



TEFL Jobs in China



Country overview

The following section provides useful, practical information about your destination country. It includes heaps of information about the local cuisine, cultural taboos and travel safety, so that you can make the most of your overseas teaching experience.

Basic Facts

China is a fantastic and interesting destination, rich in both culture and history.

For centuries China stood as a leading civilisation, outpacing the rest of the world in the arts and sciences. However, in the 19th and early 20th centuries, China was beset by civil unrest, famines, military defeats, and foreign occupation.

After World War II, the Communists under Mao Zedong established an oppressive dictatorship that, whilst ensuring China's sovereignty, imposed strict controls over everyday life and cost the lives of tens of millions of people. Between 1949 and 1979 China had virtually sealed itself off from the outside world.

In the late 1970s China gradually opened up its borders to foreigners but individuals were only welcomed into The People's Republic of China (PRC) by invitation and tourists were not automatically permitted into the country.

After 1978 MAO Zedong's successor DENG Xiaoping gradually introduced market-oriented reforms and decentralised economic decision making. After these changes, output quadrupled by 2000.

Politically the country remains strict and bureaucratic, whilst economic controls continue to be relaxed as the country embraces this new regime. Over the last 10 years China has witnessed enormous and rapid industrialisation alongside a rise in consumerism and capitalist development.

This vast country covers 9.59 million sq km of the earth and is home to an estimated 1.28 billion people.

Now, the country offers a fascinating combination of cosmopolitan places like Shanghai and Hong Kong as well as ancient cultural relics, including The Great Wall of China, The Forbidden City and The Terracotta Warriors.

Beijing

China's capital city is Beijing, which is home to an estimated 12.6 million people. Half a million years of history and a rapidly modernising society offer a fascinating glimpse of the Chinese culture; both old and new. The city possesses an array of interesting attractions for tourists; ranging from the Forbidden City to the Tiananmen Square, the Summer Palace to a beautiful array of oriental gardens and parks. The Great Wall of China is also close-by.

Xi'an

As one of the six ancient capitals in China, Xi'an served as the seat of 12 imperial capitals for 1,120 years and is also a world-famous tourist destination. Located in the southern part of the Guan Zhong plain in the Shaanxi province, Xian enjoys beautiful scenery, surrounded by water and hills. Its many tourist attractions include the tomb of Qin Shihuang, the world-famous Terracotta Warriors, the Muslim Quarter and nearby panda sanctuaries. The city also offers an extensive choice of nightclubs, bars and eateries.

The Muslim Quarter of the city is always lively and is definitely worth a visit to sample its delicious food and bustling markets, which are great for souvenir shopping.

Yanqing

Yanqing is located approximately 1 hour north of the capital, still within the Beijing district. It is a small (by Chinese standards!) working city with a population of approximately 300,000. It's located near part of the Great Wall of China and has a picturesque river and parks. Beijing is just a short distance away, making it perfect for weekend getaways and cultural excursions in the school holidays.

Why China?

Choosing China as a destination to work in enables you to gain a unique insight into a fascinating culture that you would find difficult to engage with if you were simply travelling through the country as a tourist.

You'll be helping local people to develop the skills they need to succeed in life, a position which is highly respected by the entire community. As a TEFL teacher you will be welcomed into the community as a colleague and a friend, giving you a rare insight into the ebbs and flows of modern Chinese society.

China is also a country that is rapidly expanding and changing, so this is a rare opportunity to witness first-hand the eclectic mix of old and new that heralds China's foray into the modern world.

Society and culture

Most people do experience some level of culture shock living and working in such a different country.

Many aspects of traditional Chinese culture suffered immensely during the Cultural Revolution and the after effects of this are still evident, for example in the areas of religion or art.

Interestingly Hong Kong and Macau in the south appear to be more modern and 'westernised' than other parts of the country but they are also more 'traditionally Chinese' as the Cultural Revolution didn't have such a big impact on this region.

Some traditional views on society and conduct are outlined below.

Speaking frankly and saving face:

Traditionally, Chinese people will not say what they think but rather what they think that you will want to hear or what will prevent them from 'losing face'. This is a predominant characteristic of the nation and recognising this is essential if you are to become an effective TEFL teacher.

The Chinese concept of 'face' can be likened to the idea of self respect, ego or status. It is about avoiding embarrassment or looking foolish in front of other people. Diplomatic compromise and negotiation is always perceived better than confrontation, something that should be used as a last resort only.

Guanxi - Connections:

This is unlikely to be something that you come across during a short time in China but the connections network in the country is still very significant. The connections network is reciprocal and goods or services can still be obtained 'through the back door'.

Those who have good Guanxi are in a better position to get what they want, for example better jobs.

Smiling:

In China some people smile when they are nervous, embarrassed or worried so it does not always portray happiness.

Political situation:

The reality of the human rights situation in China and their beliefs about independence can be shocking for Westerners. Whilst we would recommend you read about China's history and politics, you must be culturally sensitive with your in-country team and project hosts at all times.

China is, in practice, a one party state. The National People's Congress (NPC) is indirectly elected. Direct elections for village leaders have been conducted since 1988. They take place every three years, although it is unclear how genuine and effective they are.

You should be aware of strictly enforced regulations against any public demonstrations which do not have prior approval from the authorities. Violators have been deported and could face imprisonment.

Smoking:

It's a case of good news for smokers and bad news for non-smokers I'm afraid. People smoke everywhere in China. Particularly in the case of male to male meetings and relationships, where it is considered polite to offer a cigarette when meeting somebody.

Perhaps related to the above - in mainland China public spitting is very common. Hearing the sound of somebody clearing their throat from way deep down and then spitting is unfortunately a daily occurrence. Authorities are now beginning to recognise this as a problem which could harm the tourist industry and you will find that

efforts are being made to discourage such actions at popular attractions.

Slower pace of life:

China does have a reputation for being a bureaucratic country that has a huge population, so it is common to see many people doing the simplest of activities and in many jobs people are happy to work at a slower pace. This can be quite a shock if you're accustomed to the western lifestyle but try to remember that you've travelled half way across the world to experience a new culture and that this slow pace is an important part of this.

Communications

Mail can be received at the mailing address of the project you are working at. If you are on a shorter placement you probably won't get the post on time. The postal system from China is reasonably reliable and international mail will normally take a few weeks.

It is not cheap to phone abroad from China. By far the best way is to encourage friends and family to buy cheap phone abroad cards and to phone you at your accommodation. Some of the best cards in Britain are 'First National' and 'Savers' but you will also find a huge range of them in any Chinese supermarket or general store where there is a prominent foreign community. They can also be purchased over the internet.

There are not as many options for phoning abroad once in China, and it costs about UK£8 for 10 minutes using an international phone card. You will be able to buy an international phone card from newsagents or supermarkets and you will see from the symbol which public payphones accept international card. Hotel lobbies, booths in small shops and telecommunications buildings are also a good place to look for a payphone if you cannot find one on the street.

It is very expensive to use British mobile phones in China. They are only useful for text messages. However, if your phone is unlocked you can buy a Chinese SIM very cheaply. This is useful for phoning home and for calls within China but still if you want to call abroad you must use an IP card. You need to unlock your mobile phone before you arrive in China. You may also be able to rent a mobile phone while you are in China.

To call England from China the international dialling code is 00 44, and the US is 00 1.

i-to-i Placements, Exploration House,
32 Grattan Square,
Dungarvan, Waterford
Ireland

tefljobteam@i-to-i.com

UK: +44 (0) 113 205 0077
USA: (800) 985 4864
Ireland: +353(0) 58 40050
Australia: +61 (0)3 9326 3066

There are many internet cafés in the cities but the connection can be slow.

Climate

Spring (March-April) and autumn (September -October) are the some of the nicest months to visit China in terms of temperature. Daytime temperatures range from 20°C to 30°C (68°F-86°F) in these seasons - but bear in mind that nights can still be bitterly cold and it can sometimes be wet and miserable.

China can get bitterly cold during the winter months and swelteringly hot and humid during the summer months, so you need to bear this in mind when packing.

Food and drink

Most people drink hot water rather than cold. Tap water and ice should be avoided. Many of the familiar brands of soft drinks are available but you will find that local brands are cheaper than imported ones. Beer is very cheap and one of the most popular drinks.

Everyone uses chopsticks and sometimes spoons at schools so if you haven't mastered using them before your placement you will have done by the time you leave!

Dishes, available ingredients and quality of the food varies from one region to another. You will find that the food available at the placements is basic but good and that there are a selection of restaurants and street stalls in the local area. At your actual placement you will find that there is not much variety with meals consisting of meat, fish or a vegetables and plain boiled rice.

Particularly good things that you may like to try are the world famous Peking Duck, Dim Sum, steamed buns, spicy snacks from the street stalls in the Muslim quarter in Xi'an and the array of weird and wonderful offerings at the Beijing night market, which range from the delicious – bananas in honeyed pancakes - to the more acquired tastes of skewered bugs and butterfly cocoons.

Food is not passed around the table, but remains in the centre. The host usually chooses the food for his guests and serves it to them from the central dishes on the table. It is acceptable to reach for food and if a little is spilled on the tablecloth it is looked upon as a festive sign of abundance. Bones, seeds, etc. are placed on the

table or on a plate provided for them, but not on the rice bowl or plate you are eating from.

At a restaurant, the Chinese host always expects to pay. The guest may also politely offer to pay but should not insist. Business is not usually discussed while eating. If a toothpick is used, the mouth should be covered with the other hand.

Teaching opportunities in China

- Opportunities in Guanzhou, Shanghai and Beijing
- Opportunities elsewhere in China

What you can expect in Guanzhou, Shanghai and Beijing

- **Salary:** up to 8500RMB / \$1080(USD) / £550 / €820 / CAD\$1260 / AUD\$1380 / NZD\$1540 per month based on a 40 hour week (including 22-28 hours of teaching), increasing by approximately 10% on completion of your 3 month probation period. This is taxable locally at 20%.
- **Accommodation:** For the first two weeks you will live in a hotel paid for by your school. During this time you will be supported in finding an estate agent to help you find a property to rent. Up to 8000RMB can be borrowed to assist with deposits / bonds. You will cover the cost of your rent from your salary.
- **Arrival:** You will be met at the airport and transferred to your hotel. You will then have a 1 week induction to the school before you start teaching in your second week.
- **Locations:** Schools are located in Guanzhou, Shanghai or Beijing.
- **Contract lengths:** 1 year.
- **Departure dates:** There are departures every month (subject to availability).
- **Chinese lessons:** 1 free Chinese class per week from a qualified Chinese teacher provided in the school.

Requirements for Guanzhou, Shanghai and Beijing

- Native English speaker with British, Irish, Canadian, Australian, American, New Zealand or South African nationality. European teachers who sound like native English speakers are also accepted.
- TEFL qualification (Essential TEFL Plus course included).
- University degree holder.
- 2 years teaching experience – Beijing only.

What you can expect elsewhere in China

- **Salary:** Up to 3500 - 6200 RMB / US\$430-760 / £230-420 / €350 - 610 per month.
- **Bonus:** US\$100 - US\$1,150 bonus on successful completion of contract.
- **Accommodation:** Private bedroom in rent-free fully furnished shared accommodation.
- **Locations:** Guiyang, Hangzhou, Kunming, Yinchuan, Yan'an, Yanliang, Weinan, Xianyang, Lianyungang, Wuhan, Zhengzhou, Dalian, Jinan, Xian (requires 2 years teaching experience), Dandong, Shenyang, Tangshan.
- **Contract length:** 6, 7.5, 12, 13.5 months Departure Dates: September & March (6 or 12 month contracts); January & July (7.5 or 13.5 month contracts).
- **Student age range:** 4-50 years old.
- **Chinese lessons:** Free Chinese classes in the school provided by a qualified Chinese teacher.

Requirements elsewhere in China

- Native English speaker - Must be a holder of a native English passport eg. UK, Irish, Australian, New Zealand, USA, Canadian.
- TEFL qualification (Essential TEFL Plus course included).
- University degree holder.

Frequently Asked Questions

- Application
- Pre-departure
- **China - Guanzhou, Shanghai and Beijing** - Employment | Teaching
- **China - Countrywide** - Employment | Teaching

Application

1. What are the application requirements?

- Native English speaker, TEFL qualified.
- You need to be a university degree holder.

Following your initial application, you will need to submit the following documents:

- CV/Resume
- Covering letter
- Scanned copy of your University degree certificate
- Scanned copy of the information page of your passport
- 2 professional references
- Passport photograph

2. Can I apply with someone else?

Yes, in most cases it's possible for us to place applicants in the same accommodation and in the same school for China.

3. Can I choose where I teach?

If you have a strong preference on location, please specify this in your covering letter; however, it is best to be as flexible as you can.

In China, Thailand, Indonesia and Taiwan please specify in your covering letter which location you would like to be placed in:

- Dalian
- Jinan
- Xian
- Dandong
- Shenyang
- Tangshan

4. When are the start dates?

There are monthly start dates in most cases. It is suggested you apply as far in advance as possible.

5. What is the project length?

- 6 / 12 months (March & September)
- 7.5 / 13.5 months (mid-January & mid-July)

6. When should I apply?

It is best to apply as early as you can to ensure the success of your application. We recommend applying a minimum of three months in advance. (However, depending on availability it is sometimes possible for us to fast-track applications in 4 weeks.)

7. I haven't finished my degree yet, can I still apply?

As long as you have completed your degree and have got your certificate prior to departure, you are still eligible to apply. Please include a letter from your University supervisor / academic advisor with your application to confirm this.

Don't have a degree? Try Honduras, Hungary or Indonesia.

8. How do I apply?

Call your nearest i-to-i office or [click here](#) and apply now.

9. What happens if I apply but don't get accepted?

We have a 90% success rate for applicants who meet the basic application criteria. If however, you are not accepted, you will be refunded the full project fee (minus the cost of your TEFL course if you have already started it).

Pre-departure

1. How do I get my visa?

On confirmation of employment your employer will provide you with a visa invitation letter for you to apply for a category Z visa.

You will then need to apply for your visa. For further information about visas can contact:

- Travcour: Tel 0207 223 5295 www.travcour.com
- Oasis International Travel Corporation Tel: 1-866-312-8472
www.oasischinavisa.com
- Golden Mile 2000: Tel: (613) 224-6863
www.goldenmile2000.com

Or the Chinese embassy at:

UK: USA: Canada

Chinese Embassy in the UK (Tel): 0207 6311430

i-to-i Placements, Exploration House,
32 Grattan Square,
Dungarvan, Waterford
Ireland

tefljobteam@i-to-i.com

UK: +44 (0) 113 205 0077
USA: (800) 985 4864
Ireland: +353(0) 58 40050
Australia: +61 (0)3 9326 3066

Embassy of China in USA
Visa Office, 2201 Wisconsin Avenue, NW Suite 110, Washington DC
20007, Tel: (202) 588-9760

Embassy of China in Canada
515 St Patrick Street, Ottawa, Ontario K1N 5HS, Tel: 613-7893434

Ireland:
Embassy of P.R China – Visa Section, 40 Ailesbury Road, Dublin 4,
Tel: 01-2691707, 2601119

Australia:
Embassy of P.R China, 15 Coronation Drive, Yarralumla, ACT 2600,
Tel: +61 (2) 62734780

Websites:
UK: www.chinese-embassy.org.uk/eng
USA: www.china-embassy.org/eng/
Canada: www.chinaembassycanada.org/en
Ireland: www.chinaembassy.ie/eng/ g
Australia: www.au.china-embassy.org/eng/

If your visa runs out while in China, it can be extended by the local Public Security Bureau, the police. However make sure you visit them before it expires, because you will be fined for overstaying your visa.

A valid passport is required to enter China. China does not allow entrance if the holder's passport expires in less than six months; returning home with an expired passport is illegal and may result in a fine.

2. Which airport should I fly into?

You should fly to Beijing, as it will be easier to find flights or trains to all parts of China from here.

3. When and how should I book my flights?

Please wait to book your flights until you are advised by our in-country agent to do so.

4. Do I need to take out travel insurance?

We strongly recommend that you take out adequate travel insurance for the entire duration of your stay. For details of travel insurance for UK citizens, please visit www.endsleigh.co.uk. For citizens from outside of the UK, please visit: www.statravel.com.

5. Do I need vaccinations?

Inoculations and malaria medication

We strongly recommend that you visit your GP or specialist travel clinic before you start your course of inoculations. They will give you professional advice particular to your circumstances and the latest health recommendations. You should also arrange a general health check-up before you go.

Inoculations

The following list of inoculations is based on information from the Centres for Disease Control and Prevention and should be used in conjunction with your doctor or travel clinic.

Yellow Fever (a certificate is required if you are travelling from an infected area).

Polio (recommended)

Tetanus (recommended)

Typhoid (recommended)

Hepatitis A (recommended)

Hepatitis B (sometimes recommended)

Rabies (sometimes recommended)

Diphtheria (sometimes recommended)

Japanese Encephalitis (sometimes recommended)

Malaria

Chloroquine-resistant malaria is present in rural areas between the Yellow and Yangtze rivers, Hunan, Yunnan and the regions bordering Cambodia and Laos. None of our placements are affected but you may choose to travel to the infected areas. Always consult your doctor for recommended medication and the most up to date health advice for travellers.

6. How much money should I bring with me?

We recommend that you bring approximately £500 / USD \$900 / €750 to cover all initial costs until your first payday. (You may be

i-to-i Placements, Exploration House,
32 Grattan Square,
Dungarvan, Waterford
Ireland

tefljobteam@i-to-i.com

UK: +44 (0) 113 205 0077

USA: (800) 985 4864

Ireland: +353(0) 58 40050

Australia: +61 (0)3 9326 3066

required to pay a bond on your apartment.) Always have some emergency monies available to you. (Money that can be transferred to you at short notice)

7. Do I need to be able to speak the local language?

No, but learning some simple phrases will be very useful, and you will have the opportunity to have Chinese lessons while in country.

Basic Mandarin word and phrases

Pronunciation

Yee	
Er	
San	One
Sir	two
Woo	three
Loe	four
Chi	five
Bar	six
Joe	seven
Shr	eight
	nine
	ten
Knee how	
Hin gow shing jen	
dow knee	Hello!
Tsi gien	Nice to see you!
Knee jow shin mur	Goodbye/See you.
ming zi?	What's your name?
Ta shr shui?	Who is he?
Knee door da le?	How old are you?
Wo er shr ba sui le	I' m twenty-eight years old.
Ching win X tsi nar?	Where is X, please?
Ching song wo dow X.	Please kindly send/drive me to X.
Na gur bow door	
shaw chien?	How much is that bag?
Chur ge wo yow le	I'll take this one.
Shie shie knee	Thank you.
Bu kur chee/bu yong	You're welcome.
shie	I'm sorry.
Dui bu chi	Nothing. /That's all right.
Mei guan shee	

8. Is there a dress code?

Smart casual / work casual

9. How long will it take to complete the TEFL training?

The course can be completed in a minimum of 2-3 weeks. Most people finish the course in 4-6 weeks. You have a maximum of 6 months to complete the course. You will be sent your certificate, letter of reference and hard copy of the course within 21 days of completion of all components of the course. (TEFL course outline)

10. What happens when I arrive?

You will be met at the airport / train station of your teaching destination and transferred to your accommodation. You will have two orientations: one to prepare you for teaching and one to show you around the school and city.

China - Guanzhou, Shanghai, Beijing: Employment

1. How much will I be paid?

Up to 8500RMB / \$1080(USD) / £550 / €820 / CAD\$1260 / AUD\$1380 / NZD\$1540 per month based on a 40 hour week (including 22-28 hours of teaching), increasing by approximately 10% on completion of your 3 month probation period.

It is possible to live very cheaply in China if you eat local food from food stalls and restaurants – 3 dishes with rice for 2 is roughly 30RMB in Shanghai. However, Western restaurants and supermarkets can be very expensive with a TGI Friday burger setting you back around 100RMB.

Most local journeys on public transport cost from 1 – 3RMB with long distance travel around 400RMB per 1000km on a sleeper train.

2. Do I receive a bonus or flight re-imbusement?

A return ticket will be reimbursed (up to a limit and subject to guidelines) on completion of your 12 month contract.

3. How many days holiday will I receive per year?

You will receive 10 paid holidays plus national holidays (currently 10 in China).

i-to-i Placements, Exploration House,
32 Grattan Square,
Dungarvan, Waterford
Ireland

tefljobteam@i-to-i.com

UK: +44 (0) 113 205 0077
USA: (800) 985 4864
Ireland: +353(0) 58 40050
Australia: +61 (0)3 9326 3066

4. What are my working hours?

You will be contracted to work for 40 hours per week. Out of this, 22 – 28 hours will be teaching time (although you may be expected to teach more during the peak summer months). You will receive 2 days off per week (any time between Monday and Sunday).

5. Can I renew my contract?

Your contract may be extendable; you would need to discuss this with your school.

6. What happens if I need to break my contract?

Costs (visa, flight, outstanding loans for deposits on apartments) will be deducted on a pro-rata basis and deducted from your outstanding salary.

China - Guanzhou, Shanghai, Beijing: Teaching

1. What age and level of students will I be teaching?

You will be teaching young professionals aged around 20-40 years old.

2. How many students will there be in each class?

From 4 to 30 students depending on the type of class.

3. How long are the classes?

From 1 hour to 2.5 hours.

4. Are there teaching resources available?

Yes, there are extensive resources. Every school has a teacher room which is equipped with internet access, a library of teaching books and suggested activities. You will teach with PowerPoint and other media. Lessons are pre-prepared and sent to you each week via email.

5. Will I be teaching alone or team teaching?

You will be teaching alone.

6. What kind of school will I be teaching in?

You will be teaching in private English language schools.

China - Countrywide: Employment

1. How much will I be paid?

Your monthly salary will depend on the number of hours you choose to work a week as follows:

- **15 hrs:** 3500 RMB / 430 USD / £230 / €350
- **20 hrs:** 5000 RMB / 610 USD / £350 / €515
- **25 hrs:** 6200 RMB / 760 USD / £430 / €640

You will be paid in RMB into your local bank account (you will be assisted in setting this up on arrival.) The tax rate is 0-10%.

The cost of living is approximately 3000RMB / \$370USD / £200 / €300 per month (please note that this is a guide only).

2. Do I receive a bonus or flight re-imbursment?

You will receive a bonus of 100 - 1150 USD on successful completion of your contract. (This bonus increases with project length and contracted hours.)

3. How many days holiday will I receive per year?

You will receive two weeks unpaid vacation for 13.5 / 12 month contracts and one week unpaid vacation for 6 / 7.5 month contracts. There are short end of term breaks for those on 13.5 / 12 month contracts. There are also 6 unpaid days for Spring Festival and 10 Chinese National holidays per year.

4. What are my working hours?

You can choose whether you work a 25 hour week, a 20 hour week or a 15 hour week. Each contract requires you to work up to 8 hours on both Saturdays and Sundays. Some classes are held in the evening. The number of days off you'll have depends heavily on the contract you sign. A 15 hour teacher will only work 2-3 days a week. A 20 hour teacher will only work 3-4 days a week. A 25-hour teacher will have 2, non-consecutive days off a week.

5. Can I renew my contract?

Your contract may be extendable; you would need to discuss this with your school.

6. What happens if I need to break my contract?

As the work visa has been applied for by the school, to break the contract would directly cause your stay to be illegal. You would lose your bonus and any other related payments.

7. What will my accommodation be like?

You will have a private room in rent-free fully furnished accommodation, usually shared with other English teachers.

China - Countrywide: Teaching

1. What age and level of students will I be teaching?

You will need to be prepared to teach all levels and all age groups. Most students are aged 4-15.

2. How many students will there be in each class?

There will be a maximum of 18 students per class

3. How long are the classes?

Most classes are 2 hours long with a break in the middle

4. Are there teaching resources available?

Yes, institutes are well-resourced. You may also like to take photos and pictures of your home country, family and friends.

5. Will I be teaching alone or team teaching?

For most of the children's classes there is a Chinese teacher in the class working with you. For higher level children and most adult classes you'll be working alone. However, you will have the guidance and support of other teachers and your manager.

6. What kind of school will I be teaching in?

You will teach in a private language institute.

TEFL certification

All our TEFL Jobs include the 40 hour Online TEFL course and the 20 hour Grammar and Language Awareness Module. These courses will give you the skills you need to teach English as a foreign language, so you can walk into your first TEFL classroom with the utmost confidence.

You'll be sent details of how to access your courses via email. You will have six months to complete the 40 hour course and extra time after that to complete the Grammar and Language Awareness Module. Both courses must be complete by the time you start your placement.

It's also an idea to take your TEFL certificate with you when you go. Some placements request it – and even if they don't it's always handy to have it with you.

It's not uncommon for applicants to desire extra qualifications to supplement their Online TEFL certification and further develop their skills. That's why we offer a range of specialist certificates that will help you tailor your skills towards a specific area of the TEFL business. As an i-to-i tutee you are entitled to 10% off any of these certificates.

Visit www.onlinetefl.com/online-tefl/certificates to find out more or call/email us at:

UK & the world: +44 (0)113 205 0077 tefljobteam@i-to-i.com

Ireland: 058 400 50 ireland@i-to-i.com

North America: 800 985 4864 usca@i-to-i.com

Australia: 1300 556 997 australia@i-to-i.com

Surviving culture shock

Almost everyone experiences some degree of culture shock when they first arrive at their destination - even if they're a seasoned traveller. It may be felt as stress, frustration, anxiety or homesickness and is a perfectly natural reaction to encountering a new culture that looks, sounds and feels different to what you're used to.

Try not to worry if you feel overwhelmed at the start of your placement – just go with the flow and before you know it you'll start to settle in. The following advice will help you to overcome culture shock as quickly as possible.

Doing as much research as possible into your destination will help to reduce culture shock, as you'll be prepared for many of the differences you will encounter. The Lonely Planet and Culture Shock! Guides are good resources to use for this.

Try to arrive at your destination as fresh as possible. Avoid alcohol and caffeine on your flight, eat a light meal and rest as much as possible. This will give you the energy to get through your first day in-country. If you're exhausted when you arrive, everything will seem a lot more challenging.

Take it easy on your first few days, to give yourself time to adjust to your new environment and get over your journey. You don't have to see and do everything in the first few days – that's just the adrenaline talking!

A good tip is to observe the locals and do as they do. They are used to the heat, humidity and altitude and know how best to cope. Watch what they do and adopt their ways.

Remember that if you're finding things difficult at your placement, it may be due to culture shock. Try to keep an open mind and avoid making comparisons with how things are done in your own country – if you wanted everything to stay the same you wouldn't have gone overseas in the first place!

If you're going away for several months, budget for a well-deserved break halfway through your placement. Treat yourself to a night in a comfy hotel and a good meal, then return to your placement feeling refreshed. It's okay to want a few home comforts while you're away – something as simple as watching a movie in English in an air-conditioned cinema can make you feel much better!

Checklist for Paid Teaching Placements

We send you:

- Confirmation email of PTP placement
- Confirmation/login details email of Online TEFL course
- DVD and GAM for TEFL course

What you need to do:

- Send relevant documents to complete application:
- CV/Resume
- Cover letter
- Scanned copy of your University degree certificate or a letter from your university confirming your expected graduation (English translation required).
- Scanned copy of the information page of your passport
- Arrange suitable travel insurance.

Plus:

- China - Two professional / academic references
- Documents will be sent to the in-country representative who will contact you about the application. Remember to complete your TEFL course!

Once accepted we send you:

- Terms and conditions to be signed.

In-country representative sends:

- Confirmation of placement contract
- China - Employer will issue a visa invitation letter for you to apply for visa.

Next Steps:

- Once your visa has been accepted and returned, book flights

Enjoy your trip!