

Welcome Guide

We are excited to welcome you to China!

This Guide will help you prepare for your journey and answer some of the most important question before you arrive.

1. Packing Guide

a. Training Clothes

- T-shirts (bring enough to change)
- Long training pants
- Comfortable shoes
- Flip flops or Crocs (for around school and the shower)

b. Personal Items

- Towels
- Sunscreen
- Toothbrush & toothpaste
- Toilet paper (bring one roll for your arrival)
- Personal medication
- Reusable water bottle

c. Helpful Extras

- Universal travel adapter
- Small day bag/ backpack
- Notebook
- Electrolyte tablets
- If you use Tampons, please bring them with you

2. Buy Locally

a. Good to know

- Don't overpack → most everyday items can be bought nearby
- We can also help new students buy everything they need

b. No need to pack

- Traditional Kung Fu shoes
- Shampoo & shower gel
- Laundry detergent
- Toilet paper
- Most toiletries
- Snacks & drinks

3. Money

- a. Cash
 - Bring some cash - it is recommended
 - Paying school fees in cash can help you avoid transfer and others payment fees
 - Keeps some cash as a backup
 - Check customs regulation before travelling with a large amount of cash
- b. For everyday life
 - The Apps Alipay and WeChat

4. Useful Apps

- a. WeChat
 - Communication & Payment
- b. Alipay
 - Payment, Transport & more
- c. Translator
 - Download Chinese language packs for offline use
- d. VPN
 - Install before arriving in China

If you have any questions before your arrival, feel free to contact us.

Have a safe journey.

See you soon!

A little Chinese for Your Journey

Chinese you will hear at training

Shifu	Master & Teacher
kuai yidianr	(a little) faster
man yidianr	(a little) slower
Zai lai	again
kaishi	start
xun lian	Training
xiuxi	Rest Break
kan	Look watch
hao	Good okey
zuo	Left
you	Right
mabu	Horse stance
gongbu	Bow stance
shang ke	class starts
xia ke	class is over

Everyday Life at school

chi fan	eat have a meal
hao chi	delicious
he shui	drink water
shui jiao	sleep
xi zao	take a shower
qi chuang	get up
zou ba	let's go
keyi	can okey
bu keyi	not allowed can't
mei wenti	no problem
xiexie	thank you
bu keqi	you are welcome
mei shi	no problem its okey don't worry