

International Students Office, Tongji University

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2022 同济大学

ON-SITE REGISTRATION GUIDE FOR TONGJI UNIVERSITY INTERNATIONAL STUDENTS 秋季国际学生新生到校报到指南

中国 - 上海
CHINA - SHANGHAI



Welcome to Tongji!

欢迎国际学生来同济大学学习。国际学生在同济大学学习和生活期间，应严格遵守中国的法律和法规，遵守同济大学的规章和制度。违反法规和制度的学生，将按相关法规和制度予以处理。

Welcome to Tongji University. During the study period at Tongji University, the international students should abide by the Chinese law as well as the rules and regulations of Tongji University. Violators will be subject to punishment in accordance with the law and regulations if discovered.

同济大学留学生办公室微信公众号为国际学生及时提供最新的咨询、通知、新闻及活动安排，请扫描下方二维码或搜索微信号“isotju”关注同济大学留学生办公室微信公众号。

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01. 申请入华签证

◆ 外国留学生须凭学校的录取通知书、JW201或JW202表、外国人体格检查记录及其他相关材料到中华人民共和国驻外使领馆申请X1(长期生)或X2(短期生)签证入境。

◆ 外国留学生在本国申请入境签证后，务必索回录取通知书、JW201或JW202表黄联等文件，以便入境后办理居留证件。

◆ 不可免签入境。

◆ 使领馆要求提供的其他材料。

02. 所需携带的文件

◆ 护照原件及复印件

◆ 录取通知书原件及复印件

◆ JW201或JW202签证申请表原件及复印件

◆ 护照照片2张

◆ 全部申请材料原件

Applying for Entry Visa

◆ International students who are going to study in China should apply for an entry visa of X1 (for long-term study) or X2 (for short-term study) with admission letter, yellow sheet of JW201 or JW202 form, medical report and other documents at the Chinese Embassy or Consulate in their home countries.

◆ For further application for residence permit in China after entry, international students must reclaim and keep the admission letter, yellow sheet of JW201 or JW202 form and other documents after applying for entry visa from the Chinese Embassy or Consulate.

◆ Visa-free is not permissible for international students.

◆ Other documents required by the Chinese Embassy or Consulate.

Please bring the required documents as follows

Please bring the required documents as follows:

◆ Passport (Original and Copy);

◆ Admission Letter (Original and Copy);

◆ JW201 or JW202 Form (Original and Copy);

◆ Two Passport Photos

◆ Original copy of all the application documents

03. 住宿申请

如需预订校内宿舍，请拨打同济大学住宿预订电话0086-21-65983001。校内住宿资源有限，如果预订已满，请自行安排校外住宿。校外住宿的学生，可以通过房产中介机构查询租房的信息或选择社区国际学生公寓。

◆ Unijia国际青年社区

地址：上海市杨浦区邯郸路173号优族休闲广场2、8号楼

联系方式：booking@unijia.net, 0086-15021336008, 0086-13641918129

◆ 1515国际青年公寓

地址：上海市杨浦区江浦路1515号B楼

联系方式：jiangpuspace1515@126.com, 0086-21-65670231

网站：www.1515apartment.com

◆ 朗诗寓(新五角场)

地址：上海市杨浦区闸殷路1515号朗诗寓

联系方式：400-8282-661

网址：https://www.langshiyu.cn

找到合适的住处需要几天时间。在此期间，您可以在当地旅馆预订一个临时住所。

Housing Arrangement

Please call at 0086-21-65983001 to book the on-campus housing in advance. As on-campus dormitory is not available for every student due to limited vacancy, you may consider off-campus apartment via local rental agents or the international student communities as follows:

◆ Unijia International Student Community

Address: No. 2 Building, Leisure Square, #173, Handan Road, Yangpu District, Shanghai

Contact info: booking@unijia.net, 0086-15021336008, 0086-13641918129

◆ 1515 International Youth Apartment

Address: Building B, No.1515 Jiangpu Road, Yangpu District, Shanghai

Contact info: jiangpuspace1515@126.com, 0086-21-65670231

Website: www.1515apartment.com

◆ Langshiyu (Wujiaochang)

Address: No.1515 Zhayin Road, Yangpu District, Shanghai

Contact info: 400-8282-661

Website: https://www.langshiyu.cn/

Before you manage to move into a suitable room, you may consider dwelling at a local hotel.

04. 学费

学费缴纳方式

学费可按以下方式支付

◆ 使用银联卡

学校建议留学生用在中国境内办理的有“银联”标志的银行卡(也称银联卡)支付学费。用这种付费方式，比较安全，而且也可立即入账。在中国普遍使用银联卡，它的功能与借记卡相同，可以将汇款直接转账到收款人的账户。

◆ 人民币现金

请注意：

同济大学目前接受使用银联卡刷卡支付学费，暂不接受其他银行卡(VISA, Master Card等)支付。亦可使用支付宝或者微信支付。

关于学费

◆ 新留学生应在新学期开学二周内付清学费，超2周的留学生需交滞纳金5%。

◆ 在开学前退学的留学生，可退本学期学费的90%，开学后2周内退学的留学生，可退本学期学费的50%。

Tuition Fee

About Tuition Payment

Tuition payment can be completed in the following ways.

◆ Union Pay Card

You are recommended to pay your tuition fee via Union Pay Card as this is the safest and the most convenient way to transfer large sums of money. Functioning as a debit card, Union Pay Card transfers money from your saving/checking account directly to the recipient's account and is also commonly used in China.

◆ Cash (in RMB)

Notes:

WeChat and Alipay are applicable for tuition payment. Other bank cards (VISA, Master Card, etc.) are NOT applicable for tuition payment.

About Tuition Fee

◆ For new international students, tuition fee has to be paid in two weeks after the new semester begins. Those who delay payment will be charged 5% of the tuition fee for overdue fine.

◆ International students who drop out before the start of the semester can have a 90% reimbursement of the tuition fee for the current semester. Those who drop out within two weeks after the start of the semester can have a 50% reimbursement.

05. 保险 Insurance

根据中国教育部相关文件，在华留学生必须购买“来华留学生综合保险”。保险费为每学期400元。详见网站http://www.lxbx.net。

According to the regulations of the Ministry of Education, the international students are required to purchase insurance. Each international student of the University should pay 400 RMB per semester for the Comprehensive Insurance for International Students in China. For detailed information, please visit the website: http://www.lxbx.net for details.

01. 如何从机场前往同济大学

Arrival at Tongji University from the Airport

同济大学(四平校区)地址:上海市杨浦区四平路1239号

The address of Tongji University (Siping Campus) is: No. 1239, Siping Road, Yangpu District, Shanghai

如果你从浦东国际机场出发

- ◆ 方法一:乘坐机场四号线到五角场站,然后转乘出租车到同济大学。
费用:机场巴士的车费为20元,出租车车费为20元左右。
- ◆ 方法二:乘坐地铁2号线到南京东路,换乘10号线到同济大学。
费用:地铁费为7元
- ◆ 方法三:直接乘坐出租车到同济大学。
费用:出租车车费为180左右

From Pudong International Airport to Siping Campus

- ◆ Route 1: Take Airport Bus Line 4 to Wujiaochang first, and then arrive at Siping Campus from Wujiaochang by bus or taxi. Bus fare: 20 RMB; Taxi fare: around 20 RMB.
- ◆ Route 2: Take Metro Line 2 to East Nanjing Road Station and transfer for Line 10 to Tongji University Station. Metro fare: 7 RMB.
- ◆ Route 3: Take a taxi directly to Tongji University. Taxi fare: around 180 RMB.

如果你从虹桥国际机场出发

- ◆ 方法一:乘出租车
费用:出租车车费为100左右
- ◆ 方法二:乘坐地铁10号线直达同济大学
费用:地铁费为5元

From Hongqiao International Airport to Siping Campus

- ◆ Route 1: Take a taxi directly to Tongji University. Taxi fare: around 100 RMB.
- ◆ Route 2: Take Metro Line 10 directly to Tongji University Station. Metro fare: 5 RMB.

同济大学(嘉定校区)地址:上海市嘉定区曹安公路4800号

The address of Tongji University (Jiading Campus) is: No. 4800 Cao'an Road, Jiading District, Shanghai

如果你从浦东国际机场出发

- ◆ 方法一:乘坐地铁2号线到江苏路,换乘11号线到昌吉东路,再打的到学校。
费用:地铁费为10元,打的费为18元左右
- ◆ 方法二:直接乘坐出租车到同济大学嘉定校区
费用:出租车费约280元

From Pudong International Airport to Jiading Campus

- ◆ Route 1: Take Metro Line 2 to Jiangsu Road Station, transfer for Line 11 to East Changji Road Station, and then take a taxi to Jiading Campus. Metro fare: 10 RMB; Taxi fare: around 18 RMB.
- ◆ Route 2: Take a taxi directly to Jiading Campus. Taxi fare: around 280 RMB.

如果你从虹桥国际机场出发

- ◆ 方法一:乘坐地铁2号线到江苏路,换乘11号线到昌吉东路,再打的到学校。
费用:地铁费为7元,打的费为18元左右
- ◆ 方法二:乘坐地铁10号线到交通大学,换乘11号线到昌吉东路,再打的到学校。
费用:地铁费为7元,打的费为18元左右
- ◆ 方法三:乘坐地铁10号线到交通大学,换乘11号线到昌吉东路,再打的到学校。
费用:地铁费为7元,打的费为18元左右

From Hongqiao International Airport to Jiading campus

- ◆ Route 1: Take Metro Line 2 to Jiangsu Road Station, transfer for Line 11 to East Changji Road Station, and then take a taxi to Jiading Campus. Metro fare: 10 RMB; Taxi fare: around 18 RMB.
- ◆ Route 2: Take Metro Line 10 to Jiaotong University Station, transfer for Line 11 to East Changji Road, and then take a taxi to Jiading Campus. Metro fare: 10 RMB; Taxi fare: around 18 RMB
- ◆ Route 3: Take a taxi directly to Jiading Campus. Taxi fare: around 270 RMB.

02. 国际学生住宿登记

外国留学生必须在入境后24小时内办理外国人住宿登记手续。

- ◆ 住宿校外的外国留学生须至同济大学留学生办公室领取《同济大学外国留学生校外住宿登记表》,并持此登记表、护照和房屋租赁合同前往居住地警务办理相关手续并领取《境外人员临时住宿登记单》(校外)。
- ◆ 住宿校内的外国留学生须前往留学生宿舍服务台办理临时住宿登记手续并领取《境外人员临时住宿登记单》(校内)。住宿四平路及彰武路校区的外国留学生在四平路校区留学生宿舍1号楼服务台办理;住宿嘉定校区的外国留学生在所在宿舍楼服务台办理。

Accommodation Registration

International students should finalize the Registration of Temporary Residence for Foreigners within 24 hours after entry.

- ◆ International students who live off campus should get a Record of Living off Campus for Tongji International Students from the International Students Office, and register with the Record, the passport, the housing leasing contracts and other relevant documents at the local police stations. After registration, please keep the Registration Form of Temporary Residence (Off Campus) you get from the police stations.
- ◆ International students who live on campus should finalize the formalities of on-campus accommodation registration at the service desks of their dormitory buildings. After registration, please keep the Registration Form of Temporary Residence (On Campus) you get from the service desks.

03. 银行开户

所有奖学金生(除同济大学-中国银行全球菁英奖学金生)均需要在开学注册报到前办理好招商银行。办理招商银行卡所需材料:

- ◆ 有入境签注页的护照
 - ◆ 同济大学录取通知书
 - ◆ 中国办理的手机号
 - ◆ 税收居民国(地区)及纳税人识别号
- 注:同济大学-中国银行全球菁英奖学金生需要在开学注册报到前办理好中国银行卡。办理中国银行卡所需材料:
- ◆ 护照及有效签注(待取得长期签注后,需前往银行网点更新信息)
 - ◆ 同济大学录取通知书
 - ◆ 中国大陆地区手机号
 - ◆ 税收居民国(地区)及纳税人识别号

◆ 其他类别的学生可以根据自己的需求选择不同的银行办理银行卡,方便在华生活。

04. 在线预约健康检查

按中国政府相关法规要求,来华留学生必须在指定的机构接受健康检查(或审核留学生自检健康文件的有效性)。凡不符合来华留学健康标准的学生,或拒不接受检查的学生,同济大学将不予接受其入学学习,学生必须立即回国。凡入学同济大学学习的外国留学生,在收到录取通知书后请尽快登陆上海市出入境检验检疫局国际旅行卫生保健中心网站预订体检时间,并在入境后根据预定时间自行到上海市出入境检验检疫局国际旅行卫生保健中心接受健康检查或验证。

机构名称:上海市出入境检验检疫局国际旅行卫生保健中心
机构地点:上海市金浜路15号
体检网上预订:<https://online.shhg12360.cn/sithc/>
机构电话: 0086-21-62688851

留学生体检及验证需持证件及费用:

- ◆ 护照原件及复印件
- ◆ 录取通知书原件及复印件
- ◆ 护照照片(4张)
- ◆ 体检费/验证费(人民币):600元

除上述材料外, 验证还需要提供的资料:在中国境外体检的所有原始材料(医院盖章)《外国人体格检查记录》(原件)、血液化验单(原件)等)(如在境外已参加过体检者);未通过体检者,需在中国重新接受体检。

Online Booking for Physical Examination

According to the Chinese law, international students in China are subject to physical examination (or verification of the check-up materials provided by their home country hospitals) at the appointed institutions. Students who do not satisfy the health requirements for entry or refuse to complete physical examination will not be eligible to study at Tongji University and will be repatriated. International students should make an appointment online for the physical examination as soon as possible after receiving their admission letter. The students must take the physical examination or have the physical examination and blood test results (previously completed at home country) authenticated at the Shanghai International Travel Health Center.

Institution: Shanghai International Travel Health Center
Address: No.15 Jinbang Road, Changning District, Shanghai
Booking website: <https://online.shhg12360.cn/sithc/>
Tele: 0086-21-62688851

For physical examination, please bring:

- ◆ Passport (Original and Copy);
- ◆ Admission Letter (Original and Copy);
- ◆ Passport Photo (4 photos);
- ◆ Physical Examination Fee: 600 RMB;
- ◆ For those hold the physical examination certificates and blood test results from their home countries, please bring the original materials (with hospital stamp) thereof. Those who fail in the authentication of their physical certificates are asked to be re-examined in China.

05. 办理在华学习签证

Apply for Study Visa in China

根据国家出入境管理法和管理条例, 来华学习期限超过6个月的外国留学生进入中国后必须办理居留证件。签证过期且未办理居留证件的外国留学生, 将按中国相关法律法规接受相应的处罚。

- ◆ 持X1签证入境的外国留学生: 必须在入境30天内, 办理学习类居留证件。
- ◆ 持X2签证入境的外国留学生: 如X2签证有效期已覆盖在华学习期限, 可维持原X2签证, 但可适当增加1次入境次数; X2签证如不能覆盖学习期限, 则应办理相应的签证手续, 期限至学习结束 (超过180天办理居留许可, 不超过的话, 签证到期前办理停留签证)。
- ◆ 居留证件相关办理具体以上海市出入境管理局的规定为准。

According to the regulations issued by the Exit & Entry Administration Departments, the international students should apply for residence permits for legal residence if the study period in China is more than 6 months.

- ◆ International students with X1 visas are required to get the residence permit for study within 30 days of their entry.
- ◆ For international students with X2 visas: If the X2 visa is valid for the duration of study in China, the original X2 visa can be maintained, but the number of entries can only be increased once. If the X2 visa is not valid for the duration of study in China, you should go through relevant procedures for visa application, with the validity period covering the entire period of study. (If your stay in China is more than 180 days, you will have to apply for the Residence Permit; if not, you can apply for the short-term private visit visa before the expiration of X2 visa.)
- ◆ Detailed formalities of study visa application should be in accordance with the regulations of Exit-Entry Administration Bureau of Shanghai.

办证地点: 上海市出入境管理局及各区出入境受理点
International students should apply for the residence permits in person at Exit-Entry Administration Bureau of Shanghai or the branch offices as follows:

Branch Office	Address	Telephone
上海市出入境管理局(浦东新区) Shanghai Exit Entry Administration Bureau(Pudong District)	浦东新区民生路1500号 No.1500 Minsheng Road	021-28951900
出入境杨浦受理点 Office of Yangpu District	淞沪路605号 No.605 Songhu Road	021-22170246
出入境虹口受理点 Office of Hongkou District	大连路839弄2号楼三楼 3rd Floor,Building No.2, No.839 Dalian Road	021-23032526
出入境嘉定受理点 Office of Jiading District	嘉定区永盛路1190号金钛怡和大厦底楼东侧(江苏银行东侧) East of 1st Floor,Jintaiyine Building, No.1190 Yongsheng Road	021-60765289 021-60765290
出入境闸北受理点 Office of Zhabei District	汉中路188号二楼近丰路路口 2nd Floor, No.188 Hanzhong Road	021-22040892
出入境黄浦受理点 Office of Huangpu District	蒙自路701号(近中山南一路路口) No.701 Mengzi Road	021-23036245
出入境徐汇受理点 Office of Xuhui District	徐汇区南宁路999号徐汇行政服务中心一楼 1nd Floor, No.999 Nanning Road	021-23037229
出入境长宁受理点 Office of Changning District	长宁区古北路788号2号楼 Building No.2, No.788 Gubei Road	021-23039840 021-23039830
出入境普陀受理点 Office of Putuo District	大渡河路1913号 No.1913 Daduhe Road	021-22049525
出入境闵行受理点 Office of Minhang District	申北路3号 No.3 Shenbei Road	021-24063900 021-24062615
出入境宝山受理点 Office of Baoshan District	宝杨路628号 No.628 Baoyang Road	021-28950085

申请居留证件所需材料:

- ◆ 本人护照;
- ◆ 同济大学录取通知书(原件及复印件);
- ◆ JW202或JW201签证申请表(黄联, 原件及复印件);
- ◆ 《健康证明》(上海出入境检验检疫局国际旅行卫生保健中心出具);
- ◆ 《外国籍学生办证申请函》(留学生办公室出具);
- ◆ 《境外人员临时住宿登记表》(校内由学校宿舍楼服务台出具; 校外由居住地派出所出具);
- ◆ 护照照片1张。

For Residence Permit application, please bring

- ◆ Passport;
 - ◆ Admission Notice issued by Tongji University (Original and Copy);
 - ◆ Yellow sheet of JW201 or JW202 Form issued by Tongji University (Original and Copy);
 - ◆ Official Physical Examination Report in China (issued by Shanghai International Travel Health Center);
 - ◆ The Introduction Letter for Visa Application (issued by International Students Office of Tongji University);
 - ◆ Registration Form of Temporary Residence (Original and Copy);
- [For on-campus: the form is issued by reception of international students' dormitory building; for off-campus: the form is issued by local police station]
- ◆ A passport photo.

06. 体检 Physical Examination

- ◆ 自行前往体检中心(需提前网上预约)
- ◆ 机构名称: 上海市出入境检验检疫局国际旅行卫生保健中心
- ◆ 机构地点: 上海市长宁区金浜路15号
- ◆ 体检网上预订: <https://online.shhg12360.cn/sithc/> 或搜索微信号“SITHC-SHCIQ”关注上海国际旅行卫生保健中心微信公众号
- ◆ 电话: 0086-21-62688851

◆ International students should go for the physical examination in person (online appointment is requested):

- ◆ Medical Center: Shanghai International Travel Health Center
- ◆ Booking website: <https://online.shhg12360.cn/sithc/> or you can search "SITHC-SHCIQ" on WeChat
- ◆ Address: No.15 Jinbang Road, Changning District, Shanghai
- ◆ Tel: 0086-21-62688851

申请体检及验证所需材料: For Physical Examination please bring:

- ◆ 护照原件及复印件
- ◆ 录取通知书原件及复印件-同济大学
- ◆ 护照照片(4张)
- ◆ 体检费/验证费(人民币): 600元
- ◆ 在中国境外体检的所有原始材料(医院盖章) (《外国人体格检查记录》(原件)、血液化验单(原件)等) (如在境外已参加过体检者); 未通过体检者, 需在中国重新接受体检。

- ◆ Passport (Original and Copy)
- ◆ Admission Letter (Copy)-Tongji University
- ◆ Passport Photo (4 photos)
- ◆ Physical Examination Fee: 600 RMB
- ◆ For those hold the physical examination certificates and blood test results from their home countries, please bring the original materials (with hospital stamp) thereof. Those who fail in the authentication of their physical certificates must to be re-examined in China.



01. 注册报到日期及地点

与学院联系后，满足到校报到的中国大陆地区境内低风险地区的国际学生新生可凭录取通知书、“随申码”、同济大学进校码来校报到，来校报到请全程佩戴口罩，并注意与他人保持社交距离。国际学生新生应按同济大学录取通知书规定的日期到学校报到注册。因故无法按时报到注册的新生，须事先以邮件的形式向留学生办公室提出书面请假，方可延期报到注册。事先未请假、逾期两周不报到者将视其为自愿放弃，并将取消其在校同济大学学习的资格。

报到注册时间：	报到注册提供材料：	报到注册地点：
◆ 2022年08月24日-8月25日	◆ 护照原件	◆ 四平路校区地址：上海市杨浦区四平路1239号同济大学
◆ 8:30-11:00AM, 1:30-4:00PM	◆ 录取通知书原件及复印件	◆ 嘉定校区地址：上海市嘉定区曹安公路4800号同济大学
	◆ JW201或JW202签证申请表原件及复印件	◆ 自费生、奖学金生(含获得中国政府奖学金的校际交流生)
	◆ 护照照片2张	◆ 请至同济大学四平校区表和楼705留学生办公室报到注册
	◆ 所有申请材料原件	◆ 校际交流生：请至各学院注册报到注册，报到地点见下表：

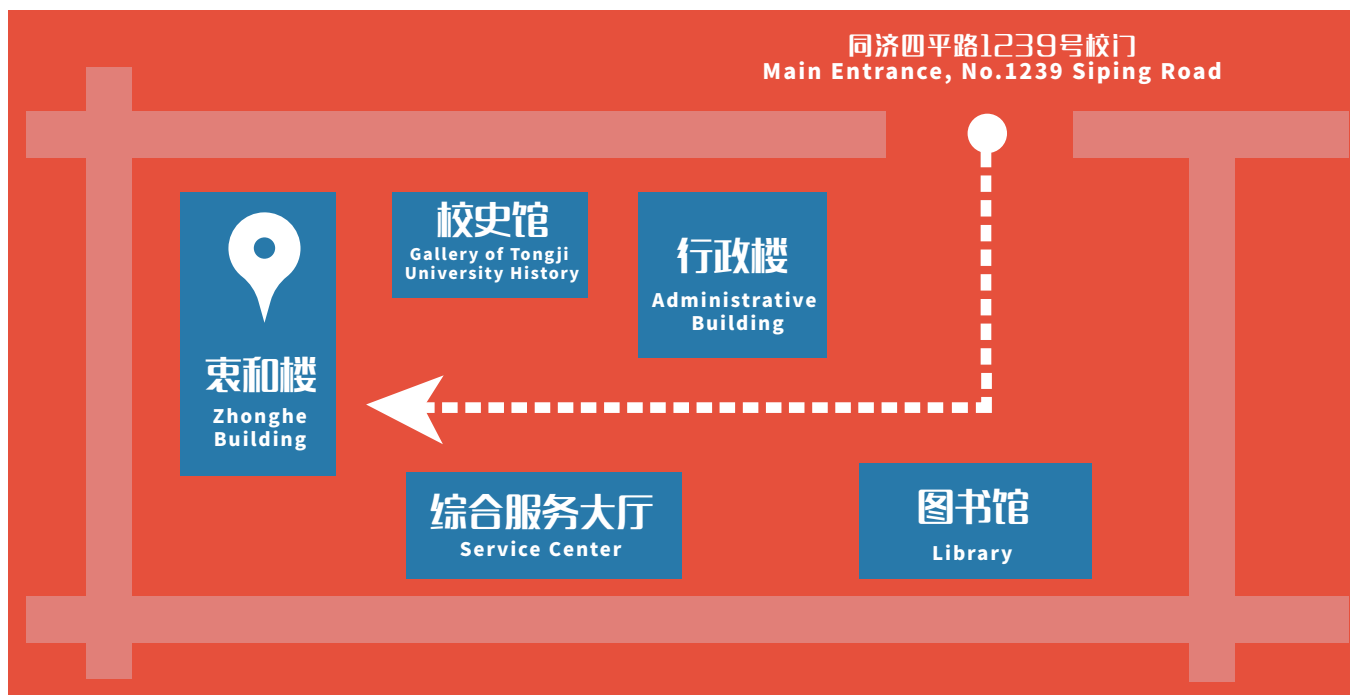
For international students who are now in the low-risk areas on the Chinese mainland, please first make contact with your colleges/schools. If you are confirmed for meeting the requirements for on-site registration, you should then bring the Admission Letter and show your “Suishenma Code” and Entry Code of Tongji University when register. During the on-site registration, please keep your mask on at all times and keep your physical distance with others. International students are required to register on the date specified by the Admission Letter of Tongji University. Those who are unable to register on time have to request in advance a leave via email. If the students fail to register within two weeks of the registration date, their registration into the program will be cancelled.

Registration Time	Registration Materials	Registration Location
◆ ugust 24- August 25 , 2022	Please bring the required documents as follows:	◆ The Siping Campus: No. 1239 SipingRoad, Yangpu District, Shanghai, China
◆ 8:30-11:00AM; 1:30-4:00PM	◆ Passport	◆ The Jiading Campus: No. 4800 Cao’ an Road, Jiading District, Shanghai, China
	◆ Admission Letter (Original and Copy)	◆ Self-supported students and Scholarship students (including exchange students with CSC scholarship): Please register at Room 705, Zhonghe Building on the Siping Campus.
	◆ JW201 or JW202 Form (Original and Copy)	◆ Exchange students: Please register at your own colleges/-schools. For detailed contact information, please refer to the following table.
	◆ Passport Photo (2 photos)	
	◆ Original copy of all the application documents	



新生报到注册地点 LOCATION		联系人 CONTACT
同济大学留学生办公室 International Students Office	表和楼705室(四平路校区) Room 705 Zhonghe Building(Siping Campus)	方美枝,王曦萌 Ms. Fang XiaozhiMs. Wang Ximeng T: 0086-21-65983611
经济与管理学院 School of Economics and Management	四平路校区四平路1500号同济大厦A楼6楼 6th floor, Tongji Building A, No.1500 Siping Road, Siping Road Campus	交换项目 (非学位/双学位) -范鑫琛 Exchange Program- Fan Yingchen T:021-65981143
		本科项目-李照 Undergraduate Program- Li Zhao T:021-65981403
		研究生项目-陈禹卓 Postgraduate Program- Chen Yuzhuo T:021-65984892
		Master of Global Management 虞禧 Yu Yi T:021-65983063
	四平校区中法中心C402 C402 Sino-French Center,Siping Road Campus	IMBA-胡素茜 Hu Suhan T:021-65982778-816
	四平校区中法中心C区404室 C404 Sino-French Center,Siping Road Campus	EMBA-罗诗韵 Luo Shiyun T:021-65980875
上海国际知识产权学院 Shanghai International College of Intellectual Property	四平路校区表和楼10楼1001室 Room 1001, 10F, Zhonghe Building, Siping Road Campus	韩越 Han Yue T:021-65983113
环境科学与工程学院 School of Environmental Science And Engineering	四平校区表和楼903室 Room 903, Zhonghe Building, Siping Road Campus	沈佳琦 Shen Jiaqi T:021-65983498
中意学院 Sino-Italian Campus	四平校区运筹楼401号 Room 401, Yunchou Building, Siping Road Campus	余宙 Yu Zhou T:021-65983721
医学院 School of Medicine	四平校区医学楼二楼图书馆 the second floor library of medicine building, Siping Road Campus	王昊奇 Wang Haoqi T:18117366932
土木工程学院 College of Civil Engineering	四平校区土木大楼A102 Room A102, Civil Engineering Building, Siping Road Campus	莫苏宁 Mo Suning T:021-65980619
测绘与地理信息学院 College of Surveying and Geo-Informatics	四平校区测绘馆217室 Room 217, Cehui Building, Siping Road Campus	刘莉君 Liu Lijun T:021-65981085
轨交院 Institute of Railway and Urban Mass Transit	四平校区表和楼2004 Room 2004, Zhonghe Building, Siping Road Campus	吴尚 Wu Shang T:021-021-69584704
法学院 Law School	四平校区表和楼1301 Room 1301, Zhonghe Building, Siping Road Campus	曾彩霞 Zeng Caixia T:021-65981765
政治与国际关系学院 School of Political Science & International Relations	四平校区表和楼1403室 Room 1403, Zonghe Building, Siping Road Campus	吴笛 Wu Di diwutj@tongji.edu.cn
物理科学与工程学院 School of Physics Science and Engineering	四平路校区物理馆一楼大厅 First floor lobby of the Physics Building, Siping Road Campus	丁云霞 Ding Yunxia T:18116153066
国际文化交流学院 The International School	四平校区 Siping Road Campus	张林华 Zhang Linhua 时玥 Shi Yue T:021-65987003
中德工程职业学院技术教育学院 Sino-German College of Applied Science Institute of Vocational Education	嘉定校区济事楼255室 Room 255, Jishi Building, Jiading Campus	李晶晶 Li Jingjing T:021-69583929
设计创意学院 College of Design and Innovation	四平校区设计创意学院 College of Design and Innovation , Siping Road Campus	杨曼 Yang Man T:021-65983432
中德学院 Sino-German College	四平校区中德楼606 Room 606, Zhongde Building, Siping Road Campus	刘欣 Liu Xin T:021-65980765
生命科学与技术学院 School of Life Sciences and Technology	四平校区医学楼1307室 Room 1307, Medicine Building, Siping Road Campus	叶玲 Ye Ling T:021-65981041
国际足球学院 International College of Football	四平路校区新体育馆409办公室 Room 409, New Gymnasium, Siping Road Campus	张乙画 Zhang Yihua T:021-55135076
人文学院 School of Humanities	四平路校区云通楼301室 Room 301, Yuntong Building, Siping Road Campus	沈家佳 Shen Jiajia T:021-65981282
外国语学院 School of Foreign Languages	四平路校区同文楼115室 Room 115, Tongwen Building, Siping Road Campus	杨耀婷 Yang Yaoting T:021-65981264
建筑与城市规划学院 College of Architecture and Urban Planning	四平校区建筑城规学院B117教务科 Room B117, Office of Educational Administration, College of Architecture and Urban Planning	董碧静 (全日制留学生) Dong Bijing (Full-time International Student) T:021-65983592*805
数学科学学院 School of Mathematical Sciences	四平校区致远楼106室 Room 106, Zhiyuan Building, Siping Road Campus	王伟Wang Wei T:021-65983245
艺术与传媒学院 College of Arts and Media	嘉定校区惟新馆112办公室 Room 112, Weixin Building, Jiading Campus	张诗雨 Zhang Shiyu T:021-65984351
电子与信息工程学院 College of Electronics and Information Engineering	嘉定校区智信馆304室 Room 304, Zhixin Building, Jiading Campus	王云姣 Wang Yunjiao T:021-69589979
交通学院 College of Transportation Engineering	嘉定校区通达楼462 Room 462, Tongda Building, Jiading Campus	万小华 Wan Xiaohua T:021-69589487
材料学院 College of Material Science and Engineering	嘉定校区同心楼316 Room 316, Tongxin Building, Jiading Campus	官文佳Guan Wenjia T:021-69580112
机械与能源工程学院 School of Mechanical Engineering	嘉定校区开物馆A410 Room A410, Kaiwu Building, Jiading Campus	喻菲 Yu Fei T:021-69589485
汽车学院 School of of Automotive Studies	嘉定校区汽车学院宁远馆A202 Room A202, Ningyuan Building, School of Automotive Studies, Jiading Campus	林思嘉Lin Sijia T:021-69589204
软件学院 School of Software Engineering	嘉定校区济世楼448R 448R, Jishi Building, Jiading Campus	杨洪韬 Yang Hongtao T:021-69589353
口腔医学院 School of Dentistry	沪北校区研学楼413 Room 413, Yanxue Building, Hubei Campus	周玥 Zhou Yue T:021-36357029

报到迎新 ◆ Registration and Orientation



同济大学留学生新生报到流程 REGISTRATION PROCEDURE

4th Floor of Zhonghe Building 衷和楼四楼

- STEP1:** Pick up queue number(registration date and time)
- STEP2:** Go to Lecture Hall (Room 410) to check whether you have all the registration materials.
- STEP3:** Follow the instruction by our staffs and go to the international student office (7th floor, 705 Zhonghe Building)



International Students Office 留学生办公室

- | | |
|--|------------------|
| STEP1: Register 注册 | TABLE 2/3 |
| Check your personal information | |
| STEP2: Scholarship Registration&Tuition Fee&Medical Insurance 学费及保险 | TABLE 9 |
| STEP3: Visa&Residence Permit 签证 | TABLE 7 |
| STEP4: Education Affairs 教学事务 | TABLE 5/6 |
| STEP5: Photo Collecting 照片采集 | ROOM 704 |

同学你好,欢迎来到同济大学学习,你将在这里开始新的人生旅途
请仔细阅读以下告知:

Welcome to Tongji University
During the study period at Tongji University,
the international students should abide by Chinese laws as well as Tongji University's rules and regulations.
Please read the following instructions carefully.

01. 饮食安全

食品的安全问题关乎人们的身体健康,甚至会威胁到生命安全,因此要注意饮食卫生,严把“病从口入”关。具体措施有:

- 1.外出用餐尽量选择具有卫生许可证和营业执照资质的正规餐馆和酒楼,不到卫生条件差的大排档。
- 2.购买和食用罐头、定型包装食品时,请查看有无生产日期、保质期和生产单位,不食用超过保质期和腐败变质的食品。
- 3.养成良好的个人卫生习惯,在烹调食物和进餐前要注意洗手,接触生鱼、生肉和生禽后必须再次洗手。上厕所后,更要彻底地清洁双手。
- 4.食物必须煮熟煮透,不生吃海鲜、河鲜、肉类,隔夜的食品在食用前必须加热煮透后方可食用。
- 5.如若食物中毒,应尽可能吐出,并及时到医院就医。用塑料袋留好呕吐物或大便,带到医院检查,有助于诊断。不要轻易服用止泻药,以免贻误病情。

02. 预防传染病

1.流行性感冒

流行性感冒简称流感,主要是指由普通流感病毒引起的一种病毒性急性呼吸道传染病。流感传染性强,传染迅速。主要的预防措施有:

- (1) 搞好室内外环境卫生,经常开窗通风换气,多喝开水。
- (2) 勤洗手、勤洗澡、勤洗被褥,在天气好时经常翻晒一切可以翻晒的物品。
- (3) 经常开窗通风,适量运动、充分休息,避免过度疲劳。
- (4) 咳嗽、打喷嚏要掩住口鼻,流感病人须佩戴口罩。
- (5) 发现自己出现相关症状时,及时到医院就诊。一旦感染流感,则应戴上口罩,以免再次传染给他人。

2.病毒性肝炎

乙肝的预防:

- (1) 接种乙肝疫苗是预防乙型肝炎的最有效的措施。
- (2) 慎用血液制品。
- (3) 不能与人共用未经消毒的剃须刀、穿耳针等。
- (4) 不要用未经消毒的剃须刀。
- (5) 不要和乙型肝炎病人或乙肝病毒携带者共用毛巾、牙刷等。

甲肝的预防:

- (1) 接种甲肝疫苗。
- (2) 注意个人卫生,餐前便后要用流动水洗手。
- (3) 不到无卫生许可证的餐厅就餐。
- (4) 甲肝病人的餐饮器具要专用,消毒要彻底。
- (5) 要经常打开门窗通风换气。
- (6) 平时要加强锻炼,提高机体免疫力。
- (7) 如不慎接触甲肝病人,要及时去医院检查或接种甲肝疫苗。

3.非典型肺炎

非典型肺炎具有一定的传染性,可通过密切接触病人、短距离空气飞沫以及呼吸道分泌物等途径传播,大学生要预防,采取的措施主要有以下几个方面:

- (1) 保持良好的个人卫生习惯,注意个人卫生,加强个人防护。
- (2) 多人一起进餐时,应用公用筷和公用匙。
- (3) 咳嗽、打喷嚏要掩住口鼻,勤洗手。
- (4) 切勿与他人共用毛巾等物品。
- (5) 杜绝随地吐痰的不良习惯。
- (6) 加强锻炼,提高免疫力。

01. Food safety

Food safety is of concern to your health; it could be detrimental to your life safe if it is neglected. Therefore, we must pay attention to food sanitation and prevent foodborne illness. Specific measures are:

1. Choose regular restaurants and restaurants with hygienic license and business license qualifications for dining out, and do not buy from food stalls with poor hygienic conditions.
2. Please check the production date, shelf life and production factory of the canned and packaged food.
3. Keep aware of your personal hygiene. Wash your hands before cooking and dining as well as touching raw fish, meat and poultry. After using the toilet, you should thoroughly clean your hands.
4. Food must be thoroughly cooked. Do not eat raw seafood, river fish or meat. Leftover food must be reheated.
5. If you eat poisoned food, spit it out as much as possible and go to hospital for medical treatment immediately. Keep the vomit or stool in a plastic bag and take it to the hospital for diagnosis. Do not take antidiarrheal drugs without a doctor prescription.

02. Prevention of infectious diseases

1.Influenza

Influenza, abbreviated as the flu, is a contagious respiratory illness caused by influenza viruses. The main preventive measures are:

- (1) Keep your indoor environment clean and ventilated; it is important to note that in China, the tap water, although it looks clear, is not safe for drinking unless it has been boiled.
- (2) Wash your hands and take shower regularly; wash and hang out your beddings in sunny days.
- (3) When you are indoors, keep proper ventilation; work out regularly and have sufficient rest.
- (4) You should cover the nose and mouth when coughing and sneezing.
- (5) If you have the symptoms of the flu, please keep your face covering on and go to hospital immediately.

2. Viral hepatitis

Prevention of hepatitis B:

- (1) Vaccination against hepatitis B is the most effective measure for prevention.
- (2) Use blood products with caution.
- (3) Unsterilized razors, ear pins, etc. cannot be shared with others.
- (4) Do not use an unsterilized razor.
- (5) Do not share towels, toothbrushes, etc. with hepatitis B patients or virus carriers.

Prevention of hepatitis A:

- (1) Vaccination against hepatitis A.
- (2) Pay attention to personal hygiene; wash hands with running water before and after meals.
- (3) Do not eat in the restaurant without health permit.
- (4) Do not use the tableware used by patients with hepatitis A.
- (5) Make sure your room has proper ventilation.
- (6) Working out regularly is a good way for improving your immunity.
- (7) If you are inadvertently exposed to hepatitis A patients, you should go to the hospital for examination or vaccination against hepatitis A in time.

3 Atypical pneumonia

As a contagious disease, atypical pneumonia can be transmitted through close contact with patients, short-range air droplets, and respiratory secretions.

The main measures to prevent such a disease are as follows:

- (1) Keep aware of your personal hygiene and heighten your personal protection against the virus.
- (2) When dining together, please use communal chopsticks and spoons.
- (3) Cover your nose and mouth when you coughing or sneezing; wash your hands regularly.
- (4) Do not share towels and other personal items with others.
- (5) Do not spit.
- (6) Work out regularly to improve immunity.

04. 心理健康

引发大学生心理问题的因素有很多,如交往困难、情感危机、角色转换与适应大学生活、学习与生活压力、就业压力等。大学生正处在世界观、人生观、价值观的形成阶段,对事物的认识和对问题的看法往往有失偏颇。如果不注意完善,提高自我,就会陷入情绪化、不理智,长此以往,可能形成不健全的心理。因此大学生要注意调整自己的情绪,不妨采取以下办法:

1.调整认识角度

如果改变了非理性观念,调整了对诱发事件的认识和评价,领悟其中的理性,情绪困扰就会消除。现实生活中的许多情绪困扰都是这样,如果从非理性的角度去认识某一事物或问题,会使人恨恨不已;如果换个角度去认识,理性一些去认识,就会使人豁然开朗。

2.合理进行宣泄

人的情绪处于压抑状态时,应该加以合理宣泄,这样才能调节机体的平衡,缓解不良情绪的困扰和压抑,恢复正常的情绪情感状态。如遇到挫折和失败,内心苦闷难受时,畅快地哭一场,或者找人诉说一通,都是缓解情绪压抑的好办法。

3.通过活动转换

利用环境的调节和活动的转移来排忧解难,例如,苦闷烦恼时,出去散步或听听音乐,会使人心情舒畅一些;当怒不可遏时,可强迫自己做一些别的事情,分散注意力,从而稳定情绪;失恋中的男女,可以把学习或工作的日程排得满一些,紧凑一些,使自己沉浸于繁忙的学习和工作中。

04. Mental health

For college students, there are many factors that can result in psychological problems, such as communication difficulties, emotional crisis, role reversal and difficulty in adaptation to college life, learning and life pressure, and employment pressure. College life is a period for forming a comprehensive outlook on the world, life and values, some of which, however, may not be correct. If those factors are not treated properly, emotional dysregulation could set in, and in the long run, unhealthy mentality could form. Therefore, college students need to adjust their emotions. You may try the following measures:

1. Change the way you think

To get rid of emotional problems, you can first try to change the way you think. Stop thinking negatively and look on the positive side of the situation.

2. Proper venting

When you are in a state of depression, you should vent properly. You may feel perplexed when facing drawbacks and failure; to get rid of those upsetting feelings, you can try a good long cry or talk them over with someone.

3. Find distractions

You can look for an outlet to distract yourself from negative thoughts. For example, when you are upset, you can go out for a walk or listen to music.

When you feel angry, find things to do for distraction. After a breakup, you may try to busy yourself for distraction.

05. 远离毒品

近期我校出现数起国际学生因吸食大麻或涉嫌吸食,被司法机关处以行政拘留处罚。我校经研究决定对该两名国际学生作退学处理。

我国《刑法》第357条的规定:毒品是指鸦片、海洛因、甲基苯丙胺(冰毒)、吗啡、大麻、可卡因以及国家规定管制的其它能够使人形成瘾癖的麻醉药品和精神药品。

《同济大学学生违反校纪校规处分条例(2016年修订)》第一章第十五条“凡参与吸毒、贩毒者,给予开除学籍处分,并移交司法机关处理。”

毒品危害人们的身心健康,吞噬人们的肉体 and 灵魂,直接毁灭我们的美好生活。我们每一个人,都应该远离毒品、珍爱生命。

大学生远离毒品,主要应做到以下几方面:

1.接受毒品基本知识和禁毒法律法规教育,了解毒品的危害,懂得“吸毒一口,掉入虎口”的道理;

2.树立正确的人生观,不盲目追求享受,寻求刺激,赶时髦;

3.不听信毒品能治病,毒品能解脱烦恼和痛苦,毒品能给人带来快乐等各种花言巧语;

4.不结交有吸毒、贩毒行为的人。如发现亲朋好友中有吸、贩毒行为的人,一定要劝阻,二要远离,三要报告公安机关;

5.不允许进入歌舞厅,决不吸食摇头丸、K粉等兴奋剂;

6.不随便接受陌生人的食物、物品等,不随便跟随他人外出、游玩等;

7.即使自己在不知情的情况下,被引诱、欺骗吸毒一次,也要珍惜自己的生命,不再吸第二次,更不要吸第三次。

05. Stay away from drugs

Recently, several international students in our university were sentenced to administrative detention for marijuana smoking and drug abuse. At the same time, the University expelled the two students.

According to Article 375 in the Criminal Law of PRC, the term "narcotic drugs" as used in this Law means opium, heroin, methylaniline (ice), morphine, marijuana, cocaine and other narcotic and psychotropic substances that can make people addicted to their use and are controlled under State regulations.

According to Article 15, Chapter I of the Regulations on the Disciplinary Actions of Students of Tongji University (Revised in 2016), any person who is involved in drug abuse or drug trafficking will be dismissed from the University and further handed over to the judiciary.

Drugs can alter a person's brain structure and function, resulting in long-term psychological effects. For your own safety, please never take drugs.

Tips to stay away from drugs:

1. Make sure you're aware of how drugs can affect you;

2. Cultivate a positive mindset and avoid looking for detrimental excitement;

3. Never believe that narcotic drugs can serve as medication;

4. Stay away from those who take drugs and are engaged in drug trafficking. If your friend or family member is using drugs, you should persuade him/her to quit it and call 110 (the police);

5. You are not allowed to go to illegal dance halls and use stimulants such as ecstasy, K powder;

6. Do not accept food or objects from strangers, and do not hang out with strangers;

7. If you are tempted to take drugs once without knowing it, you could never use it for the second time.

06. 禁毒告知书

同学们你们好：

据世界卫生组织统计,每年全世界约有10万人死于吸毒,另有约1000万人因吸毒而丧失正常的智力和工作能力,毒品时时刻刻威胁着我们。为了您的身体健康和家人的幸福,请每一位同学珍爱生命、拒绝毒品。我们特此告知：

一、在中国,常见的毒品包括鸦片、冰毒、海洛因、大麻、吗啡、可卡因等,吸食、持有、贩卖毒品等行为均属于违法犯罪行为,根据违法犯罪行为的严重性将承担相应的法律后果；

二、吸毒并不能减轻痛苦,相反,只会使痛苦加倍。家庭破裂、升学受阻的痛苦往往是一时的,而吸毒后不能自拔所产生的痛苦,却会伴随一生！

三、控制好好奇心,拒绝吸第一口。我们可以对所有的事物“好奇”,然而,并不是所有的“好奇心”,都是可以“尝试”的。对毒品因“好奇”而尝试,就会陷进死亡的沼泽,哪怕一小口！众多吸毒者的亲身经历是：一日吸毒,永远想毒,终身戒毒。

当你遇到别人劝你吸毒时,你可以这样做：

- 1、直接拒绝；
- 2、找借口溜走；
- 3、提出相反意见或转移话题；
- 4、秘密报案(偷偷告诉你依赖的人或拨打报警电话:110)；
- 5、当毒贩毒友逼你吸毒并威胁你时,要第一时间告诉你的师长。

06. Anti-drug notification

Dear students:

According to the World Health Organization, about 100,000 people worldwide die from drug abuse every year, and about 10 million people lose their intelligence and work ability because of drug abuse. Drugs threaten us all the time. For your health and family happiness, please cherish life and refuse drugs. We hereby inform you:

1. In China, narcotic drugs include opium, methylaniline, heroin, marijuana, morphine, cocaine, etc. It is illegal to smuggle, possess, or sell drugs. According to the seriousness of the criminal acts, the corresponding legal liability will be borne;

2. Drug abuse does not alleviate the pain. On the contrary, it only doubles the pain. the pain of being unable to extricate itself after taking drugs will last for a lifetime, which is much more terrible than the pain coming from family breakdown or hindered education.

3. Control your curiosity and refuse to take the first bite. We can be curious about everything, but actually not all curiosity can or should be satisfied. If you try to take drugs out of curiosity, even a small bit will drag you down to the abysmal quagmire! The personal experience of many drug users is: taking drugs for a day, always thinking about drugs, and detoxifying for life.

When you meet someone who advises you to take drugs, you can do these things:

1. Direct refusal;
2. Find an excuse to slip away;
3. Propose opposing opinions or change topics;
4. Secretly report the case (by telling the person you rely on or calling 110);
5. When drug dealers urge you to take drugs and threaten you, tell your teacher immediately.

同济大学国际学生禁毒协议

Anti-Drug Agreement for Tongji University International Students

毒品危害人们的身心健康,吞噬人们的肉体 and 灵魂,直接毁灭我们的美好生活。我们每一个人,都应该远离毒品、珍爱生命。

Drugs can alter a person's brain structure and function, resulting in long-term psychological effects. For your own safety, please never take drugs.

《中华共和国刑法》第357条的规定：毒品是指鸦片、海洛因、甲基苯丙胺(冰毒)、吗啡、大麻、可卡因以及国家规定管制的其它能够使人形成瘾癖的麻醉药品和精神药品。

According to Article 375 in the Criminal Law of PRC, the term "narcotic drugs" as used in this Law means opium, heroin, methylaniline (ice), morphine, marijuana, cocaine and other narcotic and psychotropic substances that can make people addicted to their use and are controlled under State regulations.

注意:无论在哪个国家使用毒品,一旦在中国境内毒品检测呈阳性,均视作违法行为。

Attention: Regardless of the country in which drugs are used, once a drug test in China is positive, it is regarded as an illegal act.

《中华共和国治安管理处罚法》第72条的规定：对于吸食、注射毒品的,处十日以上十五日以下拘留,可并处二千元以下罚款;情节较轻的,处五日以下拘留或者五百元以下罚款。

According to Article 72 of the Public Security Administration Punishments Law of the People's Republic of China, anyone who commits taking or injecting any drug shall be detained for not less than 10 days but not more than 15 days, and could be concurrently fined not more than 2,000 yuan. If the circumstances are relatively lenient, he/she shall be detained for not more than 5 days or shall be fined not more than 500 yuan.

《同济大学学生违反校纪校规处分条例(2016年修订)》第一章第十五条“凡参与吸毒、贩毒者,给予开除学籍处分,并移交司法机关处理。”

According to Article 15, Chapter I of the Regulations on the Disciplinary Actions of Students of Tongji University (Revised in 2016), any person who is involved in drug abuse or drug trafficking will be dismissed from the University and further handed over to the judiciary.

我已认真阅读并知晓上述规定。在此我郑重承诺,在中华人民共和国期间遵纪守法,拒绝有任何吸毒涉毒行为。

I have carefully read and fully understood the above regulations. Here, I solemnly promise to obey the law and regulations of the People's Republic of China, and refuse any drug-related behaviors during the stay of the People's Republic of China.

承诺人(Signature):

日期(Date): 年(Y) 月(M) 日(D)

03. 感染的肺炎公众预防提示

新型冠状病毒感染的肺炎是一种新发疾病, 公众应切实加强预防。为帮助外国人了解掌握相关预防知识, 国家移民管理局根据中国疾控中心发布的公众预防提示整理。

03. Public Prevention of Pneumonia Caused by Novel Coronavirus

The pneumonia caused by novel coronavirus is a newly-found disease from which the public should strengthen prevention. In order to help foreigners understand and master the relevant knowledge of prevention, National Immigration Administration has compiled and translated this guide according to the Public Prevention Notes provided by the Chinese Center for Disease Control and Prevention.



一、尽量减少外出活动

I. Reduce outdoor activities as much as possible

1、避免去疾病正在流行的地区。

1.Avoid visiting areas where the disease is prevalent.

2、建议疫情防控期间减少走亲访友和聚餐, 尽量在家休息。

2. It is recommended to make less visits to relatives and friends and dining together during the epidemic prevention and control, and stay at home as much as possible.

3、减少到人员密集的公共场所活动, 尤其是空气流动性差的地方, 例如公共浴池、温泉、影院、网吧、KTV、商场、车站、机场、码头、展览馆等。

3. Try to avoid visits to crowded public areas, especially places of poor ventilation, such as public bathrooms, hot springs, cinemas, internet bars, Karaoke, shopping malls, bus/train stations, airports, ferry terminals and exhibition centers, etc.

二、个人防护和手卫生

II. Personal Protection and Hand Hygiene

1、建议外出佩戴口罩。外出前往公共场所、就医和乘坐公共交通工具时, 佩戴医用外科口罩或N95口罩。

1. It is recommended that a mask shall be worn when going out. A surgical or N95 mask shall be worn when visiting public areas, hospitals or taking public transportation.

2、保持手卫生。减少接触公共场所的公共物品和部位; 从公共场所返回、咳嗽手捂之后、饭前便后, 用洗手液或香皂流水洗手, 或者使用含酒精成分的免洗洗手液; 不确定手是否清洁时, 避免用手接触口鼻眼; 打喷嚏或咳嗽时, 用衣肘遮住口鼻。

2.Keep your hands sanitized. Try to avoid touching public objects and parts in public areas. After returning from public areas, covering your cough, using the restroom, and before meals, please wash your hands with soap or liquid soap under running water, or use alcohol-ic hand sanitizer. Avoid touching your mouth, nose or eyes when you are unsure whether your hands are clean or not. Cover your mouth and nose with your elbow when sneeze or cough.

三、健康监测和就医

III. Health Monitoring and Seeking Medical Attention

1、主动做好个人与家庭成员的健康监测, 自觉发热时要主动测量体温。家中有小孩的, 要早晚摸小孩的额头, 如有发热要为其测量体温。

1. Monitor the health conditions of your family members and yourself. Measure your temperatures when you feel like having a fever. If you have kid(s) at home, touch the kid's forehead in the morning and at night. Measure the kid's temperature in case of fever.

2、若出现可疑症状, 应主动戴上口罩及时就近就医。若出现新型冠状病毒感染可疑症状 (包括发热、咳嗽、咽痛、胸闷、呼吸困难、轻度纳差、乏力、精神稍差、恶心呕吐、腹泻、头痛、心慌、结膜炎、轻度四肢或腰背部肌肉酸痛等), 应根据病情, 及时到医疗机构就诊。并尽量避免乘坐地铁、公共汽车等交通工具, 避免前往人群密集的场所。就诊时应主动告诉医生自己的相关疾病流行地区的旅行居住史, 以及发病后接触过什么人, 配合医生开展相关调查。

2. Wear a mask and seek medical attention at nearby hospitals in case of suspicious symptoms. Go to medical institution in a timely manner in case of the suspicious symptoms relating to the pneumonia caused by novel coronavirus are found. Such symptoms include fever, cough, pharyngalgia, chest distress, dyspnea, mildly poor appetite, feebleness, mild lethargy, nausea, diarrhea, headache, palpitation, conjunctivitis, mildly sore limb or back muscles, etc. Try to avoid taking metro, bus and other public transportation and visiting crowded areas. Tell the doctor your travel and residence history in epidemic areas, and who you met after you got the disease. Cooperate with your doctor on the relevant queries.

四、保持良好卫生和健康习惯

IV. Keep Good Hygiene and Health Habits

1、居室勤开窗, 经常通风。

1. Frequently open the windows of your house for better ventilation.

2、家庭成员不共用毛巾, 保持家居、餐具清洁, 勤晒衣被。

2. Do not share towels with your family members. Keep your home and tableware clean. Sun-cure your clothes and quilts often.

3、不随地吐痰, 口鼻分泌物用纸巾包好, 弃置于有盖垃圾箱内。

3. Do not spit. Wrap your oral and nasal secretion with tissue and throw it in a covered dustbin.

4、注意营养, 适度运动。

4. Balance your nutrition and exercise moderately.

5、不要接触、购买和食用野生动物 (即野味); 尽量避免前往售卖活体动物的市场。

5. Do not touch, buy or eat wild animals (gamey). Try to avoid visiting markets that sell live animals.

6、家庭备置体温计、医用外科口罩或N95口罩、家用消毒用品等物资。

6. Prepare thermometer, surgical or N95 masks, domestic disinfectant and other supplies at home.