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# Introduction

*Hi AFSer!*

*I guess you are preparing for your trips to far-miraculous China. Is it an adventure for you? This booklet is designed to help you get some common sense of Chinese society, and give you some suggestions to solve basic problems.*

*Being an AFS student in China can be one of the most rewarding and challenging experiences of your life. If you are aware of the safety issues and behave accordingly, you will find China one of the most fascinating places in the world. And you will realize that almost all aspects of it can be discovered very safely.*

*Don't be shy, have a try!*

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## Basic Practical Tips for Living in China

China is such a huge country with diversities in many aspects and enjoys very oriental culture. It is impossible to tell you what to do in every situation. Your best choice is to discuss any concern with your host family and local AFS Volunteers. You must also be responsible for yourself. After arriving at your host family, please sit down and discuss the information contained here. It's important to tell them anything you don't understand about the advice given below.

- It is a good idea that you carry a photocopy of your passport in your purse or wallet at all times. Ask your host parents for a safe place to keep your passport at home. It is advised to have two more copies for further use.
- It is advised to have your host family information (telephone number, host parents' phone number, address, etc.) close to you in case of any emergency.
- Please remember all the emergency phone numbers listed below, not only in your cell phone address list but also in your mind.
- It is a good idea to start the Chinese language learning from the “Important Words & Marks” of this handbook.

## Emergency Phone Number

<b>National Police Line</b>	110
<b>National Fire Line</b>	119
<b>Ambulance Line</b>	120
<b>National Emergency Line</b>	112
<b>Traffic Accident</b>	122
<b>Weather Information</b>	121
<b>Phone Number Information</b>	114
<b>AFS Emergency Line</b>	+86-13501271982
<b>AFS National Office (Monday to Friday)</b>	+86-10-66416686 (9:00-11:30 13:00-17:00)
<b>AFS Local Office</b>	
<b>Local Volunteer</b>	
<b>Host School</b>	
<b>Host Family</b>	

- ✧ Please use the blank spaces to record other important phone numbers
- ✧ In any case of emergency, contact either Host family, Contact Person or Host School

## Important Words & Marks

Help!	jiù mìng 救 命 !
Stop! Freeze!	tíng xià 停 下 !
Lie down! Face down!	pā xià 趴 下 !
Run away!	kuài pǎo 快 跑 !
Fire!	zhe huǒ le 着 火 了 !
I am lost.	wǒ mí lù le 我 迷 路 了
Danger!	wēi xiǎn 危 险 !
Flammable!	yì rán 易 燃
Frangible!	yì suì 易 碎
Poisonous!	yǒu dú 有 毒
Car accident	chē huò 车 祸
Earthquake	dì zhèn 地 震

Ambulance	jiùhùchē 救护车
Fire Extinguisher	mièhuǒqì 灭火器
No Photographing	jìnzhǐpāizhào 禁止拍照
No Crossing	jìnzhǐkuàyuè 禁止跨越
No Approaching	jìnzhǐkào jìn 禁止靠近
No Leaning and Climbing	jìnzhǐpānpá 禁止攀爬
Danger! High Voltage!	gāoyāwēixiǎn 高压危险

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# Social and Personal Safety Concerns

## I . Common Perspectives Based on Culture

China is a society that cares deeply for the welfare of children and young adults. Most parents aspire to provide the best that they can for their children, and in turn they expect their children to do their best academically, as Chinese society traditionally places a high value on education and academic achievement.

It is a society that values respect for elders and commitment to the family. There will be many times when you don't understand the nature of your host parents' actions, and sometimes there are misunderstandings, simply because *western culture emphasizes individualism more than Chinese culture does*.

### 1. What are believed to be **Bad behaviors** of teenagers?

- Showing strong love affection in public, such as hugging, kissing, etc.;
- Staying out late at night (no matter whom you are with);
- Smoking;
- Drinking alcohol;
- Having sexual behaviors;
- Dressing inappropriately (tattoo, dye the hair or uncommon hair cut, bare midriff, mini-skirt, lip/nose ring, very high heel shoes, etc.) and heavy make-up.

### 2. Different standards between boys and girls when it comes to safety:

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- More safety concern is shown to girls than to boys. Girls in China are well protected by their families, whether they are biological daughters or hosted daughters.
  - It is not allowed to stay out late at night for both girls and boys, but when it comes to girls, host parents may tend to be more sensitive.
  - Sometimes girls are not allowed to travel or go to certain places by themselves if the seniors consider it not safe enough.
  - Chinese parents will have concerns if their daughter goes out with a boy, regardless whether it is a real date.
  - Bear in mind that when girls flirt with boys or dress provocatively, it can be offensive or embarrassing to the family.

Problems may occur when students cannot adjust to the family rules placed on them by the family. However, the families do this because they are aware of the dangers within their own community, and because they are concerned for the safety and welfare of their new family member. The guidelines set out in this handbook and by your host family are meant to protect, not prohibit. Please try to understand rather than clash even though it goes against with your traditions.

## **II . Safety Concerns at Home**

### **◆ Your residence**

1. It is very common that most Chinese families in the cities live in multi-story apartment buildings. All space within the home is generally considered shared. You may live in your own room or share with your host sibling.



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2. It is usual that both parents in a family work outside, so if you are alone at home, please make sure the door is locked (and chained if possible).
  3. Most private residential buildings have a security guard to unlock the gate for visitors, or the residents will input confidential code to unlock the electronic lock. Be sure to remember the code for your building. Keep this code confidential between you and your family.
  4. Never open the door to strangers, unless your family inform you that someone is coming.
  5. Do not give your address or any other family information to strangers over the phone. Suspicious calls should be hung up as quickly as possible.
  6. It is usual that parents expect to know when and where their children are going out, they will typically set limits on going out or recreational activities that might interfere your study.
  7. If your host family gives you their house key, be careful and do not lose it. In many host cities, there are not many foreigners in the neighborhood, which makes you looks special. There is the possibility that the thief not only steals your house key but also follows you and marks the address of your host family. In that way, your carelessness will put all your family members into a dangerous situation that your host parents have no choice but changing all the locks of the apartment together, which is not only expensive but also complicating. Nevertheless, if it really happens that you find your house key disappeared, please do not hesitant but telling your host parents as soon as possible.



#### ◆ Telephone & Internet use in host family

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1. It is advised to ask your host family how to make telephone calls (Domestic and International), how to answer the telephone and where to buy an IP telephone card.
  2. It is important to know who you should contact in case there is an emergency when you are alone at home.
  3. Ask your host family whether you are allowed to give the home phone number to your friends.
  4. It is advised to ask your host family how and when to use Internet at home. Many Chinese families do not have 24-hour Wi-Fi. Your overspending may not only disturb other family members but also cause high expenses.



#### ◆ Risk management in host family

1. It is good to know if your host family has a first-aid kit at home and ask them where it is.



#### ◆ Diet

1. It is usual that Chinese diet consists more of vegetables, rice and noodles than meat. There are also various condiments.
2. Tell your host family at the beginning if you have any food restriction, especially if you are allergic to **nuts** or intolerant to **gluten** or **dairy products**. Because those are very common, or even daily food in China. Chinese have them not only in their original form but also by additives. Take peanuts for example, it is widely used in Chinese cuisine and its derivatives are everywhere, such as in cooking oil, sauce and various

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snacks.

In addition, the food instruction in China is not as clear and detailed as that in Western countries for the food intolerance is very uncommon among Chinese people. In this way, it could be hard for you to recognize all the ingredients by yourself. So please do tell your host parents and local volunteers if you have any special condition. Their help will be more than necessary.



3. It is not advised that participants make a habit of buying Western-style food for themselves.
4. Participants should buy food and other daily necessities in supermarket or convenient store.
5. If you go out for dinner in restaurants, it is a good idea to keep the invoices for a period of time for safety concerns.
6. Do not eat food from vendors on roadside, because the hygiene is always uncertain, let alone the nutrition. Some popular roadside food like hot spicy dips (Malatang) is not good for health if you have too much.

#### ◆ Avoid extravagance

1. Extravagance will attract thieves not only to yourself but also to your host family.
2. It is advised to open an account in the nearest bank, and you will get a debit card. In this way, you do not need to take too much cash with you in daily life.

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## ◆ Electricity use

1. In China the voltage is 220V, which can (if not handled properly) be fatally dangerous in cases of electric shocks.
2. Be very careful when using electrical appliance, for instance, don't leave them on when you are not at home or when you go to sleep, and unplug them when you have finished using them. The same with gas and water. Be sure to check that the stove and other cooking equipment have been properly switched off when you go out.
3. Please mind that do not touch electronic equipment and machines with wet hands. If you are not sure how to use those equipment or machines which probably only have Chinese captions, ask your host parents or host siblings for help.



## ◆ Activities with your friends

1. It is also good for your host parents to meet your friends and know with whom you spend your free time.
2. If you are invited to go to a party or other event such as a concert or sporting event and are not sure if it is safe to go, AFS recommends you find out more facts about it especially 4 Ws (when it starts, where it is, who is involved and what it is). You can ask for advice from your host siblings, parents, friends, support contacts or teachers about whether it is a good idea to take part in.
3. Some host parents may restrict students from attending certain kinds of parties for safety reason. Please try to understand their concern. It is always a good idea to put yourself in other people's position when you feel hard to accept their opinion.

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### **Questions to Ask Host Family at the Beginning**

1. Will I have a house key?
2. What is the family curfew time? If there is something special and I know I will come back late, who should I call to report?
3. Is there any first-aid equipment in the house / apartment? If yes, where is it?
4. Do you have a fire extinguisher? Where is it? How do I use it? (\*Not every family has a fire extinguisher)
5. What should I do if an emergency occurs? Whom should I call? What is the telephone number of the security guard downstairs?
6. Where is the nearest police station and hospital?
7. How should I answer the phone? What information should I NOT give to strangers?
8. What should I do if I am alone and a stranger is at the door?
9. Can I invite my friends home? If so, what should I pay attention to? For example, how many days in advance should I communicate with you for this kind of plan? Is there any place in the room you would not like my friends to enter?
10. Is there any appliance that could cause a problem that I should be aware of?

### **III. Safety Concerns at School**

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## **In General**

1. Frugality is a good quality valued by Chinese society as well as a requirement for students. Please do not take a lot of money or expensive jewelry to school, like rings, earrings and necklaces. Some schools even restrict their students using luxury school bags or wearing expensive watches at school.
2. Normally, students in school may not have biology or chemistry experiment class, but if you have opportunities to take this kind of class, please mind that do not play with instruments, equipment or facilities you are not familiar with.
3. It is prohibited to take controlled knives, inflammable, explosive and poisonous items to school.
4. Do not play on stairs, in corridor and lobby with others. Schools have serious restriction on this point for safety.
5. Driving on the right side is not only China's transportation rule but also people's behavior custom. When you are walking and going upstairs and downstairs, please keep to the right. So you can avoid hurt or injury from the crowd at break time or lunch time.
6. Please obey the school rules and regulations. Do not imitate them if you see Chinese students break the rules and regulations, for you might be in danger or get punished.

## **In Specific**

Participants of boarding school program will spend much time of your stay in China at dormitory. A few home-stay program students may also live in the dorm for short time due to various reasons. So it is very important for all students to go through this part for safety tips.

## ◆ Dormitory

1. Please obey the school dormitory rules.
2. Follow the school schedule, come back to the dormitory on time after school, it is strictly prohibited to stay overnight outside the school if it is not an independent travel.
3. Take good care of your room key; always remember to lock the window and the door and to turn off the light when there is no one staying inside the room or when you go to sleep.
4. For your own interests, make sure your cabinet or drawer is locked when you cannot keep an eye on them.
5. Do not hang your clothes by standing on a stool in the balcony, use a tool if possible. For the same reason, you are not allowed to play in the balcony.
6. Do not make noise in the dormitory since it is quite annoying to your roommates and neighbors. Please do not do sports or play around with big movements inside the dormitory building and your own room since the space is limited. You can go to the playground or some open space in your campus.
7. It is not allowed to accommodate people who do not live in your dormitory. Most dorm buildings have quite strict doorkeeper system in order to ensure the safety of people and their belongings.





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8. Never play with fire. When you have to burn incense in order to repel the mosquito during summer time, take care.
  9. Pay full attention when you are getting hot water from the heater.
  10. Do not use high-voltage devices in the dormitory, since all dorm buildings have limitation on electricity supply. The power will cut off for the whole building at the moment you switch on the high-voltage device.
  11. No matter you are in high school or university, normally it is not allowed to cook in the dormitory for the safety reason.



12. In each dormitory building there will be at least one dorm teacher. Their responsibility is not only to ensure the normal operation of the dormitory but also to take care of the students. The comprehensive role makes them sometimes strict and sometimes nice. Show respect to them and get along well with them. They can help you a lot for your daily life!



## ◆ Classroom

1. Do not play around in the classroom; do not step on the stools and desks.
2. Show full respect to your teachers and classmates.
3. There is a series of classroom manners which usually stated in the school rules, such as no drinking or eating during the class hours. Read it carefully and follow the way of your Chinese classmates. Otherwise, you might offend the teachers unintentionally.





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4. Take care of the public properties and the tidiness. In China it is students' responsibility to clean the classroom and sometimes even part of the campus. They take turns for this duty every day. As a member of the school, AFS participant should take part in this activity as well.



### ◆ Dining Hall

1. Instead of trying anything new at will, it is a good idea to study the new food before you take a bite, especially when you have food restriction.
2. Do not chase around in the dining hall.
3. Please do not buy food more than you can eat. Extravagance is believed to be very bad behavior.



### ◆ Playground

1. Put on sport shoes and clothes when you do sport.
2. Keep away from the field such as shot putting field, discus/hammer/javelin throwing field for your safety.
3. Follow the P.E. teacher's instruction when you are on the playground.



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## **IV. Safety Concerns in Community**

China is relatively safe. You will do well if you take the following precautions which are also normal for one to take in his/her home country.

### **◆ Rely on your host family**

1. Discuss with your host family about their opinion on the safety of the area where you live, and ask if there is any public service organization such as school, the police, or other community service center which could be helpful in case of emergency.
2. Let your host parents know whenever you are concerned or frightened. Ask them what they recommend to help you feel more personally secure.
3. When you are going out, AFS suggests that you tell your host family the information about where you are going and, if possible, the telephone number of the person you will meet. It is not an intervention to your privacy, but to ensure that they can provide you help at the very first place.
4. Your host family knows most about your community and is best prepared to give you advice about places where you can go or not. In general, please take their advice seriously and follow their recommendation.

### **◆ Stay away from potential danger**

1. Stay away from gangs or notorious groups.

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2. As with anywhere in the world, try to avoid being out alone anywhere late at night. If this is unavoidable, try to call someone to meet you. Always stay in well-lit areas.
  3. Do not talk to strangers especially not pay attention to sales talks while walking through the streets, because they may turn out to be thieves or robbers who try to get your private information or property.
  4. No matter what it says, ignore calls and texts from an unknown number; do not give out any of your personal or your family information. Turn to the teachers or host parents if you have any question about the call or text from an unknown number.

### ◆ Traffic safety

1. In China the traffic keeps to the right, and you need to pay special attention when you walk or cross the streets.
2. Some host families might own cars. When the family drives you out, do not leave the personal property such as handbag and wallet in the car when parking somewhere, as it is easy to attract the robbers who will even damage the car.



### 3. Carpooling

Carpooling (also car-sharing, ride-sharing, lift-sharing, etc) is to share your ride with random passengers in order to reduce the travel cost. Carpooling is prohibited by AFS China, since its risk is equal to hitchhiking.



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Sharing a car with a stranger always has potential security risks, since you know nothing about your companion. You never know what may happen during the trip. The share of costs can be difficult to determine and cause some conflicts in the end. And many drivers who approve or even encourage carpooling are not professional taxi driver either.

In this way, AFS strongly ask participants avoid this way of transportation. Taking a standard taxi or using public transportation is far better idea.



### ◆ Loss of Personal Belongings

Always take care of your personal belongings. Insurance could hardly cover your loss for the personal property during the AFS Program in China. When you are going out, put your valuable belongs at a safe place, such as inside your bag. Be careful of pickpockets if you are at a crowded place. Go back home before the curfew time.

***What if it does happen unfortunately, for example, the loss of cellphone or wallet?***

1. Be fully prepared for the low possibility to get them back, even if you activate the APP “Find My iPhone”.
2. You can ask help from your host family, local volunteers or school teachers to call the police to report your loss. But you need to visit the police station personally for the formal recording.
3. If there is a bank card or credit card in your lost



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wallet, call the bank to block your account as soon as possible. All banks in China has 24-hour emergency call service.

4. Cancel the E-bank service immediately if you have that on your lost smart phone.
5. Release the news to your close friends and natural family, for there is the possibility that someone swindle them for money by your personal information.

### ◆ Loss of Passport

It is the last thing anyone would like to see for the loss of passport. That's why AFS suggest participants leave it at home or other safe place in daily life.



### ***What to do if the passport is lost?***

1. Report your loss at the nearest police station. You will be asked to provide a photocopy of your passport including the photo page, the visa page and the residence permit page.
2. The police will provide you a certificate for their official registration of your loss. Take care of it.
3. Contact the Consulate of your own country in China to apply for a new passport. If the Consulate is located in another city which you cannot go forth and back within one day, you may need to apply for an Independent Travel to AFS China.

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4. When you receive your new passport, please ask help from your local volunteer to accompany you to the local Exit & Entrance bureau to re-apply for the residence permit.
  5. Keep in mind that you will be responsible for all cost related to the passport loss. And you cannot travel somewhere else or check in at the hotel while your passport is lost.

### ◆ Emergency

1. If being followed or harassed, stay calm and enter the nearest shop, hotel or station, etc., approach uniform personnel for assistance.
2. During your stay, local AFS volunteers will be available to assist you as you learn to live as a Chinese. In the event of an emergency, the emergency call of AFS China can be reached 24/7.

## Drugs and Alcohol

AFS participants are forbidden from using illegal drugs and substances. Any violation of this rule will be the cause for dismissal from the program and immediate return to your home country, as the only way to prevent you from being involved into the lawsuit in China. Similarly, the abuse of alcoholic beverages could lead to dismissal from the program.



It is not acceptable in most families for their kids to drink alcohol; also it is not looked favorably upon by AFS. Chinese parents do not allow their kids

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to drink alcohol except on family gatherings. Some families agree their children to drink a little bit during festivals, family gatherings etc. However, since it is not allowed for AFS participant to drink alcohol, please politely refuse the one who offers you the alcohol.

Keep in mind that once the participant causes any damage to third parties, the natural parents will be fully responsible for damages and for any cost involved in connection with such claims. AFS does *not* assume any legal liability should you find yourselves in such circumstances.

## **Sexual Behavior and Sexual Harassment**

### **I . No Sexual Behavior during AFS Program in China**

AFS strongly discourages you to be sexually active during your year here.

Chinese society is very disapproving of teenage and premarital sex. This may be a huge cultural difference from your own society. However, as you are here to experience the culture, this is also a part that you need to adapt to.

If you choose to be sexually active, seriously it could put your host family, AFS, and others around you in an uncomfortable situation. It is highly possible that your host family and host school will decide stop hosting if they find evidence, like condom, of your sexual behavior. Because they believe that your behavior will have negative impact on your host sibling or the other young people around. Equally important to the general attitude here are *your own values and beliefs* regarding your behavior. In that



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situation, AFS China could hardly find you another placement as your behavior violates the common value of the society.

If a girl is pregnant, it may be thought as a serious ethical problem in China.  
You will be returned to your home country immediately.

## II . Sexual Harassment

Despite that Chinese society is very conservative, sexual harassment happens though rarer than other places in the world.

The cultural difference and knowledge about the people you socialize with are important, and this is acquired best through increasing knowledge of the culture. You may be unsure in some situations if you are being sexually harassed or if a particular person's behavior would be considered normally friendly, but remember that your instinct will usually tell you. Also, your host siblings/ parents and friends will be able to advise you about normal behavior of people you do not know.



In any case, if someone displays a behavior to you that makes you uncomfortable, *especially* sexually suggestive, firmly tell that person to stop.

***To avoid the unpleasant experience of sexual harassment, such as molestation in crowded public transport facilities, AFS China has the following suggestions for all participants ---***

1. Remember to stand in less crowded areas or find somewhere you can lean against the wall.



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2. If you find yourself in a situation which makes you uncomfortable, cry for "help" and this will usually be enough to stop the person. If the person does not, ask the other passengers or the staff personnel for help, or get off at the next station and wait for the next train or bus.
  3. You should not hesitate to call the police (110) if you feel insecure or in danger.
  4. If possible, tell your host parent or your AFS support contact as soon as possible after the incident. They will try their best to help you for the follow-up.
  5. Should sexual harassment occur within the family home, the best course of action at the time is to turn on lights, go where there are other people / family members, or make a noise, or do something non-violent that will attract other people's attention and stop the person from harassing you. (In Chinese society, violence is not a good choice of reaction in any situation.)
  6. Do not hesitate but call the AFS volunteer or staff to report your situation immediately. Your safety is the Top priority.

***On the other hand, AFS also recommend you to develop some cultural sensitivity towards “touching” in Chinese society, so that you will not have much misunderstanding with your friends.***

1. Body contact between male and female is restrained. People shake hands for greeting rather than hugging or kissing. Even though the society is becoming open-up, people still believe that male and female had better not touch each other if they are not family members.



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2. In case you have some body contact with others, respect and listen to what people are telling you. If someone says no, you might as well stop.
  3. If any of these behaviors is not acceptable to you or makes you uncomfortable, simply tell the person how you feel.
  4. It is common for two girls to hold hands or for two guys to walk with their arms over each other's shoulders; these are common friendly gestures rather than forms of sexual harassment. But still you are suggested to politely refuse if it makes you uncomfortable.

## Personal and Violent Crimes

China has a relatively low crime rate among the modern countries in the world, and it can be considered quite safe if one is aware of the potential dangers and acts accordingly.

One of the factors that makes China a relatively safe country is its dense population; there will always be someone around should you find yourself in a dangerous situation. The other factor is the nature of the crimes -- random violence and crimes are few here; most people commit crimes with particular victims in mind, such as people who owe them money or who have in some way wronged them.



In this regard it is important to remember that getting caught up with the uneducated people is more dangerous than it would be in other countries. With regard to social attitude towards crime, Chinese people generally see differences between educated and uneducated, and because of this, rightly or wrongly, they tend to attribute crime to uneducated people.

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# Disasters

## I . Fire disasters

Fire is rare, but there is still a chance it breaks out. In order to prevent fire-related disasters, we suggest that you follow these warnings.



1. Before going out or going to bed, make it a habit to check if the cooking stoves, irons, and all the heaters are off.
2. Do not put anything like clothes or tissues near heating devices.
3. If a fire occurs, shout for help immediately. It is vitally important to put out a fire in its early stage, but never try to put out a fire entirely by yourself.
4. Pay careful attention when using any heating device. The air is very dry during spring and winter, fire can easily occur during these times. Ask your host family what and how you should do to prevent a fire and then practice it until both you and your host family are sure that you fully understand it.
5. Carelessly smoking cigarettes is the cause of many fires. Keep your promise and never smoke in China.
6. Fire extinguishers are extremely effective for putting out a fire at the early stage. Ask your host family how to use the fire extinguisher if there is one in your home.
7. 119 is the national fire line in China, when you spot an uncontrollable fire, call 119 immediately. If you are very near or in a fire, move yourself to the safe place first, bear in mind that your life values more than any other property.

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## II . Earthquakes

Earthquakes are NOT common in China and may only happen in certain regions. But if you feel the earth shaking at some point during your program, the most important thing is to remain calm. The following tips will help you to deal with earthquakes.



### 1. When the Shaking Begins

- Move to the nearby safe place.
- Stay indoors until the shaking stops; run only when you're sure it's safe.
- Stay away from windows.
- If you are in bed, hold on and stay there, protecting your head with hard stuff if possible.
- If you are outdoors, find a clear spot away from buildings, trees, and power lines.
- If you are in a car, ask the driver to slow down and drive to a clear place. Stay in the car until the shaking stops.

### 2. After the Shaking

- Check yourself for injuries first, and then check others.
- Give first aid for serious injuries.
- Listen to the broadcast for instructions, and follow the instructions.

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*The national office of AFS China will contact you in order to make sure that you are safe, and will send a report to your sending country's national office.*

### **III. Communicable Disease (Avian Flu)**

Avian Flu is an infectious disease of birds caused by type A strains of the influenza virus. H7N9 virus is one type of Influenza A. Previously, it was known to infect only birds until some human cases were documented in Shanghai and Anhui in March, 2013. Avian Flu (H7N9) is transmitted from infected live birds to man. Transmission between humans is very inefficient. Avian Flu (H7N9) has similar initial clinical symptoms as other influenza viruses. However, it is more likely to result in high fever, chest infection, respiratory failure, multi-organ failure, even death.

Since early 2013, the outbreaks of Avian Flu in chickens and ducks have been reported in several cities; cases of human infection have also been reported. The Department of Health has been closely monitoring the situation and has adopted appropriate preventive measures to prevent the import of the disease.

#### ***To prevent the Avian Flu, you are advised to:***

1. Avoid touching pig, birds or poultry or their droppings.
2. Immediately wash your hands thoroughly with liquid soap and water if you have been in contact with live pig, birds or poultry.
3. Eat only thoroughly cooked pork, poultry and eggs.
4. Wash hands thoroughly before touching eyes, nose, mouth or any part of the face.

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5. Maintain good body resistance by having a balanced diet, regular exercise, adequate rest, reducing stress, and no smoking.
  6. Avoid crowded places with poor ventilation.
  7. Consult doctor and tell him/her about your travel history immediately if you develop fever and respiratory symptoms after returning from a country where swine or avian flu outbreak is reported.

Consult a doctor and wear a mask to prevent spread of the disease if you have symptoms of influenza.

## IV. Haze / Smog

Haze, also known as smog, is a type of air pollution. It is caused by vehicular emission from internal combustion engines and industrial fumes that react in the atmosphere with sunlight to form secondary pollutants that also combine with the primary emissions to form photochemical smog. The word "smog" was made in the early 20th century as a portmanteau of the words smoke and fog to refer to smoky fog.



Haze may pose harm on human health, with children and elderly people more vulnerable.

During haze days, people had better reduce time spent outdoor. When going out, they should wear a protective mask. And they need to drink more water, eat vegetable and fruits.

Haze usually happens during autumn and winter, when the temperature drops and the air becomes dry. The weather forecast will inform people of haze in advance.

It would be a good idea to download a weather app on your smart phone or check online to know PM2.5 index before you go out and decide whether you need to wear a mask.

## V. Stampede

It refers to a chaotic situation, in which people get stepped because it is too crowded and when somebody falls down, people in the back continue pushing forward without noticing that those in the front are being crushed. Usually a stampede happens when there is a large-scale activity, for example, during a festival, people usually have celebrations and people will gather around.



### *How to avoid stampede in daily life?*

1. When walking upwards or downwards the staircase, walk steadily on the right side. Do not fight on the staircase.
2. When attending a public gathering, first find the emergency exit and the route to get there. Once an emergency occurs, leave the place quickly through the exit under the guidance of the organizer.
3. Avoid large crowd. Tragedy shows a sign before it occurs. When you see many people are gathering somewhere, you'd better keep away from that place. If the tragedy happens, you need time and space to protect yourself.





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4. When a stampede happens, stay calm, call the police immediately. Try not rush forward.
  5. If you fall down in the crowd, use your hands to protect your neck and head.

## **Network Security**

Just like what you may come across on Facebook and Twitter, the social networks in China have danger on information security as well.

***Here AFS has the following suggestions for all participants ---***

- No matter what people say to you via the Internet, always be alert and make a double check, especially when the person on the other side seems to be a stranger.
- Avoid the topic on your financial situation or detailed identity information on the net.
- Do not post private photos or images on your homepage, especially those with exposed dresses. Otherwise, sexual harassment might be aroused.
- Use more complicated password.
- Always be alert to the computer and smart phone virus which might attack your system.



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## Contact Us

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