[译] 复旦大学外国语言文学学院2023级硕士研究生
王炎强（指导教师）　侯筱　金馨瑜　马蓁欣　许培　张瑞琦　张晓澜

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FUDAN UNIVERSITY
復旦大學

学生后勤服务指南
Logistics Service Guide

（2026版）

医食住行一本全掌握

Health Care, Food, Accommodation, and Transportation



复旦大学总务处
General Affairs Department of Fudan University

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1、餐饮服务指南
Campus Dining



当我们生活在复旦，我们可以吃什么？

What food can you find in Fudan?

在复旦生活，一日三餐少不了食堂的陪伴。复旦大学校内餐饮经营业态丰富，四校区共有 17 家学生餐厅、6 家特色餐厅、6 家民族餐厅、2 家西餐厅、4 家面包房、16 家咖啡厅 / 水吧、1 辆餐车、2 家校园肯德基餐厅。不论是想吃一顿实惠便捷的大众快餐，还是与好友悠闲聚餐，都能在食堂找到合适的就餐选择。四季轮转，昼夜变迁，不变的是复旦食堂“调和春夏秋冬味，服务东西南北人”的温暖陪伴。

We offer a diversified dining service including 17 student dining halls, 6 fusion cafeterias, 6 ethnic cuisine cafeterias, 2 western food restaurants, 4 bakeries, 16 beverage stands, a food truck and two KFC restaurant. Whether you are seeking a meal cheap and quick, or a dinner of leisure and delights with your friends, there are always choices for you in the cafeterias offering different flavors for all seasons catering to different people. Fudan cafeterias will always be there for you!

跟随地图，一起寻味复旦吧，与千百种美食相遇，与千百个人相识。

Let's find where you can have your favorable food on the campus.

常用服务
Common Services

1. 对四校区任一餐饮经营点有任何意见建议，均可通过以下渠道进行反馈或留下宝贵建议：

1. We value your feedback on the cafeterias above. If you have any comment or suggestion, feel free to contact us through the following ways:

- 可第一时间与现场经理取得联系，经理信息均已在各餐厅公示。

- Contact the on-site manager. The manager's information is posted in the cafeterias.

- 可发送邮件至总务处餐饮管理办公室，邮箱地址：cyb@fudan.edu.cn

- Send an email to the Catering Management Office of the General Affairs Department. Email address: cyb@fudan.edu.cn.

- 可致电总务处餐饮管理办公室：65643116或 65647995。

- Make a phone call to the Catering Management Office of the General Affairs Department. Telephone: 65643116 or 65647995

2. 食堂有哪些经营品种

2. Is there a menu for the food offerings?

请扫描二维码查看各餐厅经营品种，内含订餐联系人信息。

Please scan the QR code for a detailed list of food offered at each cafeteria. The contact information for ordering is also included.

2、学生园区服务指南
Student Residential Areas

园区物业报修信息
How to Request Maintenance?

园区物业可提供零星小修服务，如灯具、锁具、门窗、玻璃、开关、插座、龙头、阀门等小五金类维修，同学如有需要可及时报修。园区地址及物业服务信息如下：

We encourage you to report all maintenance problems promptly. We offer logistical support of common items, including lights, doors, windows, glass, and hardware such as locks, switches, sockets, faucets, valves. To request maintenance, you can reach us through the following contact information:

学生生活园区 Student Residential Area	园区地址 Address	物业服务点 Logistics Service Station	物业服务电话 Support Hotline	物业投诉电话 Complaints Hotline
邯郸校区南苑 The south residential quarter of Handan Campus	松花江路 2500 弄 No. 2500 Alley, Songhuajiang Road 政肃路 210 号 No.210,Zhengsu Road	南区学生活动中心“一站式”服务大厅 One-Stop Service Center, South Campus Student Activity Center	65642570	55664585
邯郸校区本部东区 The east residential quarter of Handan Campus （含政通路公寓） (including the student residential building on Zhengtong Road)	邯郸路 220 号 No. 220 Handan Road 国定路 440 号 No. 440 Guoding Road 政通路 280 号 No. 280 Zhengtong Road	艺教中心南侧 South side of Education Center for Arts	65643382 (8:00-20:00)	65648367
邯郸校区北苑 The north residential quarter of Handan Campus	武川路 78 弄 No. 78 Alley, Wuchuan Road （武东路 57 号） (No. 57, Wudong Road)	北苑 73 号楼北侧玻璃房 Glass room on the north side of Building No. 73 (North)	65643299	65648367
枫林校区西苑 The west residential quarter of Fenglin Campus	东安路 130 号 No. 130, Dong'an Road	东 3 号楼师生服务中心 Building No. 3 (East)Service Center	64182117	54237059

学生生活园区 Student Residential Area	园区地址 Address	物业服务点 Logistics Service Station	物业服务电话 Support Hotline	物业投诉电话 Complaints Hotline
江湾生活园区 Student Residential Area of Jiangwan Campus	国权北路 1380 弄 No. 1380 Alley, North Guoquan Road	江湾园区 15 号楼 126 室 Room 126, Building No. 15	61424020	60864000
江湾校区学生公寓 Jiangwan Campus Student Residence Halls	淞沪路 2005 号 2005 Songhu Road	江湾校区 3 号学生公寓 109 室 Residence Service Center, Room 109, Building 3, Jiangwan Campus Student Residence Halls	31245828	31245808
张江校区生活组团学生公寓 Student Residence Halls, Zhangjiang Campus Residential Complex	张衡路 825 号 825 Zhangheng Road	生活组团 2 号楼 1 楼西走廊菜鸟驿站 2-103 旁 Next to Room 2-103, Cainiao Station, West Corridor, 1st Floor, Building 2, Student Residence Halls, Zhangjiang Campus Residential Complex	50390205	50390651

备注：园区物业服务电话安排人员 24 小时值班，如对园区物业有意见建议可在工作日 8:30-17:00 拨打物业投诉电话。

Note: The support hotline is available 24/7 with staff available at all times. The complaints hotline is available from 8:30 a.m. to 5:00 p.m. on weekdays.

园区电费缴纳

How to Recharge your Dormitory Electricity Fee?

登陆 eHall 网上办事大厅，搜索“宿舍电费充值”服务进入，根据操作指南进行网上充值宿舍电费。（充值过程中遇技术方面问题，请致电信息办，值班台电话：65643207，65643247）

Log in to eHall. Enter “Dormitory electricity fee recharge (宿舍电费充值)” in the search bar to navigate to the service. Follow the page instructions to complete the recharge online. (If you encounter any technical issues, please contact the Informatization Office. Telephone: 65643207 or 65643247.)

充值成功后，宿舍通常在 5 分钟内恢复供电，房间的总电量半小时左右会在购电应用内更新。如显示充值成功 10 分钟后仍未供电需人工查询或现金充值，可联系园区物业或至各园区物业服务前台办理。

Normally, after successful payment, power will be restored within 5 minutes, and the electricity usage will be updated in the service program in about 30 minutes. If the power is not restored within 10 minutes, please contact the support service or go to the service station in your residential area for cash recharge or further checking.

洗衣服务

Laundry Service

1. 楼内自助洗衣服务

1. Laundromat in the student residence

邯郸校区南 (东) 苑 和北苑留学生公寓、江湾校区、枫林 校区、张江校区宿舍楼内配有自助洗烘设备，手机扫码支付后使用，标准 洗衣价格为 2 元 / 次，标准烘干价格为 1 元 /10 分钟，标准洗鞋价格为 1 元 / 次。

Self-service washers and dryers are available in the international student residence halls in the South (East) and North Residential Quarters on Handan Campus and in residence halls on the Jiangwan, Fenglin, and Zhangjiang campuses. Scan the QR code with your phone to pay. A standard wash costs RMB 2 per cycle, a standard drying cycle costs RMB 1 per 10 minutes, and a standard shoe-washing cycle costs RMB 1.

2. 洗衣房服务

2. Laundry service

邯郸校区南区、北区各设有一间洗衣房，提供洗衣、烘干、干洗、熨烫、服饰修改、鞋类洗 护等服务。南区洗衣房地址：南区公共浴室旁（32 号楼北面），营业时间：11:30- 20:30，服务电话：13801749693; 北区洗衣房地址：北区 66 号楼地下室，营业时间：11:00 -20:00，服务电话：15900697467；南区、北区洗衣房咨询、投诉、监督电话：13801743364。

The South and North Districts of Handan Campus each have a laundry room offering washing, drying, dry cleaning, ironing, clothing alterations, and shoe care. South District Laundry Room: next to the South District public showers (north of Building 32); hours: 11:30 a.m.-8:30 p.m.; service line: 13801749693. North District Laundry Room: basement of Building 66, North District; hours: 11:00 a.m.-8:00 p.m.; service line: 15900697467. For inquiries, complaints, or oversight concerning either laundry room, call 13801743364.

饮用水服务

Drinking Water

1. 直饮水 / 开水炉

1. Drinking water dispenser and electric water boiler

各个园区宿舍楼配备开水炉，24 小时供应热水，刷一卡通取用，开水计费为每 30 秒 0.08 元。

There are electric water boilers in each residential building, providing hot water 24/7. Students can swipe their campus card to access hot water at a cost of 0.08 RMB per 30 seconds.

各校区学生宿舍部分有条件的楼宇配置有直饮水设备，手机扫码取水，收费标准为热水 0.3 元 / 升，常温净水 0.2 元 / 升。

Selected student residence halls on each campus are equipped with drinking-water dispensers. Students can scan the QR code on the dispenser to access hot water at a cost of 0.3 RMB per liter and room temperature water at a cost of 0.2 RMB per liter.

使用中如遇到任何问题可联系园区物业报修或协助解决。

If you encounter any problems during use, please contact the logistics station in your area for maintenance or assistance.

2. 桶装水

2. Bottled water

邯郸校区南 (东) 苑和北苑、江湾学生生活园区、张江生活组团设有桶装饮用水水站，提供桶装饮用水供水服务，桶装饮用水售价为 10 元 /19L 桶，服务电话 021-65562222。

Water delivery stations in the South (East) and North Residential Quarters on Handan Campus, the Jiangwan Student Residential Community, and the

Zhangjiang Residential Complex supply 19-liter drinking-water jugs for water dispensers. Each jug costs RMB 10. Service hotline: 021-65562222.

同学可通过微信小程序或现场订购，需配送时可将水票投入楼内水票箱，14:00 前投水票预计可当天送达。现场服务地址：北苑 23 号楼地下室、江湾园区 0 号楼，服务时间：每日 9:00-18:00。

Students can order through WeChat mini program or at the supply station. When delivery is needed, please put the order ticket into the ticket box in the residential building. Water will be delivered by the end of the day if the ticket is submitted before 2:00 p.m. Station address: Basement of Building No. 23 in the north residential quarter (Handan Campus). Building No. 0 in the student residential area (Jiangwan Campus).

Opening hours: 9:00 a.m. - 6:00 p.m. every day.

洗浴服务

Public Showers

1. 公共浴室

1. Public showers on campus

邯郸校区南苑和本部有公共浴室开放洗浴，同学洗浴时可携带一卡通刷卡使用，热水计费为每 30 秒 0.08 元。

There are public showers in the south residential quarter and the main residential area on Handan campus. Students can swipe the campus card to access hot water at a cost of 0.08 RMB per 30 seconds.

浴室名称及地点 Name and Location of Public Showers	淋浴龙头数 Number of Shower Heads		更衣柜数 Number of Lockers		开放时间 Opening Hours
	男 Male	女 Female	男 Male	女 Female	
本部学生公共浴室 Public showers for students (Main Campus) （光华楼北侧） (North side of Guanghua Tower)	54	54	97	92	12:00-14:00 17:00-22:00 寒暑假开放时间另行通知 The opening hours for winter and summer vacations are subject to further notice.
南区学生公共浴室 Public showers for students (South) （南区西北角） (Southwest corner of the southern Handan Campus)	42	42	80	104	

2. 楼内公共浴室

2. Hot-Water Showers in Student Residence Halls

邯郸校区、江湾校区、枫林校区、张江校区宿舍楼配备有楼内公共浴室，一卡通刷卡使用，热水计费为每 30 秒 0.08 元。

There are public showers in each residential building on Handan Campus,Jiangwan Campus, Fenglin Campus, and Zhangjiang Campus. Students can swipe the campus card to access hot water at a cost of 0.08 RMB per 30 seconds.

热水供应时间如下。

Hot water supply hours are shown in the table below.

宿舍所在区域 Residence area	热水开放时间 Hot-water hours
邯郸校区南（东）苑、北苑 South (East) and North Residential Quarters, Handan Campus	上午 7:00-12:00、下午 14:00-24:00 7:00 a.m.-12:00 noon and 2:00 p.m.-midnight
江湾学生生活园区、江湾校区学生公寓 Jiangwan Student Residential Community and Jiangwan Campus Student Residence Halls	上午 7:00-12:00、下午 14:00-23:30 7:00 a.m.-12:00 noon and 2:00 p.m.-11:30 p.m.
张江校区生活组团 ,Zhangjiang Campus Residential Complex	上午 7:00-12:00、下午 14:00-24:00 7:00 a.m.-12:00 noon and 2:00 p.m.-11:30 p.m.

空调租赁

Air Conditioner Rental

学生园区内有空调租赁企业提供空调租赁服务。

Air conditioner rental services are available in the residential areas.

格力空调租赁咨询电话：67716255、67716177，售后服务电话：54092912。节假日紧急联系方式：13601781692，联系人：沈经理。

Telephone number for Gree air conditioner rental: 67716255 67716177; after-sales service telephone:54092912.Emergency Contacts During Holidays:13601781692; contact person: Manager Shen.

TCL 空调租赁咨询电话：13122537908，联系人：李经理。

Telephone number for TCL air conditioner rental: 13122537908; contact person: Manager Li.

毕业服务

Service for Graduates

学生园区物业在毕业季会根据学校安排提供剩余电费退还等相关后勤服务，请同学及时关注园区物业的相关通知。

There will be logistics service for graduates in the graduation season, such as refund of the remaining electricity fees. Please check the notification in time.

生活垃圾定时定点集中投放

Household Waste Disposal

学生园区设置有垃圾定时定点集中投放点和误时投放点，请各位师生按照《上海市生活垃圾管理条例》要求分类投放。在集中投放点开放时段内，有垃圾分类督导员在集中投放点进行现场监督指导，确保大家按照四分类要求进行垃圾投放；在非投放时间段，垃圾桶盖不能开启投放。邯郸校区南区、北区、本部学生超市、江湾园区设有智能爱回收机器，师生可扫码使用。

All teachers and students are required to follow the “Shanghai Household Waste Management Regulation” on waste sorting. In each residential area, there are both designated waste collection sites and spots for 24-hour collection. During the open hours of the collection sites, there will be trash-sorting supervisors on-site to help. The trash can will remain inaccessible in non-open hours.

There are AI-based automatic sorting bins on campus. These bins are placed at the student supermarket and in the north and south residential quarters of Handan Campus, as well as in the residential area of Jiangwan Campus. Scan the QR code on the bin to use it.

便民服务

Convenience Services

园区物业定期为师生提供自行车胎打气、小电器维修、衣物缝补、衣物熨烫、配钥匙等便民服务，便民服务安排定期在“复旦总务”微信公众号预告，师生可及时关注，其他时间如有需求也可至所在园区服务中心。

There are convenience services offered to faculties and students on a regular basis. The services include inflating bicycle tires, fixing small appliances, mending or ironing clothes, and cutting keys, etc. You can find the schedule for these services on the WeChat official account of “General Affairs Department of Fudan University (复旦总务)”. If you are seeking the aforementioned services beyond the scheduled time, please go to the service center in your residential area for further assistance.

3、体育场馆服务指南
Sports Venue

热血体育场，青春正当时。学校校园体育文化氛围浓厚，四校区有篮球、足球、田径场、游泳馆等各类室内外体育场馆场地，为在校师生开展丰富多彩的体育活动提供场地服务保障。具体分布情况如下。

Fudan University boasts a vibrant sports atmosphere with well-equipped facilities supporting diverse athletic activities. Please check the form below for detailed information of the venues.

室内体育馆

Indoor Sports Complex

校区 Campus	场馆名称 Venue name	运动项目 Sports Name	开放时间 Opening Hours	地址 Address	咨询电话 Contact
邯郸校区 Handan Campus	北区体育馆	篮球、排球、羽毛球、乒乓球、健身房、舞蹈房 Basketball, volleyball, table tennis, badminton, gym,and dance studio	7:00-21:30 7:00 a.m. - 9:30 p.m.	北区学生公寓 73 号楼旁 Next to Building 73, North Campus Student Residence Halls	65642128
	正大体育馆 Zhengda Gymnasium	羽毛球 Badminton	周一至周五 12:00-13:00、19:00-22:00，周六 13:00-22:00，周日 8:00-22:00 Monday to Friday 12:00 p.m. - 1:00 p.m., 7:00 p.m. - 10:00 p.m.; Saturday 1:00 p.m. - 10:00 p.m.;Sunday 8:00 a.m. - 10:00 p.m.	国权路 505 号 No. 505, Guoquan Road	55664996
	南区乒乓房 Table Tennis Room (South)	乒乓球 Table tennis	周一、周三、周五 12:00-13:00，周四 12:00-13:00、18:00-21:00，周六 12:00-21:00，周日 8:00-19:00 Monday, Wednesday, Friday: 12:00 p.m.–1:00 p.m. ; Thursday: 12:00 p.m.–1:00 p.m., 6:00p.m. 9:00 p.m. ; Saturday: 12:00 p.m.–9:00 p.m. ; Sunday: 8:00 a.m.–7:00 p.m.	南区游泳馆西侧 West side of the natatorium in the south residential quarters of Handan Campus	55664996

校区 Campus	场馆名称 Venue name	运动项目 Sports Name	开放时间 Opening Hours	地址 Address	咨询电话 Contact
邯郸校区 Handan Campus	南区健身房 Gym (South)	健身器材	周一至周五 11:45-13:15、18:00-22:00，周六至周日 8:00-22:00 Monday to Friday 11:45 a.m. - 1:15 p.m., 6:00 p.m. - 10:00 p.m.; Saturday and Sunday 8:00 a.m. - 10:00 p.m.	南区游泳馆西侧 West side of the natatorium in the south residential quarters of Handan Campus	55664996
江湾校区 Jiangwan Campus	综合体育馆 Administrative Gymnasium	篮球、排球、羽毛球、网球、乒乓球、健身房、多功能厅 Basketball, volleyball, table tennis, badminton, tennis, dance studio, and gym.	8:00-22:30 8:00 a.m. - 10:30 p.m.	经二路西，纬八路南侧（近3号门） West Jing'er Road, South Weiba Road (near Gate No.3)	31242035
	游泳馆 Natatorium	大小 25*50m，Size: 25*50m 水深 1.2m—1.8m Water depth: 1.2m—1.8m	日场 9:00-17:00、夜场 17:00-21:00 Day: 9:00 a.m. -5:00 p.m.; Evening: 5:00 p.m. - 9:00 p.m.	经一路东，纬八路南侧（近6号门） East Jingyi Road, South Weiba Road (near Gate No.6)	65641205
枫林校区 Fenglin Campus	综合体育馆 Administrative Gymnasium	篮球、排球、舞蹈房 Basketball court, dance studio, and gym.	6:00-22:00 6:00 a.m. - 10:00 p.m.	书院楼学生公寓东侧 East side of Shuyuan Building (Student Dormitory).	54237917
	学生活动中心 Student Activity Center	乒乓球、羽毛球、健身房 Table tennis, badminton, gym.	8:00-21:30 8:00 a.m. - 9:30 p.m.	康泉图书馆西侧 West side of Kangquan Library	54237123
	游泳馆 Natatorium	大小 25*50m，Size: 25m*50m 水深 1.2m—2m Water depth: 1.2m—2m	日场 9:00-17:00、夜场 17:00-21:00 Day: 9:00 a.m. -5:00 p.m.; Evening: 5:00 p.m. - 9:00 p.m.	书院楼学生公寓东侧 East side of Shuyuan Building (Student Dormitory).	65641205
张江校区 Zhangjiang Campus	学生活动中心 Student Activity	羽毛球、乒乓球、健身房 Badminton, table tennis, and gym.	9:00-22:00 9:00 a.m. - 10:00 p.m.	张江食堂三楼 The 3rd floor of Zhangjiang	50391398

室外体育场地

Outdoor sports venues

校区 Campus	场地名称 Venue Name	运动项目 Sports Name	开放时间 Opening Hours	地址 Address	联系电话 Contact
邯郸校区 Handan Campus	北区三角地篮球场 The Basketball Court (North)	篮球 Basketball	周一至周五 15:30-18:00 Monday to Friday: 3:30 p.m.- 6:00 p.m. 周六至周日 9:00-11:00、14:30-18:00 Saturday and Sunday: 9:00 a.m. - 11:00 a.m., 2:30 p.m. - 6:00 p.m.	北区学生公寓 73 号楼斜对面 Across from Building 73, North Campus Student Residence Halls	65642128
	本北高速室外体育场 Playfield	篮球、网球 Basketball and tennis	9:00-11:30、14:30-20:00 9:00 p.m. - 11:30 a.m., 2:30 p.m. - 8:00 p.m.	本北高速附近 By the road that connects the north residential quarter and main campus	65642128
	本部室外体育场 Playfield on the main campus	篮球、排球、五人制足球场 Basketball, volleyball, five-a-side soccer pitch	7:00-22:00 7:00 a.m. - 10:00 p.m.	叶耀珍楼东侧 East of Yip Yio Chin Building	保卫处 65642221 物业 65643535
	本部 0 号楼西篮球场 Basketball Court on the main campus	篮球 Basketball	24 小时 24 hours	0 号楼西侧 West of Building No. 0 on the main campus	65643535
	国福路田径场 Track-and-Field Ground on Guofu Road	田径、标准足球场 Track-and-Field and football (standard)	田径：5:00-7:30、11:45-13:15、20:00-22:30，足球：18:00-20:00 Track and field: 5:00 a.m.–7:30 a.m., 11:45 a.m.–1:15 p.m., 8:00 p.m.–10:30 p.m. Football: 6:00 p.m.–8:00 p.m.	史带楼东侧 East of Shidai Building	55664996
	国权路运动场 Sports Field (on Guoquan Road)	网球 Tennis	8:00-18:00 8:00 a.m. - 6:00 p.m.	国权路 252 号对面（近政肃路口） Across from No. 252 Guoquan Road, near Zhengsu Road	55664996
	南区网球场 Tennis Court (South)	网球 Tennis	周一至周五 18:00-22:00，周六至周日 8:00-22:00 Monday to Friday 6:00 p.m. - 10:00 p.m., Saturday and Sunday 8:00 a.m. - 10:00 p.m.	南区宿舍楼附近 Near the student dormitory in the south residential quarter of Handan Campus	55664996

校区 Campus	场地名称 Venue Name	运动项目 Sports Name	开放时间 Opening Hours	地址 Address	联系电话 Contact
邯郸校区 Handan Campus	南区室外篮排球场 Outdoor basketball and volleyball court (South)	篮球、排球 Basketball and volleyball	周一至周五 6:00-7:30、11:45-13:15、17:00-22:00， 周六至周日 6:00-22:00 Monday to Friday 6:00 a.m. - 7:30 a.m., 11:45 a.m. -1:15 p.m., 5:00 p.m.- 10:00 p.m.; Saturday and Sunday 6:00 a.m. - 10:00 p.m.	南区体教部西侧 West of the building of Physical Education faculty	55664996
	南区田径场 Track-and-Field Ground (South)	田径 Track and Field	5:00-7:30、11:45-13:15、18:00-22:30 5:00 a.m. - 7:30 a.m.; 11:45 a.m. - 1:15 p.m.;6:00 p.m. - 10:30 p.m.	南区体教部东侧 East of the building of Physical Education faculty	55664996
	南区游泳池 Natatorium (South)	大小 25*50m Size: 25m*50m 水深 1.2m—1.8m Water depth: 1.2m—1.8m	仅暑期 7-8 月开放； 日场 9:00-11:30、15:00-17:30， 夜场 18:00-20:30 Open only during the summer vacation in July and August; Day: 9:00 a.m. -11:30 a.m., 3:00 p.m. - 5:30 p.m.; Evening: 6:00 p.m. - 8:30 p.m.	南区游泳馆室外 Outdoor natatorium in the south residential quarter of Handan Campus	65641205
江湾校区 Jiangwan Campus	室外体育场 Playfield	田径、标准足球场、篮球、排球 Track-and-Field, football (standard), basketball, and volleyball	5:00-23:00 5:00 a.m. - 11:00 p.m.	经一路（5 号门至 6 号门之间） Jingyi Road (between Gate No.5 and Gate No.6)	31245888
	室外网球场 Outdoor tennis court	网球 Tennis	8:00-22:00 8:00 a.m. - 10:00 p.m.	经一路（近 6 号门） Jingyi Road (near Gate No.6)	31245888
枫林校区 Fenglin Campus	田径场 Track-and-Field Ground	田径、标准足球场 Track-and-Field and football (standard)	6:00-22:00 6:00 a.m. - 10:00 p.m.	综合体育馆顶层 Top floor of the Administrative Gymnasium	54237917
张江校区 Zhangjiang Campus	室外体育场 Playfield	篮球、排球 Basketball and volleyball	6:00-22:30 6:00 a.m. - 10:30 p.m.	张江食堂旁 Next to the cafeteria on Zhangjiang Campus.	50391398
	网球场 Tennis Court	网球 Tennis	9:00-22:00 9:00 a.m. - 10:00 p.m.	张江食堂旁 Next to the cafeteria on Zhangjiang Campus.	50391398

四校区室内外体育场馆场地分布地图

Map of Indoor and Outdoor Sports Venues on Four Campuses.



1. 北区体育馆（7:00-21:30）：
羽毛球、篮球、排球、乒乓球（需网上预约后使用）
健身房、舞蹈房（限流管理，无需预约，先到先得）
2. 北区三角地篮球场（周一至周五15:30-18:00 周六至周日9:00-11:00、14:30-18:00）：
篮球（限流管理，无需预约，先到先得）
3. 本北高速室外体育场（9:00-11:30、14:30-20:00）：网球（需网上预约后使用）
篮球（限流管理，无需预约，先到先得）
4. 本部室外体育场（7:00-22:00）：篮球、排球、足球（限流管理，无需预约，先到先得）
5. 本部0号楼西篮球场（24小时）：篮球（限流管理，无需预约，先到先得）
6. 国福路田径场（田径：5:00-7:30、11:45-13:15、20:00-22:30，足球：18:00-20:00）：
足球（需网上预约后使用）
田径（限流管理，无需预约，先到先得）
7. 正大体育馆（周一至周五12:00-13:00、19:00-22:00，周六13:00-22:00，
周日8:00-22:00）：羽毛球（需网上预约后使用）
8. 南区网球场（周一至周五18:00-22:00，周六至周日8:00-22:00）：
网球（需网上预约后使用）
9. 南区游泳池（仅暑期7-8月开放；日场9:00-11:30、15:00-17:30，夜场18:00-20:30）：
游泳（限流管理，无需预约，先到先得）
10. 南区健身房（周一至周五11:45-13:15、18:00-22:00，周六至周日8:00-22:00）：
健身器材（限流管理，无需预约，先到先得）
11. 南区乒乓房（周一、周三、周五12:00-13:00，周四12:00-13:00、18:00-21:00，
周六12:00-21:00，周日8:00-19:00）：乒乓球（需网上预约后使用）
12. 南区室外篮排球场（周一至周五6:00-7:30、11:45-13:15、17:00-22:00，
周六至周日6:00-22:00）：篮球、网球（限流管理，无需预约，先到先得）
13. 南区田径场（5:00-7:30、11:45-13:15、18:00-22:30）：田径（限流管理，无需预约，先到先得）
14. 国权路运动场（8:00-18:00）：网球（限流管理，需网上预约后使用）



1. 室外体育场（5:00-23:00）：
田径、篮球、排球、足球（限流管理，无需预约，先到先得）
2. 网球场（8:00-22:00）：
网球（需网上预约后使用）
3. 综合体育馆（8:00-22:30）：
篮球、排球、羽毛球、网球、乒乓球（需网上预约后使用）
健身房、多功能厅（限流管理，无需预约，先到先得）
游泳馆（日场9:00-17:00、夜场17:00-21:00）：
游泳（限流管理，无需预约，先到先得）





使用说明

User Manual

四校区室内健身房及室外田径场、篮球场、排球场，邯郸北区体育馆（舞蹈房）、邯郸本部室外体育场（足球）、江湾综合体育馆（多功能厅）、枫林综合体育馆（舞蹈房）、枫林田径场（足球）根据体育资源和器材配备情况限流管理，无需预约，先到先得。

No reservations are required for the following facilities: indoor fitness centers and outdoor track-and-field grounds, basketball courts, and volleyball courts on all four campuses; the dance studio at the North District Gymnasium on Handan Campus; the soccer field at the Handan Main Campus Outdoor Sports Field; the multipurpose hall at Jiangwan Campus Stadium; the dance studio at Fenglin Campus Gymnasium; and the soccer field at Fenglin Track-and-Field Ground. These facilities are available on a first-come, first-served basis, subject to capacity limits and the availability of space and equipment.

邯郸北区体育馆（羽毛球、篮球、排球、乒乓球）、邯郸本北高速室外体育场（网球）、邯郸正大体育馆羽毛球场、邯郸南区室外网球场、邯郸国福路田径场（足球）、邯郸国权路室外网球场、邯郸南区乒乓房、江湾综合体育馆（羽毛球、网球、篮球、排球、乒乓球）、江湾室外网球场、枫林学生活动中心（羽毛球场、乒乓球）、枫林综合体育馆（篮球）、张江学生活动中心（羽毛球、乒乓球）、张江室外网球场实行预约管理。

Reservations are required for the following facilities: North District Gymnasium, Handan Campus (badminton, basketball, volleyball, and table tennis); Outdoor Tennis Courts near Handan Main-North Road; badminton courts at Zhengda Gymnasium; South District Outdoor Tennis Courts; Guofu Road Track and Field (soccer); Guoquan Road Outdoor Tennis Courts; South District Table Tennis Room; Jiangwan Campus Stadium (badminton, tennis, basketball, volleyball, and table tennis); Jiangwan Campus Outdoor Tennis Courts; Fenglin Student Activity Center (badminton and table tennis); Fenglin Campus Gymnasium (basketball); Zhangjiang Student Activity Center (badminton and table tennis); and Zhangjiang Outdoor Tennis Courts.



江湾游泳馆、枫林游泳馆、南区游泳池可凭本人一卡通（教师卡、学生卡、临时卡）刷卡收费入场，无需预约。进入泳池需先冲淋，佩戴好泳帽，心脏病、高血压、传染性疾病患者请勿入内，饮酒后禁止进入，1.2 米以下儿童需由监护人陪同。

The Natatorium on Jiangwan, Fenglin campus and in the south residential quarter of Handan Campus can be accessed by the campus card (Teacher Card, Student Card, or Interim Card) without the need of reservation. Before entering the natatorium, please shower first, and wear a swimming cap. Individuals with heart disease, high blood pressure, or infectious diseases are not allowed to enter. It is prohibited to enter after drinking alcohol. Children below 1.2 meters must be accompanied by a guardian.





个人预约指南

Venue Reservation

师生可登录 eHall 网上办事大厅（http://ehall.fudan.edu.cn）或“复旦 eHall”微信小程序，选择“体育场馆个人预约”业务。选择目标校区、场馆后，选择具体预约时间。

Faculty, staff, and students may log in to the eHall portal (http://ehall.fudan.edu.cn) or use the Fudan eHall WeChat Mini Program. Select “体育场馆个人预约” (“Individual Sports Facility Reservation”), then choose the campus, facility, and reservation time.

体育场馆网上预约管理规定（试行）：

Interim Rules for Online Sports Facility Reservations:

1. 预约系统全时开放 3 天内的场馆预约服务，每日上午 7:00 以后可以预约最新开放的场馆资源。

1. The reservation system is available around the clock for bookings within the next three days. Beginning at 7:00 a.m. each day, users may book facilities for the newly released date.

2. 每一预约人同一天的同一时段只能预约 1

个场次。

2.A user may reserve only one facility slot for any given time period on a given day.

3. 同一预约人最多可同时预约 3 个场次。

A user may hold no more than three active reservations.

4. 预约人不可使用脚本、插件等第三方程序软件进行场地查询、预约等操作。

4.It is prohibited to use scripts, plug-ins, and other third-party software to search for or reserve facilities.

5. 预约成功后，预约人在使用场馆时应提前 15 分钟至现场出示二维码进行签到确认。

5.Arrive 15 minutes early and present the reservation QR code on site to check in.

6. 对于未能签到确认的预约人，过时则视为一次未使用记录，并减少一次场地预约权限。

6.Failure to check in by the scheduled time will be recorded as a no-show, and one booking credit will be deducted.

7. 预约成功后，预约人不可将场地以任何形式转让。

7.Reservations may not be transferred in any form.

8. 预约成功后，预约人可在实际开始时间之前随时在预约系统中撤销该预约。

8.A reservation may be canceled in the system at any time before its scheduled start time.

9. 预约人在半年内出现 3 次预约成功未使用记录、违反体育场馆规定以及采取不正当方式违规预约后，系统将关闭其随后半年的预约权限，关闭期结束预约权限恢复。

9.If, within six months, a user accumulates three no-shows, violates sports facility rules, or makes a reservation through improper means, the user’s reservation privileges will be suspended for the following six months. Privileges will be restored when the suspension ends.

预约签到地点：

Reservation Check-In Locations:

邯郸校区：正大体育馆（南区），电话：55664996；北区体育馆（北区），电话：65642128。

Handan Campus: Zhengda Gymnasium (South District), tel. 55664996; North District Gymnasium, tel. 65642128.

江湾校区：江湾综合体育馆，电话：31242035；江湾校园生活服务平台（校车站点西侧），电话：31245888。

Jiangwan Campus: Jiangwan Campus Stadium, tel. 31242035; Jiangwan Campus Life Service Center (west of the campus shuttle stop), tel. 31245888.

枫林校区：枫林综合体育馆，电话：54237917；枫林学生活动中心，电话：54237123。

Fenglin Campus: Fenglin Campus Gymnasium, tel. 54237917; Fenglin Student Activity Center, tel. 54237123.

张江校区: 张江食堂三楼物业体育馆值班室，电话：50391398。

Zhangjiang Campus: Sports Facilities Duty Office, Facilities Management, third floor of Zhangjiang Dining Hall, tel. 50391398.

4、快递服务指南
Mail Service

学校目前在四校区共设 10 个快递站点，可为师生提供便捷高效寄取快递服务，具体信息如下。

Fudan University currently has 10 mail service stations and on its 4 campuses, serving students and faculties. The detailed information is as follows.

四校区快递中心联系方式

Contact Numbers of the Courier Stations on 4 Campuses

校区 Campus	联系电话 Contact Number
邯郸校区快递中心 Mail service station on Handan Campus	18918115187
江湾校区快递中心 Mail service station on Jiangwan Campus	15108120446

校区 Campus	联系电话 Contact Number
枫林校区快递中心 Mail service station on Fenglin Campus	13761456561
张江校区快递中心 Mail service station on Zhangjiang Campus	15549487022





邯郸快递中心（主站）

地点：北区三角地（近体育馆南门）

营业时间：9:00-19:00

Mail service station on Handan Campus (Main station)

Location: Near the south gate of the stadium in the north residential quarter of Handan Campus

Opening hours: 9:00 a.m. - 7:00 p.m.



邯郸快递中心（本部分站）
地点：本部零号楼外空地
营业时间：9:00-19:00

Sub-station on Handan Campus
Location: Outside Building No. 0 on Handan Campus
Opening hours: 9:00 a.m. - 7:00 p.m.



邯郸快递中心（南区分站）
地点：松花江路 2500 号
营业时间：9:00-19:00

Sub-station in the south residential quarter of Handan Campus
Location: No. 2500, Songhuajiang Road
Opening hours: 9:00 a.m. - 7:00 p.m.



邯郸快递中心（东区分站）
地点：东区杨咏曼楼西北侧
营业时间：9:00-19:00

Sub-station in the east residential quarter of Handan Campus
Location: Northwest of Yang Yongman Building in the east residential quarter of Handan Campus
Opening hours: 9:00 a.m. - 7:00 p.m.

江湾校区 快递服务



1 江湾校区快递服务中心
2 江湾生活园区快递服务中心



江湾生活园区快递中心
地点：国政路 6 号
营业时间：9:00-19:00

Courier station in Jiangwan residential area
Location: No. 6, Guozheng Road
Opening hours: 9:00 a.m. - 7:00 p.m.



江湾校区快递服务中心
地点：2 号门北侧
营业时间：9:00-19:00

Mail service station on Jiangwan Campus
Location: North of Gate No.2
Opening hours: 9:00 a.m. - 7:00 p.m.



枫林校区 快递服务

1 枫林校区快递中心(总站)
2 枫林校区快递中心(护理学院分站)



枫林快递中心（总站）
地点：西苑综合体育馆南侧
营业时间：9:00-19:00

Mail service station on Fenglin Campus (Main Station)
Location: South of the Administrative Gymnasium in the residential area of Fenglin campus
Opening hours: 9:00 a.m. - 7:00 p.m.



枫林快递中心（护理学院分站）
地点：护理学院 8 号楼东南侧
营业时间：9:00-19:00

Mail service station on Fenglin Campus (Sub-station in the School of Nursing)
Location: Southeast of Building No. 8, School of Nursing.
Opening hours: 9:00 a.m. - 7:00 p.m.





张江快递中心（主站）
地点：张江生活组团 2 号楼一层
营业时间：9:00-19:00

Mail service station on Zhangjiang Campus (Main station)
First Floor, Building 2, Zhangjiang Campus Residential Complex
Opening hours: 9:00 a.m. - 7:00 p.m.



张江快递中心（二期分站）
地点：张江校区二期 4 号门内北侧
（建设中，预计年底投入使用）

Zhangjiang Campus Package Center (Phase II Location)
North side, just inside Gate 4 in the Phase II area of Zhangjiang Campus
Under construction, expected to be put into use by the end of the year.

取件流程

Pick-up

快递站点取件：

Pick-up at the mail service station:

1. 提前扫码下载“菜鸟 APP”，下载完成后，领取身份码。

1. Scan the QR code in advance to download the “Cainiao” APP. You will obtain your identity code.



2. 收到取件短信通知后（取件码包括三组数字：货架号 - 层号 - 货号），前往驿站拿取包裹。

2. After receiving the Pick-up notification message (the Pick-up code consists of three sets of numbers: shelf number - layer number - item number), go to the station to claim the parcel.

3. 把手机身份码和包裹一起放置在驿站出库仪上指定位置，即可完成校验出库。

3. Place the mobile phone with identity code on the screen and the parcel together in the designated position on the station’s outbound verification device to check-out.

问答提示

Q&A

1．如果找不到包裹怎么办？

1. What should I do if I can't find my parcel?

各快递中心设有咨询服务台，如找不到包裹可在现场咨询，或直接拨打取件短信上的联系方式。

Each mail service station has a service counter. If you cannot find your package, you can consult on-site or dial the number provided in the pick-up message to contact your deliverer.

2．如果包裹拿错了怎么办？

2. What should I do if I took the wrong package?

取包裹时请仔细核对信息，若不慎拿错请放归原处，或者交给工作人员。若误领包裹已拆，请拿到咨询服务台进行归还。

Please double check the name and address before you pick up. If you accidentally take the wrong one, please return it to its original place or hand it over to the staff. If the parcel is already opened, please take it to the service counter for return.

3．如在非营业时间有需要紧急领取的包裹怎么办？

3. What should I do if there is a parcel to collect during non-opening hours?

快递中心营业时间已列出，如果在非营业时间却有领取包裹的需求可拨打对应校区快递中心联系方式，工作人员会尽量帮您领取快递。

The opening hours of each mail service station are listed above. If there is a need to collect parcel during non-opening hours, please contact the corresponding mail station. The staff will try their best to help you collect the parcel.

4．拆开的快递包装怎么处理？

4. What should I do with the boxes or bags?

快递中心设有快递包装回收区域，您可以把拆开后废弃的快递包装放置在回收箱里。温馨提示：丢之前记得把涉及个人信息的快递标签撕掉哦～

Each mail center has a designated area for package recycling. You can place the boxes and bags in the recycling bin. For privacy protection, please remember to remove the labels with your personal information.

5、校车服务指南
Shuttle Bus Service

为满足师生跨校区学习科研交流通勤需要，四校区共开设邯郸-江湾、邯郸-枫林、邯郸-张江、江湾-张江、张江-枫林、江湾-枫林6条校车运行线路，师生可根据个人需求刷卡乘车。

To meet the commuting needs of faculty and students between different campus, a total of six campus bus routes have been set up: Handan-Jiangwan, Handan-Fenglin, Handan-Zhangjiang, Jiangwan-Zhangjiang, Zhangjiang-Fenglin, and Jiangwan-Fenglin. faculty and students can show their ID cards to take the bus.

四校区校车服务
Shuttle Bus Services Between Four Campuses



邯郸校区上车地点

1 邯郸-江湾
日月西路近理科图书馆

2 邯郸-张江
日月西路近理科图书馆

3 邯郸-枫林
老化学楼东侧

枫林校区上车地点

4 枫林-邯郸
西苑8号楼东南侧

5 枫林-张江
枫林-江湾
西苑8号楼西南侧

江湾校区上车地点

6 江湾-邯郸 | 江湾-张江
江湾-枫林
校区宣传栏

张江校区上车地点

7 张江-邯郸
微电子楼南侧

8 张江-枫林
二期化学实验楼南侧

问答提示
Q&A

1．乘坐校车需要刷一卡通吗？

1. Is a campus card required to take the shuttle bus?

乘客本人需凭一卡通（教师卡、学生卡）刷卡乘车，不得出借、伪造、冒用。

Yes, a campus card required to take the shuttle bus.

Passengers must use their own campus card to board the shuttle bus. It's strictly prohibited to lend, counterfeit, or use someone else's card. Offenders will face consequences for such actions.

2．如何获取校车时刻表？

2. How to check the shuttle bus schedule?

获取校车时刻表主要有4个途径：

There are 4 ways to check the shuttle bus schedule:

1）关注“复旦总务”微信公众号进行查询；

1) Follow the "General Affairs Department of Fudan University（复旦总务）" WeChat official account for schedule updates.

2）登陆总务处网站（zongwuchu.fudan.edu.cn），在首页“常用服务”中即可查询；

2) Visit the official website of the General Affairs Department (zongwuchu.fudan.edu.cn), and find the schedule in the "Common Services" section on the homepage.

3）校车站点设置有站牌，会显示对应线路校车时刻；

3) Check the schedule for specific bus routes at the shuttle bus stops.

4）登陆eHall办事大厅，搜索“校车时刻表”服务，即可查询。

4) Log in to eHall, access the "shuttle bus schedule（校车时刻表）" service and check the schedule.

温馨提示：节假日及新学期，校车时刻会调整变动，请及时关注总务处相关通知公告哦～

Note: There may be some alternations of the shuttle bus schedule during holidays and at the start of a new semester. Stay updated by following the WeChat official account of General Affairs Department for any schedule changes.

3．乘坐校车时禁止携带哪些物品？

3. What items are prohibited on the shuttle bus?

为了您和车上乘客安全，乘坐校车严禁携带危险物品和实验室药品，试剂及小动物等。

For the safety of all passengers, pets and dangerous items including laboratory drugs and reagents are not allowed on the shuttle bus.

4．如有个人物品不慎遗失在校车上，如何寻找？

4. What should I do if my personal belongings is lost on the shuttle bus?

如有个人物品不慎遗失在校车上，可致电校车运行监督电话：65640000联系寻找。若对校车运行有意见建议，也可拨打该电话反映情况。

If you've lost personal belongings on the shuttle bus, please contact us at 65640000 for help. We also welcome any suggestions you may have regarding the shuttle operation.

5．如乘车时遇到身体不适情况怎么办？

5. What should I do if I feel unwell during the ride?

如乘车时遇到呕吐等身体不适情况，请第一时间告知驾驶员。同时，车辆也配有呕吐袋及医疗包。

If you experience nausea or any sickness during the ride, please inform the driver immediately. Additionally, the bus is equipped with vomit bags and medical kits for emergencies.

6、电动自行车充电服务指南
Electric Bicycle Charging

各位新复旦人：为响应国家“双碳”目标，请尽量绿色出行，步行或自行车更低碳哦。目前，四校区共装 2276 个电动自行车智能充电插座，安装量位列上海高校第一。电动自行车无需每天充电，使用充电系统查询合适的充电点错峰充电，助力爱车出行无忧。

Dear new FDUers,

In support of national carbon peaking and carbon neutrality goals, we promote environmentally friendly transportation options such as walking and cycling. To facilitate this, Fudan University has installed 2,276 smart charging sockets for electric bicycles across our four campuses, ranking first among Shanghai universities. Utilize our online charging system to find convenient charging points. Join us in embracing eco-friendly commuting!

分布位置
Charging Socket Locations

具体的电瓶车充电插座分布位置可参见“充电插座查询”模块。在充电插座查询界面中可通过地图查询周围充电插座的位置信息，在充电插座列表中可查看充电插座是否空闲，点击右侧的定位图标可跳转到高德地图进行导航。

For specific locations of electric bicycle charging sockets, refer to the "Charging Socket Search" section. This interface includes:

1. “地图”：在地图上可直观的查看周围充电插座的位置，点击相应的充电插座进入列表可查看当前充电插座空闲情况。

1. "Map"：Check locations of nearby charging sockets on the map. Click on a charging socket option to access its current vacancy status.

2. “列表”：在列表中可直接查看充电插座的空闲情况，点击充电插座可查看充电插座空闲情况。列表中右侧提示充电插座的距离，点击定位图标可进入高德地图进行导航。

2. "List"：Check the availability of charging sockets in the list. Click on a charging socket option to view its availability. The distance to each socket is displayed on the right side of the list. Click on the location icon to go to Amap for navigation.

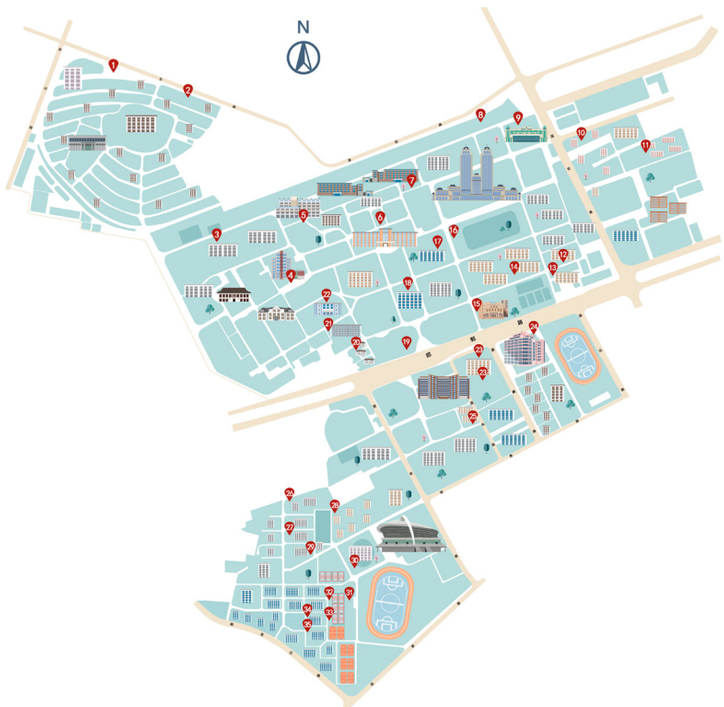
3. 四校区电动自行车智能充电插座分布地图:

3. Map of Smart Charging Sockets across Four Campuses.

江湾校区电动自行车充电桩地图
共计844个

1. 江湾生活园区18号楼车棚
2. 江湾生活园区19号楼车棚
3. 江湾生活园区16号楼车棚
4. 江湾生活园区17号楼车棚
5. 江湾生活园区2号楼车棚
6. 江湾校区宿舍车棚
7. 2号门车棚
8. 林太珏环境科学楼车棚
9. A教学楼
10. 后勤楼西侧





邯郸校区
电动自行车充电桩地图　共计596个

1. 北区留学生公寓车棚
2. 北区武东路围墙内侧车棚
3. 现代物理所车棚
4. 逸夫科技楼南侧停车场
5. 谭伟楼车棚
6. 恒隆物理楼车棚
7. 袁成英楼车棚
8. 文印中心车棚
9. 旦苑北侧车棚
10. 东区学生公寓14号楼车棚
11. 东区学生公寓18号楼北侧
12. 1号楼车棚
13. 5号楼车棚
14. 2号楼车棚
15. 叶耀珍楼
16. 光华楼广场西北停车场
18. 理科图书馆车棚
19. 校正门西侧车棚
20. 保卫处车棚
21. 综合楼西侧车棚
22. 一教北侧车棚
23. 文科图书馆南侧、北侧两处车棚
24. 管理学院车棚
25. 工会车棚
26. 南区学生公寓45号楼车棚
27. 南区学生公寓31号楼东侧车棚
28. 南区学生公寓一期10号楼
29. 南区学生公寓28号楼车棚
30. 南区乒乓房
31. 南区排球场东侧车棚
32. 南区排球场西侧光伏车棚
33. 南区排球场36号楼东侧车棚
34. 南区学生公寓37号楼车棚
35. 南区学生公寓35号楼车棚



枫林校区电动自行车充电桩地图
共计254个

1. 西部二号学生书院车棚
2. 一教西侧车棚
3. 西部7号楼车棚
4. 西部留学生楼车棚
5. 东4号楼车棚
6. 东5号楼南
7. 东部二号医学科研楼
8. 护理学院车棚
9. 放医所1号楼北侧车棚



张江校区电动自行车充电桩地图
共计388个

1. 张江高科苑生活园区1号楼、3号楼、8号楼车棚
2. 后勤楼北侧车棚
3. 计算机楼东南侧车棚
4. 第二教学楼西南侧车棚
5. 微分析楼车棚
6. 软件楼东南侧车棚
7. 微电子楼西南侧、西北侧两处车棚
8. 化学南北楼之间车棚
9. 药学院科研楼南车棚

收费标准

Charging Tariffs

1. 电价标准参照《上海市发展改革委关于本市居民生活用电试行阶梯电价实施方案的通知》（沪价管［2012］20 号）以及上海市物价局关于进一步规范居民生活电价适用范围的通知（沪价管［2015］13 号），不享受分时电价。

1. The electricity pricing follows the guidelines in the "Notice of the Implementation Plan for Tiered Electricity Pricing for Residential Use in Shanghai" (Shanghai Price Regulation [2012] No. 20) and the notice from the Shanghai Price Bureau regarding further standardizing the scope of application of residential electricity prices (Shanghai Price Regulation [2015] No. 13). This system does not implement off-peak electricity pricing.

2. 目前暂不收取服务费。

2. No service fee is charged.

3. 电动自行车充电器显示绿灯后还会继续充电，起到保护电瓶的作用。

3. The electric bicycle charger continues to charge even after displaying a green light (indicating the battery is fully charged), as this helps protect the battery.

充值方式

Recharge Method

用户可在“用户中心”页面里进行充值：

Please recharge through the "User Center (用户中心) " page. This interface includes:

1.“我要充值”：支持 10 元、20 元、30 元、50 元、100 元、200 元固定金额充值，充值金额实时到账。微信和支付宝可直接支付，推荐使用微信支付。如需通过支付宝支付，需点击右上角“…”图标，选择“在浏览器打开”，在新打开的支付界面才可通过支付宝进行支付。为确保正常充电，请充值 2 元及以上金额（低于 2 元将无法进行扫码充电）。

1. To conveniently recharge your account, the "Recharge (我要充值)" feature provides fixed amounts of 10 RMB, 20 RMB, 30 RMB, 50 RMB, and 100 RMB with instant crediting. You can make payments directly using WeChat or Alipay, although WeChat is recommended. For Alipay payments, simply click the top-right "..." icon, select "Open in Browser," and proceed with the payment through the new interface. To ensure a successful charging process, make a minimum recharge of 2 RMB to enable scan charging (charges below 2 RMB cannot be scanned).

2.“资金明细”：显示每笔资金变动情况。可通过交易类型进行分类查询。

2. "Transaction Records (资金明细) " displays every transaction, and inquiries are enabled.

3.“充电记录”：显示每一笔充电记录

3. "Charging Records (充电记录) " shows an overview of each charging transaction

4.“附近充电插座”：跳转到地图界面，用于查询附近充电插座数量及充电信息。

4. "Nearby Charging Sockets (附近充电插座)" redirects to the map interface to search charging sockets and charging information.

5.“正在充电”：显示用户当前正在充电的信息。

5. "Currently Charging (正在充电)" displays information about ongoing charges.

使用步骤

How to Use the Charging Sockets

1. 微信关注“复旦总务”微信公众号，进入微信号，在下方子菜单“总 + 服务”中选择“电瓶车充电”选项。

1. Follow "General Affairs Department of Fudan University (复旦总务)" WeChat official account. following their official WeChat account. Upon accessing the account, navigate to the "General Services (总 + 服务)" section and select "Electric Bicycle Charging (电瓶车充电)" from the sub-menu located at the bottom.

2. 查看《电动自行车充电设施安全使用承诺书》页面，阅读完毕后，勾选“同意”，选择角色类型:“我是校内人员”须在“用户中心”里的“身份认证（师生）”进行统一身份认证后才能使用电瓶车充电插座充电功能。

2. Before utilizing the electric bicycle charging facilities, please read and agree to the "Safety Rules for the Use of Electric Bicycle Charging Facilities." Next, choose your user type and proceed to complete the "Identity Authentication (身份认证)" process in the "User Center (用户中心)." This authentication is mandatory for on-campus personnel to access and use the charging socket.

3. 将电瓶车充电器插头插入充电插座插孔，此时充电插座液晶背光点亮，并且在插头对应的正上方显示二维码，若隔壁插座上面二维码被点亮，请重新插拔插头。

3. Insert the electric bicycle charger plug into the charging socket. Check for the illuminated LCD and the QR code display. Replug if an adjacent socket's QR code lights up.

4. 点击页面下方“我要充电”图标，解锁方式可分为两种：一种是扫描二维码解锁，另一种是手动输入二维码下方序列号后 8 位（即二维码下方第二行数字，且保证电瓶车充电插头插在二维码下方的插座上）解锁；

4. Click the "I want to charge (扫码充电)" icon at the bottom of the page. Choose between two unlocking methods: scanning the QR code and manually entering the last 8 digits of the sequence number below the QR code (which is the second line of numbers below the QR code, ensuring the electric bicycle charger plug is in the socket beneath the QR code).

① 左图为扫码解锁，摄像头对准充电插座屏幕上的二维码，然后在“扫码充电”页面里点击“扫码”按钮，即可通过扫描二维码进行解锁；

① Scanning method (left): Scan the QR code on the charging socket screen, then click the "Scan (扫码)" button on the "Scan to Charge (扫码充电)" page to unlock.

② 右图为手动输入解锁，在“扫码充电”页面里点击“输入序列号”按钮进入解锁页面，按弹出框提示输入二维码下方序列号后 8 位即可进行解锁。

② Manually input method (right): Click the "Enter Serial Number (输入序列号)" button on the "Scan to Charge (扫码充电)" page, and then input the last 8 digits of the sequence number as prompted in the pop-up box to unlock.





5. 选择充电时间后点击“确认”开始充电。充电完成、中途拔出插头、停电后再上电均视为充电完成，系统会自动结算费用。

5. Click "Confirm" to start charging after selecting the charging duration. Charging is considered complete if:

1) the battery reaches full charge, or

2) the plug is removed before completion, or

3) a power interruption happens during the charging process.

Upon completion, the system will automatically calculate the fees.

6. 进行过“身份认证（师生）”的账户，可以使用“使用一卡通充值”、“退款至一卡通”功能。

6. "Recharge via Campus Card (使用一卡通充值)" or "Refund to Campus Card (退款至一卡通)" functions are enabled after the user's identity verified.

服务信息

Contacts

1. 设备报修电话：13611855687

1. Equipment Repair: 13611855687

2. 服务咨询热线：021-65640000

2. Service Consultation: 021-65640000

校园生活服务平台工作时间：每天 8:00-20:00

Campus Life Service Platform Working Hours: Daily from 8:00 a.m. to 8:00 p.m.

7、医疗服务指南 Medical Service

校医院简介

Introduction to Campus Hospitals

校医院承担着学校公共卫生管理、健康教育及健康促进、基本医疗服务三位一体的职能，主要工作内容包括：

The campus hospital is responsible for public health management, health education, health promotion, and basic medical services. Its primary functions include:

1. 基本医疗服务及各种大型活动的医疗保健工作

1. Basic medical services and healthcare supports for major campus events

2. 学生免疫规划及各项预防接种工作的组织和协调工作

2. Student immunization and vaccination programs

3. 传染病预防和管理工作及公共卫生突发事件的应急处理

3. Infectious diseases prevention and dealing with public health emergencies

4. 开展大学生健康教育课程，做好健康宣教和健康促进工作

4. Health education for university students and health promotion campaigns

5. 新生入学、新职工入职的体检工作

5. Health examinations for new students and faculty members

6. 学生因病休、复学审核工作

6. Medical leave processing management

7. 教职工健康体检及慢性病管理工作

7. Health checks and chronic diseases management for faculty and staff

8. 无偿献血工作

8. Voluntary blood donation

9. 校红十会办公室及人口与计划生育办公室的工作

9. Red Cross Society Administration and the Population and Family Planning

10. 大学生医保参保工作

10. Enrollment of College Students in Basic Medical Insurance

校区 Campus	地点 Location	门诊时间（工作日） Working Hours (Weekdays)	咨询电话 Contacts
邯郸校区 Handan Campus	普通门诊： General Outpatient: 五号楼北一 - 三楼各诊室 Consulting Rooms at Floors 1-3, North Wing, Building No. 5	上午 8:00-11:30 下午 13:30-17:00 8:00 a.m. - 11:30 a.m., 1:30 p.m. - 5:00 p.m. （周二下午 13:30-15:00) Note: Tuesday afternoon hours from 1:30 p.m. to 3:00 p.m.	18302180425 (24 小时) 18302180425 (24/7)
	简易门诊： Noontime Outpatient: 五号楼 117 室 Room 117, Building No. 5	中午 11:30-13:30 11:30 a.m. - 1:30 p.m. （周二下 午 15:00-17:00） Note: Tuesday afternoon hours from 3:00 p.m. to 5:00 p.m.	

校区 Campus	地点 Location	门诊时间（工作日） Working Hours (Weekdays)	咨询电话 Contacts
江湾校区 Jiangwan Campus	综合保障楼一楼 Ground Floor, Comprehensive Building	上午 8:00-11:30 下午 13:30-17:00 8:00 a.m. - 11:30 a.m., 1:30 p.m. - 5:00 p.m.	31242039 （工作时间） (Working hours only)
枫林校区 Fenglin Campus	西区综合体育馆南侧一楼 Floor 1, South Wing, West Sports Complex	上午 8:00-11:30 下午 13:30-17:00 8:00 a.m. - 11:30 a.m., 1:30 p.m. - 5:00 p.m.	54237065 （工作时间） (Working hours only)
张江校区 Zhangjiang Campus	综合保障楼一楼 Ground Floor, Comprehensive Building	上午 8:00-1130 下午 13:30-17:00 8:00 a.m. -11:30 a.m., 1:30 p.m. - 5:00 p.m.	58202237 （工作时间） (Working hours only)

大学生城乡居民基本医疗保险本市门急诊及住院待遇

Basic medical insurance for college students and urban and rural residents in this city, including outpatient and inpatient benefits

就诊医院 Medical Institution	普通门急诊 General outpatient and emergency treatment		住院（含急诊观察） Hospitalization (including emergency observation)	
	起付线 Deductible	报销比例 Reimbursement ratio	起付线 Deductible	报销比例 Reimbursement ratio
校医院 School Hospital	无 0	80% 80%	无 0	无 0
一级医院 Primary Hospital	300 元 ¥300	70% 70%	50 元 ¥50	80% 80%
二级医院 Secondary Hospital		60% 60%	100 元 ¥100	75% 75%
三级医院 Tertiary Hospital		50% 50%	300 元 ¥300	60% 60%

大学生医保

College Student Medical Insurance

大学生医保政策根据沪人社医【2011】45 号的有关精神，自 2011 年起，上海将普通高等院校大学生纳入上海市居民基本保险覆盖范围。参加医保的大学生按规定按时缴纳下一年度的医保费用后可享受大学生医保待遇。

Students in higher education institutions in Shanghai are qualified for the basic medical insurance after paying the premium as required.

根据《关于推动本市大学生持卡就医结算有关事项的通知》（沪医保待遇发〔2021〕42 号）、《关于全面推进本市大学生持卡就医结算工作的通知》（沪医保中心〔2022〕56 号）文件的要求，自 2023 年 1 月 1 日起，参保学生持医保就医凭证，可自主选择到本市基本医疗保险定点医疗机构（含已纳入医保联网结算的高校内设医疗机构）就医，可以享受门诊和住院等基本医疗保险待遇，缴费结算时不用先行垫付，可直接按照医保待遇标准进行统筹抵扣，无需回到学校报销。完成异地就医备案手续后，在外省市发生的医疗费用可跨省直接持社保卡结算付费。

Insured students can go to designated medical institutions (including medical institutions on campus integrated into the medical insurance settlement network) in Shanghai by presenting their medical insurance credentials for medical treatment. They can enjoy outpatient and inpatient basic medical insurance benefits. They just need to pay out-of-pocket expenses to the hospital. Medical expenses incurred in other parts of China can be directly settled using the social insurance card if the outbound medical services are registered in advanced.

大学生医保的参保方式及如何交纳参保费？

How to buy the college student medical insurance and how to pay the premium?

根据医保政策规定，同学们参加上海市大学生基本医疗保险实行个人缴费制度，参保缴费后方可享受规定的医疗保险待遇。

According to the medical insurance policy, students need to pay for the medical insurance themselves.

参加医保和医保缴费本着“自觉自愿、个人受益”的原则进行，如未参保缴费，一旦生病就医，所有医疗费用均需自理。同学们应积极参加大学生基本医疗保险，确保在大学期间具备基本的医疗保障。

Opting out of medical insurance means that you will be solely responsible for covering all medical expenses incurred. To safeguard your healthcare needs, we strongly recommend that all students purchase the basic medical insurance.

缴费方式主要为大学代收后汇缴，由学校统一办理参保手续，并代为收取个人参保费用，按相关规定向税务部门汇缴。本市大学生，家庭成员如是本市职工基本医疗保险的参保人，医保历年账户有结余资金且有意愿支付大学生参保费用，也可选择家庭共济缴费。

The university will collect the premium and process the medical insurance policies.

上海市城乡居民基本医疗保险（大学生居保）缴费标准以市医保发文为准。每年 11 月底 12 月初为下一年度居民基本医疗保险的集中参保期，具体购买方式方法以学校通知为准。错过集中参保期的同学可以携带身份证、学籍证明（可在学信网查询后打印）自行前往就近的医保经办机构（各街道社区事务受理中心、各区医保中心）办理零星参保。

按《国务院办公厅关于健全基本医疗保险参保长效机制的指导意见》文件精神，自 2025 年起，除新生儿等特殊群体外，对未在居民医保集中参保期参保或未连续参保的人员设置固定等待期 3 个月，等待期内不享受医疗保险待遇。请有参保需求的同学在集中登记缴费期内完成参保登记及缴费。

Contribution rates for Shanghai Basic Medical Insurance for Urban and Rural Residents (the university student plan) are set by the municipal medical insurance authority. The annual enrollment period for the following year is usually from late November to early December; enrollment and payment procedures are announced by the University. Students who miss the annual enrollment period may take their national ID card and proof of enrollment (available to download and print from the CHSI website) to the nearest medical insurance service office, including a subdistrict community affairs service center or district medical insurance center, to complete out-of-cycle enrollment.

Under the Guiding Opinions of the General

Office of the State Council on Improving the Long-Term Mechanism for Enrollment in Basic Medical Insurance, beginning in 2025, individuals other than newborns and other special groups who do not enroll during the annual enrollment period or who have a gap in continuous coverage are subject to a mandatory three-month waiting period. No medical insurance benefits are available during that period. Students who wish to enroll should complete registration and payment during the annual enrollment and payment period.

校内 AED 分布

On-campus AED distribution

参照国际标准，结合校园心源性疾病高发区域特征，以及师生人口密集程度分布和兄弟高校的经验做法。截至 2025 年底，四校区共配置 99 台 AED，其中邯郸校区 52 台，江湾校区 24 台，枫林校区 17 台，张江校区 6 台。

The AEDs are distributed in line with the international standards, the population density as well as experiences from sister universities.

As of the end of 2025, 99 automated external defibrillators (AEDs) were available across the four campuses: 52 on Handan Campus, 24 on Jiangwan Campus, 17 on Fenglin Campus, and 6 on Zhangjiang Campus.

在校园里，如何迅速找到附近的 AED 呢？

How to quickly locate the nearby AED on campus?

1.「微信 - 小程序 -AED 急救地图」可以查找附近的 AED。

1. Search for nearby AEDs through “WeChat - Mini Program - AED Emergency Map (AED 急救地图)”.

2.「复旦信息办 - 微信息办 - 校园地图 - 设备设施 - 校园 AED- 确认」，即可查看校园内的 AED 位置。

2. Check the location of AEDs on campus from “Fudan Information Office - Micro Information Office - Campus Map - Equipment and Facilities - Campus AED - Confirmation”.







各校区附近医疗资源汇总

Summary of Medical Resources near Each Campus

1．邯郸及江湾校区

1.Handan Campus and Jiangwan Campus

医院	预约步骤	公众号
海军军医大学第一附属医院（上海长海医院） The First Affiliated Hospital of Naval Medical University (Changhai Hospital of Shanghai)	预约就医可以关注微信公众号“上海长海医院”，绑定就诊卡再按步骤预约。 You can make an appointment for medical treatment by following WeChat official account “Changhai Hospital of Shanghai (上海长海医院)” and binding your medical card before proceeding with the appointment.	
上海中医药大学附属岳阳中西医结合医院 Yueyang Hospital of Integrated Chinese and Western Medicine, Shanghai University of Traditional Chinese Medicine	预约就医可以关注微信公众号“上海中医药大学附属岳阳医院”，绑定就诊卡再按步骤预约。 You can make an appointment for medical treatment by following the WeChat official account “Yueyang Hospital of Integrated Chinese and Western Medicine, Shanghai University of Traditional Chinese Medicine (上海中医药大学附属岳阳医院)” and binding your medical card before proceeding with the appointment.	
上海交通大学医学院附属新华医院 Xinhua Hospital Affiliated to Shanghai Jiao Tong University, School of Medicine	预约就医可以关注微信公众号“上海新华医院”，绑定就诊卡再按步骤预约。 You can make an appointment for medical treatment by following the WeChat official account “Shanghai Xinhua Hospital (上海新华医院)” and binding your medical card before proceeding with the appointment.	
上海市肺科医院（同济大学附属上海市肺科医院）（专科医院） Shanghai Pulmonary Hospital (Affiliated to Tongji University) (Specialized Hospital)	预约就医可以关注微信公众号“上海市肺科医院”，绑定就诊卡再按步骤预约。 You can make an appointment for medical treatment by following the WeChat official account “Shanghai Pulmonary Hospital (上海市肺科医院)” and binding your medical card before proceeding with the appointment.	

2．张江校区

2. Zhangjiang Campus

医院	预约步骤	公众号
上海中医药大学附属曙光医院（东院） Shuguang Hospital Affiliated to Shanghai University of Traditional Chinese Medicine (East Campus)	预约就医可以关注微信公众号“曙光医院”，绑定就诊卡再按步骤预约。 You can make an appointment for medical treatment by following the WeChat official account “Shuguang Hospital (曙光医院)” and binding your medical card before proceeding with the appointment.	

3. 枫林校区

3. Fenglin Campus

医院	预约步骤	公众号
复旦大学附属中山医院 Zhongshan Hospital Affiliated to Fudan University	预约就医可以关注微信公众号“复旦大学附属中山医院”，绑定就诊卡再按步骤预约。 You can make an appointment for medical treatment by following the WeChat official account “Zhongshan Hospital Affiliated to Fudan University (复旦大学附属中山医院)” and binding your medical card before proceeding with the appointment.	
复旦大学附属华山医院 Huashan Hospital Affiliated to Fudan University	预约就医可以关注微信公众号“复旦大学附属华山医院”，绑定就诊卡再按步骤预约。 You can make an appointment for medical treatment by following the WeChat official account “Huashan Hospital Affiliated to Fudan University (复旦大学附属华山医院)” and binding your medical card before proceeding with the appointment.	
上海交通大学医学院附属瑞金医院 Ruijin Hospital Affiliated to Shanghai Jiao Tong University School of Medicine	预约就医可以关注微信公众号“上海瑞金医院”，绑定就诊卡再按步骤预约。 You can make an appointment for medical treatment by following WeChat official account “Shanghai Ruijin Hospital (上海瑞金医院)” and binding your medical card before proceeding with the appointment.	

4. 各校区附近的社区卫生服务中心

4. Community Health Service Centers near each campus.

校区 Campus	社区卫生服务中心 Community Health Service Center	地址 Address	公众号 Official Account
邯郸 Handan	五角场社区卫生服务中心 Wujiaochang Community Health Service Center	武东路 9 号 No.9 Wudong Road	
江湾 Jiangwan	新江湾城社区卫生服务中心 New Jiangwancheng Community Health Service Center	政和路 107 号 No.107 Zhenghe Road	
枫林 Fenglin	枫林街道社区卫生服务中心 Fenglin Street Community Health Service Center	双峰路 450 号 No.450 Shuangfeng Road	
张江 Zhangjiang	张江社区卫生服务中心 Zhangjiang Community Health Service Center	益江路 458 号 No.458 Yijiang Road	

8、垃圾分类指南
Garbage Sorting Guide

各位同学：《上海市生活垃圾管理条例》已于 2019 年 7 月 1 日正式立法并实施。根据《条例》有关规定：个人混合投放垃圾，最高可罚 200 元；单位混装混运，最高则可罚 5 万元。垃圾分类好，低碳又环保，分类处置不同垃圾，提高垃圾分类意识，建设绿色生态校园，让我们共同行动起来！

In line with the "Shanghai Municipal Household Waste Management Regulations" implemented on July 1, 2019, individuals found mixing and disposing of waste improperly may face fines of up to 200 RMB. Similarly, work units engaging in the improper mixing and transportation of waste may face fines of up to 50,000 RMB. Let us collectively take action to build a green campus, adhering to proper waste management practices.





分类标准
Sorting Criteria

校内生活垃圾分类标准按照《上海市生活垃圾管理条例》中规定的四种类别进行分类，分别是干垃圾、湿垃圾、可回收物、有害垃圾。

The standard for campus household waste sorting is based on the four categories specified in the “Shanghai Municipal Household Waste Management Regulations”, including dry waste, wet waste, recyclables, and hazardous waste.

垃圾分类投放点位
Waste collection sites

垃圾分类工作是学校“双一流”建设和校园生态文明教育的重要组成部分，依法垃圾分类，共建美丽校园，是新时代每位复旦学生义不容辞的责任。学校在各学生生活园区共配置 23 个生活垃圾集中投放点，同时将每个园区的垃圾房增设为 24 小时开放误时投放点，希望每位同学都能主动学习和了解生活垃圾分类知识，自觉树立劳动观念，从宿舍源头做好垃圾分类，并按照要求准时准点集中投放。

The university has established 23 centralized waste collection sites across student residential areas. These waste processing sites are accessible 24 hours a day.

垃圾分类，人人有责

Everyone is responsible for waste sorting.

垃圾分一分环境美十分。垃圾是放错了地方的资源，分类投放不同垃圾，建设节能型生态校园，引领低碳生活新时尚！

Waste is merely resources misplaced. Let's embrace a low-carbon lifestyle by sorting our waste. Together, we can make a significant impact!

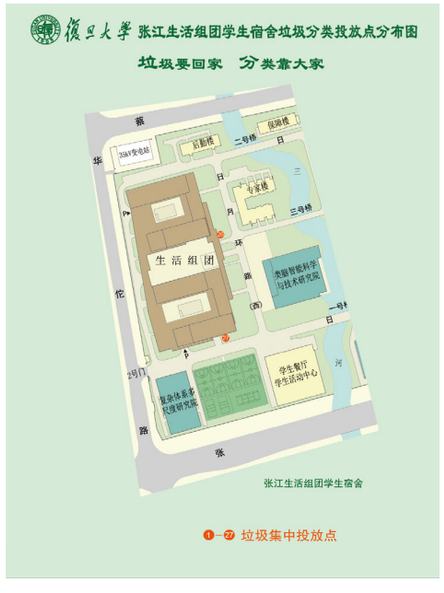
做知法懂法守法的上海公民，成爱校护校美校的复旦青年，努力共创美丽校园！

Let’s build a clean, beautiful campus together!









复旦大学学生生活园区垃圾集中投放点及误时投放点分布情况表

Table of waste collection sites in the student residential area of Fudan University

序号 Number	校区 Campus	区域 Area	投放点 Collection spot	具体位置 Specific Location	投放时段 Open Hours
1	邯郸校区 Handan Campus	政通路 280 号 Zhengtong Road	集中投放点 Collection spot	1 号楼西侧 West of Building No. 1	7:00—10:00 11:00—13:30 17:00—19:00 7:00 a.m. – 10:00 a.m. 11:00 a.m. – 1:30 p.m. 5:00 p.m. – 7:00 p.m.
2		东区学生宿舍 East residential quarter		13 号楼东北侧 Northeast of Building No. 13	
3				18 号楼东侧 East of Building No. 18	
4		本部学生宿舍 Main campus student dormitory		10 号楼北侧 North of Building No. 10	
5				2 号楼东北侧 Northeast of Building No. 2	
6		南区学生宿舍 South residential quarter		2 号楼西侧 West of Building No. 2	
7				30 号楼东侧 East of Building No. 30	
8				13 号楼北侧 North of Building No. 13	
9				27 号楼西侧 West of Building No. 27	
			误时投放点 24-hour collection spot	本部垃圾房（跃进楼东北侧） Waste collection station (northeast of Yuejin Building)	24 小时 24/7
10		北区学生宿舍 North residential quarter	集中投放点 Collection spot	留学生公寓辅楼 1 号楼与门岗之间 草坪上 On the lawn between the auxiliary building of the international student dormitory and the security office	7:00—10:00 11:00—13:30 17:00—19:00 7:00 a.m. – 10:00 a.m. 11:00 a.m. – 1:30 p.m. 5:00 p.m. – 7:00 p.m.

序号 Number	校区 Campus	区域 Area	投放点 Collection spot	具体位置 Specific Location	投放时段 Open Hours
11	邯郸校区 Handan Campus	北区学生宿舍 North residential quarter	集中投放点 Collection spot	115 号楼东侧 East of Building No. 115	7:00—10:00 11:00—13:30 17:00—19:00 7:00 a.m. – 10:00 a.m. 11:00 a.m. – 1:30 p.m. 5:00 p.m. – 7:00 p.m.
12				97 号楼北侧对面草坪 The lawn opposite the north side of Building No. 97	
13				26 号楼北侧草坪 The lawn on the north side of Building No. 26	
14				59 号楼南侧草坪 The lawn on the south side of Building No. 59	
15				8 号楼东侧 East of Building No. 8	
			误时投放点 24-hour collection spot	北区垃圾房（亚青中心东北侧） Waste collection station (northeast of Asia Youth Center)	24 小时 24/7
16	江湾校区 Jiangwan Campus	江湾生活园区 Student residential area of Jiangwan campus	集中投放点 Collection spot	15 号楼西侧 West of Building No. 15	7:00—10:00 11:00—13:30 17:00—19:00 7:00 a.m. – 10:00 a.m. 11:00 a.m. – 1:30 p.m. 5:00 p.m. – 7:00 p.m.
17				四号楼学生活动中心西侧（靠中心花园侧） West of the Student Activity Center, Building NO.4 (adjacent to the Central Garden)	
			误时投放点 24-hour collection spot	江湾园区垃圾房（园区后门） Jiangwan Campus waste collection station (back door of the residential area)	24 小时 24/7
18	枫林校区 Fenglin Campus	枫林学生宿舍 Fenglin student dormitory	集中投放点 Collection spot	书院楼（西）大门口 At the gate of Academy Building (West)	6:30—8:30 11:00—13:30 17:00—20:00 6:30 a.m.–8:30 a.m. 11:00 a.m.–1:30 p.m. 5:00 p.m.–8:00 p.m.
19				书院楼（东）大门口 At the Gate of Academy Building (East)	
			误时投放点 24-hour collection spot	枫林校区垃圾房（西 24 号楼东侧） Fenglin Campus waste collection station (East of Building No. 24)	24 小时 24/7
20		枫林留学生公寓 Fenglin international student apartments			

序号 Number	校区 Campus	区域 Area	投放点 Collection spot	具体位置 Specific Location	投放时段 Open Hours
21	枫林校区 Fenglin Campus	护理学院学生宿舍 School of Nursing student dormitory	集中投放点 Collection spot	5 号楼南侧 South of Building No. 5	6:30—8:30 11:00—13:30 17:00—20:00 6:30 a.m.–8:30 a.m. 11:00 a.m.–1:30 p.m. 5:00 p.m.–8:00 p.m.
				护理学院垃圾房（食堂西侧） Waste collection station in the School of Nursing (west of the dining hall)	24 小时 24/7
22		放医所枫园学生公寓 Fengyuan student dormitory of the Institute of Radiation Medicine	误时投放点 24-hour collection spot	放医所垃圾房 Waste collection station in the Institute of Radiation	按所在院区规定 Please refer to the time in the student dormitory
23		尚谊学生公寓 Shangyi student apartment		居民小区投放点 Residential area collection spot	按所在小区规定 Please refer to the time in the apartment
24	江湾校区 Jiangwan Campus	江湾新建学生宿舍 New Student Residence Halls, Jiangwan Campus	集中投放点 Collection spot	3 号楼东北面 Northeast side of Building 3	7:00—10:00 11:00—13:30 17:00—19:00 7:00 a.m. – 10:00 a.m. 11:00 a.m. – 1:30 p.m. 5:00 p.m. – 7:00 p.m.
25				1 号楼西南面 Southwest side of Building 1	
26	张江校区 Zhangjiang Campus	生活组团学生宿舍 Student Residence Halls, Zhangjiang Campus Residential Complex 生活组团学生宿舍	集中投放点 Collection spot	3 号楼东南面 Southeast side of Building 3	7:00—10:00 11:00—13:30 17:00—19:00 7:00 a.m. – 10:00 a.m. 11:00 a.m. – 1:30 p.m. 5:00 p.m. – 7:00 p.m.
27				1 号楼南面 South side of Building 1	

9、节能小贴士
Energy Saving Tips



1．垃圾分类新时尚，一物多用好处多

1. Sort your waste.

在魔都生活的旦旦 ers 要积极做好垃圾分类工作，学会旧物利用，让有限的资源延长寿命，节约非可再生资源，合理运用可再生资源。

For FDUers living in Shanghai, it’s crucial to proactively engage in waste sorting. By repurposing items, we conserve resources and make a positive environmental impact. Let's actively engage in this sustainable practice together.

2．确认过眼神，是及时断电断水的人

2. Please cut off electricity and water when they are not used.

电器不使用时应切断电源，避免遥控开关、持续数字显示、唤醒等功能电路待机耗能。杜绝长明灯，做到人走灯灭，无人房间灯不亮。水龙头用完随手关闭，避免长流水现象。

To minimize standby energy consumption, remember to unplug electrical appliances when they are not in use. Remote control switches, continuous digital displays, and wake-up circuits contribute to unnecessary energy usage. Additionally, be mindful of turning off lights whenever you leave a room. Cultivate a habit of turning off faucets after use to prevent water wastage.

3．温度不是你想调，想调就能调

3. Set the proper temperature for AC.

建议同学们在夏季将空调温度设定在 26-28℃，在冬季将温度设定在 16-18℃。夏季空调调高 1℃，如每天开 10 小时，那么 1.5 匹空调机就可以节电 0.5 千瓦时哦。

Set your air conditioner to 26-28 ℃ in summer and 16-18 ℃ in winter for optimal energy efficiency. Raising the temperature by 1 ℃ during summer can save 0.5 kilowatt-hours of electricity for a 1.5 horsepower air conditioner used for 10 hours daily.

4．夏日降温，空调与风扇是对好 CP

4. The air conditioner and fans make a fantastic duo.



26-28℃的空调与低速运转的电风扇，简直就是夏日降温的完美 CP。适当调高空调的设定温度，既有舒适感，又可以节能。

A well-matched pair for cooling off in summer is an air conditioner set at 26-28 ℃, complemented by a low-speed electric fan. Properly adjusting the air conditioner’s temperature not only ensures comfort but also contributes to energy savings.

5．空调出风口上冷下热，经常清洗使用感更好

5. Adjust the air outlet vane for different airs. Clean the air conditioners filter regularly.

适当选择内机的出风口，制冷时出风口向上，制热时出风口朝下；还要经常给空调过滤网罩洗洗澡哦。

To achieve a cooler airflow, direct the air conditioner vane upwards. Conversely, for warmer air, direct the vane downwards. Additionally, it's important to regularly wash the air conditioner filter to maintain its efficiency and functionality.

6．用自然光照亮你的美

6. Use natural light.



充分利用太阳光、自然光是实现照明节电的重要部分，旦旦 ers 要根据自己的需要把照明时间、照明灯具数量安排得明明白白，随用随开，养成随手关灯的好习惯。

Maximize energy-efficient lighting by utilizing sunlight and natural light whenever possible. Plan your lighting schedule and fixture quantity accordingly, only turning on lights when necessary and remembering to turn them off when not in use. Let's be mindful of our energy usage and make sustainable choices.

7．LED 灯替代日光灯成为节能本命之选

7. Use LED lamps instead of fluorescent lights to save energy.

可甜可盐的 LED 灯，多种色温（冷暖色调）可选，总有你喜欢的一款，而且 LED 灯比日光灯节电 50% 左右；寿命长达 10000 小时。

Versatile LED lamps come in a range of color temperatures (cool and warm tones). LED lamps save around 50% more energy compared to fluorescent lights and have an impressive lifespan of up to 10,000 hours. Embrace the energy efficiency and long-lasting benefits of LED lighting in your daily life.

8．合理设置电脑显示器亮度，你的良心才不会痛

8. Optimize your computer screen brightness.

小编建议同学们将电脑显示器亮度调整到一个合适的值哦。显示器亮度过高既会增加耗电量，也不利于保护视力。中国目前有 3 亿台电视和几千万电脑显示器，仅此一项每年可省电 50 亿度。

Properly adjusting the brightness of your computer screen is recommended. Excessive brightness not only consumes more power but can also harm eye health. Considering the large number of televisions and computer screens in China, this simple practice could result in an annual energy reduction of 5 billion kilowatt-hours. Let's prioritize energy savings and promote eye health by optimizing screen brightness.

9．选购电脑配置，节能好才是真的好

9. Select an energy-sufficient computer.



同学们购买电脑时，显示器尺寸的显示要适当哦，因为显示器越大，消耗的能源越多。一台 17 英寸的显示器比 14 英寸显示器耗能多 35%。

When purchasing computers, it’s essential to consider the appropriate display size. Larger displays tend to consume more energy. For instance, a 17-inch display consumes 35% more energy compared to a 14-inch one.

10．佛系电脑电源使用方案更省电

10. Turn on the automatic power-saving modes.

短暂休息期间，可使电脑自动关闭显示器；较长时间不用，使电脑自动启动“待机”模式；更长时间不用，尽量启用电脑的“休眠”模式。坚持这样做，每天可至少节约 1 度电，还能延长电脑和显示器的寿命。

During brief breaks, consider enabling the automatic shutdown of your computer display. For more extended periods of non-use, activating the “standby” mode is recommended. For even more prolonged periods of inactivity, it is advisable to utilize the “hibernation” mode. By consistently following these practices, you can save a minimum of 1 kilowatt-hour of electricity daily and also prolong the lifespan of both your computer and display.

11．耳机多营业，音箱少耗电

11. Use headphones more to reduce power consumption.

旦旦 ers 在用电脑听音乐或者看影碟时，使用耳机可以减少音箱的耗电量哦。

When FDUers use a computer to listen to music or watch movies, opting for headphones can help decrease the power consumption of the speakers.

12．屏保画面要简单，及时关闭更省电

12. Keep your screensaver simple; turning it off if it is not used.



运行庞大复杂的屏幕保护会比正常运行时更加耗电。小编建议同学们可以把屏幕保护设为“无”，在电源使用方案里面设置关闭显示器的时间，直接关显示器比起任何屏幕保护都要省电哦。

Running a complex screensaver consumes more energy than regular operation. It is suggested that you set your screensaver to “none” and adjust the display’s shutdown time in the “Power Scheme” settings. By the way, turning off the display directly saves more energy than using any screensaver.

13．即使家里有矿电脑关机也要拔插头哦

13. Unplug the power cord when turning off the computer.

关机之后，要将插头拔出，否则电脑会有约4.8 瓦的能耗。长时间不用，应关闭打印机及其服务器的电源，减少能耗，同时将插头拔出。据估计，仅此一项，全国一年可减少二氧化碳排放 1474 万吨哦。

If you forget to do that, the computer will consume about 4.8 watts of extra power. During prolonged periods of inactivity, it’s advisable to power down both the printer and its server to minimize energy consumption. Remember to unplug the power cord as well. It is estimated that implementing this practice alone could result in a nationwide reduction of approximately 14.74 million tons of carbon dioxide emissions annually.

14．及时拔掉电脑上的设备，杜绝薅电脑的羊毛

14. Unplug connected devices from your computer after use.

有电源的时候，用完移动硬盘、U 盘后立即拔掉，如果一直插在上面会很浪费电。

Unplug the external hard drive or USB drive immediately after use, because it will waste electricity if they remain plugged in.

15．给使用再生纸的旦旦 ers 一朵小花花

15. Use recycled paper.

公文用纸、印刷物，尽可能使用再生纸，以减少环境污染。用原木为原料生产 1 吨纸，比生产 1 吨再生纸多耗能 40%。使用 1 张再生纸可以节能约 1.8 克标准煤，相应减排二氧化碳 4.7 克。如果将全国 2% 的纸张使用改为再生纸，那么每年可节能约 45.2 万吨标准煤，减排二氧化碳 116.4 万吨。

Use recycled paper whenever possible for official documents and printed materials to mitigate environmental pollution. The production of 1 ton of paper from logs consumes 40% more energy than producing 1 ton of recycled paper. Using a single sheet of recycled paper can save approximately 1.8 grams of standard coal and reduce carbon dioxide emissions by 4.7 grams. If 2% of the paper used nationwide is replaced with recycled paper, it could annually save around 452,000 tons of standard coal and decrease carbon dioxide emissions by 1.164 million tons.

16．打印 pick“草稿”模式，省墨又节电

16. Print in “draft” mode to save ink and electricity.



在打印非正式文稿时，pick“草稿”打印模式可省墨 30% 以上，提高打印速度的同时又节约电能。

When printing informal documents, choosing the “draft” mode can save over 30% of ink, increase printing speed, and reduce energy consumption.

17．复印打印用双面，边角余料巧利用

17. Copy and print on both sides.

复印打印时尽量选择双面打印，或用废纸中

没用过的另一页白纸打印，减少纸张的浪费。



When copying or printing, choose the double-sided mode whenever possible or utilize the unused side of waste paper to minimize paper waste.

18．打印前“预览”复印后“清楚选定模式”，避免浪费很棒棒

18. Preview before printing and clear the selected mode after copying.

小编建议同学们养成打印前预览的习惯，确认没有多余页避免纸张浪费；复印前确认复印模式、复印后清除设定模式，避免因设置错误造成的浪费。

It is suggested that you form the habit of previewing before printing to double check for any mistakes in content or format. Similarly, before copying, double-check the copying mode and clear the settings afterward to prevent waste resulting from incorrect settings.

19．网上冲浪选手的明智之选 -- 电子通讯工具

19. Turn to paperless.

如果全国的机关、学校、企业采用电子邮箱、MSN 等电子办公，每年减少的纸张消耗在 100 万吨以上，节省造纸所消耗的能源达 100 多万吨标准煤。

If institutions, schools, and businesses across the nation widely adopt electronic office tools like email and MSN, the potential annual decrease in paper consumption could surpass 1 million tons. This shift would result in substantial savings, equivalent to over 1 million tons of standard coal, in the energy typically expended in paper production.

20．出门前 20 分钟关闭空调，温度也不会轻易拘带

20. Switch off the air conditioner 20 minutes before heading out.

教室、办公室、宿舍内的温度在空调关闭后将持续一段时间。如果在离开房间前 20 分钟关闭空调，既不会影响室内环境，又可节约大量的电能哦。

After turning off the air conditioner, the temperature inside classrooms, offices, and dormitories remains steady for a while. By shutting down the air conditioner 20 minutes before leaving, you not only maintain a comfortable indoor environment but also contribute to substantial energy savings.

21．为传递使用教材图书的旦旦 ers 点赞

21. Share textbooks.



小编鼓励同学们将使用过的教材供下届同学使用，可以大幅度降低校园教材耗纸耗能量。据估计，若全国有三分之一的教科书重复利用，全国一年可减少耗纸 20 万吨，减少二氧化碳排放 61 万吨，合计节约能源约 25.7 万吨标准煤。

Consider donating your used textbooks for the upcoming academic year as a commendable initiative that significantly reduces paper and energy consumption on campus. Estimates suggest that if one-third of textbooks nationwide are reused, it could result in an annual reduction of 200,000 tons in paper consumption, a decrease of 610,000 tons in carbon dioxide emissions, and an overall energy saving equivalent to around 257,000 tons of standard coal.

22．定点设置废纸箱，这很 OK

22. Dedicated recycling bins for paper waste.

校园的用纸量巨大，在校园内定点设置回收箱并对废纸加以回收利用，可节材节能。

Given the substantial paper consumption on campus, it is necessary to place recycling bins for waste paper.

23．多乘公交多走路，锻炼节能两不误

23. On foot or by bus

出行多走路、多乘坐公交和地铁，不仅免受堵车之苦，并且绝无尾气污染，既节省能源又方便快捷，还能在蚂蚁森林获得能量球，为母校公益林浇水啊喂。

Opting for public transportation, such as buses and subways, not only spares you from traffic congestion but also contributes to emission reduction.

24．自备购物袋或重复使用塑料袋购物“雨女有瓜”

24. Bring your own bags for shopping.

塑料的原料主要来自不可再生的煤、石油、天然气等矿物能源，节约塑料袋就是节约地球能源。我国每年塑料废弃量超过一百万吨，「用了就扔」的塑料袋不仅造成了资源的巨大浪费，而且使垃圾量剧增。

Plastic is produced from non-renewable sources such as coal, oil, and natural gas. Conserving plastic bags can help save energy resources. In our country, the annual plastic waste exceeds one million tons, the single-use leads to significant resource wastage.

25．购买包装简单的产品

25. Purchase products with simple packaging.

小编建议同学们购买包装简单的产品，简单的包装在生产过程中消耗了较少的能源。减少了送往垃圾填埋地的垃圾，也减少了消费者的经济负担。

Consider buying products with minimal packaging to reduce energy consumption during manufacturing. This not only helps decrease landfill waste but also reduces the economic burden on consumers.

26．杜绝一次性用品是节能旦旦 ers 最美的亚子

26. Avoid using disposable items.

一次性用品给人们带来了短暂的便利，却给生态环境带来了灾难。它们加快了地球资源的耗竭，所产生的大量垃圾造成环境污染。以一次性筷子为例，我国每年向日本和韩国出口约 150 万立方米，需要损耗 200 万平方米的森林资源。

Disposable products may seem convenient, but they have significant negative impacts on the environment. These items deplete Earth’s resources and generate enormous amounts of waste, leading to environmental pollution. One example of this is the production of disposable chopsticks. China exports approximately 1.5 million cubic meters of them to Japan and South Korea every year, causing the depletion of 2 million square meters of forest resources.

27．洗衣机先浸泡后洗 skr 人才

27. Soak your clothes before putting them into the washing machine.



洗涤前，先将衣物在流体皂或洗衣粉溶液中浸泡 10—14 分钟，让洗涤剂与衣服上的污垢脏物起作用，然后再洗涤。这样，可使洗衣机的运转时间缩短一半左右，电耗也就相应减少了一半。

Maximize the efficiency of your laundry routine by pre-soaking clothes in a solution of detergent for 10-14 minutes. This effectively breaks down dirt and stains. Then, move the clothes to the washing machine for the main wash. This method cuts washing time in half and reduces power consumption by 50%.

28．猪猪男孩女孩在外就餐要打包

28. Take leftovers home when dining out.

在外就餐，吃不完的食物打包带回，勤俭节约，减少浪费，而且吃饱之后才有力气做好节能工作呀，嗝。

Don't waste food when dining out—bring leftovers home to enjoy later. This avoids waste and leaves you energized for energy-saving tasks. Bon appétit!