



**LANZHOU
UNIVERSITY**

兰州大学 | 国际合作与交流处
LANZHOU UNIVERSITY | INTERNATIONAL OFFICE

自强不息 獨樹一幟

Constantly Improving, Blazing Our Own Path

Handbook for LZU Incoming Exchange Students

地址：(Add) 甘肃省兰州市天水南路222号 (730000)

No.222 South Tianshui Road, Lanzhou, 730000,
Gansu Province, P. R.China

网址 (Website) <http://www.lzu.edu.cn>



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A) Welcome

Dear Students,

We are looking forward to welcoming you at Lanzhou University 2019 Spring semester!

Today we are sending you the necessary information about registering for the exchange program as well as some necessary basic information about studying and living in Lanzhou University (LZU).

B) Introduction of LZU

As the earliest institution of advanced learning and higher education in Northwest China, Lanzhou University was previously named Gansu Law and Politics School in 1909. Then the school developed to become Lanzhou Sun Yat-sen University in 1928. Lanzhou University has been the best university in the northwestern region of China, ranking as one of the top 30 among over 1,500 universities across China. It is one of the key universities administered directly by the Ministry of Education.

LZU has a long history of excellence in chemistry, physics, biology, and geology. It also excels in some unique disciplines and research areas based on the regional resources and culture of northwestern China, such as Central Asian studies, Dunhuang studies, dry-land ecology, sand fluid dynamics, Tibetan and Loess Plateau sciences, and grassland agriculture. This has greatly contributed to the economic and social development of the local area and the country as a whole.

Aiming at establishing the world famous top comprehensive university with multi-discipline coordinative development, Lanzhou University will inherit the concept of “Springing from West China, Striving for a top university” as well as the university motto of “Constantly improving, blazing our own path”, carrying forward the spirit of Lanzhou University, strengthening the opening consciousness, laying stress on the connotation construction, enhancing the education quality, insisting on the strategy of talents strengthening university and constructing a harmonious campus to

contribute more to the economic and social development of the western regions, higher education advancement of China and national rejuvenation.

C) Before Departure

A good preparation will guarantee you a successful and carefree time in China.

1. Contact with your buddy

In order to help you to get accustomed to LZU, you will be assigned a student volunteer (a buddy to exchange students) while your stay in Lanzhou. Please check the mail box and keep in touch with your buddy.

Buddies will pick up exchange students from the airport or train station upon request. For those who have sent the arrival information to your buddy, he or she will meet you at the airport or the train station and help you to take the shuttle bus or bus to LZU at your own expenses. For those who have not sent the arrival information, please contact with your buddy and confirm your arrival information as soon as possible.

2. Cash & Cards

Currency

The currency in use is Chinese Yuan RMB (¥).

Please prepare cash RMB before you arrive in Lanzhou, especially for those who will arrive beyond working hours (8:30-12:10; 14:30-18:10). For bus fees, room deposit and miscellaneous expenses, cards might not be acceptable. You could exchange money in the Bank of China. You may ask your buddy for help.

Withdrawal cash from the bank might be impossible because some ATMs do not accept international cards, unless your cards are "China Union Pay" (银联) ones. You may also consult the bank accountants for help.

Budget

How much money you must take with you depends on your own. Please refer to a budget of the most common expenses estimated in RMB (¥).

| On Campus | |
|--------------------|------------------|
| Double-room Rental | ¥ 900/month |
| Internet Access | ¥ 250/semester |
| Meals | ¥ 800-1500/month |
| Off Campus | |
| Meals | ¥ 20-100/time |
| Bus ticket | ¥ 1-2/trip |
| Cinema ticket | ¥ 25-40/time |

Ali Pay, Wechat Pay and Union Card

Payment in China for almost anything is easy to deal with Ali Pay or Wechat Pay which need connect with your Union Card. If your Union Card has a pin code, almost all ATMs allow you to withdraw RMB. Be sure to check with your bank concerning the charges and exchange rate applied when your cards in shops and in ATMs. If you do not know how to register a Union Card or how to apply an account of Ali Pay or Wechat Pay, you could ask your buddy for more details. An PSBC (Postal Savings Bank of China) Debit Card will be applied by your own. You can choose to open this debit card based on your own preference.

D) Living in China

In this section, we will try to help you by giving some general information on the way things are done in China and what to do and see. These cultural "norms" vary from region to region and group to group, but we have tried to give you an overview before you arrive.

1. Chinese Culture-Customs and Norms

The Chinese are very proud of their culture, language and history. Although you will find people from diverse places and ethnic groups, mandarin is the common language. Family and friends are highly valued and the Chinese put a good deal of emphasis on leisure time. Work is important but is not the priority for most.

Getting information in English is possible but you will be more appreciated if you use polite expressions like “请” (qing) (please) “谢谢” (Xiexie) (thank you) in China.

2. Basic Information

Cell phone

Using your home cell phone in China may be very expensive. Check with your provider to find out how you will be billed and how those calling you will be billed if you really want to bring it. The cheapest solution is probably to register a Chinese SIM card when you arrive in China. Your buddy will assist you in choosing and buying the best product at the local store.

How to dial?

The international code to dial a telephone call to China is +86; the local code for Lanzhou is 0931. For example, to call the International office, please dial: 86-931-8915626

-If you call from China or from a Chinese cell phone, dial: 0931

-If you call from abroad or from an international cell phone, dial: +86 931

Weather

Usually the winter is cold (around freezing) and can be snowy, and the summer will be very comfortable. With the climate changes, the weather becomes strange, it can be cold and windy in May or really hot in September. So bring with you all kind of clothes.

Medicine

In China most commonly used medicines are available in pharmacies. However, if you have special prescription medication or a preferred over-

the-counter drug, for example, for hay fever, be sure to obtain enough last throughout the time you will be traveling.

Laptop

Not compulsory for the classes, but recommended for your own comfort and link with your family and friends through emails. Each room has an internet access at your own expense, as does the whole campus. If you bring along your laptop, don't forget to remember your student code to be able to connect it on the campus. You will be technically assisted by your buddy about how to register and connect to the internet.

Identity photos

It is a good idea to bring identity photos if you already have them and apply for various cards. You could also take an identity photo after you arrival on campus.

Adapter

Electricity in China is 220 volts, so an adapter may be necessary. Even if your computer or hair dryer, etc. can be used with 220 volts, be sure that the plug has flat prongs and not round ones or bring a plug adapter.

2. Travel Guide

Please bring all the necessary documentations with you such as your passport, ID card, plane tickets, check-in and boarding pass, credit card and booking confirmation copy.

E) How to Reach the Campus

Student volunteers (buddies to exchange students) will pick up exchange students from Zhongchuan Airport (“中川机场”) or Lanzhou Train Station (“兰州站”) upon request. For those who have sent the arrival information to your buddy, he or she will meet you at the airport or train station and help you to take proper transportation to LZU at your own expenses.

For those who have not sent the arrival information, please contact with

your buddy and confirm your arrival information as soon as possible. And for those who have changed your arrival information without notifying your buddy, or those who were not picked up by accident, please come to LZU by yourself.

1. From the Airport

By CRH train

Inside the Terminal building, you could easily access to the airport train station and get off at the final stop (Lanzhou Train Station). The whole journey may cost you about 50 min and every ticket fee for the 2nd class seat is ¥21.5. CRH routes running from the airport to Lanzhou Train Station are normally from 8:50 a.m. to 22:40 p.m.. Please confirm the train schedule carefully before departure. You may purchase a CRH ticket with your passport at the ticket window.

By Shuttle bus

In the Arrival Hall, you will easily find the sign to take the shuttle bus to Lanzhou downtown, which will cost about one hour. Get off at the Dong-Fang Hotel (“东方大酒店”) stop and the main gate of LZU is right across the street. The bus fee is ¥30. You may take the bus back to Lanzhou in 24 hour a day.

2. From the Train Station

If you take the train, you could take No.1 Bus which costs ¥1 and get off at the stop of Lanzhou University (“兰州大学”); you could also take a taxi, which costs ¥10. The train station is about 20 minutes' walking distance from LZU and you could walk directly north along Tianshui Road (“天水路”). The main gate of LZU is on your right side.

F) After Arrival

1. Residence

Your buddy will lead you to the residence first. All of you are required to live on campus. The rooms are already assigned and will not be reassigned unless special requirements are raised and approved by the International

Office and the Accommodation Administration Center. Please DO NOT check in before **February 21st, 2019**

(1) Please check in at the front-desk of Lanzhou University Reception Center in the Guest House (“专家楼”). Please remember to bring the original copy of your passport. According to the exchange agreement between home and host universities, the accommodation fee paying students will be required to prepay one semester accommodation fee (¥4500/double room); the accommodation fee waived students need to pay ¥600 as deposit, which is refundable upon check-out if the room is kept in good condition. Mattresses, sheets, quilt, and pillow are provided, but they have to be returned in good condition upon departure.

(2) Please respect the dormitory regulations and note that rooms should be cleaned by yourselves and no smoking indoors. Please do not much noise in your dorm.

(3) If you are allergic to some specific materials, please get fully prepared for medical treatments; also please inform us in advance.

2. Registration

Registration will be arranged in the School of International Cultural Exchange (Room 701, Student Activity Center) on **February 23th-24th, 2019**. Please bring with you the following documents:

- (1) Passport
- (2) JW202 (white)
- (3) Physical Examination
- (4) Admission Notice

Your buddy will assist you during the whole process.

Insurance requirements

Exchange students must obtain health insurance for the entire length of their exchange. You must purchase the relevant insurance upon arrival (about ¥400/semester). You need pay for insurance on the registration day.

3. Orientation

The Orientation plans to be arranged on **February 25th, 2019**. Exact time and place will be notified upon arrival by your buddy. You are required to bring the passport to the Orientation because we would need to double check the validity of your visa.

Visa

You may hold X1 or X2 visa only to enter Chinese border, otherwise you will be responsible for all the possible consequences. **Please also make sure that your passport is valid till the end of your study in LZU.**

◆ Students with X1 (000 day) visa should apply for Residence Permit within 30 days after arrival. Supporting documents include:

- (1) Application form for residence permit (obtained from the Public Security Bureau of Lanzhou)
- (2) Physical exam form (explained later)
- (3) The yellow copy of 202 form (obtained from LZU International Office)
- (4) Photocopy of passport
- (5) Recommendation letter (obtained from LZU International Office)

After all of the documents are prepared, you can go to the Public Security Bureau of Lanzhou. The cost for a new residence permit: approx. ¥400 /person. Your buddy will accompany you for help.

◆ Students with X2 (120/150/180 days) visa may or may not need to apply for residence permit within 30 days after arrival, which depends on their exchange period. For one semester (5 months) exchange students, we suggest them to apply for X2 (150/180 days) visa. We will double check the valid period which should cover the whole length of your stay at LZU. If not, it is compulsory to apply for visa extension (30 days), or you will be fined after the visa expires. In that case, a recommendation letter from LZU International Office is needed.

Physical-exam

For students who need to apply for the Residence Permit:

If you have taken the physical exam before you come to China, you can

take the old form to the Gansu Entry-Exit Inspection and Quarantine Bureau. The bureau will issue a new form for you.

If not, please go to the bureau to have physical exam (with an empty stomach in the morning).

Address: 387 East Jiayuguan Rd., Lanzhou Directions.

By Bus: No. 71 or 33 on Maijishan Rd., depart at Lankong Stop (兰空站).

Cost for taking a new physical exam: about ¥300/person.

3. Campus Life

Campus card and PSBC Debit

LZU International Office will assist you to get a campus card, which gives you access in and out campus, to the university cafeteria and more facilities on campus. So you should better bring it with you all the time. Please note that the campus card is recharged by a pop-up machine in the lobby of cafeteria by an PSBC (Postal Savings Bank of China) Debit Card. You could ask your buddy for help if you need to open the debit card and recharge the campus card.

Canteen

All of you should be responsible for your own meals. You may use the campus card to buy food in the canteens on campus. We remind you that mild and light food might be more friendly to you at the very beginning, and you had better not rush to try spicy food (though they are indeed delicious!) in order to avoid stomach disorders.

For Muslim students, Islamic meals are available at the National Canteen on campus or restaurants off campus. Please also consult your buddy for the local delicacies around. A bowl of Lanzhou beef noodles is highly recommended!

Internet

You would access to wired internet by applying it in the Network Office (南门网络通信中心). It will cost you ¥100 to open an account and ¥30/room/month. When you go to the Network Office to apply for it, please

remember your dormitory's room number and take your passport and campus card with you. If there is any problem about the Internet service, you can ask your buddy to help you contact the Internet center or call 0931-8914088.

Courses

(1) Chinese Learning Program by the School of International Cultural Exchange:

<http://sice.lzu.edu.cn/>

(2) Lanzhou University Schools and Majors

<http://faoffice.lzu.edu.cn/gjcheng/upload/doc/N20150914155604.pdf>

(3) Academic Schools and laboratories

<http://en.lzu.edu.cn/Teaching/>

<http://en.lzu.edu.cn/Research/>

Please be note that the teaching plan is only available in Chinese for most study programs. Please get in touch with us for more information.

Credit system

For the experimental courses in Lanzhou University, one credit equals to 36 credit hours. For courses of other kinds, one credit corresponds to 18 credit hours. One credit hour equals to 60 minutes of class instruction. (e.g. a three credit course normally consists of three lecture hours per week in one semester, since one semester consists of 18 weeks' instruction and two weeks' exam.)

Medical facilities

If you are allergic to some specific materials, please get fully prepared for medical treatments; also please inform us in advance. We have infirmary in our campus or more professional treatment will be provided in the First hospital of LZU.

G) Contacts

Important phone number

| | |
|--|----------------|
| International Office | 86-931-8915626 |
| Campus Information Directory Hotline | 86-931-8911114 |
| Campus Duty Room | 86-931-8912333 |
| University Hospital | 86-931-8911120 |
| Campus Security Office | 86-931-8911110 |
| Campus Security Station | 86-931-8911119 |
| Network Office | 86-931-8914088 |
| Logistics Office | 86-931-8914119 |
| Lanzhou Public Security Bureau's entry department | 86-931-8718611 |
| Front Desk of the 2nd Campus Hotel whereyou check in | 86-931-8912806 |

Emergency Call: 110

Emergency Medical Service: 120

Fire: 119

For more information, please make access to the following websites:

<http://en.lzu.edu.cn/>

<http://faoffice.lzu.edu.cn/gjcheng/>

Should there be any question, please contact us via

Email: incoming@lzu.edu.cn

Tel: 86-931-8915626

Fax: 86-931-8915303

Mailing Address:

Lanzhou University (LZU)

222 South Tianshui Road

Lanzhou, 730000, P. R. China

Phone: +86-931-8915626

Appendix I Lanzhou University

Lanzhou University (LZU) is located in Lanzhou, Gansu Province. It was founded in 1909 as the Gansu Law and Politics School. It is one of the top 39 universities funded by the 211 Project and the 985 Project of the Chinese Ministry of Education.

Currently, LZU consists of 35 schools and 3 affiliated hospitals in 6 campuses, namely, Main Campus, First Satellite Campus, Second Satellite Campus, Yuzhong Campus, Medical Campus, and Pastoral Science Campus, covering a total area of about 630.6 acres. It hosts about 20,000 undergraduate students and about 10,000 postgraduates. LZU has over 4,000 teaching and administrative staff members, among whom 9 are Academicians of Chinese Academy of Science and Chinese Academy of Engineering.

LZU has set up inclusively 12 discipline categories, namely, Science, Engineering, Law, Agronomy, Literature, History, Economics, Philosophy, Management, Medicine, Pedagogy, and Fine Arts. It is among the universities firstly authorized to offer Bachelor, Master and Doctoral degrees, to establish post-doctoral research stations, and to set up national bases for fundamental liberal and science teaching and research talents cultivation. At present, there are 8 national key disciplines, namely, Regional Economics, Particle and Nuclear Physics, Organic Chemistry, Natural Geography, Botany, Ecology, Ethnology, and Solid mechanics, and 2 national key cultivation disciplines. LZU offers 86 undergraduate programs, 235 master programs and 116 doctoral programs. There are also 17 post-doctoral research stations.

LZU has long been renowned for its fundamental research. Besides, LZU also pays great importance to the applied research. After over 100 years' development, LZU has developed its traditional and regional strengths in scientific research. Its traditional strength especially lies in the fields of chemistry, physics, biology and geography, and its regional strength is best reflected in such distinctive research areas as Dunhuang Studies, Northwest China Ethnic Studies, Qinghai-Tibet Plateau, Glaciology

and Geocryology, Sandstorm Control, and Arid Agriculture Ecology by making best use of its location. Since 2006, LZU has won 12 national science and technology awards, and the number of research papers included in SCI and EI and the number of cited papers have witnessed stable growth, ranking top 20th and 15th among all Chinese universities, respectively. Meanwhile, the university gives full play to its scientific and technological resources and talent advantages to actively promote its cooperation with local government and provide strong support to government's decision-making and the construction of major local projects.

LZU has 2 national key laboratories in the fields of Applied Organic Chemistry and Grassland Agro-ecosystems, and 5 key laboratories under the Ministry of Education (MOE), 1 key open laboratory under the Ministry of Agriculture, 2 key research bases for humanities and social sciences under the MOE, and etc.

Lanzhou University has long been active in developing international education exchanges and cooperation and has established academic relationships with over 150 institutions of higher learning and research organizations in the world. LZU has co-established 3 Confucius Institutes in Uzbekistan, Kazakhstan and Georgia.

At present, LZU has become an important base in western China for advanced personnel training, basic scientific research, high-tech research and development, and high-level decision-making consultancy. It is playing an important role in the national and regional economic and social development.

Appendix II Lanzhou

Lanzhou, located on the upper reaches of the Yellow River, is in the geometrical center of China. Lanzhou has the distinct features of a semi-arid climate, characterized by dryness and abundant sunlight. The mean yearly rainfall, temperature, sunshine time and frost-free periods are about 360mm, 10 degree, 2446 hours and 180 days, respectively.

Lanzhou has evolved a unique landscape with mountains lying in the south and north and the Yellow River flowing from west to east. To highlight the features of the city, the government is speeding up a comprehensive project on foresting the mountains and making the best use of the tourist resources along the Yellow River to create an art corridor 40 kilometers long, a collection of the cultures of the Silk Road, the Yellow River and the multiple ethnic groups.

The Yellow River nurtures people here and abundant special local products as well, such as Bailan melons, Mapi Zui melons, Hotbed chives, lily, Danban watermelon seeds, honey peaches, Kushui Rose and tobacco for water pipes, which are well-known at home and abroad.

Lanzhou was a major stop on the ancient Silk Road. Early settlement in this region dates back to the Han Dynasty with a history of over 2,000 years. The city used to be called the Golden City with literal meaning of solidness as if the wall of it were cast with metal. Ever since the Han Dynasty, Lanzhou has gradually become vital for trades and exchanges with ethnic minority groups in western regions on the Silk Road, and has played an essential role in prompting the economic and cultural exchange with western countries.

Lanzhou is the transit stop for tourists traveling along the Silk Road. With the implementation of the Western Development Strategy of Chinese government and the international collaborative efforts to revive Silk Road to build New Silk Road,

Lanzhou will play an increasingly important role in the exchange and cooperation between China and foreign countries.

■ Appendix III Gansu

Gansu is a province of the People's Republic of China, located in the northwest of the country. It lies between the Tibetan and Huangtu plateaus, and borders Mongolia, Inner Mongolia, and Ningxia to the north, Xinjiang and Qinghai to the west, Sichuan to the south, and Shaanxi to the east. The Yellow River passes through the southern part of the province.

Gansu has a population of 26 million (2009), covers an area similar sized to California. The capital is Lanzhou, located in the southeast part of the province.

Gansu is abbreviated as Gān or Lǒng, and is also known as Long West or Long Right, in reference to the Long Mountain east of Gansu. In prehistoric times, Gansu was host to a number of Neolithic cultures. The Dadiwan culture, from where numerous archaeologically significant artifacts have been excavated, flourished in the eastern end of Gansu from about 6000 B.C. to about 3000 B.C. The Majiayao culture and part of the Qijia culture also took root in Gansu from 3100 BC to 2700 B.C. and 2400 B.C. to 1900 B.C. respectively.

Gansu has an area of 454,000 square kilometers. And the vast majority of its land is more than 1,000 meters (3,300 ft) above sea level. The landscape in Gansu is very mountainous in the south and flat in the north. The mountains in the south are part of the Qilian Mountains, while the far western Altyn-Tagh contains the province's highest point, at 5,830 meters (19,130 ft). A natural land passage known as Hexi Corridor, stretching some 1,000 kilometers (620 mi) from Lanzhou to the Jade Gate, is situated within the province. It is bound from north by the Gobi Desert and Qilian Mountains from the south. Gansu generally has a semi-arid to arid, continental climate, with warm to hot summers and cold to very cold winters. Most of the precipitation is delivered in the summer months. However, due to its extreme altitude and remoteness, some areas of Gansu exhibit the Subarctic Climate - with winter temperatures dropping to -40.

Gansu province is home to 30,711,287 people. Most of the population, 73%, is still rural. Gansu is 92% Han and also has Hui, Tibetan, Dongxiang, Tu, Manchu, Uyghur, Yugur, Bonan, Mongolian, Salar, and Kazakh minorities.