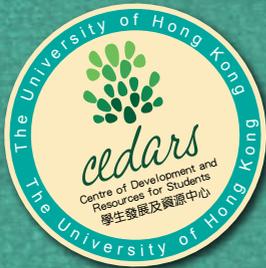


# Pre-departure Notes

FOR OUTGOING STUDENTS 2013





# Foreword

Congratulations to you for being chosen to join the HKU Worldwide Exchange Programme or an overseas internship or study programme.

This booklet will help you prepare yourself for studying and living in a new environment. The booklet also includes contact information on student support at HKU so that you can keep in touch with us while you are away. You are recommended to read these notes in conjunction with the information booklet provided by your host university/organisation. If you wish to have further assistance with your plans, please feel free to consult the Centre of Development and Resources for Students (CEDARS) on [cedars@hku.hk](mailto:cedars@hku.hk) for more information.

I wish you a very happy and enriching experience abroad. I am sure you will carry with you the proud traditions of HKU and be a good ambassador for Hong Kong.



*Albert Chau*

Albert Chau (Dr.)  
Dean of Student Affairs  
April 2013

# Table of Contents

## 1. PLANNING YOUR STAY

4

Getting to Know Your Host University.....	4
Getting to Know Your Host Country.....	5
Insurance.....	8
Financial Matters.....	10
Travel Documents.....	12
Academic Matters.....	13
Emotional Preparation.....	16
What to Bring with You.....	17
Arrival Arrangements.....	17

## 2. ARRIVAL CHECKLIST

18

## 3. SAFETY ISSUES

20

Conditions that Contribute to Risk.....	20
Factors Placing Students at Risk.....	20
Strategies for Reducing Risk.....	21
Campus Safety.....	22
Home Safety.....	22
If You Become a Crime Victim.....	23
Reporting.....	23
Some More Personal Safety Tips for Overseas Travel.....	24
Handling “Alcohol”.....	24
Some General Safety Guidelines for Natural Disaster.....	25



# Hong Kong Immigration Department Hotline

## 香港入境事務處求助熱線電話

(852) 1868

### 4. TRAVEL ADVICE

26

Monitor World Events .....	26
Handling Jet Lag.....	27

### 5. HEALTH ISSUES

29

General Travel Health Tips .....	29
Additional Measures for Prevention of Avian Flu/Human Swine Flu (H1N1) – Health Tips for Travellers.....	32

### 6. MAXIMISE YOUR OVERSEAS LEARNING EXPERIENCE

34

Chart Your Journey.....	34
Know Your Own Culture .....	35
Learn Another Culture .....	37
Consolidate Your Learning Experiences.....	39

### 7. USEFUL INFORMATION

40

Website.....	40
Consulates in Hong Kong.....	41
HKU Overseas Alumni Bodies.....	43
Overseas Chinese Consulates .....	45
Services Provided by HKSAR Government's “Assistance To Hong Kong Residents Unit”.....	45
HKU at a Glance.....	48
Trouble Shooting: Sources of Support .....	52
iMap.....	54



# CHAPTER 1

## *Planning Your Stay*

Most students experience a certain degree of 'Culture Shock' upon arrival. Learning some basic knowledge of your host university and host country before your departure will definitely smooth your transition and make your stay more enjoyable.

### 1. GETTING TO KNOW YOUR HOST UNIVERSITY

Here are some suggestions for you to consider:

- ✍ Look for the location and surrounding environment of your host university.
- ✍ Availability of on and off campus accommodation.
- ✍ Provision of facilities and services (e.g. health care) provided for you.
- ✍ Travel distance and time between your hall/residence and the campus.
- ✍ Public transport network around campus.
- ✍ Requirement to pay any special fees (e.g. medical insurance).
- ✍ Requirement to complete any immunisation or body check-up before departure.
- ✍ Availability of special services (e.g. language programmes).
- ✍ Availability of catering outlets.
- ✍ Read the course requirements carefully and draw up your study plan.
- ✍ Know the rules and regulations of your host university.

If you would like to meet students who have studied in your host university before your departure, you can contact the Office of International Student Exchange (OISE) at [goabroad@hku.hk](mailto:goabroad@hku.hk).

## 2. GETTING TO KNOW YOUR HOST COUNTRY

Here are some issues/questions to help you prepare yourself:

### COMMUNICATIONS

Bring your notebook, mobile phone and any appropriate accessories with you. A pocket-sized phrase book may also ease your life in the first few days.

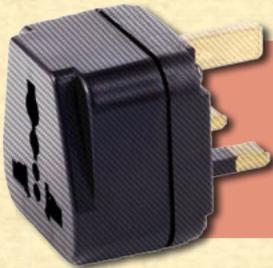


### DAILY LIFE

How is bargaining conducted in your host country? What is the customary time to visit friends? What is the maximum allowance of carrying the foreign currency?

### CLOTHING

Are there special dress customs you should know about? What types of clothing might be taboo? What types of clothing you should prepare for various occasions?



### ELECTRICAL APPLIANCES

Check the electrical voltage in your host country and buy a transformer, if necessary. You may also need to bring an electronic adaptor. Hong Kong's voltage is 220 volts, 50Hz.

### ENVIRONMENT HAZARDS

Are there any recent or recurring natural disasters (e.g. earthquakes, tornadoes, etc.) in your host country?



## MALE/FEMALE RELATIONSHIP

What are the rules for 'romantic' relationships in your host country? What is the norm regarding premarital sex? Is it acceptable to hold hands, touch or kiss in public?



## FOOD

What foods are available? How are they prepared? How and with what utensils, if any, do people eat?



## HEALTH ISSUES

What kinds of health services are available? Are English speaking doctors readily available? What diseases are prevalent? How are they transmitted? Is the water potable?



## HEALTH POLICY

Does your host country require you to arrange your own health insurance before entering your host country? Are you required to have immunisation before your departure? Do you need to undergo any special health checking at the airport?



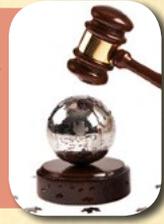
## LANGUAGE

Learn the language as much as you can. If not, prepare some notecards with translated phrases for survival.



## LOCAL LAWS

Obey the laws of your host country and be respectful of local customs. Be prepared as different countries have different attitudes to alcohol, drugs, smoking, sexual orientation, etc.



## RELIGIOUS SERVICES

What is the dominant religion? Is there an official state religion? Check the local availability of such establishment.



## SECURITY

Is it safe to tour around on your own or after dark?  
(Refer to Chapter 3, p.20 - 25)



## SOCIAL ETIQUETTE

What is the social etiquette rule that you need to abide by when you are in your host country? How do people greet each other? How do they take leave of one another?



## TRANSPORT

Check the public transportation network. Learn how to get to your hall/residence from the airport. Does traffic travel on the right or on the left? Is international driver's license recognized?



## WEATHER

Check the climate and take suitable clothing and bedding.



### 3. INSURANCE

 HKU undergraduate students studying abroad as arranged by the University will be covered by the University's Group Travel Insurance Policy which provides basic benefits to the students. **The insurance coverage will only be applicable for the first 180 days of the trip, but a new 180-day period will be activated from the day of second departure from Hong Kong if the student returns to Hong Kong during the first 180-day period.** It has been confirmed with the insurance company that no extension of days beyond 180 days can be arranged for travel insurance policy. Details of HKU's Group Travel Insurance Coverage of Undergraduate Students are available from the Finance and Enterprises Office/OISE. **You should ensure that you are covered by comprehensive health, accident, personal property and travel insurances for the entire period of your study abroad, especially if you are planning to travel for personal leisure purpose during the study period.**

 Make sure you have met the health requirements of your host country before you depart. Check your medical insurance coverage with the International Office of your host university. Does the coverage meet your needs? If the coverage is inadequate, or if your host university does not offer a compulsory medical plan, it is advisable to get private medical insurance. Most travel insurances also include a medical coverage for sickness. But make sure you know what items and services are covered and the limits. Most of the coverage is also strictly on a reimbursement basis. Prepare a contingency plan for emergencies. Consider the level of risk that you are willing to take. If you intend to travel elsewhere during your study abroad period, please arrange supplementary travel insurance that covers international trips in Hong Kong prior to your departure or with a local travel agent in your host country.



✎ When considering/reviewing your supplementary health coverage and/or additional travel-abroad health insurance, the following plan features are crucial to the quality of the coverage:

- continuous coverage before departure and after return.
- coverage renewable from abroad and for the maximum period of stay.
- 24-hour emergency contact number in English (with translation services for health care providers in non-English speaking countries).
- medical evacuation costs including hospitalisation coverage for illness or accident.
- coverage for visits to doctor and prescription.
- direct payment of bills abroad by the company so that you do not need to pay in advance and wait for reimbursement.
- reduced or null coverage of existing health problems (make sure that your policy covers congenital or pre-existing conditions).
- emergency dental care.
- repatriation of remains (costs may exceed the coverage in your plan).
- life-time maximum for medical expenses due to accident or illness and hospitalisation as high as possible.
- deductible costs: these may be quoted in dollars or as co-insurance requiring a shared percentage of total bill (plans with 100% coverage are more expensive but may save you considerable expenses in case of illness or accident).
- ambulance and emergency transportation .
- exclusions which significantly limit coverage during your desired travel or sojourn abroad (ensure all regions and countries of travel are covered).
- amount of compensation for accidental death and permanent disablement .

✎ The University is sourcing a top up plan on medical evacuation and repatriation for students on study abroad for more than 180 days. Please refer to the OISE website <http://www.als.hku.hk/admission/exchange/download> for details.

## 4. FINANCIAL MATTERS

### BUDGET

Extra costs will arise in the first month of your stay (e.g. rental, set up expenses, etc.) It is important to have a realistic financial budgeting plan beforehand. You may get an estimated cost of living from your host university and tips from your HKU predecessors as well. Try to find out the answers to the following questions:

- ✍ How much does it cost for daily necessities and transportation?
- ✍ How much do you plan to spend for a week?
- ✍ Do you settle the tuition fee and other fees before you depart?
- ✍ What else will you have to pay while you are abroad?
- ✍ How will you access money while study abroad?
- ✍ Can you use your Hong Kong ATM card abroad? Will there be any additional charges?
- ✍ Is it worthwhile to open a bank account in your host country? How to open a bank account? What are the application procedures and required documents?
- ✍ If you are in a financial crisis, how can you get money immediately?

Here's a list of the basic living expenditure items (not exhaustive) for your reference:

- ✍ Airfare
- ✍ Tuition fee
- ✍ Books and other academic expenses
- ✍ Rental/hall expenses
- ✍ Utilities/miscellaneous expenses
- ✍ Meals and drinks
- ✍ Local transport
- ✍ Optional study/sightseeing tours
- ✍ Insurance
- ✍ Medical expenses
- ✍ Entertainment
- ✍ Personal items are not covered by your host university
- ✍ Telecommunication (e.g. mobile phone charges, internet fees, etc.)
- ✍ Contingency



## OTHER POINTS TO NOTE

- ✎ Check the prevailing currency exchange rate.
- ✎ Bring some foreign currency to cover your first month's expenses.
- ✎ Do not carry too much cash at any time.
- ✎ Check the currency exchange service counter at the international airport.
- ✎ Money transfers should be arranged well before your departure.
- ✎ Most of the host universities have on-campus banking facilities.
- ✎ Clear all debts (e.g. library fines, loan, etc.) before your departure.

## IMPORTANT REMINDERS

- ✎ For those who borrow bank loans to finance your exchange expenses, make sure you know the interest rate and loan repayment details.
- ✎ For those who have applied for the HKSAR Government's Tertiary Student Finance Scheme (i.e. Government grants/loan), make sure you have arranged someone you trust to check your mail, respond to possible enquiries from the SFAA and send the loan undertaking form to you. You should have appropriate access to your bank account, such as online banking, for the purpose of monitoring money transaction while you are staying overseas.
- ✎ Check your HKU e-mail account or Student Information System regularly to update the tuition fee information and to make payment before the due date.
- ✎ You probably will miss the Government grants and loan application deadlines, which normally fall in April. You can, however, submit a late application (for the next academic year) upon your return to HK. Contact CEDARS for assistance.

## 5. TRAVEL DOCUMENTS

### VALID STUDENT VISA

Most countries require international students to apply for a valid student visa. Failure to comply with the entry visa requirements may result in delays or even deportation. Check the requirements with your host university or with the relevant consulates in HK. (Refer to Chapter 7, p.41 - 42)

### VALID PASSPORT

Ensure your current passport will remain valid throughout your exchange period. Many countries do not allow anyone to enter the country if the person's passport has less than six months' validity from the proposed departure date.

### FLIGHT BOOKING

Check online or contact the local agents for the best deal. Discounts are often available early. Do you want an open-ended ticket giving you a flexible return date?

### DRIVER'S LICENSES

Obtain an International Driving Permit (IDP) before your departure if you plan to drive while you are staying abroad. For details, please refer to the Transport Department website at <http://www.td.gov.hk/en/home/index.html>.

### RAIL PASSES

Purchase a rail pass (e.g. Eurail Pass, Japan Rail Pass, etc.) to save up money for extensive travel. Some of these passes must be purchased outside of their respective countries/regions.



### INTERNATIONAL STUDENT ID CARD

Apply the student ID card which makes you eligible for a broad range of discounts overseas (e.g. tickets for museum or theatre, discounted price for theme parks, etc.)

### INTERNATIONAL PHONE CARD/PLAN

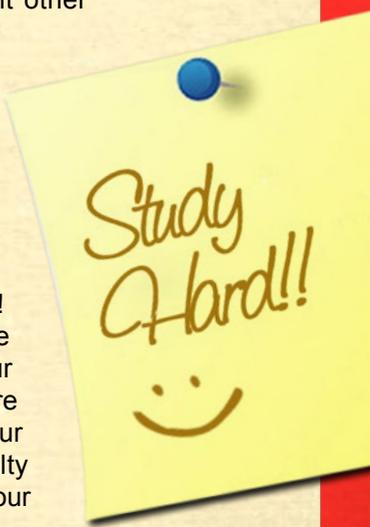
Check with various phone companies for the best deal of international phone card/plan before your departure.

## 6. ACADEMIC MATTERS

Before you leave HKU, you need to settle a few academic matters.

### DEVISE STUDY PLANS

- ✎ Formulate your study plan for the host university. Check the host university's course selection website, and choose the courses that you wish to take. You should bear in mind that you may not be able to take all the courses in your plan due to quota limit, pre-requisites or other restrictions, so it would be advisable to identify some back-up courses as well.
- ✎ Refine your study plan for the remaining semesters in HKU. Very often the courses you intend to take during study abroad do not fit perfectly into your degree syllabus. You should therefore consider the impact of your intended course enrollment (e.g. whether you will miss any pre-requisite courses of the advance courses you need to take and/or the major/minor or graduation requirements), and adjust your study plan accordingly. Consult your academic advisor/course selection advisor/department and faculty offices in advance for advice if you are in doubt.
- ✎ If you wish to transfer credits back to HKU after study abroad, you need to plan well and seek prior approval from your faculty. Don't forget to check the submission deadline of your faculty and adhere to the requirements. You may have to submit other supporting documents (e.g. course syllabus etc.) with your application. It is important for you to do course mapping before you seek approval from your faculty. Always seek advice from your Faculty Academic Advisors or Faculty Office Staff on this if in doubt.
- ✎ If you do not wish to transfer credits back to HKU, make sure you take the normal study load in the host institution. Don't under-load! You are encouraged to take courses that are not offered at HKU. You may need to defer your studies for one semester or a full year if you are not planning to transfer credits back from your host institution. Please check with your faculty well in advance as you may need to adjust your academic plan accordingly.



Study  
Hard!!  
😊

## PREPARE FOR THE DIFFERENT LEARNING STYLE

It may take some time for you to adjust to the differences between studying in HK and your host country. In your new academic environment, the teaching styles and classroom interactions will be heavily influenced by the cultural values and education system of the host country. Therefore, it is helpful for you to prepare ahead:

- ✎ Conduct research about the academic structure, teaching styles, and classroom culture at your host university. If possible, meet with students who have studied at the host university before.
- ✎ Once you have identified key characteristics of the learning environment at your host university, determine how you might need to adapt your learning style to be successful in the host academic environment.

## GET READY TO SHARE

Remember that you will be an academic representative of HKU and will likely be asked many questions about your experience studying in Hong Kong. You are HKU's student ambassador and can help to attract reciprocal study abroad students to our campus.

## ENROLLMENT AT HKU AND YOUR HOST UNIVERSITY

Even though you will be studying overseas for one or two semesters, you are still required to maintain your normal student status at HKU. To maintain your enrollment at HKU, you must follow these important steps:

- ✎ Apply for leave of absence at your faculty office. You may need supporting documents such as an award letter issued by the OISE and/or an admission letter issued by the host university. It is important that you obtain an official letter of approval.
- ✎ For registration with your host university, you should check the registration process with the international office or the faculty office of your host university before you depart.

## PAYMENT OF TUITION FEE

Arrange to pay your HKU tuition fee when it is due. Even though you are living abroad, you still have to settle your fee on time to maintain your student status at the University. It is wise to have someone to pay the tuition fee on your behalf when the invoice is issued. The invoice will be sent to you via HKU e-mail account or under "Self Service" in the Student Information System.

## FORWARDING ADDRESS

Make sure the faculty office has been advised of a forwarding address in Hong Kong that will be valid throughout your stay abroad. Generally, the most appropriate forwarding address will be your permanent home address in Hong Kong and you should make arrangement for someone to check your mail from the University so that they can take any action on your behalf promptly. As soon as you are settled in the host university, get in touch with someone at your forwarding address in Hong Kong, so that they know how to contact you. Do check your HKU portal e-mail account constantly as offices in HKU will be contacting you through that e-mail.

When you arrive at your host university, please make sure you will ring home or send an e-mail to your family. Please also visit the International Office of the host university and seek support from them, if necessary.

## BEFORE YOU LEAVE YOUR HOST UNIVERSITY

Upon completion of your study abroad programme, check with the host university about transcript application procedure. In most cases, the host university will send your transcript to the OISE. The OISE will keep record of your academic result and forward it to your faculty office directly for the purpose of credit transfer.

It is always advisable for you to apply for an additional official transcript for all units that you have studied for your own record. You may either collect it in person before departure or arrange it to be sent directly to your postal address.

## ON YOUR RETURN TO HONG KONG

Please contact your faculty office as soon as you return to ensure that it receives your transcript from your host university for credit transfer purpose. Check university and faculty e-mails regularly and do course add/drop according to the specified schedule. Always consult your Faculty Academic Advisor/Faculty Office Staff when in doubt.

You are required to submit a report on your study abroad activities to the OISE within one month of your return to Hong Kong. The OISE will let you know the submission details in due course. In an attempt to connect people who have participated in the study abroad programmes offered by HKU, the OISE will maintain a database of students who have undertaken study abroad programmes. You will receive surveys from the OISE and you may be asked to participate in different publicity functions. You will also be invited to join the HKU Buddy Programme and assist the incoming international students to adapt to local life.

## 7. EMOTIONAL PREPARATION

Living and studying abroad means more than leaving your family and friends, familiar food, climate, customs and mother tongue. It presents many new challenges as you experience greater independence and personal responsibility. Be prepared to make adjustments and accomplishments in the following areas:

- ✎ Establish your own lifestyle with increased personal independence and responsibility.
- ✎ Appreciate the opportunities to exercise your judgment and deal with problems independently even though it seems a bit frightening to handle difficult situations alone.
- ✎ Make sense of a new culture and adapt to different attitudes, values, lifestyles and ways of thinking.
- ✎ Understand the academic expectations and different learning culture in your host university.
- ✎ Have sensitivity when being asked about your first impression of your host university/country. It is appropriate to give neutral comments because you are new to your host university/country and unfamiliar with her traditions and cultures.
- ✎ Develop new friendships and social networks.
- ✎ Enhance your fluency in the use of a foreign language, especially in your academic work. Don't be afraid of making mistakes. Go for it! What have you got to lose?

Most overseas students experience an initial period of adjustment, of emotional highs and lows. It is perfectly natural. If you find yourself confused or disoriented in the initial period, try to remember that this is a natural stage to go through. As you become more familiar with the new surroundings, you will feel more confident and at ease with yourself and others, and the excitement of making new friends and exploring a new way of life will grow. The key to managing new experiences is to be as prepared as possible, and expect unfamiliarity.

If you feel you are caught in an emotional low at any stage, you should not hesitate to seek support and advice from the International Office or the Student Counselling Centre of your host university. They will be very familiar with these issues, and willing to discuss the issues with you. You may, of course, also contact the CEDARS - Counselling and Person Enrichment for support (Refer to Chapter 7, p.53).

## 8. WHAT TO BRING WITH YOU

Most university students around the world dress casually in campus. For some formal functions (e.g. High Table dinners, graduation ceremonies, etc.), formal attire is required. You may bring the following useful items which may be more costly in some countries.

- ✍ A suit and tie or evening dress
- ✍ A traditional dress and accessories (This is very popular at social event which adds to everyone's enjoyment of the diversity of university life.)
- ✍ A spare pair of spectacles or contact lens
- ✍ Your vaccination certificates (if any)
- ✍ Your medical prescriptions (if any)
- ✍ An international phone card or a SIM card
- ✍ Your personal audio or communications accessories (e.g. notebook)
- ✍ A tour guidebook
- ✍ Some souvenirs for your host or overseas' buddies

## 9. ARRIVAL ARRANGEMENTS

- ✍ Check the date of orientation programmes. If there is no specific programme for incoming students, try to arrive a week in advance of the first day of teaching.
- ✍ Try to arrange someone to pick you up at the airport, if possible. Confirm your arrival details, such as airline, flight number and location of airport, to the pick-up person.
- ✍ Inform your hall manager or host family of your arrival date and time well in advance.
- ✍ Make sure you can check in the hall straight after your landing even though your flight arrives late or outside office hour.
- ✍ Bring all necessary hall check-in information or host family contact with you. Prepare and bring some local currency with you.



# CHAPTER 2

## Arrival Checklist



You should complete the following essential things within the first few weeks after your arrival.

- ☑ Meet your buddy or representative from your host university (if any).
- ☑ Report your arrival to the hall or host family. Inform them if you have any special accommodation requirement.
- ☑ Raise your security concern of accommodation arrangement with your hall manager.
- ☑ Report your arrival to the International Office.
- ☑ Select and register your courses.
- ☑ Familiarise yourself with the campus and the neighbourhood.
- ☑ Familiarise yourself with the security system and the location of safety offices in your residence and on the campus.
- ☑ Ensure your daily commuting route is safe. You can seek help from your buddy or fellow students.
- ☑ Get a university e-mail account and apply for the identification documents. (e.g. university ID, library card, etc.)
- ☑ Connect to online services.
- ☑ Sign up for orientation sessions to make friends and meet key staff. They can give you up-to-date information about your programme.
- ☑ Open a bank account and arrange for fund transfers.
- ☑ Pay the outstanding bills, if any.

## KIND REMINDERS

If you are staying with a host family, make sure you know the 'rules' of your host family and whether you are expected to abide by them. For example, the use of toilets at peak hours, late hour returning, television watching hours, tidying up your room and bed, etc. Be ready to resolve the differences between your lifestyle and theirs.

During your stay, you should try to participate in your host family's lives and understand their values even if you have different ones. In contrast, you can share your values and life in Hong Kong. Giving gifts upon your arrival or at time of your departure is a good way of showing your appreciation of their care. Gifts need not to be expensive, try to source some 'meaningful' ones.

**Remember:** Differences do not necessarily mean problems. Both you and your host family probably need to make adjustments in order to live comfortably together.





# CHAPTER 3

## Safety Issues

Personal safety and security issues are now major concerns in virtually all countries. Remember that Hong Kong is a safe city with one of the best police forces in the world. Not every country is so fortunate. Here are some guidelines to minimise the risk of becoming a victim of crime:

### 1. CONDITIONS THAT CONTRIBUTE TO RISK

The situations that place students at the greatest risk are:

- ⚠ Being out after midnight or in a known high-crime area.
- ⚠ Being alone at night in an isolated area.
- ⚠ Sleeping in an unlocked place.
- ⚠ Being intoxicated, drunk or on drugs.

### 2. FACTORS PLACING STUDENTS AT RISK

Being a foreigner can place you at some increased risk, specially if/ when you:

- ⚠ Stand out in a crowd with camera, map or phrase book.
- ⚠ Are new to this country and do not speak the local language well.
- ⚠ Are travelling to new places by public transport.
- ⚠ Are curious about your new home and the new culture.
- ⚠ Have not yet learned the best way to say “no” in the culture.
- ⚠ May not yet pick up the “clues” that you are in danger.

### 3. STRATEGIES FOR REDUCING RISK

Safety is ultimately the responsibility of each individual student and each person should actively develop a personal safety strategy. You should:

#### URBAN AREA

- ⚠ Be aware of surroundings and avoid going to high-crime areas.
- ⚠ Carry a whistle or other personal safety device.
- ⚠ Locate safe hotels or guest houses to stay.
- ⚠ Monitor alcohol consumption and aware of the legal age to buy alcohol.
- ⚠ Carry only sufficient cash and keep it in a safe place.
- ⚠ Wear your backpack on your front in crowded areas.

#### STREET SENSE

- ⚠ Be cautious when crossing the busy street with your smartphone or technical devices.
- ⚠ Stay alert, avoid dark areas and be aware of who is walking in front of and behind you.
- ⚠ Trust your instincts and leave the area if you do not feel comfortable.
- ⚠ Never take shortcuts through alleys or illegally crossing the street (jaywalk).
- ⚠ Stay calm and go to a well-lighted public area (such as a store or restaurant) to seek help if you think that someone is following you. Call the police, if necessary.
- ⚠ Do not accept rides from strangers.
- ⚠ Do not carry large sums of cash. It is quite a common practice to use credit card in many foreign countries.

## 4. CAMPUS SAFETY

The followings are some useful campus safety tips for you.

- ⚠ Keep emergency numbers in a handy place for easy reference.
- ⚠ Call the campus safety department for escort service if walking alone at night.
- ⚠ Stay alert and report any suspicious incidents to the campus security.
- ⚠ Remember the location of emergency phones in academic buildings.
- ⚠ Learn the location of emergency exits in the building.
- ⚠ Always lock your bicycle with a sturdy lock.
- ⚠ If you are involved in an emergency situation (e.g. campus shooting), get away from the danger, find a location to hide and call the police, if possible.

## 5. HOME SAFETY

The following tips are applicable no matter you are living on the campus or not.

- ⚠ Keep your door and windows locked at all times especially the balcony door.
- ⚠ Keep the curtain drawn and leave a light on when you are away.
- ⚠ If you lose the keys to your residence, have the lock(s) changed. On campus residents should notify the manager immediately.
- ⚠ Female student living alone should not use prefixes “Ms” or “Miss” on the door or mailbox. Use the first initial or last name instead. This is also advisable for telephone directory listings.
- ⚠ Report any suspicious behaviour to the security office.
- ⚠ Require callers to identify themselves before opening your door.
- ⚠ Do not go inside the room and call the security if you find that it has been entered.
- ⚠ Do not allow strangers to follow you into your residence hall.
- ⚠ Be sure to obtain landlord’s insurance for your property. If any property is stolen, report it for insurance and recovery purposes.
- ⚠ Learn the location of fire exits in the building and know your escape route.
- ⚠ Make sure all fire and smoke alarms are in working order.
- ⚠ Do not overload electrical circuits by using too many extension cords or appliances.

## 6. IF YOU BECOME A CRIME VICTIM

If you become the victim of a crime, the following may be helpful:

- ⚠️ Remain calm and try first to defuse the situation. Politeness, courtesy, respect or humour can often reduce tensions.
- ⚠️ If an assailant demands property, give it up. Your safety is more important.
- ⚠️ Create a timely diversion by tossing your wallet in the opposite direction of your exit.
- ⚠️ Carefully note details of the environment around you.
- ⚠️ Note the clothing of an attacker. This has greater success for Police identification than a description of the face.
- ⚠️ Seek support for post-traumatic stress.

## 7. REPORTING

If you have become a victim of an assault, it is important to report the incident to your host university because:

- ⚠️ You may need medical check-up or treatment at the medical centre.
- ⚠️ You may need assistance in legal advice or professionals who are experienced in working with local authorities.
- ⚠️ The university needs to know whether the trauma affects your academic work.
- ⚠️ Campus police are trained to provide support.



## 8. SOME MORE PERSONAL SAFETY TIPS FOR OVERSEAS TRAVEL

Some recommendations for you to travel around or in the host country:

- ⚠ Make a good plan on your trip and travel with friends.
- ⚠ Leave a travel itinerary with contacts to your roommate or a trustworthy person.
- ⚠ Bring your passport and all identification documents with you at all times.
- ⚠ Bring a mobile phone, map, first-aid kit and other technical accessories.
- ⚠ Reserve reputable hotels, familiarise with the emergency exits in hotel.
- ⚠ Avoid night travel and take shortcuts.
- ⚠ Take licensed taxi and write down the license plate number of your taxi.

## 9. HANDLING “ALCOHOL”

Never feel pressured into drinking at all or drinking more than you wish to drink for fear of offending someone in another culture. You need to find ways to say “no” that are not offensive. Usually a friendly but firm “No, thank you” or hand-over-the-glass gesture does the job. Saying “I cannot drink alcohol” or “Alcohol makes me ill” or “I would like a non-alcoholic drink” are also good standard, straightforward options. Just because a glass is filled does not mean you have to drink all or any of it.



## 10. SOME GENERAL SAFETY GUIDELINES FOR NATURAL DISASTER

- ⚠ Do not place heavy or hard objects on high shelves if there is an earthquake. Get under a sturdy table and stay away from concrete objects that could fall over.
- ⚠ Do not use elevators.
- ⚠ Follow the directions of the personnel in charge if you are in a large public area.
- ⚠ Place a bag over your head for protection from falling objects if you are on the street.
- ⚠ Pull over to the side of the road if you are travelling in a car.
- ⚠ Discuss emergency evacuation sites and routes with your friends or host family members and work out methods of contacting each other.
- ⚠ Put on a helmet or even a cushion to protect your head.
- ⚠ Place a wet towel across your nose and mouth to prevent smoke inhalation.
- ⚠ Turn off the main gas valve, all electric and gas cooking appliances.
- ⚠ Put on your shoes to protect your feet from broken glass.
- ⚠ Listen to the radio for news and instructions.
- ⚠ Secure an escape by opening a window or door.
- ⚠ Save the emergency contact number of your host university, the travel agency and the Chinese Embassy in your mobile phone.



# CHAPTER 4

## Travel Advice



### 1. MONITOR WORLD EVENTS

Before you embark on a journey or travel to a new country, you are recommended to monitor events in your host country.

You can assess your personal risks by asking the following questions:

- ✈ What is the political system in the host country? Is the political environment stable? Are there any issues related to corruption?
- ✈ Is there any special concern about the economic instability of the country?
- ✈ What religion is practiced in your host country? Are there any issues related to religious intolerance?
- ✈ Are there any special concerns about racial/ethnic difference?
- ✈ What is the relationship between China and your host country? What is the history? Are there any specific issues/incidents which may impact you as a Chinese visitor?

The following links will assist you in keeping abreast of what is happening in your host country:

Office of the Commissioner of the Ministry of Foreign Affairs of the People's Republic of China in the HKSAR	<a href="http://www.fmcopecr.gov.hk/">http://www.fmcopecr.gov.hk/</a>
CNN News	<a href="http://www.cnn.com/">http://www.cnn.com/</a>
BBC News	<a href="http://www.bbc.co.uk/">http://www.bbc.co.uk/</a>
HKSAR Security Bureau, Outbound Travel Alert System	<a href="http://www.sb.gov.hk/eng/ota/">http://www.sb.gov.hk/eng/ota/</a>

## 2. HANDLING JET LAG

If you suffer from jet lag, here are some advices for you.

### WHAT IS JET LAG?

Jet lag refers to the group of physical and physiological symptoms associated with rapid crossing of multiple time zones (meridians). These symptoms are primarily caused by the disturbance of the body's natural rhythm and sleep-wake cycle. The time for re-establishment of body's natural rhythm equilibrium is generally greater with eastward than westward flights.

### HOW DO YOU RECOGNIZE JET LAG?

Symptoms of jet lag include difficulty in sleeping, tiredness, mood disturbance, tummy upset (e.g. loss of appetite). Jet lag can adversely affect performance, such as manual and cognitive skills.

### PREVENTION OF JET LAG

- ✈ Take a rest fully and not be sleep-deprived at the start of a trans-meridian journey.
- ✈ If the trip lasts less than 3 days, you should attempt to keep sleeping and activity timetable of your departure city instead of the destination.
- ✈ If the trip lasts more than 3 days, you should immediately adopt the sleep/meal times of the destination and synchronise with destination's time as quickly as possible. Take a short nap during the day for the first few days to help your adaptation, if necessary.
- ✈ Outdoor light exposure at destination can reduce symptoms of jet lag.
- ✈ Take plenty of fluid. Avoid too much alcohol and coffee during flight.
- ✈ Refrain from taking sleeping pills unless necessary. Discuss the use with your doctor.
- ✈ Melatonin is a hormone that has been widely publicised to alleviate jet lag. However, there are uncertainties about its safety and inappropriate timing of dosages may worsen jet lag. You should consult your doctor for further information.
- ✈ Avoid making important decisions or driving immediately on arrival after crossing many time zones.

(Source: Travel Health Service, Department of Health, Hong Kong SAR)



### TRY TO REST FOR THE FIRST FEW DAYS AFTER ARRIVAL

You should get over the jet lag after a week or so. Adequate rest, exercise without too much exertion, and a balanced diet can help your body adjust to a new country with new time, weather, food and customs. If you require assistance, you should first contact the staff of your host university, failing which you should contact the CEDARS - Counselling and Person Enrichment.



# CHAPTER 5

## Health Issues



### 1. GENERAL TRAVEL HEALTH TIPS

You are subjected to various forms of stress (e.g. crowding, long hours of waiting, disruption of eating habits, changes in climate and time zone, etc.) that may reduce your resistance to disease. The principle for healthy travel is to identify and minimise the effects of such risks. In order to assess the risks involved, you should know your destination well.

#### BEFORE THE TRIP

##### Pre-Travel Checklist

- 🔑 Destination and type of accommodation
- 🔑 Duration of trip
- 🔑 Purpose: package tour, business, missionary or backpacking?  
Exposure to health risk varies with different travel style
- 🔑 Hygiene standard of the destination
- 🔑 Special activities: high altitude trekking, diving, hunting, camping, etc.

##### Pre-Travel Consultation

- 🔑 If you have any medical problems, you should discuss with your family doctor before travel.
- 🔑 Medications that you need to take regularly should be carried as hand baggage.
- 🔑 Make a record of medicines that you are using.
- 🔑 Check with your travel agent, doctor or your host university for the types of vaccines required. These may include vaccination against hepatitis A and B, yellow fever (required under the International Health Regulations if you visit certain countries in Africa and South America), typhoid fever, etc.



- 🔑 If you are going to places where the standards of hygiene and sanitary control are underdeveloped, you are at risk of catching dangerous infectious diseases. Make sure you take the right precautions before you leave and book an appointment for Travel Health Clinic in our University Health Service (UHS) (Tel 2549 4686) at least 4-6 weeks before departure.
- 🔑 If vaccination is required, tell the health professional about any allergy you may have before receiving the vaccine.
- 🔑 Prepare a travel medical kit containing a thermometer, masks, disinfectants such as alcohol swabs and medications as necessary. Traveler's Medical Pack containing medicine for symptomatic relief of minor ailments is available at the University Health Service at [http://www.uhs.hku.hk/forms/traveller\\_eng.pdf](http://www.uhs.hku.hk/forms/traveller_eng.pdf) at a notional charge.
- 🔑 Obtaining traveller's health insurance should be considered because medical care can be costly or not readily available overseas and sometimes repatriation is needed.

## DURING THE TRIP

Get plenty of sleep and have a well balanced diet to build up good body resistance. Do not overexert yourself.

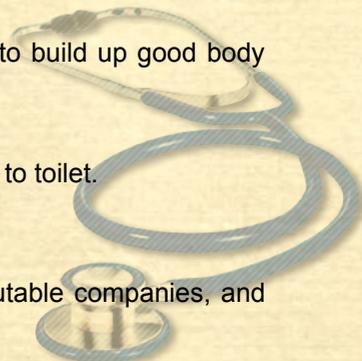
### Food and Personal Hygiene

- 🔑 Always wash hands before eating and after going to toilet.
- 🔑 Take only thoroughly cooked food.
- 🔑 Avoid partially cooked seafood including shellfish.
- 🔑 Drink only boiled water, or drinks bottled by reputable companies, and dairy products or pasteurised milk.
- 🔑 Avoid drinks prepared by ice of unknown origin.
- 🔑 Avoid peeled fruits and vegetables not thoroughly cleaned.
- 🔑 Do not patronise street-side unlicensed food hawkers.

### Diarrhoea

Travellers Diarrhoea is common, not life-threatening and self-limiting when treated properly. Drink plenty of fluid and eat a diet of non-greasy, easily digestible food. For severe or prolonged diarrhoea, the following solution is recommended for both children and adults:

- 🔑 To one litre of water add:
  - 6 level teaspoons sugar (white, brown or honey) and
  - 1 teaspoon salt.



- 🔑 There are medications in the University Health Service Traveller's Medical Pack for diarrhoea. **Never be used in children.**
- 🔑 Consult a doctor as appropriate.

### Avoiding Mosquito-Borne Diseases

- 🔑 Mosquito can transmit several lethal diseases such as Yellow Fever, Dengue Fever, Japanese Encephalitis and Malaria. Personal protection measures are paramount at all times. Be faithful in carrying out the following measures to prevent insect bite:
  - Avoid being outdoors during mosquito feeding times (between dusk and dawn for Malaria, daytime for Dengue Fever).
  - Stay in air-conditioned rooms or those protected by screens.
  - While outdoors, wear long-sleeved light coloured clothing to cover the arms, legs, and particularly the ankles.
  - Apply insect repellent to exposed skin. Choose one containing DEET (N, N-diethyl-3-benzamide). Repeated application may be required. Concentration of 'DEET' should not exceed 35% for adult and 20% for children above 2 months old.
  - If the room allows "entry" of mosquitoes, use a mosquito net over the bed.

### Sexually Transmitted Diseases

- 🔑 Beware of the dangers of casual sex while you are abroad.
- 🔑 A single exposure is sufficient to transmit the HIV virus (which causes AIDS) or other sexually transmitted diseases if your sexual partner happens to be a carrier.
- 🔑 Using condoms correctly provides some protection from getting the sexually transmitted diseases but the golden rule is to refrain from promiscuity and never have sex with strangers.

### Accidents

- 🔑 Traffic accidents are the leading cause of death among travellers.
- 🔑 When hiring vehicles, you should check carefully the insurance coverage, as well as the state of the tyres, safety belts, lights, brakes, etc.
- 🔑 Avoid night driving.
- 🔑 Do not drive for long distance on the road without intermittent rest.
- 🔑 Be careful in high-risk activities like sky diving, shooting rapids, high altitude trekking, diving, etc.



## AFTER THE TRIP

### Upon Returning, Consult a Doctor if You

- 🔗 Have fever, rash, diarrhoea, vomiting or feel unwell.
- 🔗 Had been to an area with a recent outbreak of infectious diseases.
- 🔗 Had been in contact with sick people locally.
- 🔗 Had travelled to rural or developing areas.

Remember to tell your doctor where you have been, including transit countries. For further information, please visit UHS website at <http://www.uhs.hku.hk/travellingthc.htm>.  
(Source: Travel Health Service, Department of Health, Hong Kong SAR)

## 2. ADDITIONAL MEASURES FOR PREVENTION OF AVIAN FLU/HUMAN SWINE FLU (H1N1) – HEALTH TIPS FOR TRAVELLERS



To prevent Avian Influenza, you should be vigilant in the following measures:

### BEFORE YOU TRAVEL

Check the most updated information related to Avian Flu and other infectious diseases. Details of any enforced precautions can be found on these websites:

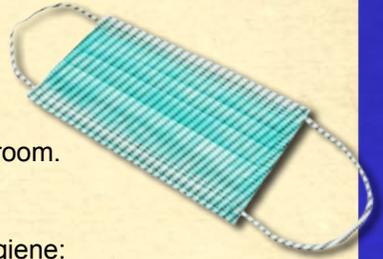
The World Health Organization	<a href="http://www.who.int/en">http://www.who.int/en</a>
The Centre for Health Protection, Hong Kong	<a href="http://www.chp.gov.hk/">http://www.chp.gov.hk/</a>
HKU website on Pandemic Flu/Avian Flu	<a href="http://www.uhs.hku.hk/pandemicflu">http://www.uhs.hku.hk/pandemicflu</a>
The website of the country of destination	

The following persons are advised either NOT to travel or seek medical advice before travel:

- 🔗 One who feels unwell or has a fever.
- 🔗 One who has been in close contact with suspected or confirmed Avian Flu patients in the last 7 days.

## AFTER ARRIVAL AT DESTINATION

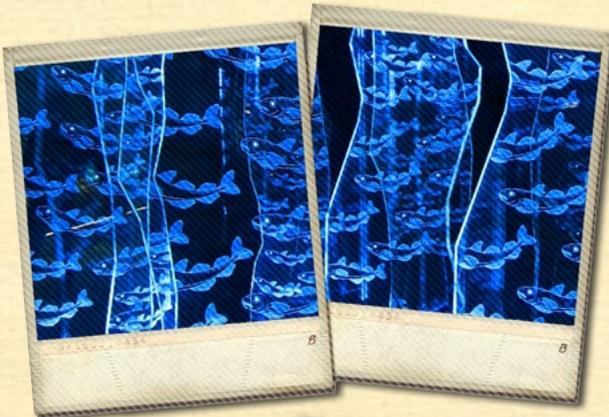
- 🔑 Avoid contact with poultry (live or dead), birds or their droppings. Avoid going to bird parks, poultry markets and farm. Do not feed pigeons or other birds. Wash hands immediately after handling them. If hand washing facilities is not available, clean hands with an antiseptic hand rub.
- 🔑 Observe food hygiene. Poultry and eggs products should be thoroughly cooked before eating.
- 🔑 Have masks at hand. Put on when you or fellow travellers have symptoms of respiratory infection.
- 🔑 If feeling unwell, especially with fever:
  - Consult a doctor promptly.
  - Wear a surgical mask.
  - Do not join group activities. Rest in your room.



## AT ALL TIMES

Maintain good personal and environmental hygiene:

- 🔑 Keep hands clean. Wash hands with liquid soap and dry hands thoroughly.
- 🔑 Wash hands before eating or handling food, and before touching mouth, nose and eyes.
- 🔑 Cover nose and mouth with tissue paper when coughing or sneezing. Dispose used tissue into covered litter bin.
- 🔑 Do not share towels or personal items.
- 🔑 Use serving spoons or chopsticks.
- 🔑 Wear a mask if symptoms of fever or respiratory infection develop.



# CHAPTER 6

## *Maximise Your Overseas Learning Experience*



Here are some suggestions to help you to crystallise your experiences of living abroad.

### 1. CHART YOUR JOURNEY

Before you go, set a goal for yourself. Jot down your thoughts and experiences in a journal and examine it during your journey. Organise your thoughts and experiences and share them with your peers and others after returning home. After homecoming, find out how your perspectives have changed.



## 2. KNOW YOUR OWN CULTURE

Before you go, please grasp a basic understanding of Hong Kong culture and be ready to share with your new friends. Listed below are some broad subject areas for your further thoughts:

### YOUR IDENTITY

- What does it mean to be a Hong Kong Chinese?
- How does your origin affect your sense of identity?

### GOVERNMENT

- What are the recent hot political topics?
- How does 'one country, two systems' work?
- How would you describe the political parties?
- What is the administrative structure of Hong Kong?
- How would you explain the political system of Hong Kong?
- How would you explain the relationship between the 'Legislative Council' and 'Executive Council'?

### HISTORY

- How old is Hong Kong?
- What are the major historical events?
- What are the historical sites in Hong Kong?

### SPORTS AND LEISURE

- What are the popular sports?
- How do people spend their time when they are not working?

### MEDIA

- What are the major media channels?
- To what extent is international news covered?
- What role should Radio Television Hong Kong (RTHK) play?
- What are the recent discussions on the topics like freedom of speech and media censorship?

### EDUCATION

- What are the characteristics of our education system?
- What are the recent discussions on education reform?
- How does the "3+3+4" reform affect the tertiary education?
- Is the HK government subsidising tertiary education? Do you need to pay your school fees?

## HONG KONG – MAINLAND RELATIONSHIP

- How is the relationship between Hong Kong and the Mainland?
- What role does Hong Kong play in the 'strait relationship'?

## EXTERNAL RELATIONS OF CHINA

- What are your views on the rise of China?
- What are the recent developments in China's foreign policy?

## SOCIAL ISSUES

- What is the distribution of wealth in Hong Kong like?
- What are the policies pertaining the health care system?
- Are people in Hong Kong aware of Corporate Social Responsibility?
- What benefits does the Hong Kong government provide for the low-income families?

## ECONOMICS

- What are the latest hot issues?
- How do you view the pegged currency policy?
- How does Hong Kong government react to rising property price?
- What role does Hong Kong play in contributing to the Mainland's economic development?

## RELIGION

- What are the major religious practices?
- What do you think about the freedom of religion in Hong Kong?

## PERSONAL

- What makes you proud of being a Hong Kong Chinese?

### 3. LEARN ANOTHER CULTURE

#### ATTITUDE

##### Be Open-Minded

Be ready to open up yourself. This particularly refers to your mindset. Allow your assumptions and values to be challenged. Your assumptions about what is normal and what is unacceptable are largely learned in your original cultural environment. But your original assumptions and values do not necessarily apply in your host country. You need to observe what others do and ask questions without making judgment until you find out more. In this way, you will likely be exposed to some new ideas and adjust your behaviour in your host country.

Although you may not immediately recognise the ways in which the host culture differs from your original culture, you can start detecting its existence by looking for 'red flags', i.e. your spontaneous reactions to the host culture such as 'they are stupid', 'they are rude'. These 'red flags' can be served as a warning sign, to warn you of the cultural differences that could lead to misunderstanding. When you have a 'red flag' reaction, you may start asking yourself, 'are these people rude or do they have a different rule for politeness?' and 'what have these people done that make me find them stupid?'. You can start looking for explanations for what you have noticed to be new or different. This can prevent you from jumping to a conclusion too quickly.

##### Reaching Out

Even at home, you still have to put efforts in establishing your social circles. Being an exchange student doesn't mean that you will automatically become the most popular student, you still have to work hard to build up your social ties. It takes time to develop friendships and you may have to be the first one to extend an invitation. Observe the friendship groups in your host university or community and let them know you want to be friend with them. Try to discover which people you would like to have as friends. Who shares your basic values? Who shares your interest? Who seems to be more culturally sensitive? Who is a good listener and who can be confided in? You may feel shy or uneasy about suggesting activity to do together. It is pretty 'normal' for a new person in any group to feel this way, but don't let this discourage you from trying to make new friends. Too much fear of being rejected could prevent you from making any friend at all.

## SOME POSSIBLE WAYS TO LEARN ANOTHER CULTURE

Before you leave, you can find out information on a wide range of topics concerning your host country from different sources like the internet, newspapers, magazines, books and television, etc. Your research topics may include the following broad areas:

- Political system and government structure
- Education system
- Economic system
- History and geography
- Culture (e.g. religion, dress, food, leisure activities, arts, literature, film and media)
- Sports (e.g. major sports activities)
- Social etiquette

During your stay, you can add value to such factual information by experiential learning. Listed below are some suggested cross-cultural activities for your further exploration (you need to modify them to suit your pragmatic needs):

- What does the TV or radio programme tell you about your host culture and values? How is it compared with Hong Kong?
- Go to a market or grocery store and look around the merchandise. In what ways are they different from the Hong Kong market in terms of physical environment, price, range of products or services? How do you account for the differences?
- Find out how to open a bank account and transfer money from Hong Kong. Are foreigners permitted to open a bank account? Are there any restrictions? What services are offered by the banks? What other options do you have? How do you compare the differences between your host country and Hong Kong?
- Tour a museum (it can be in the areas of arts, natural history, archaeology or any other kinds). What does it tell you about the cultural lives of your host country?
- If possible, go to the cinema and watch a locally produced movie. What do you think about it? Does it have a set formula that characterises the movie industry of your host country? Do you like it? Why?
- Attend a sporting event and describe it. How is it played and viewed in your host country? What role does this sport play in your host country? Compare this experience with that in Hong Kong.

- Find out several current issues and observe how the locals respond to them. Are there any major opposite views? How do the media cover them?

#### 4. CONSOLIDATE YOUR LEARNING EXPERIENCES

##### HAVE A PRIVATE CRITIQUE ON YOUR OWN JOURNAL

- See if you can identify the prominent topics that appear frequently in your entries. Does this surprise you? Why or why not?
- Do you have frustrating moments? Is the issue resolved? If not, how will you manage to resolve it? How has this experience shaped your perception about your host country and yourself?

##### SHARE YOUR EXPERIENCE WITH OTHERS

After returning home, be ready to share your experiences, including your insights, pictures or other memorabilia from your trip with your friends and family members. You can act as a buddy to the incoming exchange students from your host country in the forthcoming academic year. You can also take foreign language courses or other related subjects that may not interest you before.





# CHAPTER 7

## Useful Information

### 1. WEBSITE

If you wish to conduct research about your host countries, here are some useful websites:

#### ABOUT YOUR HOST COUNTRY

Australia	<a href="http://www.studyinaustralia.gov.au">http://www.studyinaustralia.gov.au</a>
Canada	<a href="http://www.studyincanada.com">http://www.studyincanada.com</a>
China	<a href="http://www.moe.edu.cn">http://www.moe.edu.cn</a>
France	<a href="http://www.campusfrance.org/en">http://www.campusfrance.org/en</a>
Germany	<a href="http://ic.daad.de/hongkong/">http://ic.daad.de/hongkong/</a>
Japan	<a href="http://www.studyjapan.go.jp/en/index.html">http://www.studyjapan.go.jp/en/index.html</a>
Korea	<a href="http://www.studyinkorea.go.kr/">http://www.studyinkorea.go.kr/</a>
Malaysia	<a href="http://www.mohe.gov.my/educationmsia/">http://www.mohe.gov.my/educationmsia/</a>
Netherlands	<a href="http://www.government.nl/ministries/ocw">http://www.government.nl/ministries/ocw</a>
New Zealand	<a href="http://www.immigration.govt.nz/migrant/stream/study">http://www.immigration.govt.nz/migrant/stream/study</a>
Singapore	<a href="http://www.singaporeedu.gov.sg/hm/stu/stu05.htm">http://www.singaporeedu.gov.sg/hm/stu/stu05.htm</a>
Spain	<a href="http://www.spainexchange.com">http://www.spainexchange.com</a>
Thailand	<a href="http://www.thai-consulate.org.hk">http://www.thai-consulate.org.hk</a>
United Kingdom	<a href="http://www.britishcouncil.org/hongkong">http://www.britishcouncil.org/hongkong</a>
USA	<a href="http://www.educationusa.info/">http://www.educationusa.info/</a>

## OTHER ORGANIZATIONS

HK Immigration Department	<a href="http://www.immd.gov.hk">http://www.immd.gov.hk</a>
China Affairs Office, HKU	<a href="http://www.als.hku.hk/hkucao/">http://www.als.hku.hk/hkucao/</a>
Office of International Student Exchange, HKU	<a href="http://www.als.hku.hk/admission/exchange/">http://www.als.hku.hk/admission/exchange/</a>
Hong Kong Tourism Board	<a href="http://www.discoverhongkong.com">http://www.discoverhongkong.com</a>
Hong Kong Young Ambassador Scheme	<a href="http://yas.hkfyg.org.hk/eng/index.php">http://yas.hkfyg.org.hk/eng/index.php</a>
World Health Organization	<a href="http://www.who.int/">http://www.who.int/</a>
Education Bureau, The Government of the Hong Kong SAR	<a href="http://www.edb.gov.hk/">http://www.edb.gov.hk/</a>
Office of the Commissioner of the Ministry of Foreign Affairs of the People's Republic of China in the HKSAR	<a href="http://www.fmcopecr.gov.hk/">http://www.fmcopecr.gov.hk/</a>

## 2. CONSULATES IN HONG KONG

### AUSTRALIA

23-24/F, Harbour Centre,  
25 Harbour Road, Wanchai  
Tel: 2827 8881  
Fax: 2585 4457  
Website: [www.hongkong.china.embassy.gov.au](http://www.hongkong.china.embassy.gov.au)  
Email: [enquiries.hongkong@dfat.gov.au](mailto:enquiries.hongkong@dfat.gov.au)

### CANADA

11-14/F, One Exchange Square,  
8 Connaught Place, Central  
Tel: 3719 4700  
Fax: 2867 7385  
Website: [www.hongkong.gc.ca](http://www.hongkong.gc.ca)  
Email: [hkong@international.gc.ca](mailto:hkong@international.gc.ca)

### GERMANY

21/F, United Centre,  
95 Queensway, Admiralty  
Tel: 2105 8788, 2105 8777  
Fax: 2865 2033  
Website: [www.hongkong.diplo.de](http://www.hongkong.diplo.de)  
Email: [info@hongkong.diplo.de](mailto:info@hongkong.diplo.de)

### AUSTRIA

Rm 2201, Chinachem Tower,  
34-37 Connaught Road, Central  
Tel: 2522 8086  
Fax: 2521 8773  
Website: [www.bmeia.gv.at/hongkong](http://www.bmeia.gv.at/hongkong)  
Email: [hongkong-gk@bmeia.gv.at](mailto:hongkong-gk@bmeia.gv.at)

### FRANCE

26/F, Tower II, Admiralty Centre,  
18 Harcourt Road, Admiralty  
Tel: 3752 9900  
Fax: 3752 9901  
Website: [www.consulfrance-hongkong.org](http://www.consulfrance-hongkong.org)  
Email: [press@consulfrance-hongkong.org](mailto:press@consulfrance-hongkong.org)

### JAPAN

46-47/F, One Exchange Square,  
8 Connaught Place, Central  
Tel: 2522 1184  
Fax: 2868 0156  
Website: [www.hk.emb-japan.go.jp](http://www.hk.emb-japan.go.jp)

## KOREA

5-6/F, Far East Finance Centre,  
16 Harcourt Road, Admiralty  
Tel: 2529 4141  
Fax: 2861 3699  
Website: [hkg.mofat.go.kr](http://hkg.mofat.go.kr)  
Email: [info@korea.org.hk](mailto:info@korea.org.hk)

## NEW ZEALAND

6501, Central Plaza,  
18 Harbour Road, Wanchai  
Tel: 2525 5044  
Fax: 2845 2915  
Website: [www.nzembassy.com/hongkong](http://www.nzembassy.com/hongkong)  
Email: [nzcghkg@biznetvigator.com](mailto:nzcghkg@biznetvigator.com)

## SPAIN

Suite 5303, 53/F,  
Central Plaza,  
18 Harbour Road, Wanchai  
Tel: 2525 3041, 2525 3042  
Fax: 2877 2407  
Website: [www.consulateinhongkong.maec.es](http://www.consulateinhongkong.maec.es)  
Email: [espcghk@netvigator.com](mailto:espcghk@netvigator.com)

## THE NETHERLANDS

Room 2402B, 24/F,  
Great Eagle Centre,  
23 Harbour Road, Wanchai  
Tel: 2599 9200  
Fax: 2868 5388  
Website: [www.hollandinhongkong.org](http://www.hollandinhongkong.org)  
Email: [information@netherlands-cg.org.hk](mailto:information@netherlands-cg.org.hk)

## UNITED STATES OF AMERICA

26 Garden Road,  
Central  
Tel: 2523 9011  
Fax: 2845 1598  
Website: [hongkong.usconsulate.gov](http://hongkong.usconsulate.gov)

## MALAYSIA

24/F, Malaysia Building,  
50 Gloucester Road, Wanchai  
Tel: 2821 0800  
Fax: 2865 1628  
Email: [malhkong@kln.gov.my](mailto:malhkong@kln.gov.my)

## SINGAPORE

Unit 901, 9/F, Tower 1,  
Admiralty Centre,  
18 Harcourt Road, Admiralty  
Tel: 2527 2212  
Fax: 2861 3595  
Website: [www.mfa.gov.sg/hongkong](http://www.mfa.gov.sg/hongkong)  
Email: [singcg\\_hkg@sgmfa.gov.sg](mailto:singcg_hkg@sgmfa.gov.sg)

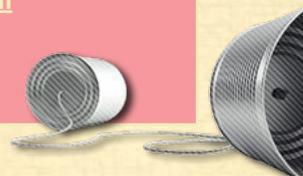
## SWEDEN

Room 2501, 25/F,  
Bank of East Asia Harbour View Centre,  
56 Gloucester Road, Wanchai  
Tel: 2521 1212  
Fax: 2596 0308  
Website: [www.swedenabroad.com/hongkong](http://www.swedenabroad.com/hongkong)  
Email: [generalkonsulat.hongkong@foreign.ministry.se](mailto:generalkonsulat.hongkong@foreign.ministry.se)

## UNITED KINGDOM

1 Supreme Court Road  
Central  
Tel: 2901 3000  
Fax: 2901 3040  
Website: <http://ukinhongkong.fco.gov.uk>  
Email: [information@bcg.org.hk](mailto:information@bcg.org.hk)

For a full listing, please refer to  
<http://www.protocol.gov.hk/eng/consular/index.html>



### 3. HKU OVERSEAS ALUMNI BODIES



COUNTRY/ALUMNI BODY	CONTACTS
Australia (HKUAA New South Wales Chapter Australia Inc)	Dr. Terry Yew Email: hkuaansw@hku.hk Website: www.alumni.hku.hk/hkuaansw/
Australia (HKUAA of Victoria, Australia)	Dr. Cindy Lee-Wong Email: hkuaavic@hku.hk Website: www.alumni.hku.hk/hkuaavic/
Australia (HKU Medical Alumni Association Victorian Chapter Inc.)	Dr. Dennis Shum Email: shum@bigpond.com
Canada (HKUAA British Columbia)	Ms Vince Ko Email: chair@hkuaa.bc.ca Website: www.hkuaa.bc.ca
Canada (HKUAA of Ontario, Canada)	Mr. Tim Cheng Email: hkuaaont@www.hku.hk Website: www.alumni.hku.hk/hkuaaont/
China (HKUAA of Chinese Mainland)	Mr. Dai Liu Email: david.lue@imba1999.business.hku.hk
China (HKU Beijing Alumni Network)	Ms Mabel Kwan Email: mabelkwanys@gmail.com Website: www.alumni.hku.hk/hkubjan/
China (HKU Beijing Law Alumni Network)	Dr. Wang Huai-yu Email: wanghy@drc.gov.cn
China (Shanghai Alumni Network)	Ms Doreen Cheung Email: cheung.doreen@hotmail.com Website: www.alumni.hku.hk/home/shanghai/event/
China (St John's Alumni Beijing Chapter)	Co-ordinator: Mr. Paul Lee & Mr. Philip Yu Email: paullee@tbwahakuhodo.cn
China (St John's Alumni Guangdong Chapter)	Co-ordinator: Mr. Jay Wu Email: wuyjie208@hotmail.com



COUNTRY/ALUMNI BODY	CONTACTS
China (St John's Alumni Shanghai Chapter)	Co-ordinator: Ms Jean Chan & Mr. Johnny Lau Email: jean.chan@sc.com
Japan (HKU Alumni Network of Japan)	Mrs. Sharon Takao Email: jchapter@hku.hk Website: www.daa0.hku.hk/home/album/JPalumni/
Malaysia (HKUAA Malaysia)	Dr. Seow Kim Cheok Email: klinikseow@hotmail.com
New Zealand (HKUAA of New Zealand)	Mrs. Margaret Chan Email: hkuaanz@hku.hk Website: www.alumni.hku.hk/hkuaanz/
Singapore (HKUAA Singapore Chapter)	Ms Sally Ma Email: hkuaasg@hku.hk Website: www.alumni.hku.hk/hkuaasg/
UK (HKUAA UK Chapter)	Dr. Ronald Lo Email: anaeslow-company@yahoo.co.uk Website: www.alumni.hku.hk/hkuaauk/
USA (HKUAA of Northern California)	Dr. Gloria Yu Email: gsyuuu@yahoo.com Website: www.hkuaa.org
USA (HKUAA Southern California)	Mr. Peter Tong Email: peterotong@msn.com Website: www.hkuaasc.org/
USA (HKU Alumni Chapter in New York)	Dr. Raymond Li Email: rayli@verizon.net
USA (HKU Alumni Network of New England, USA)	Dr. Keith Wong Email: kwong18@partners.org Website: www.hkuaane.org/
USA (HKU Alumni Association Washington State Chapter)	Mr. Jason Cheng Email: hkuaawa@hku.hk Website: www.alumni.hku.hk/hkuaawa/
USA (HKU Central USA Alumni Network)	Convenor: Ms Luo Guannan & Mr. Bradley Butterfield Email: guannanluo2012@u.northwestern.edu



#### 4. OVERSEAS CHINESE CONSULATES

You can find the locations and contacts of overseas Chinese diplomatic or consulates on the homepage of the one-stop portal of the HKSAR Government (GovHK). The information is listed under 'Finding an Embassy, Consulate or Mission' section at <http://www.gov.hk/en/residents/immigration/outsidehk/assisttravel.htm>.

#### 5. SERVICES PROVIDED BY HKSAR GOVERNMENT'S "ASSISTANCE TO HONG KONG RESIDENTS UNIT"

You are advised to familiarise yourself with the services provided by the 'Assistance to Hong Kong Residents Unit'. You can read the following information on the homepage of the GovHK at <http://www.gov.hk/en/residents/immigration/outsidehk/>.

- 1) Assistance to Hong Kong Residents 24-Hour Hotline
- 2) Assistance to Hong Kong Residents in the Mainland
- 3) Assistance to Hong Kong Residents Travelling Outside Chinese Territory
- 4) Travel Tips and Advice
- 5) Registration of Outbound Travel Information

The "Assistance to Hong Kong Residents Travelling Outside Chinese Territory" (<http://www.gov.hk/en/residents/immigration/outsidehk/assisttravel.htm>) is extracted below for your quick reference.

#### WHAT IS CONSULAR PROTECTION

Consular protection is the act of diplomatic or consular organs or officers in protecting the national interests and legitimate rights of citizens or legal persons in another country within the limits permitted by international law. When the legitimate rights and interests of a Chinese citizen or legal person are illegally violated in another country, the Chinese diplomatic or consular mission there will, in accordance with customary international law principles, relevant international conventions, bilateral treaties or agreements and the relevant laws of China and the other country, reflect the citizen or legal person's request and urge the related authorities of the other country to handle the issue in a fair, friendly and proper way.

Consular protection also includes assistance rendered by Chinese diplomatic or consular missions to Chinese citizens or legal persons, such as providing information on international travel safety, assisting in employing lawyers and translators, visiting detainees and assisting in evacuating from dangerous places, etc.

## ASSISTANCE THAT CAN BE PROVIDED BY CONSULAR OFFICERS

If you are a Hong Kong permanent resident and Chinese citizen in need of assistance while abroad, the diplomatic and consular missions of the People's Republic of China can:

- ✘ Notify your family of the incident or casualty if you have an accident.
- ✘ Issue travel documents or homeward-bound documents if you have no travel documents or have lost them.
- ✘ Accept the application and provide a place of collection for a Hong Kong Special Administrative Region Passport or Document of Identity for Visa Purposes if you are eligible.
- ✘ Visit you at your request when you are under detention, arrest or sentence.
- ✘ Recommend lawyers, translators or doctors to assist you in legal proceedings or in seeking medical treatment.
- ✘ Assist you in contacting your family when you are in financial difficulty for timely and necessary financial assistance.
- ✘ Provide advice and necessary assistance for evacuation from dangerous areas in case an unexpected incident takes place.
- ✘ Assist you in locating your friends or family members who may be in distress or custody.
- ✘ Provide notarial and authentication services for you in accordance with the relevant laws and regulations of the People's Republic of China and international treaties, and handle registration of marriages between Chinese citizens provided that they do not contravene the laws and regulations of the host country.

## ASSISTANCE THAT CANNOT BE PROVIDED BY CONSULAR OFFICERS

Chinese diplomatic or consular missions cannot:

- ✘ Intervene in the judicial or administrative acts of the host country.
- ✘ Arbitrate or settle economic, labour and other civil disputes between you and others.
- ✘ Obtain treatment better than what is given to local people when you are in hospital, in detention or in prison.
- ✘ Pay for your lawyer's fees, translator's costs, hotel, medical and travel (air/ sea/land travel tickets) expenses, or any other expenses.
- ✘ Apply for a visa for you.
- ✘ Institute legal proceedings for you.

## RESPECTING THE LAW

Chinese citizens outside Chinese territory should obey the laws and regulations of the countries they are in, and respect the local customs and practices. They should strictly adhere to the permitted limit of stay granted by the country concerned as specified in their visa or permit of residence.

## STOLEN PROPERTY

If any of your property is stolen, you should immediately report the theft to the local police and request a copy of the police report. You may also contact the Chinese diplomatic or consular mission in the country so that money can be remitted to you by your family through the diplomatic or consular mission, or transferred to you via the Ministry of Foreign Affairs.

## DETENTION OR IMPRISONMENT

If you commit an offence in another country, you must bear the legal consequences. If you are arrested or detained for any charge of offence, you have the right to request the authorities concerned to meet the consular officers of the Chinese diplomatic or consular mission.

## DEATH

If your relative, friend or companion dies abroad, the Chinese diplomatic or consular mission in the country concerned may, at your request, authenticate the death certificate issued by the local authorities. The diplomatic or consular mission may also provide you with a list of companies engaging in funeral services.

## FINDING AN EMBASSY, CONSULATE OR MISSION

The Ministry of Foreign Affairs of the People's Republic of China provides comprehensive lists of its missions overseas. The following link will take you to information on Chinese diplomatic or consular missions to international organisations and representative offices that can be contacted while you are abroad.

Embassy, consulate, mission and representative office lists

<http://www.fmprc.gov.cn/eng/wjb/zwjg/default.htm>

## POINTS TO REMEMBER

When seeking consular protection or services, please pay attention to the following points:

- ✦ Consular officers must not exceed the terms of reference for consular duties in providing consular protection and services to Chinese citizens.
- ✦ Relevant provisions lay down that fees are required for some consular services, such as the processing of various documents.
- ✦ If you are seeking consular protection and services while overseas, you can make enquiries with local government officials or police for the addresses and telephone numbers of diplomatic representatives and consular organs of the People's Republic of China at that place.
- ✦ You may also make enquiries through the Immigration Department assistance hotline (香港入境事務處的求助熱線電話) at **+852 1868**

The Ministry of Foreign Affairs of the People's Republic of China is responsible for the explanation of consular protection and services.

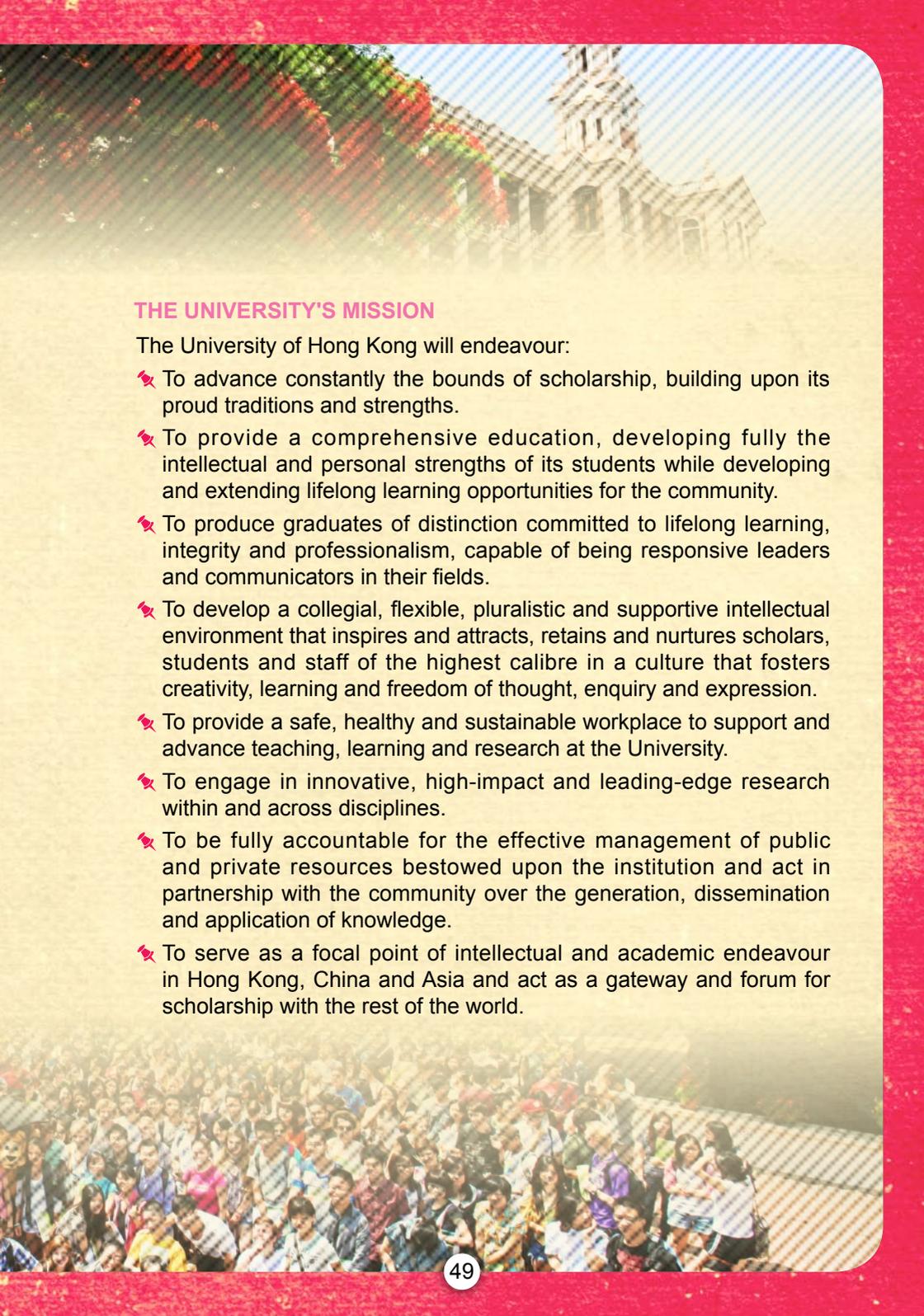
(Source :The homepage of HK Immigration Department in December, 2010)

## 6. HKU AT A GLANCE

This section gives you some basic factual information about HKU. You may find it useful when you are exchanging information with your new friends. Please visit the HKU homepage for more information.

### THE UNIVERSITY'S VISION

The University of Hong Kong, as a leading international institution of higher learning in Asia, strives to attract and nurture outstanding scholars from around the world through excellence and innovation in teaching and learning, research and knowledge exchange, contributing to the advancement of society and the development of leaders through a global presence, regional significance and engagement with the rest of China.



## THE UNIVERSITY'S MISSION

The University of Hong Kong will endeavour:

- ✦ To advance constantly the bounds of scholarship, building upon its proud traditions and strengths.
- ✦ To provide a comprehensive education, developing fully the intellectual and personal strengths of its students while developing and extending lifelong learning opportunities for the community.
- ✦ To produce graduates of distinction committed to lifelong learning, integrity and professionalism, capable of being responsive leaders and communicators in their fields.
- ✦ To develop a collegial, flexible, pluralistic and supportive intellectual environment that inspires and attracts, retains and nurtures scholars, students and staff of the highest calibre in a culture that fosters creativity, learning and freedom of thought, enquiry and expression.
- ✦ To provide a safe, healthy and sustainable workplace to support and advance teaching, learning and research at the University.
- ✦ To engage in innovative, high-impact and leading-edge research within and across disciplines.
- ✦ To be fully accountable for the effective management of public and private resources bestowed upon the institution and act in partnership with the community over the generation, dissemination and application of knowledge.
- ✦ To serve as a focal point of intellectual and academic endeavour in Hong Kong, China and Asia and act as a gateway and forum for scholarship with the rest of the world.

## INTERNATIONAL AND MAINLAND COLLABORATION

- ✦ HKU has been actively establishing strategic international alliances with universities and research institutions worldwide. The University is also committed to cultivating internationalism on campus and to supporting staff and student mobility projects and international programmes at all levels.
- ✦ The University is a founding member of Universitas 21, a network of comprehensive research-intensive universities covering all corners of the globe. One of the main objectives of Universitas 21 is to assist in the aspiration of its members to become global universities and to advance their plans for internationalisation.
- ✦ The HKU Worldwide Student Exchange Programme, established in 1998, provides opportunities for undergraduate students to live and learn in many countries around the world, provides support services to both incoming and outgoing exchange students.
- ✦ The HKU Worldwide China Programme lets students participate in different academic and internship programmes at renowned universities and corporations in Mainland China. HKU is also the most popular Hong Kong university choice of mainland students.
- ✦ The University has a wide range of collaboration activities involving faculties, research centres and institutes at HKU and international world-class institutions, including collaborative research projects, visiting professorships, and joint doctorate programmes.

## QUICK STATISTICS (2011/ 2012)

### 📌 Student Profile

CATEGORY	NUMBER
Undergraduate students (full-time and part-time)	10,619
Postgraduate students (full-time and part-time)	3,697
Students on self-finances courses (full-time and part-time)	8,717
Non-local students (full-time and part-time)	7,710

### 📌 Staff Profile

CATEGORY	NUMBER
Regular academic staff	1,555
Temporary academic staff	1,466
Regular non-academic staff	3,039
Temporary non-academic staff	457

### 📌 Areas

CAMPUS SITE	LOT AREA (IN HECTARES)
Main Campus	17.3
Medical Campus	4.1
Other Sites on Pokfulam	22.1
The Kadoorie Institute	9.6
Aggregate area	53.1

### 📌 Faculties

Faculty of Architecture	Faculty of Engineering
Faculty of Arts	Faculty of Law
Faculty of Business and Economics	Li Ka Shing Faculty of Medicine
Faculty of Dentistry	Faculty of Science
Faculty of Education	Faculty of Social Sciences



## 7. TROUBLE SHOOTING: SOURCES OF SUPPORT

- ✦ In the unfortunate event of natural disasters or any other crisis threatening your personal safety, you should:
  - Contact the local emergency authorities for assistance (ensure that you know the emergency phone number in your host country).
  - Speak with the contact person of your host university.
  - Contact the local Chinese Embassy for assistance. For a full list, please visit <http://www.fmprc.gov.cn/eng/wjb/zwjg/default.htm>.
  - Ring up the HK Immigration Department 24-hour hotline (香港入境事務處的求助熱線電話): **(852) 1868**
  - Inform your parents/relatives/friends in Hong Kong.
  - Inform the Office of International Student Exchange of The University of Hong Kong at [goabroad@hku.hk](mailto:goabroad@hku.hk).
  
- ✦ In case you need to leave the host university during your exchange study due to academic, financial or family problems, please seek advice and approval from the International Office at your host university as well as the OISE of HKU before you make your plan.



# HKU

If you need assistance or support during your exchange study, here are some possible sources:

AREAS OF CONCERN	CONTACT PERSON
Academic Matters	Academic Advising Office Tel: (852) 2219 4686 Email: <a href="mailto:aaoffice@hku.hk">aaoffice@hku.hk</a> Relevant Faculty Office <a href="http://aao.hku.hk/locations-and-contact-details">http://aao.hku.hk/locations-and-contact-details</a>
Exchange Matters	Office of International Student Exchange (OISE), Registry Tel: (852) 2859 1186 Email: <a href="mailto:goabroad@hku.hk">goabroad@hku.hk</a>
Adjustment Issues/ Mental Health Concerns	Clinical Psychologist/Counsellor Centre of Development and Resources for Students (CEDARS) Tel : (852) 2857 8388 Email: <a href="mailto:cedars-cope@hku.hk">cedars-cope@hku.hk</a> Note: In order to provide you with timely support, we hope to cut down on unnecessary e-mail exchanges asking about your demographic information. Please try to provide as much information as possible when you contact counsellors, for example: <ol style="list-style-type: none"><li>(1) Your contact number</li><li>(2) What is the best time to reach you by phone</li><li>(3) Which countries you are currently living in</li></ol>
Other Matters	Chief Student Advising Officer/Student Advising Officer Centre of Development and Resources for Students (CEDARS) Tel : (852) 2859 2305 Email: <a href="mailto:cedars@hku.hk">cedars@hku.hk</a>

BEFORE YOU LEAVE.....

# iMAP



Remember to register iMAP before you depart! iMAP is an online social networking platform. Membership is exclusively for the HKU community, anyone with a valid HKU e-mail account.

Through iMAP, you can

- ▶ search for other fellow students by interest, talent, nationality, their current location, overseas and internship experience, etc.
- ▶ stay in touch with the HKU community while abroad.
- ▶ share your travel experiences and photos via the new feature “U Travel”.
- ▶ get connected with fellow students who have visited places of your interest.

What better and safe ways to stay connected with your HKU peers?

No imposters, exclusively HKU!

For more information, please go to:

<http://www.cedars.hku.hk/imap>



# Enjoy Your Stay Abroad!

Designed by: Keith Lee  
Photos by: Tim Tang  
Kaman Leung  
Keith Lee

# *Points to Note*



A large rectangular box with a dark teal border, containing horizontal lines for writing notes.





*cedars*

Centre of Development and  
Resources for Students  
學生發展及資源中心



<http://cedars.hku.hk>



2859 2305



2546 0184

