



NYU Shanghai Spring 2016 Calendar



January 22	Mandatory Student Arrival (Check in to housing after 2pm)
January 23-24	Mandatory Orientation
January 25	Classes Begin
May 13	Last day of classes
May 16-20	Finals
May 21	Student Departure (Check out of housing before 12pm)

This is a basic outline of your semester. Shanghai.nyu.edu/academics/calendar has other dates you need to know, including add/drop deadlines, holidays, make-up days, etc. Do not make ANY travel plans until you have attended the first week of classes and received all of your class syllabi.

**Calendar subject to change*

Pre-Departure RESOURCES

- **THE BLOG:** www.NYUShanghaiSpring2016.wordpress.com
You are responsible for the tasks set out on the blog.
- **Jessica Levin** - Site Representative for NYU Shanghai
Office of Global Programs
25 W 4th Street, First Floor | jessica.levin@nyu.edu | 212-998-4284
- **Office of Global Services** -- ALL VISA AND IMMIGRATION QUESTIONS
561 Laguardia Place | ogs.outbound@nyu.edu | 212-998-4242
Walk-in Hours: Tuesday-Thursday, 1:00-4:00 pm
- **Shanghai Global Affairs:** shanghai.globalaffairs@nyu.edu
Great for academic questions.
- **Global Ambassadors:** global.ambassadors@nyu.edu

	<p>Preparing to Study Away: LGBTQ Workshop Wednesday, November 18, 5:30-7:00 pm Waverly, L114</p> <p>Quench Discussion: Study Abroad as LGBTQ December 15th, 12:00-1:30 pm Kimmel 602</p> <p>Ask a question of Safe Zone-trained staff: lgbtq.global@nyu.edu</p>
	<p>Preparing to Study Away: Student of Color Panel Monday, November 16, 5:30-6:30pm Silver Center, Room 401</p> <p>nyu.edu/cmep</p>
	<p>Contact jal19@nyu.edu for religion and spiritual life resources</p>
	<p>NYU Wellness Exchange 24/7 at +1-212-443-9999 wellness.exchange@nyu.edu 726 Broadway, 4th Floor, Suite 402 You will have access to the Wellness Exchange while away, with a local phone number</p>
	<p>NYU Shanghai</p> <p>Don't forget you will have amazing resources once you arrive, including a career development center, student life activities, wellness center, and tutoring.</p>

Action Planning Worksheet

Study abroad can inspire personal, academic, and professional growth. Please use this worksheet to think about what you need to know before going to Shanghai, what you want to learn during your time abroad and what steps you'll take to meet your goals. Be sure to review what you've written when you arrive, throughout the semester, and when you're preparing to depart. Revise as you continue your journey!

What do you need to know in order to arrive confidently in Shanghai?	Next steps:
List three ways in which you want to develop or grow as a person: 1. 2. 3.	Next steps/Timeline:
List three ways in which you want to develop or grow academically: 1. 2. 3.	Next steps/Timeline:

Cultural Adjustment: Preparing to Live in a Different City

You might find yourself getting a bit anxious as you get closer to the date of your departure. It's natural to be nervous before moving to new surroundings. Here are some steps you should take to prepare:

1. View the *"What is Culture"* Webinar and *"Culture of Shanghai"* Webinar at: www.nyu.edu/global/culturaladjustment
2. Plan how you will *Reflect on the Experience* before arrival, during, and after you return, which may include blogging, posting on Facebook, or keeping a personal journal.
3. Research the culture you will experience by logging into Culture Compass through NYUHome. Culture Compass is a web-based cultural awareness training tool which provides quick and easy access to extensive knowledge on how to engage effectively with people from countries around the world.
4. Think about your own Cultural Iceberg...What are your Behaviors, Norms, Beliefs, Assumptions, and Values?
5. Ask questions and use resources...The Office of Global Programs is a great place to start.

Money and Budgeting

Call credit and debit card companies to ask:

- Are there fees for using my card outside of the U.S.?
- (For debit card) Do you have any partner banks where I can withdraw money with little or no fees?
- What number can I call in case I have an issue with my card?
- Provide dates of when you will be abroad so they don't put a freeze on your card.

Create a budget:

1. How much money do you have in total for your semester in Shanghai?
 - a. Determine how much spending money you'll have (which does not include any scholarships or financial aid that goes directly to your e-bill).
2. How much money will you need for essential items each month?
 - a. Outline your transportation costs, food shopping, cell phone bill, course books, laundry, toiletries, school supplies, etc.
3. Set aside an emergency fund.
4. How much money do you have after you deduct essential spending and the emergency fund from total amount for the semester?
 - a. Allocate this money among items for fun: personal travel, splurges, souvenirs, eating out at restaurants, going out with friends, entertainment, etc.
5. Refine and adjust your budget once you get into your host country.

Packing & Travel Tips from your Site Representative

We've done a decent amount of traveling and have made some classic travel mistakes in our time. Be smarter than us by following the below tips!

In addition to clothing (layer!), here are some basic suggestions on what to pack:

- A small weekend-size bag/backpack/collapsible duffle bag
- Plug adapters (to change the shape of the plug)
- Battery-operated travel alarm clock
- Your favorite over-the-counter medication that you like to take when you have a cold, headache, etc.
- Prescribed medication: 4 month supply (with copies of the prescription written in generic term; doctors note); check with doctor NOW to make sure you can take the full supply
- Camera (and camera battery charger)
- Comfortable shoes
- Towel
- Your NYU ID card (visiting students will obtain one upon arrival)
- Any items that you cannot live without, but nothing you couldn't bear to lose

What should you leave at home?

- Kitchen utensils, pots, or pans
- Linens (sheets, pillows, blankets)
- Appliances (e.g. hairdryer, flat irons, shavers). Even with a plug adaptor and converter, the higher voltage can destroy your small appliances and could potentially knock out power in entire buildings, which isn't a great way to make friends abroad. If you're not willing to forgo the blow dryers and flat irons for a few months, then it's best to purchase local versions once you get abroad.

What should you pack in your carry-on?

Pack your weekend bag (backpack, duffel bag, etc.) with everything you'll need for the first few days of your trip. Bring it as a carry-on on the plane so you'll be ready in case your baggage is delayed.

- Copy of your travel itinerary and documents
- Passport (and copies of your passport)
- Medication (with copies of the prescription written in generic term)
- Copy of your health insurance card and information
- Valuables (e.g. laptop, camera)
- Copies of important phone numbers
- Arrival cheat sheet (sent to students about two weeks before that start of the term)
- Two to three outfits & necessary items for a couple days in case your checked luggage gets lost
- Don't forget that you cannot bring more than 3 oz. of any liquid in your carry on for your flight overseas. Airport security can be very strict. Make sure you follow all the rules when it comes to flying!
- Snacks. It's horribly unpleasant to be hungry and thirsty while you're on a plane. You may not like their food, so bring snacks (stay away from fruit, especially if you have a layover, as some countries don't want you to bring perishable food into their airports).