



PRE-DEPARTURE NOTES  
FOR OUTGOING  
STUDENTS  
2018





## MESSAGE FROM CEDARS

This booklet aims to prepare you for studying and living in a new environment. You are recommended to read in conjunction with the information provided by your host university/organisation. If you need further assistance, please contact the Centre of Development and Resources for Students (CEDARS) at [cedars@hku.hk](mailto:cedars@hku.hk).

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



# Table of Contents

Chapter		Page
<b>1</b>	<b>PLANNING YOUR STAY</b>	<b>4</b>
	1 Getting to Know Your Host University	4
	2 Getting to Know Your Host Country	4
	3 Insurance	7
	4 Emergency Assistance When Travel Overseas	9
	5 Financial Matters	10
	6 Travel Documents	12
	7 Academic Matters	13
	8 Emotional Preparation	16
	9 What to Bring with You	17
	10 Arrival Arrangements	17
<b>2</b>	<b>ARRIVAL CHECKLIST</b>	<b>18</b>
<b>3</b>	<b>SAFETY ISSUES</b>	<b>19</b>
	1 Conditions that Contribute to Risk	19
	2 Factors Placing You at Risk	19
	3 Strategies for Reducing Risk	19
	4 Campus Safety	20
	5 Home Safety	21
	6 If You Become a Crime Victim	21
	7 Reporting	22
	8 Personal Safety Tips for Overseas Travel	22
	9 Handling “Alcohol”	22
	10 General Safety Guidelines for Natural Disaster	23
<b>4</b>	<b>TRAVEL ADVICE</b>	<b>24</b>
	1 Monitoring World Events	24
	2 Handling Jet Lag	25
<b>5</b>	<b>HEALTH ISSUES</b>	<b>26</b>
	1 General Travel Health Tips	26
	2 Additional Measures for Prevention of Avian Flu/ Middle East Respiratory Syndrome	31

## Chapter

## Page

<b>6</b>	<b>MAXIMISE YOUR OVERSEAS LEARNING EXPERIENCE</b>	<b>33</b>
1	Chart Your Journey	33
2	Know Your Own Culture	33
3	Learn Another Culture	35
4	Consolidate Your Learning Experiences	37
<b>7</b>	<b>USEFUL INFORMATION</b>	<b>38</b>
1	Websites	38
2	Consulates in Hong Kong	39
3	HKU Overseas Alumni Bodies	41
4	Overseas Chinese Consulates	43
5	Services Provided By HKSAR Government: 'Assistance To Hong Kong Residents Unit'	43
6	HKU at a Glance	47
7	Trouble Shooting: Sources of Support	51
8	iMAP	53



Hong Kong Immigration Department Hotline  
香港入境事務處求助熱線電話  
**(852)1868**

# CHAPTER 1 PLANNING YOUR STAY

Most students experience a certain degree of 'culture shock' upon arrival to a country. 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).
- ▶ 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.



## 2 GETTING TO KNOW YOUR HOST COUNTRY

Here are some issues / questions to help you prepare:



### 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 dressing custom you should know? What types of clothing should you avoid? What types of clothing should you prepare for various occasions such as banquets and cultural events?



### Electrical Appliances

Check the electrical voltage and sockets and buy an electrical adapter and/or a transformer. For example, the voltage in Hong Kong is 220 volts, 50Hz.



### Environmental Hazards

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



### Interpersonal Relationship

What are the norms of dating and intimate relationships in your host country? Is it okay to hold hands, hug or kiss in public?



### Food

What are the common food choices? What are the dining etiquettes in your host country (e.g. proper placement of plates, glasses and cutlery)?



### Health Issues

What kinds of health service are available? Is the health service available in English? Is there any prevalent disease and what are the precautions? Is tap water potable?



### Health Policy

Does your host country require you to arrange your own health insurance before arrival? Are you required to take any vaccination before your departure? Will you need to undergo any special health checking at the airport?



### Language

Learn the language of your host country as much as you can. Prepare some notecards with translated phrases or a pocket-sized phrase book for survival.



### Local Laws and Custom

Obey the laws of your host country and respect local customs. 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? Has the Security Bureau of HKSAR issued any outbound travel alert to the places you are going to?



### Social Etiquette

What is the social etiquette that you need to follow 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 school 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 students doing study abroad programmes that are arranged by the University 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. A new 180-day period will be activated from the day of a second departure from Hong Kong if the student returns to Hong Kong during the first 180-day period.** No extension can be arranged beyond the 180 days under the travel insurance policy. Details of HKU's Group Travel Insurance coverage for students are available at <http://www.aal.hku.hk/studyabroad/support.php?id=8&type=outgoing>

**If you are planning to travel for leisure purposes when you are abroad, you should ensure that you are covered by comprehensive health, accident, personal property and travel insurances for the entire study abroad 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 mandatory medical plan, you are advised to get a private medical insurance. Most travel insurances include a medical coverage for sickness. Make sure you know what items and services are covered and the claim limits. Many types of insurances works 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 the 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 features are crucial:

- ▶ 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 will 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 disabilities.



## 4 EMERGENCY ASSISTANCE WHEN TRAVEL OVERSEAS

HKU has signed an agreement with International SOS (Intl.SOS) to provide general assistance, local information such as nearby clinic/pharmacy, police station, translation services etc. or travel advice to all HKU students. Students are required to use their HKU Portal ID to register for the service with CEDARS before departure. Intl.SOS is NOT an insurance policy.

HKU students doing study abroad programmes that are arranged by the University will be covered by the University's Group Travel Insurance, which provides basic benefits to the students. For request of urgent/emergency assistance such as the need of advanced cash in case of loss of money, financial/payments guarantee, immediate medical care and/or hospitalization in case of bodily injury or sickness, or emergency rescue etc., you should contact our insurer "Zurich" Emergency Assistant Services.

You are still strongly advised to arrange your own travel insurance that better suits your needs. For details, please visit <http://www.cedars.hku.hk/overseasemergencyassistance>.



You can receive the latest information about your destination on its app. Before departure, please download the app on your mobile device at <http://app.internationalsos.com>.

You need to quote the HKU membership number, which can be retrieved at <http://www.cedars.hku.hk/overseas-emergencyassistance>.

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.

For details, you can visit Intl. SOS's website (<http://www.internationalsos.com>).

## 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 budget 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 of 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 studying 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, where can you seek immediate financial support?

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

- ▶ Airfare
- ▶ Tuition fee
- ▶ Books and other academic expenses
- ▶ Rental/hall
- ▶ Utilities/miscellaneous
- ▶ Meals and drinks
- ▶ Transportation
- ▶ 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.)
- ▶ Contingencies



## TRAVEL MONEY ESSENTIALS

- ▶ Check the prevailing currency exchange rate.
- ▶ Bring adequate foreign currency to cover your first month 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 provide on-campus banking facilities.
- ▶ Clear all debts (e.g. library fines, loan, etc.) before your departure.

## BEFORE YOUR DEPARTURE

- ▶ For those who are taking bank loans to finance your study abroad 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 Student Finance Office of the Government 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 transactions while you are abroad.

## IMPORTANT REMINDERS

- ▶ Check your HKU e-mail account or Student Information System regularly to update tuition fee information and to make payment before the due date.
- ▶ If you expect that you will miss the Government grants / loan application deadlines, please make appropriate arrangement prior to your departure. You can, however, submit a late application (for the next academic year) upon your return to HK. Contact CEDARS for assistance if necessary.



## 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 delayed arrival or even deportation. Check the requirements with your host university or with the relevant consulates in HK.

(Refer to Chapter 7)

### VALID PASSPORT

Ensure that your passport will remain valid throughout your study abroad period. Many countries will not allow you to enter the country if the your passport is of less than six months' validity from the proposed departure date.

### FLIGHT BOOKING

Check online or contact local agents for the best deal. Discounts are often available early. An open-ended plane ticket may give you a flexible return date option.

### DRIVING LICENSES

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

### RAIL PASSES

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

### INTERNATIONAL STUDENT ID CARD

Apply for a student ID card to enjoy a broad range of discounts overseas (e.g. tickets for museum, theatre, theme parks, etc.).

### INTERNATIONAL PHONE CARD/PLAN

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

## 7 ACADEMIC MATTERS

Before you study abroad, you need to settle a few academic matters

### DEVISE STUDY PLANS

- ▶ Formulate your study plan for your study abroad period. Check the course selection website of your host university 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 the quota limit, pre-requisites or other restrictions. You are advised 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 abroad do not fit perfectly into your curriculum. You should therefore consider the impact of your intended course enrollment and adjust your study plan accordingly. (For example, please check whether you will miss, during your study abroad programme, any pre-requisite courses you need to take and/or the major/minor or graduation requirements. If this really happens, you may have to over-load in the following semester(s) after you are back or postpone your graduation). 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 on the equivalency of 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 credit transfer 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 do not 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.

## **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 a HKU student ambassador and can help attract reciprocal study abroad students to our campus.

## **ENROLLMENT AT HKU AND YOUR HOST UNIVERSITY (APPLICABLE TO EXCHANGE PROGRAMME)**

Even though you will be studying overseas for one or two semesters, you are still required to maintain your 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 International Affairs Office (IAO) 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 (APPLICABLE TO EXCHANGE PROGRAMME)**

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 for timely follow up actions on your behalf. As soon as you have settled down in the host university, get in touch with someone at your forwarding address in Hong Kong. Do check your HKU portal e-mail account regularly as offices in HKU will be contacting you through that e-mail.

When you arrive at your host university, ring home or send an e-mail to your family. 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.

You are advised 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 arrange to submit the transcript to your Faculty office for credit transfer purpose. 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 IAO within one month of your return to Hong Kong. The IAO 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 IAO will maintain a database of students who have undertaken study abroad programmes. You will be invited to join various publicities and functions to share your experience with other 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 responsibilities.
- ▶ 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. Adapt to different attitudes, values, lifestyles and ways of thinking.
- ▶ Understand the academic expectations and different learning culture in your host university.
- ▶ It is more appropriate to give neutral comments when being asked about your first impression of your host university/country 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?

Experiencing an initial period of adjustment, of emotional highs and lows is perfectly fine as most students do. 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 the unexpected.

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 highly experienced, 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**).

## 9 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 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 events and will add 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 if 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.

## CHAPTER 2 ARRIVAL CHECKLIST

You should do the following 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 for accommodation arrangement with your hall manager.
- ▶ Report your arrival to the International Office of your host university.
- ▶ Report your arrival to HKU International Affairs Office.
- ▶ Select and register for your courses.
- ▶ Familiarise yourself with the campus and the neighbourhood.
- ▶ Familiarise yourself with the security system and the location of safety offices and clinics near 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 'house 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. You may share your values and life in Hong Kong with them. Giving gifts upon your arrival or at the time of your departure is a good way of showing your appreciation for their care. Gifts need not 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.

## CHAPTER 3 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 as safe as Hong Kong. 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 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 pose you to more risks, 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 devices.
- ▶ Stay in safe hotels or guest houses.
- ▶ Note the legal age to purchase and consume alcohol and drink sensibly.
- ▶ 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 crossing the street illegally (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 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 at a handy place.
- ▶ 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.
- ▶ Learn the location of emergency exits.
- ▶ Always lock your bicycle with a sturdy lock.
- ▶ If you are involved in an emergency (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 within the campus or not.

- ▶ Keep your doors 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. Do the same 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.
- ▶ Make 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 to defuse the situation first. Politeness, courtesy, respect and humour can often reduce tensions.
- ▶ If an assailant demands your 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 on legal advice or from 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 PERSONAL SAFETY TIPS FOR OVERSEAS TRAVEL

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

- ▶ Make a good plan for 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 hotels.
- ▶ Avoid night travel and shortcuts.
- ▶ Take licensed taxis and write down the license plate numbers of your taxi.

## 9 HANDLING “ALCOHOL”

Never feel pressured into drinking or drinking more than you want for the 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 or finish 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.
- ▶ Do not use elevators.
- ▶ Follow directions of the personnel in charge especially if you are in a public area.
- ▶ 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 place a bag over your head for protection from falling objects.
- ▶ Place a wet towel across your nose and mouth to prevent from 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 numbers of your host university, the travel agency, the Hong Kong Immigration Department 24-hour hotline and the Chinese Embassy in your mobile phone.



## CHAPTER 4 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:

- ▶ How is the political system like in the host country? Is the political environment stable? Are there any issues related to corruption?
- ▶ Is there any special concern about economic instability of the country?
- ▶ What are the religions being 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	<a href="http://www.fmcoprc.gov.hk">http://www.fmcoprc.gov.hk</a>
CNN News	<a href="http://www.cnn.com">http://www.cnn.com</a>
BBC News	<a href="http://www.bbc.com">http://www.bbc.com</a>
Outbound Travel Alert System, Security Bureau of the Government of the HKSAR	<a href="http://www.sb.gov.hk/eng/ota">http://www.sb.gov.hk/eng/ota</a>
International SOS	<a href="http://www.internationalsos.com">http://www.internationalsos.com</a>

## 2 HANDLING JET LAG

If you suffer from jet lag, below are 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 required for re-establishing the body's natural rhythm is generally more 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 journey across time zones.
- ▶ 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 the 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 be getting 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 will be subjected to various forms of stress (e.g. crowding, long hours of waiting, disruption of eating habits, changes in climate and time zones, etc.) that may reduce your resistance to diseases. 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

Pay attention to the following:

- ▶ 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 hand-carry/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 3 months 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](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 balanced diet to build up a healthy body. Do not overexert yourself.

### FOOD AND PERSONAL HYGIENE

- ▶ Always wash hands before eating and after using the toilet.
- ▶ Eat only thoroughly cooked food.
- ▶ Avoid raw or 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 that are not thoroughly cleaned.
  - Do not consume street food from unlicensed hawkers.

### TRAVELLERS' DIARRHOEA

- ▶ Travellers' diarrhoea is a condition characterised by a twofold or greater increase in the frequency of unformed bowel movements. It is quite commonly seen in persons travelling from one country to another. Episodes of travellers' diarrhoea usually begin abruptly during travel or soon after returning home, and are generally self-limiting. It usually subsides spontaneously within 1-5 days; rarely, it lasts 2-3 weeks.
- ▶ Avoid dairy products and all beverages that contain water of questionable quality.

- ▶ Oral fluids like fruit juices should be taken to replace the fluid lost. For severe body fluid loss, oral rehydration solution could be used. Physician advice should be sought in severe cases, e.g. when there is a large amount of fluid loss, fever, blood in the stool or severe weakness.
- ▶ Use of antibiotics can be very effective. However these should be taken under the guidance of a physician. Medications for relief of diarrhea and abdominal cramps may be self-administered if the diarrhoea is mild.
- ▶ There are medications in the University Health Service Traveller's Medical Pack for diarrhoea. Never use it on children.

### **AVOIDING MOSQUITO-BORNE DISEASES**

- ▶ Mosquitoes can transmit lethal diseases such as Yellow Fever, Dengue Fever, Japanese Encephalitis and Malaria and Zika Virus Infection. Personal protection measures are paramount at all times. Always take the following measures to prevent insect bites:
  - ✓ Avoid staying outdoor 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, bed nets or aerosol insecticide when the room is not air-conditioned.

Information on Yellow Fever, Dengue Fever, Japanese Encephalitis, Malaria, Zika Virus Infection and other transmissible diseases is available in the Centre for Health Protection, the Government of HKSAR.

[http://www.chp.gov.hk/en/health\\_topics/463/464.html](http://www.chp.gov.hk/en/health_topics/463/464.html)

## **ANIMALS**

- ▶ In areas where Rabies is endemic, you should not pet dogs and cats, even if they are domestic. Avoid contact with wild animals, especially bats, jackals and monkeys.
- ▶ In the unfortunate event of being bitten by an animal while you are travelling, you should seek medical attention as soon as possible, especially with regards to the possibility of Rabies. A rabies vaccine is recommended for people after an animal bite if the animal could have rabies.
- ▶ Avoid areas of rodent infestation. Do not touch sick rodents like squirrels or prairie dogs.

## **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 travellers.
- ▶ 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 when participating in high-risk activities like sky diving, shooting rapids, high altitude trekking, diving, etc.

## **SWIMMING**

- ▶ Avoid bathing in fresh water rivers and lakes in the tropics which may be infested with parasites (schistosomiasis) that can penetrate the skin and cause illness.
- ▶ Do not swim in polluted waters which are linked to eye, ear and intestinal infections.
- ▶ Do not swim after drinking.

- ▶ Swimming in sea does not in principle involve any risk of communicable diseases. Beware of jellyfish stings which may cause severe pain and skin irritation. Also watch out for current.
- ▶ Do not walk barefoot in watery rice paddies or muddy land.
- ▶ Footwear should be worn to protect against parasites and when exploring coral waters.

### **TEMPERATURE CHANGE**

- ▶ Exposure to extreme high temperature or low temperature may cause illnesses.
- ▶ In high temperature and humid environment, excessive exercise can lead to loss of body fluid and salt, causing the person to become exhausted. Travellers should prepare enough drinking water for replenishment to avoid heat-stroke.
- ▶ Excessively cold will lead to frostbite, chilblains, and even hypothermia. Preventive measures include :
  1. Put on enough winter clothes (avoid excessively tight-fitting clothing).
  2. Cover the head, neck and four limbs.
  3. Remove wet clothes as soon as possible.
  4. Do not smoke and drink.
  5. Do not touch metals with bare hands.

## **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 the local sick people.
- ▶ 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\\_health/main.html](http://www.uhs.hku.hk/he/travel_health/main.html).

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

## 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 Epidemic Diseases Preparedness and Response  
<http://www.uhs.hku.hk/pandemic/index.php>
- ▶ 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 (especially camels), poultry (live or dead), birds or their droppings. Avoid going to poultry markets and farm. Wash hands immediately with soap and water after handling them.
- ▶ Observe food hygiene
  - Five keys to food safety:
    1. Choose safe raw materials
    2. Keep hands and utensils clean
    3. Separate raw and cooked food
    4. Cook thoroughly
    5. Keep food at safe temperature

- ▶ Use serving chopsticks and spoons at meal times. Do not share lunch boxes or drinks.
- ▶ Poultry and eggs products should be cooked thoroughly before eating. Avoid undercooked meat and vegetables, 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.
- ▶ Maintain healthy lifestyle practices throughout the trip; do not smoke and avoid alcohol consumption.
- ▶ 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 food, personal and environmental hygiene:

- ▶ Keep hands clean. Wash hands with 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 make the most of your experiences of staying aboard.

### 1 CHART YOUR JOURNEY

Before you go, set a goal for yourself. Jot down your thoughts and experiences in a journal. Examine it from time to time during your journey. After returning home, organise your thoughts and experiences and take part in sharing sessions. Find out how your perspectives have changed.

### 2 KNOW YOUR OWN CULTURE

Before you go, grasp a basic understanding of Hong Kong culture and be ready to share it with your new friends. Build on with the list below 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 the Chief Executive Election

#### 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 tertiary education

## **GOVERNMENT**

- ▶ Political structure of Hong Kong
- ▶ Recent hot political topics e.g. universal suffrage, “one country , two system”
- ▶ Recent infrastructure projects like the Hong Kong-Zhuhai-Macao Bridge, National High-speed railway, and the West Kowloon Cultural District.

## **HONG KONG – MAINLAND RELATIONSHIP**

- ▶ HKSAR – facts about the special administrative region
- ▶ Hong Kong relations with China, localist movement and anti-localism campaign in Hong Kong

## **SOCIAL ISSUES**

- ▶ Hot topics e.g. housing, student/civic movement, standard working hours
- ▶ Social welfare system in Hong Kong
- ▶ Universal retirement protection
- ▶ Equal opportunities and social inclusion

## **ECONOMY**

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

## **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.
- ▶ 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 warning 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. You 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 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 from the 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 do the banks offer? 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 a 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 or why not?
- ▶ 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. What are the 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 in your entries. Do they surprise you? Why or why not?
- ▶ Do you have frustrating moments? Are the issues resolved? If not, how will you manage to resolve them? 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. You may act as a buddy of the incoming exchange students from your host country in the forthcoming academic year. You may also take foreign language courses or other related subjects that may not interest you before.



## CHAPTER 7 USEFUL INFORMATION

### 1 WEBSITES

If you wish to know more about your host country, here are some useful websites:

Australia	<a href="http://www.studyinaustralia.gov.au">http://www.studyinaustralia.gov.au</a>
Canada	<a href="http://www.cic.gc.ca/english/study">http://www.cic.gc.ca/english/study</a>
China	<a href="http://en.moe.edu.cn">http://en.moe.edu.cn</a>
Denmark	<a href="http://studyindenmark.dk">http://studyindenmark.dk</a>
France	<a href="http://www.campusfrance.org/en">http://www.campusfrance.org/en</a>
Germany	<a href="http://ic.daad.de/hongkong/en">http://ic.daad.de/hongkong/en</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/en/main.do">http://www.studyinkorea.go.kr/en/main.do</a>
Malaysia	<a href="http://www.educationmalaysia.gov.my">http://www.educationmalaysia.gov.my</a>
Netherlands	<a href="http://www.studyinholland.nl">http://www.studyinholland.nl</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.moe.gov.sg">http://www.moe.gov.sg</a>
Spain	<a href="http://www.spainexchange.com">http://www.spainexchange.com</a>
Thailand	<a href="http://www.studyinthailand.org">http://www.studyinthailand.org</a>
United Kingdom	<a href="http://www.britishcouncil.hk/en/study-uk">http://www.britishcouncil.hk/en/study-uk</a>
USA	<a href="http://www.educationusa.info">http://www.educationusa.info</a>

Immigration Department, the Government of the HKSAR	<a href="http://www.immd.gov.hk">http://www.immd.gov.hk</a>
China Affairs Office, HKU	<a href="http://www.aal.hku.hk/cao">http://www.aal.hku.hk/cao</a>
International Affairs Office, HKU	<a href="http://www.aal.hku.hk/studyabroad">http://www.aal.hku.hk/studyabroad</a>
Hong Kong Tourism Board	<a href="http://www.discoverhongkong.com/eng/index.jsp">http://www.discoverhongkong.com/eng/index.jsp</a>
Hong Kong Young Ambassador Scheme	<a href="http://yas.hkfyg.org.hk">http://yas.hkfyg.org.hk</a>
World Health Organization	<a href="http://www.who.int/en">http://www.who.int/en</a>
Education Bureau, the Government of the HKSAR	<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.fmcoprc.gov.hk/eng">http://www.fmcoprc.gov.hk/eng</a>

## 2 CONSULATES IN HONG KONG

### Australia

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

### Austria

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

### Germany

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

### Korea

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

### Malaysia

24/F, Malaysia Building,  
50 Gloucester Road, Wanchai  
Tel: 2821 0800  
Fax: 2865 1628, 25278826  
Email:  
[mwhongkong@kln.gov.my](mailto:mwhongkong@kln.gov.my)

### Singapore

Unit 901, 9/F,  
Admiralty Centre Tower 1,  
18 Harcourt Road, Admiralty  
Tel: 2527 2212  
Fax: 2866 1239  
Website:  
<http://www.mfa.gov.sg/hongkong>  
Email:  
[singcg\\_hkg@mfa.sg](mailto:singcg_hkg@mfa.sg)

### Spain

Suite 5303, 53/F,  
Central Plaza,  
18 Harbour Road, Wanchai  
Fax: 2877 2407  
Website:  
<http://www.maec.es/consulados/hongkong>  
Email:  
[espcghk@netvigator.com](mailto:espcghk@netvigator.com)

### The Netherlands

Suite 3001, 30/F Central Plaza  
18 Harbour Road, Wanchai, Hong Kong  
Tel: 2599 9200  
Fax: 2868 5388  
Website:  
<http://www.hollandinhongkong.org>  
Email:  
[hon@minbuza.nl](mailto:hon@minbuza.nl)

### United Kingdom

1 Supreme Court Road,  
Admiralty  
Tel: 2901 3000  
Fax: 2901 3008  
Website:  
<http://www.gov.uk/government/world/hong-kong>  
Email:  
[information@bcg.org.hk](mailto:information@bcg.org.hk)

## Canada

9/F, Berkshire House, 25 Westlands Road, Quarry  
Bay, Hong Kong  
Tel: 3719 4700  
Fax: 2847 7561  
Website:  
[http://www.canadainternational.gc.ca/hong\\_kong](http://www.canadainternational.gc.ca/hong_kong)  
Email:  
[hkong@international.gc.ca](mailto:hkong@international.gc.ca)

## Japan

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

## New Zealand

6501, Central Plaza,  
18 Harbour Road, Wanchai  
Tel: 2525 5044  
Fax: 2845 2915  
Website:  
<http://www.nzembassy.com/hong-kong>  
Email:  
[nzcgkkg@biznetvigator.com](mailto:nzcgkkg@biznetvigator.com)

## Sweden

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

## United States of America

26 Garden Road,  
Central  
Tel: 2523 9011  
Fax: 2845 1598  
Website:  
[https://hk.usconsulate.gov/  
information\\_resource\\_center\\_hk@yahoo.com](https://hk.usconsulate.gov/information_resource_center_hk@yahoo.com)  
Email:

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	Ms Linda Tang Email: <a href="mailto:hkuaansw@hku.hk">hkuaansw@hku.hk</a> Website: <a href="http://www.alumni.hku.hk/hkuaansw">http://www.alumni.hku.hk/hkuaansw</a>
Australia Hong Kong University Queensland Alumni Network	Dr. Alfred King-Yin Lam Email: <a href="mailto:s2167190@gmail.com">s2167190@gmail.com</a> Website: <a href="http://www.alumni.hku.hk/whatson/establishment-of-hku-queensland-alumni-network">http://www.alumni.hku.hk/whatson/establishment-of-hku-queensland-alumni-network</a>
Australia HKUAA of Victoria, Australia	Dr. Henry Yeung Email: <a href="mailto:hkuaavic@hku.hk">hkuaavic@hku.hk</a> Website: <a href="http://www.alumni.hku.hk/hkuaavic">http://www.alumni.hku.hk/hkuaavic</a>
Australia HKU Medical Alumni Association Victorian Chapter Inc	Dr. Dennis Shum Email: <a href="mailto:alumni@hku.hk">alumni@hku.hk</a>
Canada HKUAA, British Columbia	Mrs. Angela Lo Email: <a href="mailto:contact@hkuaa.bc.ca">contact@hkuaa.bc.ca</a> Website: <a href="http://www.hkuaa.bc.ca">http://www.hkuaa.bc.ca</a>
Canada HKUAA of Ontario, Canada	Mr. Wilson Chan Email: <a href="mailto:hkuaaont@hkucc.hku.hk">hkuaaont@hkucc.hku.hk</a> Website: <a href="http://www.alumni.hku.hk/hkuaaont">http://www.alumni.hku.hk/hkuaaont</a>
China HKUAA of Chinese Mainland	Mr. Dai Liu Email: <a href="mailto:alumni@hku.hk">alumni@hku.hk</a>
China HKU Beijing Alumni Network	Mr. Norman Sze Email: <a href="mailto:alumni@hku.hk">alumni@hku.hk</a> Website: <a href="http://www.alumni.hku.hk/hkubjan">http://www.alumni.hku.hk/hkubjan</a>
China HKU Beijing Law Alumni Network	Dr. Wang Huai-yu Email: <a href="mailto:alumni@hku.hk">alumni@hku.hk</a>
China HKU Chengdu Alumni Network	Dr. Dannis Chow Email: <a href="mailto:dannischow@163.com">dannischow@163.com</a>
China Shanghai Alumni Network	Ms Beatrice Chan Email: <a href="mailto:beatricechanpk@hotmail.com">beatricechanpk@hotmail.com</a>
China St John's Alumni Shanghai Chapter	Ms Doreen Cheung Email: <a href="mailto:cheung.doreen@hotmail.com">cheung.doreen@hotmail.com</a>
China HKU Pearl River Delta Alumni Network	Dr Li Aiguo Email: <a href="mailto:alumni@hku.hk">alumni@hku.hk</a>
China HKU Chongqing Alumni Network	Ms Chen Siyu Email: <a href="mailto:chensiyusy@126.com">chensiyusy@126.com</a>

COUNTRY/ALUMNI BODY	CONTACTS
Japan HKU Alumni Network of Japan	Mrs. Sharon Takao Email: <a href="mailto:jchapter@hku.hk">jchapter@hku.hk</a> Website: <a href="http://www.daa0.hku.hk/home/album/JPalumni">http://www.daa0.hku.hk/home/album/JPalumni</a>
Malaysia HKUAA Malaysia	Dr. Seow Kim Cheok Email: <a href="mailto:klinikseow@hotmail.com">klinikseow@hotmail.com</a>
New Zealand HKUAA of New Zealand	Professor Ip Sung Man-ying Email: <a href="mailto:hkuaanz@hku.hk">hkuaanz@hku.hk</a> Website: <a href="https://www.facebook.com/HKUAlumniNZ">https://www.facebook.com/HKUAlumniNZ</a>
Singapore HKUAA Singapore Chapter	Mr Joseph Lee Email: <a href="mailto:hkuaasg@hku.hk">hkuaasg@hku.hk</a> Website: <a href="http://www.alumni.hku.hk/hkuaasg">http://www.alumni.hku.hk/hkuaasg</a>
Myanmar HKU Alumni Network of Myanmar	Dr Sithu Pe Thein, Dr Su Mon Thazin Aung and Mr Htet Zaw Email: <a href="mailto:alumni@hku.hk">alumni@hku.hk</a> Website: <a href="https://www.facebook.com/groups/332830260498093">https://www.facebook.com/groups/332830260498093</a>
UK HKUAA UK Chapter	Dr. Ronald Lo Email: <a href="mailto:hkuaauk@hku.hk">hkuaauk@hku.hk</a> Website: <a href="http://www.alumni.hku.hk/hkuaauk">http://www.alumni.hku.hk/hkuaauk</a>
USA HKUAA of Northern California	Dr. Kit Lau Email: <a href="mailto:kitfunlau@gmail.com">kitfunlau@gmail.com</a> / <a href="mailto:hkuaanc@gmail.com">hkuaanc@gmail.com</a> Website: <a href="http://www.hkuaa.org">http://www.hkuaa.org</a>
USA HKUAA Southern California	Mr Paul Mak Email: <a href="mailto:hkuaasc@gmail.com">hkuaasc@gmail.com</a> Website: <a href="http://www.hkuaasc.org">http://www.hkuaasc.org</a>
USA HKU Alumni Association New York Chapter	Mr. Henry Yim Email: <a href="mailto:hkuaa.ny@gmail.com">hkuaa.ny@gmail.com</a> Website: <a href="https://www.facebook.com/hkuaany">https://www.facebook.com/hkuaany</a>
USA Hong Kong University Alumni Association of Boston - New England	Dr Tatfong Ng Email: <a href="mailto:contact@hkuaane.org">contact@hkuaane.org</a> Website: <a href="http://www.hkuaane.org">http://www.hkuaane.org</a>
USA HKU Alumni Association Washington State Chapter	Mr. Jason Cheng Email: <a href="mailto:hkuaawa@hku.hk">hkuaawa@hku.hk</a> Website: <a href="http://www.alumni.hku.hk/hkuaawa">http://www.alumni.hku.hk/hkuaawa</a>
USA HKU Alumni Network of Washington	Mrs. Andrea Saturno-Sanjana Email: <a href="mailto:andrea@realnydc.com">andrea@realnydc.com</a>
USA HKU Central USA Alumni Network	Professor Thomas Wong Email: <a href="mailto:twong@ece.iit.edu">twong@ece.iit.edu</a>

## 4 OVERSEAS CHINESE CONSULATES

You can find the locations and contacts of overseas Chinese diplomatic or consular missions on the webpage of 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](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](http://www.immd.gov.hk/eng/services/Assistance_Outside_Hong_Kong.html#c)) is extracted below for your quick reference.

### 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

A Hong Kong resident who is a Chinese citizen is in need of assistance while abroad, the diplomatic and consular missions of the People's Republic of China can:

- ▶ Notify his/her family of the incident or casualty if an accident has happened to the Hong Kong resident.
- ▶ Issue travel documents or home-bound documents if he/she has no travel documents or has 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 he/she is eligible.
- ▶ Visit the Hong Kong resident at his/her request when he/she is under detention, arrest or sentence.
- ▶ Recommend lawyers, translators or doctors to assist the Hong Kong resident in legal proceedings or in seeking medical treatment.
- ▶ Assist the Hong Kong resident in contacting his/her family when he/she is 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 Hong Kong resident 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 the Hong Kong resident and others.
- ▶ Obtain treatment better than what is given to local people when the Hong Kong resident is in hospital, in detention or in prison.
- ▶ Pay for lawyer's fees, translator's costs, hotel, medical and travel (air/sea/land travel tickets) expenses for the Hong Kong resident, or any other expenses.
- ▶ Apply for a visa for the Hong Kong resident.
- ▶ Institute legal proceedings for the Hong Kong resident

## Unexpected Circumstances

While travelling abroad, Hong Kong residents may meet a number of unexpected circumstances. This section provides information on scenarios they might encounter, and what they should do in them.

### 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 his/her property is stolen, the Hong Kong residents should immediately report the theft to the local police and request a copy of the police report. He/she may also contact the Chinese diplomatic or consular mission in the country so that money can be remitted to him/her by his/her family through the diplomatic or consular mission, or transferred to him/her via the Ministry of Foreign Affairs.

### Detention or Imprisonment

If a Hong Kong resident commits an offence in another country, he/she must bear the legal consequences. If being arrested or detained for any charge of offence, he/she has the right to request the authorities concerned to meet the consular officers of the Chinese diplomatic or consular mission.

### Serious accidents or casualties

In case of serious accidents or casualties for whatever cause happening to the relatives and friends or companions of Hong Kong residents overseas, report should be made to the local police authorities immediately. If further assistance is needed, the parties concerned may contact the Immigration Department and Chinese diplomatic or consular mission in that state.

In case Hong Kong residents are seriously injured or deceased outside Hong Kong because of accidents or natural disasters, and require financial or welfare assistance, the Hong Kong Immigration Department may assist them or their family members to refer the cases to relevant Departments, including the Home Affairs Department. For more information, please refer to the relevant website at the following link: [http://www.hab.gov.hk/en/policy\\_responsibilities/District\\_Community\\_and\\_Public\\_Relations/trustfnd.htm#generalchinese](http://www.hab.gov.hk/en/policy_responsibilities/District_Community_and_Public_Relations/trustfnd.htm#generalchinese).

### Death

If 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](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 Hong Kong residents are seeking consular protection and services while overseas, they 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. They may also make enquiries through the Immigration Department assistance hotline 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: (8610) 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](http://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.

## Further Information

More information on consular protection and services is available through the following links

### The Ministry of Foreign Affairs

<http://www.fmprc.gov.cn>

### The Office of the Commissioner of the Ministry of Foreign Affairs in Hong Kong

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

### Form ID907: Guide to Consular Services and Protection Outside Chinese Territory

<https://www.immd.gov.hk/pdf/forms/id907e.pdf>

(Source: The website of HK Immigration Department in January 2018)

## 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, Asia's Global University, delivers impact through internationalisation, innovation and interdisciplinarity. It attracts and nurtures global scholars through excellence in research, teaching and learning, and knowledge exchange. It makes a positive social contribution through 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, benchmarked against the highest international standards, designed to develop fully the intellectual and personal strengths of its students, while extending lifelong learning opportunities for the community
- ▶ To produce graduates of distinction committed to academic/professional excellence, critical intellectual inquiry and lifelong learning, who are communicative and innovative, ethically and culturally aware, and capable of tackling the unfamiliar with confidence
- ▶ 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 Exchange programme continues to be extensive both in numbers and in the geographical spread of its partnerships. Over 320 institutions across 40 countries have chosen to partner with HKU, offering HKU students the experience of studying abroad on semester-long and year-long exchanges annually. Our partners as destination universities include those ranked highest worldwide and/or in their respective countries.

In addition to exchange programmes, students enjoy other study abroad experiences through visiting programmes, summer study abroad, and other short term student mobility initiatives. It is anticipated that absolute majority of the undergraduate students at HKU will benefit from an overseas experience during their student career.

Furthermore, a number of programmes are offered under the HKU Summer Institute for undergraduate students from HKU and overseas, as well as high school students. While maintaining a global campus, HKU provides a platform for innovation in programme development. Study programmes, internship placement, cultural and language immersion all contribute to the variety of programmes taking place at HKU.

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 organized by renowned universities in the metropolitan areas such as Beijing and Shanghai as well as the opportunities 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.

For more details of the University's research activities, please go to <http://www.hku.hk/research>.

## QUICK STATISTICS (2016/2017)

### Student Profile

CATEGORY	NUMBER
Undergraduate students (full-time and part-time)	16,809
Taught Postgraduate students (full-time and part-time)	9,029
Research Postgraduate students (full-time and part-time)	2,906
All	28,744
Students on non-government-funded programmes (full-time and part-time)	8,966
Non-local students (excluding exchange-in students)	9,215

### Staff Profile

CATEGORY	NUMBER
Regular academic staff	1,797
Temporary academic staff	1,856
Honorary/visiting academic staff	4,133
Regular non-academic staff	3,350
Temporary non-academic staff	477
Honorary/visiting non-academic staff	74
All	11,687

## 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

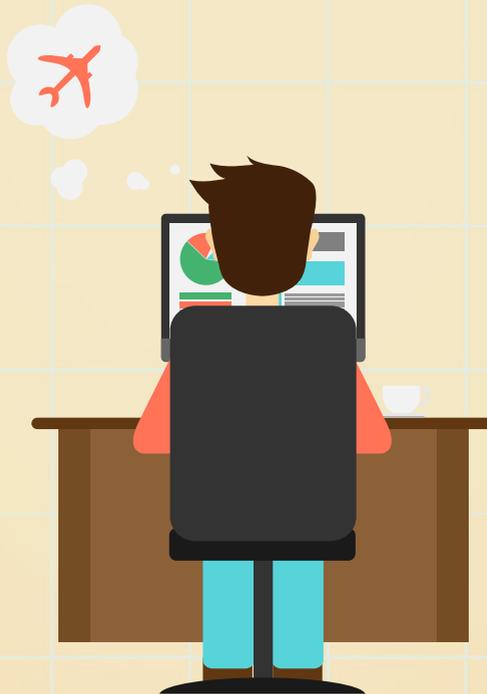
Faculty of Architecture	Faculty of Engineering
Faculty of Arts	Faculty of Law
Faculty of Business and Economics	Li Ka Shing Faculty of Medicine
Faculty of Dentistry	Faculty of Science
Faculty of Education	Faculty of Social Sciences

## 7 TROUBLE SHOOTING: SOURCES OF SUPPORT

In an unfortunate event of natural disasters or any other crisis threatening your personal safety, you should:

- ▶ Contact the local emergency authorities for assistance (make sure 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](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 IAO of HKU at [goabroad@hku.hk](mailto:goabroad@hku.hk).

In case you need to leave the host university during your study abroad period due to academic, financial or family problems, please seek advice and approval from the International Office at your host university as well as the IAO before you make your plan.



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

AREAS OF CONCERN	CONTACT PERSON
Academic Matters	<p>Academic Advising Office            Tel : (852) 3917 0128            Email: <a href="mailto:aaoffice@hku.hk">aaoffice@hku.hk</a></p> <p>Faculty Offices  <a href="http://aao.hku.hk/locations-and-contact-details">http://aao.hku.hk/locations-and-contact-details</a></p>
Study Abroad Programme	<p>International Affairs Office (IAO),            Admissions and Academic Liaison Section,            The Registry            Tel : (852) 2219 4549            Email: <a href="mailto:goabroad@hku.hk">goabroad@hku.hk</a></p>
Adjustment Issues/ Mental Health Concerns	<p>Clinical Psychologist/Counsellor            Centre of Development and Resources for Students (CEDARS)            Tel : (852) 3917 8388            Email : <a href="mailto:cedars-cope@hku.hk">cedars-cope@hku.hk</a></p> <p>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:</p> <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	<p>Senior Student Advising Officer/Student Advising Officer            Centre of Development and Resources for Students (CEDARS)            Tel : (852) 3917 2305            Email: <a href="mailto:cedars@hku.hk">cedars@hku.hk</a></p>

# 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 study abroad!*

