

Welcome to BIEE's International Student Summer Camp

2015 ORIENTATION GUIDE

The Beijing International Education Exchange (BIEE) Orientation Guide has been put together to help you prepare for this amazing experience ahead of you. In this guide you will find information on Beijing, camp rules, staying healthy, and other practical information such as safety, Wi-Fi/Internet access, and packing tips.

Note: This guide is meant to provide specific information on the BIEE Summer Camp itself. For more info and tips on China and Beijing, you may want to check out additional guidebooks or resources such as the following:

- [Video: Beijing Travel Guide: Inside the Forbidden City](#) (Lonely Planet)
- [Guidebook: Introducing Beijing](#) (Lonely Planet)
- [Guidebook: China, Beijing and Beyond: The Forbidden City](#) (Rough Guides)
- [Travel advisory: China](#) (Government of Canada)

BIEE Summer Camp Overview

What is this camp all about?

Organized by the [Beijing International Education Exchange Center \(BIEE\)](#), the annual International Student Summer Camp brings together hundreds of high school students and teachers from over 20 countries.

One of the major goals of the BIEE Summer Camp is to boost better understanding, mutual respect and communication among youth all over the world, and to improve the international sense of cultural diversity, understanding and intercultural communication.

Who helped put this camp together?



BIEE is the international arm of the Beijing Municipal Education Commission, which focuses on International Education exchange and cooperation activities within the Beijing Municipality. Its major goal is to provide efficient and professional services to government departments, institutions, educators and students to forge further engagement in the International Education sector for Beijing. BIEE has been organizing the International Student Summer Camp since 2011.



The **British Columbia Council for International Education (BCCIE)** works with schools across BC to coordinate teachers and students to participate in this camp. BCCIE is a provincial Crown Corporation committed to supporting the internationalization efforts of the Province of British Columbia's public and independent K-12, public and private post-secondary and language schools. BCCIE plays a leadership role that includes sharing best practices, fostering positive relationships for the benefit of BC's diverse International Education sectors, and promoting a culture of quality and excellence in internationalization. This is where you come in!

What will I be doing when I get to China?

An overview of your activities has been provided below, but please refer to the online [Summer Camp schedule](#) for the latest and most detailed information.

Did you know?

Google maps won't work while you are in China.



In China they use a website called "baidu.com" instead!
But Bing.com still works.

Date	Event(s)
Day 1	Arrival
Day 2	Camp Opening Ceremony
Day 3-8	Visit important cultural landmarks such as the Great Wall, Tiananmen Square and the Silk Market; Attend cultural courses
Day 9	Camp Closing Ceremony and International Friendship Carnival
Day 10	Depart for airport

Is there anything that I need to prepare for?

During the **International Friendship Carnival** students are encouraged to wear clothing that represents their home country and culture. Please also bring some small gifts such as Canada pins, or maple candy to give to other students and some items to decorate the Canada booth such as flags or pictures.

During this event there is also a talent show/performance component. While you do not need to prepare something in advance, please begin thinking about what type of performance you might want to do and bring your ideas. For some inspiration, take a look at the [2014 performance on YouTube](#).

Did you know?

YouTube is not available in China.

In China they use Youku.com.



Camp rules

Chaperones have the authority to send home students who break the law, don't follow camp rules, or hurt the reputation of the school or district. If you are sent home, it will be at your own expense.

Some key rules to keep in mind:

- The curfew will be at 11 p.m. every night. Please note that schools from other countries may not have a set curfew, and other students may not have to abide by the same rules as BC. However, breaking the curfew will not be tolerated and may result in students being sent home.
- The use, purchase, or possession of alcohol, cigarettes/tobacco products, and illegal drugs is prohibited.
- You are a cultural ambassador of Canada while participating at this camp; please be courteous, respectful and open to different cultures and experiences.

For more information about BIEE's camp rules, please [click here](#).

Background on China and Beijing

Today China is known as the People's Republic of China, and is an ever-changing mix of ancient tradition and modern development. The country is divided into 22 provinces, 4 municipalities, and 2 special administrative regions (Hong Kong and Macau). The country is well known for its booming metropolises such as Beijing, Shanghai and Hong Kong, as well as its diverse wildlife population. China is host to over 34,687 different species, has over 2,350 nature reserves and is the third most biodiverse country in the world.

China is a country with a long history, rich culture and distinct customs. Among its greatest gifts to the world are the 'four great inventions' (paper, gunpowder, printing technology and the compass). Chinese arts and crafts, including calligraphy, painting, operas, embroidery and silk, are distinctive and unique. Martial arts, which have only recently begun to enjoy popularity in other parts of the world, have been part of Chinese



culture for centuries, and Chinese literature testifies to the country's rich heritage. And, of course, there is Chinese cuisine, which has been exported to every corner of the globe.

Beijing is the capital of the People's Republic of China and is located

in the province of Hebei. The city is well known as the host for the 2008 Summer Olympic Games and for its wide variety of cultural sites which include The Great Wall, The Forbidden City, The Temple of Heaven and The Thirteen Tombs of the Ming Dynasty.

Facts

Full Name	People's Republic of China (PRC)
Capital:	Beijing (est. pop.: 20,693,000 = 5 times MORE people than BC)
Government:	Socialist state; Single-party communist state
Population:	1,354,040,000 (est. 2014) = 38 times MORE people than CANADA
Ethnic make-up:	91.9% Han, 1.3% Zhuang, 0.86% Manchu, 0.79% Uyghur, 0.79% Hui, 0.72% Miao, 0.65% Yi, 0.62% Tujia, 0.47% Mongol, 0.44% Tibetan, 0.26% Buyei, 0.15% Korean, 1.05% Other
Religion:	State atheism; Buddhism, Daoism and folk religions are deep-rooted traditional faiths; Christianity 3-4%; Islam 1-2%
Climate	The climate is diverse; subarctic in the north, tropical in the south
Summer in Beijing:	Summers in Beijing are very hot and humid so be prepared for the weather. July is both the hottest and wettest month in Beijing. Temperatures in July are in the high 30s and can reach upwards of 40 degrees (C) during the day and may be accompanied by moderate rainfall or thunderstorms with sudden torrential rain.

About China's education system

- China has the largest education system in the world. 9.4 million students took the National Higher Education Entrance Examination (Gao Kao) in 2014.
- In a typical classroom in Beijing and Shanghai, there are at least 50–60 students sitting together.
- In 1986, the Chinese Government passed a compulsory education law, making nine years (Grade 1–9) of education mandatory for all Chinese kids.
- On average high school students in China spend 11.7 hours on schoolwork each day.
- Aside from math and science, students study Chinese, English, history, literature, music, art and physical education.

Practical Information

Emergency contact information

Chaperones should be your first point of contact if you have a problem; however, if there is an emergency and you are unable to find a chaperone, BIEE staff member, volunteer or another adult, please call the police.

Police: 110 (Dialing within China: 110)

Canadian Embassy in Beijing: Tel: +86-10-5139-4000 (Dialing within Beijing: 5139-4000)
Address: 19 Dong Zhi Men Wai St, Chao Yang District Beijing, 100600 (加拿大驻华使馆地址: 北京市朝阳区东直门外大街19号)

Health

There are doctors at the camp. If you are sick at any time, please report to your chaperone and they will take you to see a camp doctor.

If you take any regular medications, ensure you have a supply beyond to the amount of time you will be travelling in case of loss or theft. It is a good idea to bring a doctor's note or prescription for any prescription medication and if you are travelling with syringes you must have the appropriate paperwork on you at all times. If you have asthma, it is very important to remember your inhaler and any medications. The air quality in Beijing is generally lower than in BC.

While you are in China, there are a number of websites and apps available to check the daily air quality, such as: [Beijing Real-time Air Quality Index](#) (Website) and [China Air Quality Index](#) (iOS app)

You should consult your family doctor or a travel health clinic for any recommendations on vaccination prior to departure. This provides an opportunity to:

- review your immunization history and make sure your immunizations are up to date.
- discuss any health concerns you may have related to your trip.

Visit travel.gc.ca for more information.

Useful tips

- Protect yourself from mosquito bites by using mosquito/insect repellent or spray.
- Don't handle animals (such as cats and dogs) to avoid the risk of rabies.
- See the "Food and drinks" section below for further tips on staying healthy.

Money

China's currency is the rénminbì (RMB), also called Chinese yuán (CNY).

Currency sign: ¥ (yuán)

Denominations of bills: 1, 2, 5, 10, 20, 50 and 100 Yuan notes.



Please note that for the duration of the camp, all activities, meals and in-country transportation will be covered by the hosts, BIEE. However, students are encouraged to bring spare cash for personal use or emergency situations. We recommend that you convert some money into the Chinese RMB prior to departure.

Foreign credit cards may not be accepted in China other than for payment at large hotels, high-end restaurants, supermarkets or department stores or for plane tickets. If you will be bringing a debit or credit card, remember to notify your bank so they are aware you will be in Beijing.

Counterfeit money and torn notes

Foreigners are sometimes seen as good targets for slipping fake notes to. Check the watermark of notes you receive, and do not accept torn ones. ¥50 or ¥100 will not be taken without being inspected.

On average, here is what you can expect the following items to cost in China in Canadian dollar equivalents:

Soda: C\$1.00

Bottled water: C\$0.50

Sandwich: C\$1.00-2.00

McDonald's: Big Mac (combo) C\$4.00

Bargaining

Two good things to know about purchasing things in China:

1. If it's too good to be true, it probably is; and
2. Bargain, bargain, bargain!

In China it is acceptable to bargain for items in many places. Do bargain when shopping for any souvenirs, such as clothes, gifts, art, jade or other similar items if it looks like you are shopping at an independently owned business.

Basic bargaining thoughts and tips:

- Don't feel embarrassed or guilty for haggling.
- Merchants are professional sellers.
- Don't express too much interest.

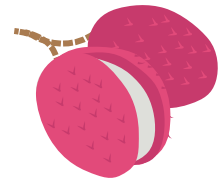
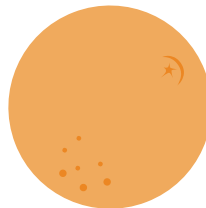
For information on what you can bring home to Canada, please visit the [Canadian Food Inspection Agency webpage](#).

Food and drinks

Muslim and vegetarian food will be provided at the camp in addition to Chinese and Western food. Avoid eating raw, uncooked or partially cooked food. It is recommended that you do not eat food purchased from street vendors.

Do not drink the tap water and avoid public fountains. The camp will provide bottled water on the shuttle buses and on each floor within dorm buildings. You should also brush your teeth with the bottled water provided, not the tap water.

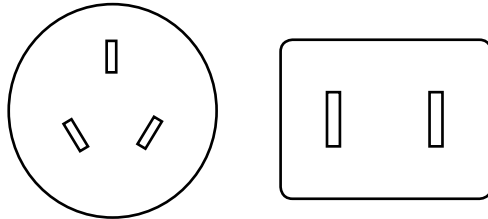
It is best to avoid fresh fruits and vegetables without peels, as they may have been washed in tap water. Some examples of safe fruit include bananas, oranges and lychees.



Electricity

The plug voltage in China is 220V. Generally, smart phones (such as iPhone, Samsung) and tablets (such as iPad) are rated for 100-240 volts. Make sure to read the details on your appliances' power supplies to avoid ruining them.

You may see power sockets in China such as these:



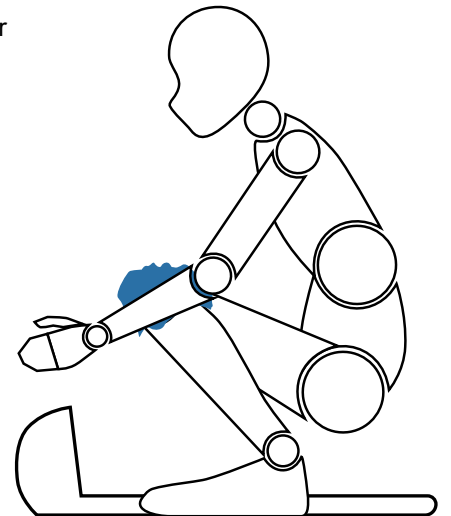
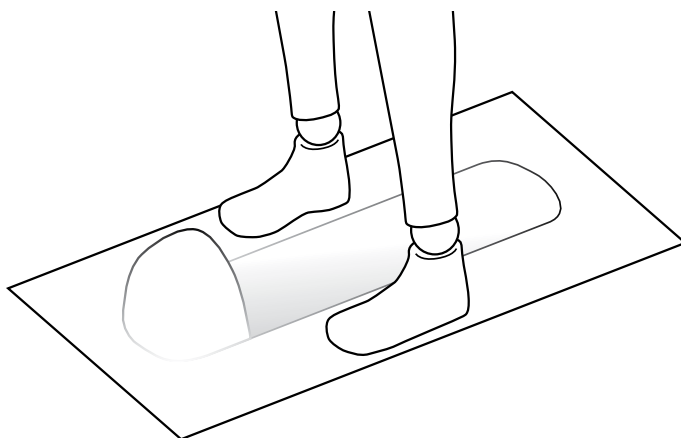
We recommend that you bring your adaptor and converter if necessary. Make sure you understand the difference between a plug adaptor and a power converter: If your plug is not the right shape but rated for 110 to 220 volts, you just need an adaptor to get your plug to physically fit into the wall. If your appliance is rated for 110 volts only and you want to plug it in, you will need a power converter that gives you the right voltage and amperage for your appliance.

Restrooms in China

Squat toilets are widely used in China and even advocated by some as an inexpensive, healthier option compared to Western toilets. We've created the below diagram to help you understand how to use these.

Squat toilets may be intimidating or challenging for some, but without extensive modern plumbing in China, they are often the only option. Please be prepared to use squat toilets in public restrooms.

Face the hood of the toilet (if there is one). Make sure your shorts/trousers are bunched up around your knees and out of the way. Squat as low as possible without losing balance or touching the toilet.



In addition, please throw used toilet paper into the trash bin next to the toilet, as flushing toilet paper may cause the toilet to clog. It is always good practice to bring toilet paper or tissues and hand sanitizer to all outings as well, as toilet paper and soap are not available in public restrooms.

Wi-Fi, Internet, phones

China's country code: 86 Beijing: 10

We recommend using VoIP services such as Skype to make long-distance calls. If you do not already have Skype installed when you are in China, you may download the application from Skype's official site [here](#). Note that the quality of VoIP calls will depend on the speed and stability of available internet connection.

There is free Wi-Fi on the campus; however, the quality of the connection is not guaranteed. Internet in China is censored. This means certain sites and search terms are blocked:

- Google
- Gmail
- Facebook
- Instagram
- YouTube
- Flickr
- Twitter
- Most blog hosting sites

Please consider finding alternatives.

Transportation and accommodation

All transportation during the camp will be arranged by BIEE. Most likely the BC group will not all be on the same bus during the days of sightseeing. Please stay with the chaperones who are on the same bus as you.

There will likely be four students per room, with each room separated by gender. Upon arrival at the campus, BIEE staff will let you know what room you will be staying in. Within your dorm room, you will have a bed, sheet, blanket, pillow, and most importantly an air conditioner! Shared bathrooms will be on each floor where students can take showers.

Note: You will need to bring your own towel.

Arrival/Departure Card

Please note that foreigner arriving in China must complete an Arrival Card. You must ensure that you receive this and that you fill out the information prior to landing according to the sample below. Be sure to keep the Card handy along with your identification and other travel documents. You will be asked to show this card to a border services officer once you pass customs. The officer will ask you a few questions to make sure that you meet the requirements to enter China.

There is also a Departure Card attached to the Arrival Card. Please keep the Departure Card with your passport as you need to return it to customs when you leave China.

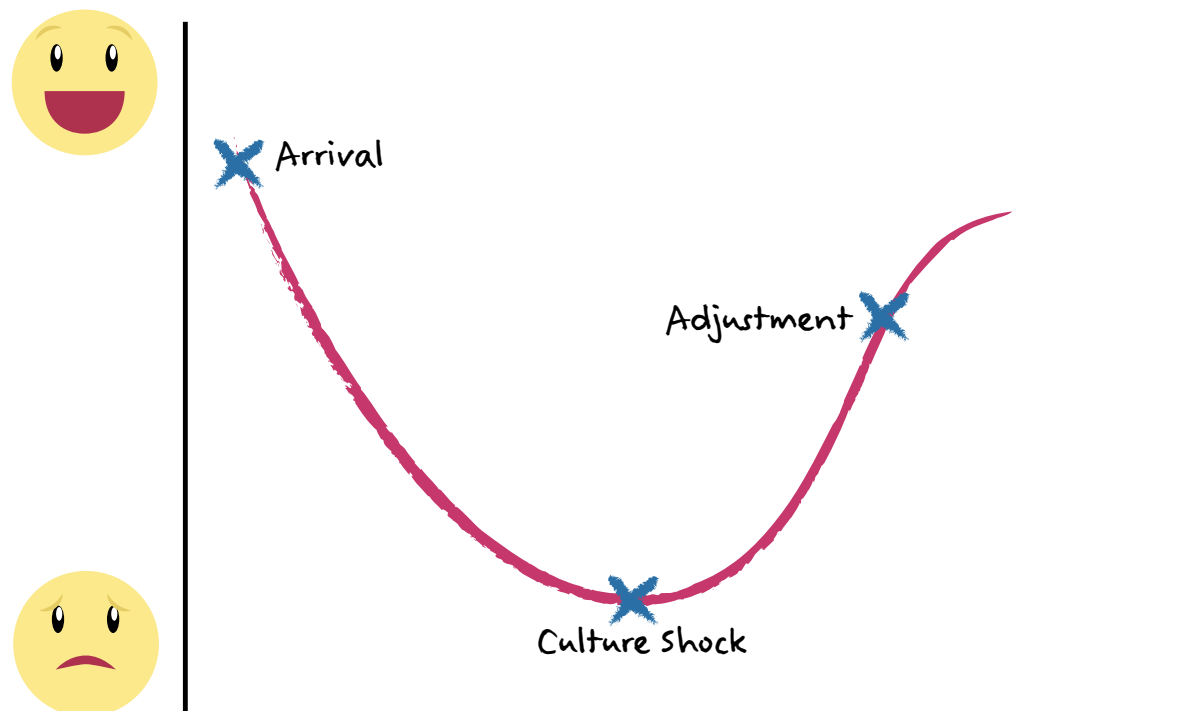
外国人出境卡 DEPARTURE CARD	外国人入境卡 ARRIVAL CARD
<p>姓 Family name: Smith</p> <p>名 Given names: John</p> <p>护照号码 Passport No.: HC123456</p> <p>出生日期 Date of birth: 19990101</p> <p>性别 Male <input checked="" type="checkbox"/> Female <input type="checkbox"/></p> <p>航班号/船名/车次 Flight No./Ship's name/Train No.: CA991</p> <p>国籍 Nationality: Canada</p> <p>以上申明真实准确。 I hereby declare that the statement given above is true and accurate.</p> <p>签名 Signature: John Smith</p> <p>妥善保留此卡, 如遗失将会对出境造成不便。 Retain this card in your possession, failure to do so may delay your departure from China.</p> <p>请注意背面重要提示。 See the back →</p>	<p>姓 Family name: Smith</p> <p>名 Given names: John</p> <p>国籍 Nationality: Canada</p> <p>护照号码 Passport No.: HC123456</p> <p>在华住址 Intended Address in China: No.1 Yu Cai Street, Niulanshan Town, Beijing</p> <p>出生日期 Date of birth: 19990101</p> <p>性别 Male <input checked="" type="checkbox"/> Female <input type="checkbox"/></p> <p>签证号码 Visa No.: 12345678</p> <p>签证签发地 Place of Visa Issuance: Vancouver</p> <p>航班号/船名/车次 Flight No./Ship's name/Train No.: CA992</p> <p>入境事由(只能填写一项) Purpose of visit (one only): 会议/商务 Conference/Business <input type="checkbox"/> 访问 Visit <input checked="" type="checkbox"/> 观光/休闲 Sightseeing/in leisure <input type="checkbox"/> 探亲访友 Visiting friends or relatives <input type="checkbox"/> 就业 Employment <input type="checkbox"/> 学习 Study <input type="checkbox"/> 返回常住地 Return home <input type="checkbox"/> 定居 Settle down <input type="checkbox"/> 其他 others <input type="checkbox"/></p> <p>以上申明真实准确。 I hereby declare that the statement given above is true and accurate.</p> <p>签名 Signature: John Smith</p>

Culture and Culture Shock

The term 'culture shock' is used to describe the emotions that anyone can experience when finding themselves in a new community overseas or even in a new community within Canada. It is normal for travelers to experience some form of culture shock when outside their home environments, even for a short time.

Symptoms of culture shock can vary but can include the following:

- sadness and loneliness
- concern about one's health
- headaches, pains, and allergies
- insomnia or sleeping too much
- feelings of anger, depression, vulnerability
- small problems that seem overwhelming
- feeling shy or insecure
- sense of homesickness



The stages of culture shock

The good news about culture shock is that it is temporary. Once you return home or become accustomed to your new environment, the symptoms will ease. Making strong connections with your friends abroad will help.

If you think you or another student might be experiencing culture shock please share your concerns with a chaperone.

Chinese Phrases

How do I say...?

You will be hearing many different languages during your stay in China and interacting with people from all over the world, but below are some fun phrases you can learn to impress your Chinese hosts:

Hello = "knee how"

nǐ hǎo = 你好

Yes = "shr"

shì = 是

What is your name? = "neen gway shing"

nín guì xìng = 您贵姓

No, thanks = "boo yong la, sheh sheh"

bú yòng le, xiè xiè = 不用了, 谢谢

Excuse me or sorry = "dway boo chee"

duì bu qǐ = 对不起

I would like = "wore yeow"

wǒ yào = 我要

Too expensive = "tie gway la"

tài guì le = 太贵了

Help = "baa'ng jiu"

bāng zhù = 帮助

Chinese numbers

1 = "e"

2 = "er"

Yī = 一

Èr = 二

3 = "san"

4 = "sz"

Sān = 三

Sì = 四

5 = "oo"

6 = "leo"

Wū = 五

Liù = 六

7 = "chee"

8 = "bah"

Qī = 七

Bā = 八

9 = "giu"

10 = "shr"

Jiǔ = 九

Shí = 十

Good Bye = "jye gee'ann"

zài jiàn = 再见

No = "boo shr"

bú shì = 不是

My Name is = "wore gee'au"

wǒ jiào = 我叫

Thank you = "sheh sheh"

xiè xiè = 谢谢!

I don't understand = "wore ting boo dong"

wǒ tīng bù dǒng = 我听不懂

How much (for money)? = "dor shiow chi'en"

duō shǎo qián = 多少钱?

Toilet = "che su'aw"

cè suǒ = 厕所

Did you know?

Chinese is the third largest mother tongue in Canada after English and French ([Statistics Canada](#)). There are hundreds of different dialects of Chinese languages, which are mainly divided into seven classifications, including Mandarin, Cantonese, Hakka, Min, Wu, etc.



Useful Characters to Recognise

机场 = jī chǎng = airport

洗手间 = xǐ shǒu jiān = washroom

厕所 = cè suǒ = lavatory

水 = shuǐ = water

警察 = jǐng chá = police

翻译 = fān yì = translate/translator/translation

网吧 = wǎng bà = internet cafe

BIEE's International Student Summer Camp 2015

Where will I be staying?

The camp is being hosted at the **Beijing Niulanshan No.1 High School**. This school is located just northwest of Beijing. Follow this [link to check out the location on google maps](#).

Learn more about Niulanshan No.1 High School:

www.nlsyz.com.cn:8080/English/

Story about NiuLanShan (Buffalo Fence Mountain)

www.btmbeijing.com/contents/en/btm/2007-03/brand/niulanshan

On departure day what do I do?

Don't worry, our fantastic chaperones will be there to greet you! The group meeting point will be the large Canoe Sculpture, "The Spirit of Haida Gwaii," near the international departure gate.

Meeting place at YVR Airport

Please meet at THE SPIRIT OF HAIDA GWAI: THE JADE CANOE located just outside the international check-in booths, close to the food court. Please meet there at 10:30 AM regardless of whether you have checked in for the flight to Beijing.



The Spirit of Haida Gwaii: The Jade Canoe at the international check-ins area.

If you have a domestic flight into YVR on the departure day (July 13)

When you check in for your flight into YVR you will need to ask whether your baggage will be transferred all the way through to Beijing or if you will need to collect it at YVR and then re-check it in for the flight to Beijing. Most airlines will have you pick up your baggage and go through security again, but please confirm this when you check in.

If you need to pick up your baggage:

You will exit the domestic terminal and collect your baggage at the baggage carousel assigned to your flight. Then you will walk to the international terminal and meet with the group at THE SPIRIT OF HAIDA GWAI: THE JADE CANOE. Once with the group the chaperones will be able to assist you with check-in and the group will go through security and proceed to the gate together.

If your baggage is transferred through:

Even though the airport will not require you to do so, we are asking that any students who are in this situation please exit the domestic terminal and proceed to the assigned meeting point in the international terminal (outside of security). This way the chaperones will be able to know for certain that a student has arrived and is not lost in the airport or running late.

In summary:

Our official meeting point for everyone regardless of whether they have a domestic flight will be at the THE SPIRIT OF HAIDA GWAI: THE JADE CANOE which is located just outside the international check-in booths, close to the food court. Please meet there at 10:30 AM regardless of whether you have checked in for the flight to Beijing.

Students Who Are Arriving After 10:30 AM

Please phone your chaperone as soon as you have landed so that they may advise you where to meet the group.

Chaperone Expectations

You chaperone can help you:

- If you are injured
- If you feel sick
- If there is an emergency
- If you experience culture shock

Who are the other students that will be joining me on this trip?

You will be joined by students from many countries, such as these below indicated by their flags.

Can you guess each country by their flag?



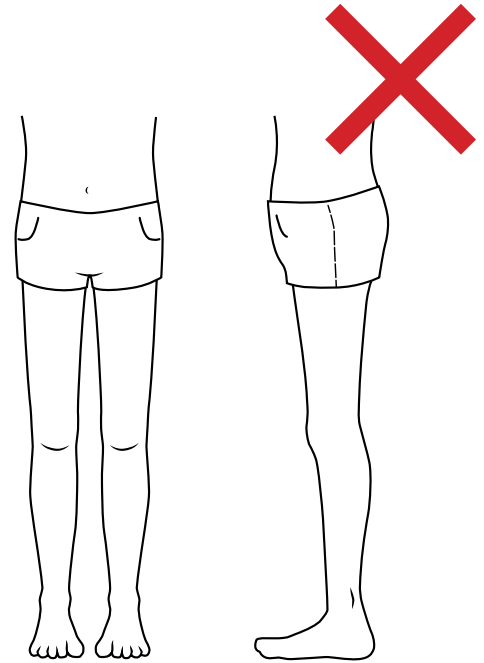
FROM LEFT TO RIGHT, ROW BY ROW:
AUSTRALIA, CANADA, CHINA, CZECH, FRANCE, GERMANY,
GREECE, INDIA, ISRAEL, ITALY, KAZAKHSTAN, MALAYSIA,
NEW ZEALAND, PAKISTAN, RUSSIA, SERBIA, SOUTH KOREA, SPAIN,
SWITZERLAND, THAILAND, TURKEY, UK, USA, VIETNAM

Suggested packing list

Beijing is very hot and humid in July, with temperatures reaching the mid to high 30s. It may be rainy at times. Please pack light, breathable clothing and comfortable walking shoes/sandals. Shorts and tank tops are allowed, but please keep in mind that dress code is more conservative in Chinese culture than it is in Canadian culture; therefore, please do not pack any items that may be considered revealing, such as "short shorts," tube tops, shirts that reveal the back or midriff, etc. Make sure to bring enough clothes for the entire trip, as there may not be a washing machine available.

Essentials:

- Passport and a photocopy of your passport
- Travel insurance policy number, company name and phone number
- BIEE Camp Info/Orientation Guide
- Spending money (in Chinese Yuan)
- 1L plastic bag for liquids (airport requirement)
- Sunscreen, lip balm, Sunglasses
- Bug spray, insect bite ointment (e.g. After-Bite), especially if you are prone to mosquito bites
- Toilet paper/tissue and hand sanitizer/wet wipes (TP/soap not available at public toilets)
- Bath towel
- Personal toiletries such as toothbrush, soap, shampoo, etc.
- Prescription and over-the-counter medications you may require such as an asthma inhaler, Tums, Immodium, Advil, etc.
- Clothes: appropriate summer clothes, good walking shoes/sandals, rain gear, hat



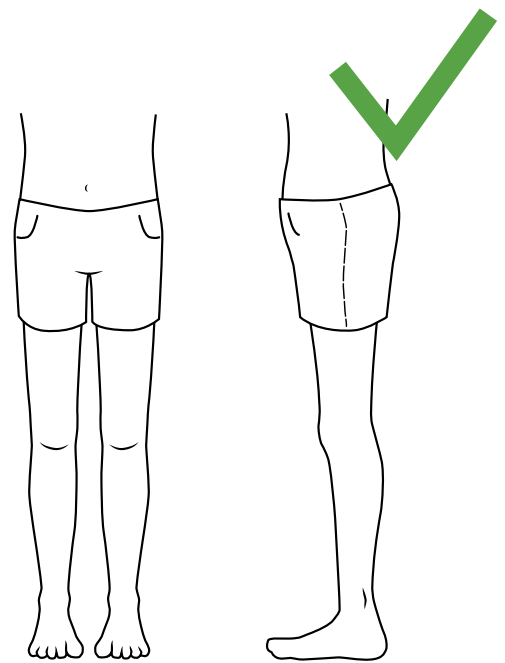
Not acceptable: very short or revealing

Strongly recommended:

- Camera
- Luggage lock
- Band-Aids, Moleskin, blister pads, etc. (in case of blisters)
- Small, handheld paper fan (helps to beat the Beijing heat!)
- Small gifts/Canada swag/clothing/etc. for International Friendship Carnival

Optional:

- Mobile phone
- Chargers for any personal electronics (phone, camera, etc.)
- Plug adaptors, converter if applicable
- Money belt
- Laundry detergent
- Snacks



Acceptable: Mid-thigh length or longer