

Chapter 1 :General China information

Preparation

Language

the official language is Mandarin. Cantonese is one of eight major dialects. With the exception of the western and southernmost provinces, most of the population speaks Mandarin and most school children learn a basic level of English.

Climate

China has four seasons. Spring (March to May) and autumn (September to early November) can be the most comfortable times, since you will avoid the heat of summer (June to August) and chill of winter.

Vaccinations

Specialized travel medicine clinics are your best source of information, since they stock all available vaccines and can give timely recommendations for what you need for China.

Medications

Pack medications in their original, clearly labeled container. Bring a copy of your medical records for you and your family members. If you have a chronic medical condition, get your physician to write a short medical report for your new doctor in China.

Sundries

Most personal items that you need or use regularly can be purchased in China. Mainstream brands may be available, while lesser known brands are hard or impossible to find. Many teachers purchase a one year supply of sundries in Canada to be brought to China in checked baggage.

Electronics

China uses 220v power. Small appliances from Canada may not work, even with an adapter. Small electronic items are easy to find and purchase in China. A laptop with a power cord adapter, rated between 100 - 240V will work in China.

Clothing

You will need sport casual clothing for teaching, and semi formal wear for parent meeting and special events. In addition, a formal outfit is required for the annual graduation ceremony. Most teachers prefer to buy clothes in Canada, especially shoes such as athletic and dress shoes, since it may be difficult to find shoes that fit well in China. Also, Chinese fashion is more conservative compared to North America.

Cash

Cash is the preferred method of payment in China. Many teachers find that 3000 RMB, approximately \$600 CAD, can be sufficient for the first few days in China, until you find an ATM that accepts your foreign debit cards.

VISA card may not be available in China.

Health

Hygiene

China is a reasonably healthy country. Outside of the major cities, medical care is set to a different standard than what teachers may be used too. Public bathrooms may not have soap or toilette paper. Some teacher's carry tissues and sanitizer at all times.

Medical

Teachers working at the school are insured though PICC China. Coverage is basic and you can find more information at their insurance manual.

Well-being

Maintain your social well-being by staying connected to friends and family at home and become involved in after- school staff activities. Transitioning to a new country can be stressful and you may have feelings and worries that you do not normally experience such as culture shock.

Culture shock

Adapting to a new place takes time. Most teachers go through a period of personal frustration with their new environment. This is known as culture shock and it's a normal part of adjusting to a new culture. The four phases of culture shock are fascination, hostility, acceptance and finally adaptation.

Transition

Give yourself time to adapt to the new environment. Attend a club or activity that meets regularly so that you meet new people and make friends faster. Contact friends and family back home since these connections will help you feel grounded. Manage your stress by staying healthy, eat well and get enough sleep and exercise.

Fitness

You are recommended to exercise regularly. School plans to build the fitness room to the staff.

Food

Stress, unfamiliar foods, and hectic schedules may affect your diet. Be aware of these factors and keep them in mind. Make a healthy diet. Follow these tips to avoid becoming ill; never drink tap water, bottled water is recommended. Boiling water is the most efficient method of purifying it.

Transport

Airplane

China's air network is wide-spread, and its aviation fleet provides people with an effective transportation network.

Train

China's train network covers every province except Hǎinán. A variety of classes of trains means that you can travel according to your budget. Hard seats are the most affordable. If you want speed and comfort, look for soft-sleeper bunks. Express trains are modern and comfortable and can travel great distances.

Rail

Light rail is an efficient and affordable option in Hong Kong, Beijing, Shànghǎi, Guǎngzhōu, Tiānjīn, Nánjīng, Shēnzhèn, Dàlián, Chóngqìng, and Wǔhàn.

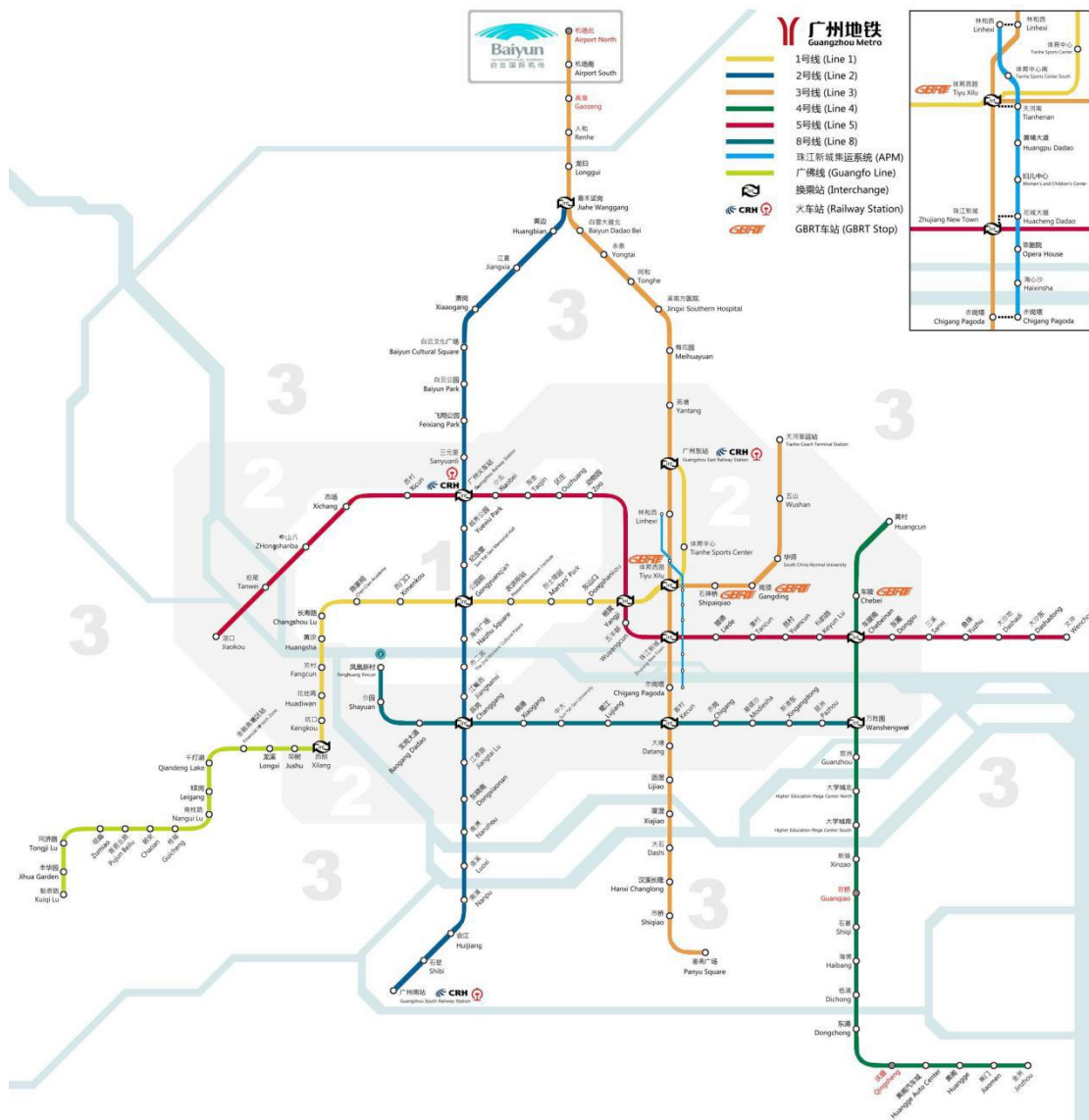


Guangzhou Metro

The subway connects to the airport. It also connects to the regular and bullet train stations, so you can continue your tour in China conveniently. The ticket ranges from 2 Yuan to about 14 Yuan depending on distance traveled. Guangzhou South Railway Station on Line 2 is the nearest station to MIC. For more information please visit:

<http://www.guangzhoutravelguide.com/guangzhou-metro>.

Foshan metro is on GF line.



Bus

Bus services are wide-spread, main roads are improving and the number of intercity highways are increasing, making for efficient bus travel. Local bus fair starts at 2RMB or 4RMB. There are free shuttle buses commuting between the Florentia Village Outlet Mall and Guangzhou South Railway Station (Business hours: a ride every 30 to 40 minutes)



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Bus Stop Location: North 2 Parking lot of Guangzhou South Railway Station. Bus route.NanHai K3 and NanHai Gui 09 Stop at the Nanhai foreign language school (Sanshan campus station).

Taxi

Taxis are cheap but drivers do not speak English. Show a map or have your destination written in Chinese characters. Meters are often only switched on in larger towns and cities. If the meter is not used, a price should be negotiated before you get into the taxi. Taxi fee start up from 8RMB covered the first 3km. It charge 2.8RMB per km within 12km and 4.8 per km after. Didi app is recommended. It's easy and convenient to call a taxi and pay directly in wechat.

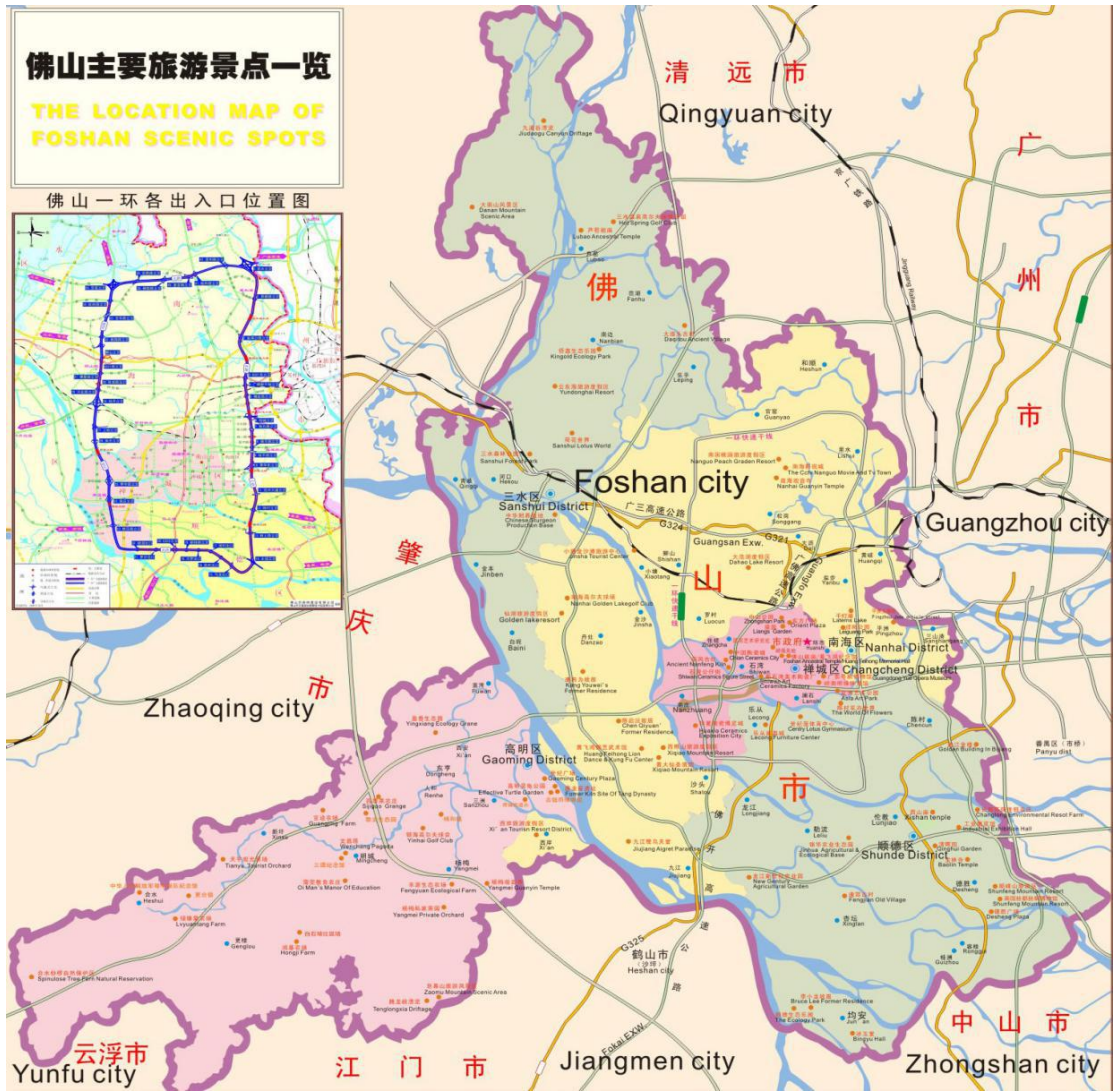
Car

Driving in China is different from North American driving. Drivers may not signal and they honk their horns quite often. If you want to drive in China, you will need a Residency Permit and a Chinese driving license.

Bicycle

Bicycles are an efficient method for getting around China's cities. Bike shops are plentiful. OFO app is recommended as a bike rental apps in China.

Map of Foshan



Communication

Cellular

There are various mobile phones and mobile phone stores in China. You can buy a cell phone at the side of the road, malls, or telephone shops.

SIM

Once you buy a phone, you need to activate it with a small chip called a SIM card. You can buy a SIM from one of two companies, China Mobile and China Unicom. These companies offer several plans that can include phone and data transfer both locally and overseas.



Internet

Internet availability and connection speeds vary according to your location. Connection speeds are high speed with streaming capability, but typically slower compared to Canadian internet connections, and may be less reliable. China censors websites such as Facebook, Youtube and Google.

VPN

A virtual proxy network (VPN) is software that allows you to access internet content that is filtered in China. There are several VPN services and you can buy a plan online. It is easier to purchase a VPN plan in Canada, since some VPN websites are blocked in China. Strong, Pure, Astril and Express VPN are a few of many VPN services available.

Departing

Flights

The SCHOOL AUTHORITY will provide the TEACHER with an annual return economy ticket per academic year from the point of hire (or equivalent distance maximum) to the city where the School is located. Return airfare will only be provided upon completion of the full year's teaching. If the TEACHER chooses to buy his/her own ticket, the SCHOOL AUTHORITY will provide a maximum reimbursement of ¥9500 RMB. The return portion of the airfare will be reimbursed at the end of the school year.

Shipping

The School will provide a maximum reimbursement of 1000 RMB for the TEACHER's excess baggage when moving to Foshan City for the first time. The TEACHER should keep and submit the receipt for this expenditure. (It is the responsibility of the TEACHER to learn the excess baggage regulations of the airline being used). The TEACHER has the responsibility to bring any teaching materials at the School's cost if the School requests this.

The TEACHER is responsible for customs clearance of the shipped baggage, and will be responsible for any fines caused by delayed clearance.

School supplies

A meal card is given to cover meals in the school cafeteria. It can be used in the coffee bar, canteen and store. A laptop will be provided for each teacher which can be linked to the smart board in the classroom.

Chapter 2: Off-campus Amenities

Shopping Malls near-by School

1. Florentia Village

Address: 广东省佛山市南海区桂城街道疏港路 28 号

NO.28 Sugang Road Guicheng Street Nanhai District Foshan

Walk: About 5min-walk next to school

2. Vivo City

Address: 佛山南海区平洲佛平四路与石龙南路交汇处

The intersection of Foping 4th Road and Shilong South Road, Pingzhou, Nanhai District, Foshan

Service hotline: 86-757-8181 8588

Bus line: Get on #3 bus at the stop of 南海外国语学校 Nanhai Foreign Languages School station---(6 stops) ---- Get off at the stop of 桂城中学 Guicheng Middle School station----630-meter walk. It takes 55 mins approximately to the Vivo City

Supermarket: there is a LOTUS supermarket at B1 floor.

3. Vanke Mall

Address: No.23 Guilan Middle Road, Nanhai District, Foshan City.

佛山市南海区桂澜中路 23 号

Bus line: Get on #3 bus at the stop of 南海外国语学校 Nanhai Foreign Languages School station---(8 stops)---- Get off at the stop of 妇幼保健院（城市广场）Women and Children Hospital(City Mall) station----600-meter walk. It normally takes 1 hour to the Vanke Mall.

Supermarket: There is a TASTE supermarket at B1 floor.

4. Supermarkets close-by School

Bus line: Get on #9 bus at the stop of 南海外国语学校 Nanhai Foreign Languages School station-- (3 stops)---- Get off at the stop of 顺泰路口 Shuntai Corner station----130-meter walk. It is convenient for buying articles of daily use. If you'd love to walk, it takes 20mins walking across from the road in the village.

5. Unipark

Address: 佛山市南海区桂兰中路 18 号环宇城

Unipark No.18 Guilan Middle Road, Nanhai District, Foshan. 8.6km from School. Recommend to take a taxi.

Supermarket: There is a Wal-Mart at B1 floor.

6. CapitaLand

Address: 佛山市南海区南海大道北 75 号

CapitalLand, No.75 Nanhai North Avenue, Nanhai District, Foshan city. 9.6km away from School. Recommend to take a taxi.

Supermarket: There is a Wal-Mart at B1 floor.

Banks near-by School

1. China Construction Bank

Address: 佛山市南海区桂城街道佛平五路 1 号康怡丽苑 17、18、19、21 号商铺



No.17/18/19/21 Store Kangyili Garden No.1 Foping 5th Road Guicheng Street Nanhai District, Foshan.

Service hotline: 0757-86772955

Business hours on Monday-Friday: 09:00-12:00 14:00-17:00

Bus line: Get on #3 bus at the stop of 南海外国语学校 Nanhai Foreign Languages School station-- (5 stops)---- Get off at the stop of 立新路 Lixin Road Station----800-meter walk. It'll take an hour to the Bank.

2. Bank of China

Address: 佛山市南海区南海大道北 59 号南海支行

Nanhai Branch No.59 the north of Nanhai Avenue Nanhai District, Foshan

Service hotline: 0757-86285170

Bus line: Get on #3 bus at the stop of 南海外国语学校 Nanhai Foreign Languages School station--- (8 stops)---- Get off

at the stop of 妇幼保健院（城市广场）Women and Children Hospital(City Mall) station---- Transfer to #125/#140 bus----(5 stops)---- Get off

at the stop of 桂城加油站 Guicheng gasoline station ----340-meter walk. It normally takes 1 hour and a half to the Bank.

Hospital near-by School

Nanhai People's Hospital(Public Hospital)

Address: 佛山市南海区平洲夏东路

Xiadong Road, Pingzhou, Nanhai District, Foshan

Call Center: 0757-88386000

Bus line: Get on #9 bus at the stop of 南海外国语学校 Nanhai Foreign Languages School station--- (20 stops)---- Get off at the stop of 平西路口 Pingxi Conner station----600-meter walk. It takes 1 hour and 10mins approximately to the hospital.



Here is a list of Private hospitals where can provide English service.

| 医院名称 Hospitals | 联系电话 Tel | 地址 address |
|----------------|-----------------|--|
| 广州协和高级医疗中心 | 020-83874293/83 | 广州市越秀区东川路 96 号广东省人民医院科教楼 9 楼 9th floor, science and teaching building, Guangdong province people hospital, No.96 Dongchuan Road, Yuexiu district, Guangzhou city. |
| 环球医生广州诊所 | 020-38841452 | 广州市天河区林和中路 178 号帝都大厦 1 层 101-6 101-6 Room 1st floor Didu Mall No.178 Linhe middle road, Tianhe district, Guangzhou city. |
| 广州加美医疗中心 | 020-83866988 | 广州市越秀区环市东路 368 号花园酒店花园大厦 5 楼 5th floor Garden building, Garden hotel, No.368 Huanshi East Road, Yuexiu district, Guangzhou city. |
| 祈福医院 | 020-84518333 | 广州市番禺区鸿福路 3 号 No.3 Hongfu Road, Panyu district, Guangzhou city. |
| 康辰国际医疗中心 | 020-37591168 | 广州市天河区花城大道 18 号附近 No.18 Huacheng avenue, Tianhe district, Guangzhou city. |

Please notice that the fee from Private hospitals cannot be covered by the insurance.

Metro Station near-by School

Service Hotline of Foshan Metro: 40088-12830



Service time of metro: 6:00---23:00

Guangzhou South Railway Station

Bus line: Get on #3 bus at the stop of 南海外国语学校（三山校区）Nanhai Foreign Languages School station----(2 stops)---- Get off at the stop of Guangzhou South Railway Station Terminus---- 450-meter walk. It takes less than 40 minutes to get to the station.

Useful Phone Number are Listed Below:

110 (Police)

119 (Fire)

122 (Traffic Accident)

120 (Emergency Medical Services)

82023456 (Taxi Service)

81277062 (Monitoring Center)

81277028 (Service Center)