health in Shanghai



We are at 605
Academic Building -
9.00-5.30 Monday-
Friday

Open to all students
for all health related
information and
support and a lot
more!

Health and Wellness is staffed by highly qualified and experienced Registered Nurses and Mental Health Counselors.

All International students are covered under GeoBlue International Health Insurance – check this policy carefully – You cannot cancel your home health insurance.

Recommended International Medical Services in Shanghai- Doctors from US, UK, France, Germany, Australia.

www.parkwayhealth.cn/ and www.shanghai.ufh.com.cn

Health and Wellness: Supporting Students

Health Promotion



Life Long Learning
Lunch and Learn Series
Guided Meditation/Relaxation
Mindfulness strategies
Healthy Campus Initiative

Health and Wellness is staffed by highly qualified and experienced professionals offering confidential counseling to all students

Need special support or have questions- please email shanghai.health@nyu.edu



24/7 CRISIS SUPPORT- 2059 9999

If you take prescription medicine...

- Bring: four-month supply, written prescriptions from doctor including the generic name
- Do not ship.
- If your doctor cannot provide you with a four-month supply, local staff can help check on availability of medication in China. Just email shanghai.health@nyu.edu.
- (Also consider bringing your preferred over-the-counter-medications!)

Students with special needs, academic or otherwise, must contact the **Moses Center** prior to departure; resources and services may differ abroad www.nyu.edu/osl/csd. If you are registered at your home campus, you need to register again for Shanghai!

MOSES CENTER

The Henry and Lucy Moses Center for Students with Disabilities provides services for students with:

- Hearing and visual impairments
- Learning disabilities
- Mobility impairments
- Chronic illnesses
- Psychological impairments

Location

726 Broadway, 2nd Floor
Monday - Friday, 9:00 AM - 5:00 PM

Contact

www.nyu.edu/csd
(212) 998 - 4980

Register

- Students must register prior to classes in order to arrange appropriate accommodations
- Students must initiate this process and present documentation

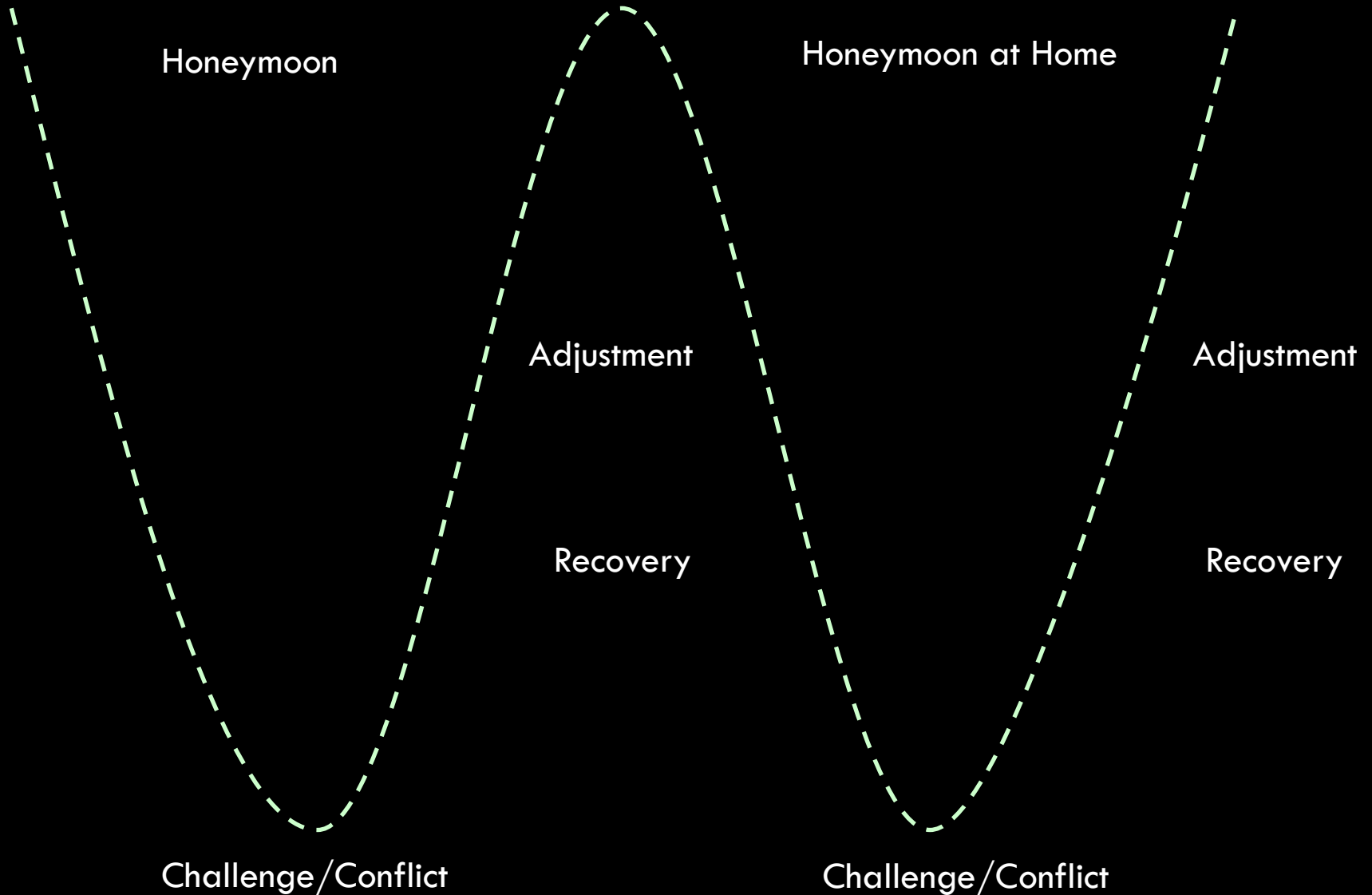




Gym at NYU Shanghai



THE W CURVE



Adapted from Oberg (1960) and Gullahorn & Gullahorn (1963)

UNDERSTANDING THE W CURVE

The curve on the previous slide is from http://internationaloffice.berkeley.edu/cultural_adjustment.

Adapting to a new environment takes time and the pace of transition varies from person to person. The typical pattern of cultural adjustment often consists of distinct phases: Honeymoon, Challenge/Conflict, Recovery, and Adjustment. This is illustrated by the “W” curve (and notice it continues after you return). This is not a one-size-fits-all model, but a way for you to be aware that it’s okay to have ups and downs during study away.

The Honeymoon Phase:

Excitement, optimism and wonder you may be experiencing now and right when you arrive. While differences are observed, students are more likely to focus on the positive aspects of the new environment.

Challenges and Conflicts:

This what is often termed as “culture shock,” which we may understand as anxiety and feelings (of surprise, disorientation, confusion, etc.) when people have to operate within an entirely different cultural or social environment. You may experience this because you have trouble understanding the new culture and how it relates to your culture and social identities. Culture shock does not necessarily occur suddenly, but may gradually begin to affect a person's moods over time. Having a strong level of self-awareness can help ease culture shock.

The Recovery & Adjustment Phases:

Recovering from culture shock is handled differently by everyone—we each have our unique circumstances, background, strengths and weaknesses that need to be taken into consideration. With time and patience, we can experience positive effects of cultural adjustment, like increasing self-confidence, improved self-motivation and cultural sensitivity. As you gradually begin to feel more comfortable in and adjusting to the new environment, you will feel more like expanding your social networks and exploring new ideas. You will feel increasingly flexible and objective about your experience, learning to accept and perhaps practice parts of the new culture, while holding onto your own cultural traditions.

Your Community in Shanghai

Support your peers when they're in need

Develop relationships with people different than yourself

Take responsibility to **educate yourself** and do your OWN research

Expand your knowledge and awareness of both domestic and global social issues

Learn what it means to have privilege based on your social identities and social location

Be sincere in your efforts and operate with integrity; **recognize your impact**, not just your intentions; lean into discomfort

Educate others, including speaking out against oppressive language and behavior

Any questions about these goals?

- **CONSIDER:** How will my identities impact my study away experience?
- **REFLECT:** What do I want my cultural engagement look like?
- **KNOW:** These are my resources, and these are my responsibilities.

Reach out to me at jessica.levin@nyu.edu

Visa Questions? Ogs.outbound@nyu.edu