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Centre of Development and Resources for Students
The University of Hong Kong
香港大學學生發展及資源中心

Pre-Departure Notes

For Outgoing Students

2016





MESSAGE FROM CEDARS

Congratulations to you for being chosen to join the HKU Worldwide Exchange Programme, 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 for more information.

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



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April 2016

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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:

- Location and surrounding environment of your host university.
- Availability of on and off campus accommodation.
- Provision of facilities and services (e.g. healthcare) for you.
- Travel distance and time between your hall/residence and the campus.
- Public transport network around campus.
- International student fees (e.g. medical insurance, registration, information technology and other administrative fees), if any.
- Mandatory immunisation or body check-up before departure, if any.
- Availability of support services (e.g. language programmes, student advising services).
- Catering outlets.
- Course requirements and your study plan.
- 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.

2 GETTING TO KNOW YOUR HOST COUNTRY

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



Immigration & Customs

Check the customs department of your host country to avoid bringing prohibited or restricted items. Check if there is any restriction on the amount of local/foreign currency that you can bring to your host country.



Communications

Bring your laptop, mobile phone and other communication devices and accessories with you.



Daily Life

Can you bargain in shops and markets? What is the tipping practice in restaurants? Is it appropriate to visit friends in late hours?



Clothing

Is there any dress custom you should know? What types of clothing should you avoid? What types of clothing should you prepare for various occasions such as banquets, cultural events?



Electrical Appliances

Check the electrical voltage and sockets in your host country and buy an electrical adapter and/or a transformer. The voltage in Hong Kong is 220 volts, 50Hz.





Local Laws and Custom

Obey the laws of your host country and be respectful of local custom. Note the views and attitudes towards alcohol, drugs, smoking, sexuality, etc. in your host country.



Religious Services

What are the dominant religion and state religion, if any, in your host country? Check the availability of the places of worship for your religion.



Security

Is it safe to tour around on your own or after dark?
(Refer to Chapter 3, p.21 - 25)



Social Etiquette

What is the social etiquette rule that you need to abide by in your host country? How do people greet and say goodbye to each other?



Transportation

Check the public transportation network and learn how to access your hall/residence and campus. Unlike Hong Kong, cars may turn right at junctions on red lights in some countries. Does traffic travel on the right or the left? Can you drive with an International Driving Permit in your host country?



Weather

Check the climate and bring suitable clothing and bedding.

3 INSURANCE

HKU undergraduate students who are arranged by the University to study abroad will be covered by the University's Group Travel Insurance, 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 by login to the Finance and Enterprises Office's intranet webpage at http://intraweb.hku.hk/reserved_2/finance/student/insurance.

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. (http://www.als.hku.hk/admission/exchange/file/upload/9893/3_Circular_for_UG_Students_2015.16.pdf)

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 a 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 prior to your departure in Hong Kong 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 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).
- 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).
- 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.
- emergency dental care.
- 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.



4 WORLDWIDE EMERGENCY SUPPORT SERVICES

HKU has signed an agreement with International SOS (Intl.SOS) to provide worldwide medical and travel security services to all HKU students and staff. Intl.SOS offers local expertise, preventative advice and emergency assistance through their network of assistance centers, clinics and health and logistics providers throughout the world. Intl.SOS is NOT an insurance policy; all expenses are either covered by the HKU Corporate Business Travel Insurance or users' own travel insurance. Therefore it is important for HKU students and staff to ensure they have adequate travel insurance to cover additional fees for unexpected events.

Students are required to use their HKU Portal ID to register for the service before their trips. For details, please refer to the website of the Gallant Ho Experiential Learning Centre at <http://ghelc.hku.hk/sos>.



For assistance, call the 24/7 Intl. SOS's Hong Kong Assistance Centre at (+852) 2528 9900 or the Intl.SOS's local Assistance Centre. Alternatively, you can visit Intl.SOS's website (www.cedars.hku.hk/isos) or download the app to your mobile device at <http://app.internationalsos.com>. You need to quote the HKU membership number 07AACC091075 for assistance.

5 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?
- Have you settled the tuition fee and other fees in Hong Kong 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?
- Have you set up online banking facilities for settling fees from outside Hong Kong?
- Is it necessary to open a bank account in your host country? What are the application procedures and required documents?
- If you have sudden financial hardship, how can you seek immediate financial support?



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 (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 adequate foreign currency to cover your first month's expenses.
- Do not carry too much cash at any time.
- Check the currency exchange service in your host country.
- 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 are taking 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 Government's Student Finance Office 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.



6 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.40)

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. An open-ended plane ticket may give you a flexible return date option.

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 for a student ID card 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.



PASSEPORT

7 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 advanced courses you need to take and/or the major/minor or graduation requirements), and adjust your study plan accordingly. Consult your academic adviser/course selection adviser/Department and Faculty offices in advance for advice if you are in doubt.
- If you wish to transfer credits back to HKU, you need to plan well and seek prior approval from your Faculty. It is important for you to do course mapping before you seek approval from your Faculty and register for courses at the host university. Some Faculties provide online reference databases on the equivalency of the courses taken previously at different host universities. This information is for reference only and you should consult your Faculty Academic Adviser or Faculty/School Office administrators whenever you have questions. 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 transfer credit application.
- 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.

PREPARE FOR THE DIFFERENT LEARNING STYLES



It may take some time for you to adjust to the differences between studying in Hong Kong 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 before 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 frequently 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 Adviser/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 be invited to join various publicity and functions to share your experience with students.

8 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 responsibilities. Be prepared for these challenges and accomplishments:

- 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 through listening and observations 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 are feeling low, you should not hesitate to seek support and advice from the International Office or the Student Counselling Centre of your host university. They are very familiar with these issues, and are willing to discuss the issues with you. You may, of course, contact the CEDARS-Counselling and Person Enrichment Section for support.

(Refer to Chapter 7, p.51)

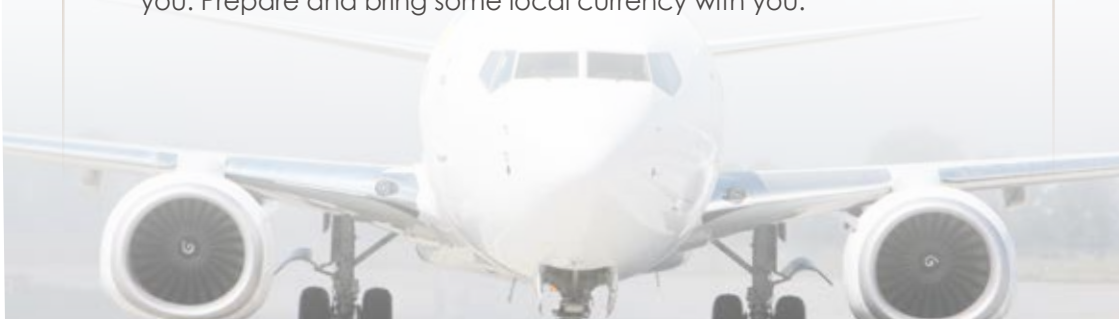
9 WHAT TO BRING WITH YOU

Most university students around the world dress casually in the campus. For some formal functions (e.g. High Table dinners, graduation ceremonies, etc.), formal attire is required. You may bring the following useful items from home as they 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, mobile device)
- A tour guidebook
- Some souvenirs for your host or overseas' buddies

10 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, with 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 hours.
- Bring all necessary hall check in information or host family contact with you. Prepare and bring some local currency with you.



ARRIVAL CHECKLIST

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

- Meet your buddy or the representative from your host university (if any).
- Report your arrival to your 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 of your host university.
- Report your arrival to HKU Office of International Student Exchange.
- 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 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 the 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 the 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 together comfortably.

SAFETY ISSUES

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

① CONDITIONS THAT CONTRIBUTE TO RISKS

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 a remote area.
- Sleeping in an unlocked or open place.
- Being intoxicated, drunk or on drugs.

② FACTORS PLACING YOU AT RISK

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

- Stand out in a crowd as a tourist with camera, map or phrase book.
- Are new to the neighbourhood and do not speak the local language well.
- Are travelling to new places.
- Are unfamiliar with your new home and culture.
- Have not yet learned the best way to say “no” in the local culture.
- Have not yet picked 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.
- Stay in safe hotels or guest houses.
- Note the legal age to purchase and consume alcohol and drink sensibly.
- Carry only sufficient cash and keep it in a safe place.
- Wear your backpack on your front in crowded areas.

STREET SENSE

- Beware of snatch theft when crossing busy streets with your smartphone and/or wallet.
- Stay alert, avoid dark or quiet zones and be aware of the people around you.
- Trust your instincts and leave the area if you do not feel safe.
- 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 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 office 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 academic buildings.
- Always lock your bicycle with a sturdy lock.
- If you are involved in an emergency situation (e.g. campus shooting), leave the danger zone, find a safe place 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 students 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 activity to the security office.
- Require visitors to identify themselves before opening your door.
- Do not go inside the room and call the security if you find that it has been intruded.
- 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.
- Bring your key, a wet towel and a mobile phone in case of fire. Go back to your room if the hallway is blocked by smoke or fire and tell people where you are.
- 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 the attacker. This can help the Police to identify the attacker than a mere 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.

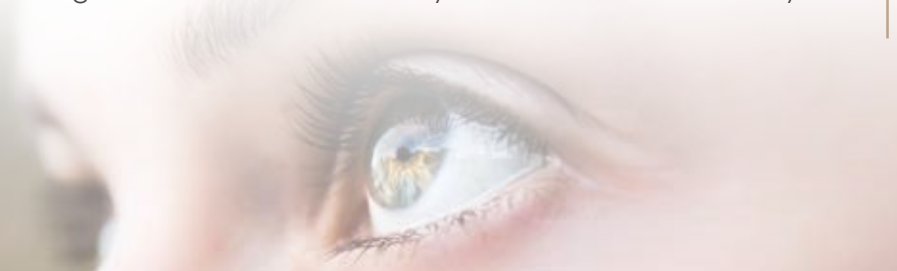
8 SOME MORE PERSONAL SAFETY TIPS FOR OVERSEAS TRAVEL

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 telecommunication accessories.
- Reserve reputable hotels, and be familiarised with the emergency exits in hotel.
- Avoid night travel and 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 phrases like “I cannot drink alcohol”, “alcohol makes me ill” or “I would like a non-alcoholic drink” is also a standard and straightforward option. Just because a glass is filled does not mean you have to drink it all or any of it.



10 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 especially 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.



TRAVEL ADVICE

① MONITORING WORLD EVENTS

Before you embark on a journey or travel to a new country, you are recommended to pay attention to 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 practised in your host country? Are there any issues related to religious intolerance?
- Are there any special concerns about racial/ethnic differences?
- 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	http://www.fmcoprc.gov.hk
CNN News	http://www.cnn.com
BBC News	http://www.bbc.com
Outbound Travel Alert System, Security Bureau of the Government of the HKSAR	http://www.sb.gov.hk/eng/ota
International SOS	http://www.internationalsos.com



2 HANDLING JET LAG

If you suffer from jet lag, here is some advice for you.

WHAT IS JET LAG?

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

HOW DO YOU RECOGNISE 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 good rest 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.
- Avoid too much alcohol and coffee during flight.
- Take plenty of fluid. Limiting alcohol intake can also help.
- Refrain from taking sleeping pills unless necessary. Discuss with your doctor if needed.
- 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.

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 styles
- Hygiene standard of the destination
- Special activities: high altitude trekking, diving, hunting, camping, etc.



PRE-TRAVEL CONSULTATION

- If you have any medical conditions, you should discuss with your family doctor before travel.
- Medications that you need to take regularly should be carried in a carry-on/cabin 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 and this vaccination is ONLY available in the Travel Health Service of Department of Health), typhoid fever, etc.
- If you are going to places where the standards of hygiene and sanitary control are low, you are at risk of catching dangerous infectious diseases. Make sure you take the right precautions before you leave and attend the Travel Health Clinic in the University Health Service (UHS) of HKU (Tel: 2549-4686 or via HKU Portal → Campus Information Service → Service Departments → University Health Service → UHS web appointment booking) at least 6 weeks before departure for vaccinations.
- If vaccination is required, inform 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 http://www.hku.hk/local/uhs/traveller_eng.pdf at a notional charge.
- Consider obtaining traveller's health insurance 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 a healthy body. Do not overexert yourself.

FOOD AND PERSONAL HYGIENE

- Always wash hands before eating and after going to toilet.
- Eat only thoroughly cooked food.
- Avoid partially cooked seafood including shellfish.
- Drink only boiled water, or drinks bottled by reputable companies, and pasteurised milk or dairy products.
- 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 the commonest disease in travelling. It usually lasts for 3 to 7 days.
- Drink plenty of fluids.
- Eat a diet of non-greasy, easily digestible food.
- Avoid dairy products and all beverages that contain water of unknown quality.
- Antibiotics are not recommended for prevention of travellers' diarrhoea as they can cause more problems.
- There are medications in the University Health Service Traveller's Medical Pack for diarrhoea. **Never use them on children.**

Seek medical advice immediately in case of bloody diarrhoea, high fever, dehydration, persistent and severe diarrhoea or vomiting occurs.

AVOIDING MOSQUITO-BORNE DISEASES

- Mosquitoes can transmit several lethal diseases such as Yellow Fever, Dengue Fever, Japanese Encephalitis and Malaria. Personal protection measures are paramount at all times. Always take the following measures to prevent insect bites:
 - ✓ Avoid staying outdoors during mosquito feeding times (between dusk and dawn for Malaria, daytime for Dengue Fever).
 - ✓ Stay in air-conditioned rooms or well-screened rooms.
 - ✓ Wear loose, light-coloured, long-sleeved clothing to cover arms, legs, and particularly the ankles.
 - ✓ Apply insect repellent to exposed skin. Repeated application may be required. There are many different kinds of mosquito repellents in the market. N, N-diethylmetatoluamide (DEET)-containing products are generally the most effective. Picaridin and lemon eucalyptus extract are available for those who prefer not to use DEET-based products.
 - ✓ Use mosquito screens or bed nets when the room is not air-conditioned.
 - ✓ Information on Malaria, Dengue Fever and other communicable diseases is available in the Centre for Health Protection, the Government of HKSAR. http://www.chp.gov.hk/en/health_topics/463/464.html

SEXUALLY TRANSMITTED DISEASES

- Beware of the dangers of casual sex while you are abroad.
- A single exposure is sufficient to transmit 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 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 travelers.
- When hiring vehicles, you should check the insurance coverage carefully, as well as the condition of tyres, safety belts, lights, brakes, etc.
- Avoid night driving.
- Do not drive for long distance 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.
- Have been to an area with a recent outbreak of infectious diseases.
- Have been in contact with sick people locally.
- Have travelled to rural or developing areas.

Remember to tell your doctor where you have been to, including transit countries. For further information on travelling, please visit UHS website at <http://www.uhs.hku.hk/he/travel.php>.

② ADDITIONAL MEASURES FOR PREVENTION OF AVIAN FLU/MIDDLE EAST RESPIRATORY SYNDROME

To prevent Avian Influenza/Middle East Respiratory Syndrome, you should be vigilant in the following measures:

BEFORE YOU TRAVEL



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

The World Health Organization

<http://www.who.int/en>

The Centre for Health Protection,
the Government of HKSAR

<http://www.chp.gov.hk>

HKU website on Pandemic and
Influenza

<http://www.uhs.hku.hk/pandemicflu>

The official website of the country of your destination

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

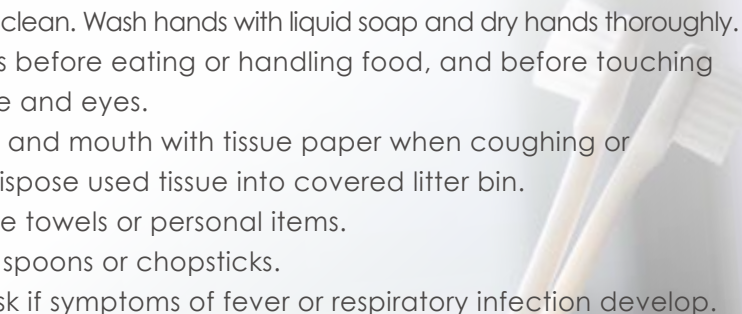
- One who feels unwell or has a fever.
- One who has been in close contact with suspected or confirmed Avian Flu/Middle East Respiratory Syndrome patients in the last 10/14 days.

AFTER ARRIVAL AT DESTINATION

- Avoid contact with animals, poultry (live or dead), birds or their droppings. Avoid going to bird parks, poultry markets and farms. Do not feed pigeons or other birds. Wash hands immediately with liquid soap and water after handling them.
- Observe food hygiene. Poultry and eggs products should be thoroughly cooked before eating. Avoid undercooked meat and vegetable, peeled fruits or unsafe water.
- Avoid touching your eyes, nose and mouth before washing hands.
- Have masks at hand. Put a mask on when you or fellow travellers have symptoms of respiratory infection.
- If you feel unwell, especially with fever:
 - ✓ Wear a surgical mask.
 - ✓ Inform hotel staff, tour/group leader if applicable.
 - ✓ Consult a doctor promptly.
 - ✓ 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.
- 

MAXIMISE YOUR OVERSEAS LEARNING EXPERIENCE

Here are some suggestions to make most out of your experiences of living aboard.

① CHART YOUR JOURNEY

Before you go, set a goal for yourself. Jot down your thoughts and experiences in a journal and examine it from time to time 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



- Identity as a Hong Kong citizen/resident
- Demographic profile of Hong Kong

HISTORY



- Basic historical facts of Hong Kong

SPORTS AND LEISURE



- Popular sports
- How people spend their spare time
- Major international sports events held in Hong Kong

MEDIA



- Major media channels
- Popular social media
- Recent discussions on topics like 'freedom of speech' and Copyright (Amendment) Bill 2014

EDUCATION

- Basic facts of HKU
- Characteristics of the education system
- Number of publicly-funded and self-funded universities/tertiary institutions in Hong Kong
- Percentage of young people having access to degree-level education

GOVERNMENT

- Political structure of Hong Kong
- Recent hot political topics e.g. universal suffrage, “one country, two system”
- Recent infrastructure projects like the Guangzhou–Shenzhen–Hong Kong Express Rail Link and the discussion on its immigration facilities

HONG KONG – MAINLAND RELATIONSHIP

- HKSAR – facts about the special administrative region
- Role of Hong Kong in the ‘cross-strait relationship’

SOCIAL ISSUES

- Hot topics e.g. housing, student/civic movement, new health insurance, minimum wage
- Social welfare system in Hong Kong

ECONOMY

- Common market data such as stock market indexes and Gross Domestic Product (GDP)
- Shanghai-Hong Kong Stock Exchange
- Pegged currency policy
- Equal opportunity policies

RELIGION

- Major religious practices
- Freedom of religion in Hong Kong

OTHER FACTS

- Tsing Ma Bridge is the longest suspension-bridge span for combined road/railway traffic.
- Hong Kong International Airport is the world's busiest airport by cargo traffic.
- A Symphony of Lights has been awarded the world's “Largest Permanent Light and Sound Show” by Guinness World Records.
- Standard of living in Hong Kong (e.g. the price of a set meal at fast food chain store, the price of a concert ticket, the average price and rent of housing in Hong Kong)

3 LEARN ANOTHER CULTURE

ATTITUDE

BE OPEN-MINDED

Be ready to open up yourself, which 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 prompted to adjust your behaviours in your host country.

Although you may not recognise the differences between the host culture and your original culture immediately, you can start detecting their existence by looking for 'culture shock' and '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 odd?'. 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 soon.

REACHING OUT

Even at home, you still have to put efforts into 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 befriend them. Try to identify the people whom 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 like this, 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 but not limited to the following 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 may need to modify them to suit your pragmatic needs):

- What do the TV or radio programmes tell you about your host culture and values? How do they differ when comparing to media coverage in 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, and 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 local 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. 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 opposing 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 on your entries. Do they 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 of 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.



USEFUL INFORMATION

1 WEBSITES

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

Australia	http://www.studyinaustralia.gov.au
Canada	http://www.cic.gc.ca/english/study
China	http://en.moe.edu.cn
Denmark	http://studyindenmark.dk
France	http://www.campusfrance.org/en
Germany	http://ic.daad.de/hongkong/en
Japan	http://www.studyjapan.go.jp/en/index.html
Korea	http://www.studyinkorea.go.kr/en/main.do
Malaysia	http://www.educationmalaysia.gov.my
Netherlands	http://www.studyinholland.nl
New Zealand	http://www.immigration.govt.nz/migrant/stream/study
Singapore	http://www.moe.gov.sg
Spain	http://www.spainexchange.com
Thailand	http://www.studyinthailand.org
United Kingdom	http://www.britishcouncil.hk/en/study-uk
USA	http://www.educationusa.info

OTHER ORGANISATIONS

Immigration Department, the Government of the HKSAR

<http://www.immd.gov.hk>

China Affairs Office, HKU

<http://www.aal.hku.hk/cao>

Office of International Student Exchange, HKU

<http://www.aal.hku.hk/studyabroad>

Hong Kong Tourism Board

<http://www.discoverhongkong.com/eng/index.jsp>

Hong Kong Young Ambassador Scheme

<http://yas.hkfyg.org.hk>

World Health Organization

<http://www.who.int/en>

Education Bureau, the Government of the HKSAR

<http://www.edb.gov.hk>

**Office of the Commissioner of the Ministry of Foreign Affairs of the
People's Republic of China in the HKSAR**

<http://www.fmccprc.gov.hk/eng>

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
Email: enquiries.hongkong@dfat.gov.au

Canada

9/F, Berkshire House, 25 Westlands Road, Quarry
Bay, Hong Kong
Tel: 3719 4700
Fax: 2810 6736
Website:
www.canadainternational.gc.ca/hong_kong
Email: hkg@international.gc.ca

Germany

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

Korea

5/F, Far East Finance Centre,
16 Harcourt Road, Admiralty
Tel: 2529 4141
Fax: 2861 3699
Website: hkg.mofat.go.kr
Email: hkg-info@mofa.go.kr

New Zealand

6501, Central Plaza,
18 Harbour Road, Wanchai
Tel: 2511 7218
Fax: 2845 2915
Website: www.nzembassy.com/hong-kong
Email: infohk.nzcn@vfshelpline.com

Austria

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

France

25/F & 26/F, Tower II, Admiralty Centre,
18 Harcourt Road, Admiralty
Tel: 3752 9900
Fax: 3752 9901
Website: www.consulfrance-hongkong.org
Email: informations@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
Email: infojp@hn.mofa.go.jp

Malaysia

24/F, Malaysia Building,
50 Gloucester Road, Wanchai
Tel: 2821 0800
Fax: 2865 1628
Email: mwhongkong@kln.gov.my

Singapore

Unit 901, 9/F, Admiralty Centre Tower 1,
18 Harcourt Road, Admiralty
Tel: 2527 2212
Fax: 2866 1239
Website: www.mfa.gov.sg/hongkong
Email: singcg_hkg@mfa.sg

Spain

Suite 5303, 53/F,
Central Plaza,
18 Harbour Road, Wanchai
Tel: 2525 3041, 2525 3042
Fax: 2877 2407
Website: www.maec.es/consulados/hongkong
Email: cog.hongkong@maec.es

The Netherlands

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

The United States of America

26 Garden Road, Central
Tel: 2523 9011
Fax: 2845 1598
Website: hongkong.usconsulate.gov
Email:
information_resource_center_hk@yahoo.com

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
Email: generalkonsulat.hongkong@gov.se

United Kingdom

1 Supreme Court Road,
Central
Tel: 2901 3000
Fax: 2901 3008
Website:
www.gov.uk/government/world/hong-kong
Email: information@bcg.org.hk

For a full listing, please refer to

www.protocol.gov.hk/eng/consular/index.html

3 HKU OVERSEAS ALUMNI BODIES

COUNTRY/ALUMNI BODY	CONTACT
Australia HKUAA New South Wales Chapter Australia Inc	Ms Linda Tang Email: hkuaansw@hku.hk Website: www.alumni.hku.hk/hkuaansw
Australia Hong Kong University Queensland Alumni Network	Dr. Alfred King-Yin Lam Email: s2167190@gmail.com Website: www.alumni.hku.hk/whatson/establishment-of-hku-queensland-alumni-network
Australia HKUAA of Victoria, Australia	Dr. Henry Yeung 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

COUNTRY/ALUMNI BODY	CONTACT
Canada HKUAA, British Columbia	Mrs. Angela Lo Email: chair@hkuuaa.bc.ca Website: www.hkuuaa.bc.ca
Canada HKUAA of Ontario, Canada	Mr. Dennis Au Yeung Email: hkuuaaont@hkucc.hku.hk Website: www.alumni.hku.hk/hkuuaaont
China HKUAA of Chinese Mainland	Mr. Dai Liu Email: alumni@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: alumni@hku.hk
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	Mr. Paul Lee & Mr. Philip Yu Email: paullee@tbwahakuhodo.cn
China St John's Alumni Guangdong Chapter	Mr. Jay Wu Email: wuyijie208@hotmail.com
China St John's Alumni Shanghai Chapter	Mr. Johnny Lau Email: alumni@hku.hk
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: linikseow@hotmail.com
New Zealand HKUAA of New Zealand	Mrs. Terry Mak Email: hkuuaanz@hku.hk Website: www.alumni.hku.hk/hkuuaanz
Singapore HKUAA Singapore Chapter	Mr. Fanky Wong Email: hkuuaasg@hku.hk Website: www.alumni.hku.hk/hkuuaasg

COUNTRY/ALUMNI BODY	CONTACT
UK HKUAA UK Chapter	Dr. Ronald Lo Email: ronlo@mybtinternet.com 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	Dr. Peter Poon Email: hkuaasc@gmail.com Website: www.hkuaasc.org
USA HKU Alumni Association New York Chapter	Mr. Henry Yim Email: henry.yim@gmail.com Website: www.facebook.com/hkuaany
USA HKU Alumni Association of New England	Mr. Roy Chan Email: rychan@graduate.hku.hk 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 Alumni Network of Washington	Mrs. Andrea Saturno-Sanjana Email: masaturno-sanjana@eversco.com
USA HKU Central USA Alumni Network	Dr. Todd Ing & Mr. Bradley Butterfield Email: alumni@hku.hk



④ OVERSEAS CHINESE CONSULATES

You can find the locations and contacts of overseas Chinese diplomatic or consular missions on the webpage 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.immd.gov.hk/eng/services/Assistance_Outside_Hong_Kong.html#c .

⑤ SERVICES PROVIDED BY HKSAR GOVERNMENT: '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 more information on the website of GovHK at

<http://www.gov.hk/en/residents/immigration/outsidehk>.

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

The "Assistance to Hong Kong Residents Travelling Outside Chinese Territory" (http://www.immd.gov.hk/eng/services/Assistance_Outside_Hong_Kong.html#c) 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 resident and a 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 home-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 to locate the Hong Kong resident 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 the registration does 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.
- Partake in the arbitration or settlement of 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

When you are outside Chinese territory, you should obey the laws and regulations of the countries you are in, and respect the local customs and practices. You should strictly adhere to the permitted limit of stay granted by the country concerned as specified in your 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 a Hong Kong resident dies abroad, the Chinese diplomatic or consular mission in the country concerned may, at request, authenticate the death certificate issued by the local authorities. The diplomatic or consular mission may also provide 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 lead to information on Chinese diplomatic or consular missions.

Embassy, consulate, mission and representative office lists:

http://www.fmprc.gov.cn/mfa_eng

+ 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 may 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 (香港入境事務處求助熱線電話) at

+852 1868

- To provide timely and professional guidance and assistance to Chinese citizens in distress overseas, the Ministry of Foreign Affairs of the People's Republic of China (MFA) has set up the Global Emergency Call Center for Consular Protection and Services since 2 September 2014 and launched a 24-hour hotline (telephone number: +86 10 12308). The MFA emergency call center will, according to the actual situation and needs, refer assistance requests from Hong Kong residents to the Assistance to Hong Kong Residents Unit of the Immigration Department for follow-up. For detailed information, please refer to the MFA website: www.fmprc.gov.cn.
- The Ministry of Foreign Affairs of the People's Republic of China is responsible for the explanation of consular protection and services.

(Source: The website of HK Immigration Department in October, 2015)



6 HKU AT A GLANCE

This section gives you some basic facts of HKU. You may find them useful when you are exchanging information with your new friends. Please visit the website of HKU for more information.

+ 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.

+ 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. It also provides support services to both incoming and outgoing exchange students.
- The China Vision Programme provides HKU students the opportunities to go forth and explore the Mainland China. It offers a wide selection of programmes from academic courses and research projects organised by renowned universities to conduct cultural visits, field studies and social service practices in rural areas and remote villages.
- 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 (2014/2015)

+ Student Profile

CATEGORY	NUMBER
Undergraduate students (full-time and part-time)	16,187
Taught Postgraduate students (full-time and part-time)	8,767
Research Postgraduate students (full-time and part-time)	2,979
All	<u>27,933</u>
Students on non-government-funded programmes (full-time and part-time)	8,836
Non-local students (excluding exchange-in students)	9,713

+ Staff Profile

CATEGORY	NUMBER
Regular academic staff	1,704
Temporary academic staff	1,789
Honorary/visiting academic staff	3,704
Regular non-academic staff	3,255
Temporary non-academic staff	451
Honorary/visiting non-academic staff	62
All	10,965

+ Areas

CAMPUS SITE	LOT AREA (IN HECTARES)
Main Campus	17.0
Medical Campus	4.1
Other Sites on Pokfulam	22.5
Kadoorie Centre	9.6
Aggregate area	53.3

+ 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 the full list, please visit http://www.fmprc.gov.cn/mfa_eng.
- Call the HK Immigration Department 24-hour hotline (香港入境事務處求助熱線電話): (852) 1868.
- Inform your parents/relatives/friends in Hong Kong.
- Inform the Office of International Student Exchange (OISE) of The University of Hong Kong at 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.



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

AREAS OF CONCERN

CONTACT OFFICE

Academic Matters**Academic Advising Office**

Tel: (852) 2219 4686

Email: aaoffice@hku.hk

Faculty Offices

<http://aao.hku.hk/locations-and-contact-details>**Exchange Matters****Office of International Student Exchange (OISE), Registry**

Tel: (852) 2859 1139

Email: goabroad@hku.hk

**Adjustment Issues/
Mental Health
Concerns****Clinical Psychologist/Counsellor****Centre of Development and Resources for Students (CEDARS)**

Tel : (852) 2857 8388

Email : cedars-cope@hku.hk

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 our clinical psychologists or counsellors, for example:

- 1) Your contact number
- 2) What is the best time to reach you by phone
- 3) Which countries you are currently living in

Other Matters**Senior Student Advising Officer/Student Advising Officer****Centre of Development and Resources for Students (CEDARS)**

Tel : (852) 2859 2305

Email: cedars@hku.hk



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.

Want 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!



