UW Public Health, Environmental History and Design
SUMMER 2016 PROGRAM HANDBOOK

The UW Public Health, Environmental History and Design program is offered by International Academic Programs (IAP) at the University of Wisconsin-Madison. This IAP Program Handbook supplements the IAP Study Abroad Handbook and provides you with the most up-to-date information and advice available at the time of printing. Changes may occur before your departure or while you are abroad.

Questions about your program abroad (housing options, facilities abroad, etc.) as well as questions relating to your relationship with your host university or academics (e.g. course credit and equivalents, registration deadlines, etc.) should be directed to IAP at UW-Madison.

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Contact Information

ON-SITE PROGRAM INFORMATION
Your primary contact will be:

Professor Wei Dong
Program Leader
weidong@wisc.edu
+86 136 9127 8726 mobile

UW-MADISON INFORMATION
International Academic Programs (IAP)
University of Wisconsin-Madison
106 Red Gym, 716 Langdon Street
Madison, WI 53706
(608) 265 6329
(608) 262 6998 fax
www.studyabroad.wisc.edu

Erin Polnaszek Boyd
Study Abroad Advisor
eepolnaszek@studyabroad.wisc.edu

EMERGENCY CONTACT INFORMATION
In case of an emergency, call the main IAP number (608) 265 6329 between 8:00 a.m. and 4:30 p.m. Monday to Friday; after-hours or on weekends call the IAP staff on call at (608) 516 9440.

U.S. EMBASSY REGISTRATION
All program participants who are U.S. citizens must register at the U.S. Embassy before departure as this will help in case of a lost passport or other mishap. You can register on-line at https://travelregistration.state.gov. If you are not a U.S. citizen, register at your home country’s embassy or consulate.
United States Embassy
3 Xiu Shui Bei Jie
Chaoyang District
Beijing 100600
China
+86 (0)10 6532 3831
+86 (0)10 6532 4153 fax
http://beijing.usembassy-china.org.cn/

Program Dates

Summer 2016
Depart from United States
May 26, 2016
Arrive in Shanghai
May 27
Orientation Day
May 27
Shanghai
May 27-June 12
Chengdu
June 12-June 17
Beijing
June 17-June 21
Program ends/Depart from Beijing
June 21, 2016

A more detailed itinerary will be provided to the group closer to the departure date.

Preparation Before Leaving

IMMIGRATION DOCUMENTS

Passport: A passport is needed to travel to China and to obtain your visa. Apply immediately for a passport if you do not already have one. Passport information and application forms can be found on the U.S. State Department website http://travel.state.gov/passport/. If you already have your passport, make sure it will be valid for at least 6 months beyond the length of your stay abroad.

Visa: Students will need a business visa (F Visa) to enter China. All students must secure their visa before leaving the US or will be denied entrance upon arrival in China. The duration of stay of a (F) visa is 30 days from the date of entry, which means the holder of the visa may stay in China for up to 30 days from the date of entry. The validity of a (F) visa is 90 days from the date of issue, which means the holder of the visa shall enter into China no later than 90 days from the date of issue; otherwise, the visa is expired and null and void.

Students may apply for the visa through China Travel Service, a Chicago-based travel company and China visa agent OR by making an appointment to appear in person at a US-based Chinese consulate.

For more information on what you need to do to apply for the F visa and to download the visa application, check your My Study Abroad account under the travel and visa section.

International Academic Programs will send you more detailed information on applying for the Chinese visa after acceptance into the program.
**HANDLING MONEY ABROAD**

The official currency of China is the Renminbi (RMB or CNY). To see the local currency exchange rate and to print a traveler’s cheat sheet, you can visit this website: [http://www.oanda.com/currency/converter/](http://www.oanda.com/currency/converter/).

**Banks:** There is a twenty-four hour Bank in Beijing International Airport next to the baggage claim, just before the airport lobby. There are also several banks and ATMs in the lobby just outside the baggage claim gate. It is recommended that you exchange only a small amount due to the inflated exchange rates offered at the airport. You can also convert dollars to RMB at any tourist hotel or foreign exchange bank as long as you have your passport with you, or at the Bank of China close to campus.

While traveling outside of Beijing, you can always ask the Resident Director or other staff to assist you in locating an ATM.

**ATM/Debit Cards:** ATMs are generally available in China. Check with your local bank or credit card for additional procedures for international use. When you contact your bank, be sure to tell them when you plan to be in China and when you are going to return—this will prevent the bank from shutting down your account due to fraud problems in different countries. You will also want to confirm with your bank what the charge is for international transaction at ATM’s so you are aware of the fees that you will incur each time you visit the ATM.

**Credit Cards:** Credit cards such as American Express, Diners Club, JCB, Master card and Visa are acceptable for payment at hotels or tourist stores. Outside of larger businesses, it is rare to be able to use credit cards, so you should always be prepared with the local currency on hand.

**ELECTRONICS**

Electricity in China runs on 220V, 50 cycles AC. There are at least five different types of plugs currently in use in China. The most frequently found types are the two-pronged American style and the three-pronged, angled Australian style. An adapter with the American and Australian styles should be sufficient and should be bought before entering China. Adapters are available for purchase at any area electronic store in the US, such as Best Buy or Radio Shack, among others.

**Travel and Arrival**

You are responsible for making your own travel arrangements. You may use local travel agents to help you in finding airplane tickets, such as STA Travel located on State Street (608) 280 8906, Educational Travel Centre (608) 256 5551, and China Travel Service (800) 793 8856 (ask for Ms. Bernice Yu and mention you are calling from UW-Madison for the China program with Professor Wei Dong).

You will need to purchase a **multiple city airfare** that allows you to fly into Shanghai, China and depart from Beijing, China. You are encouraged to arrange flights with other students on the program. Professor Wei Dong will make arrangements to meet the class at the Shanghai International Airport in Shanghai if you arrive by 6PM to the airport. Any student arriving after this time will need to take a taxi to the hotel using the information provided by the Program Leader.
For those of you not traveling as a group, you may take a taxi from the airport to the group hotel in Shanghai (show the translation note to taxi driver). You will need to change money before you leave the airport if you need to take a taxi.

There is a taxi line just outside the terminal. Avoid drivers who approach you in the terminal or outside the terminal, as these are almost always price-gougers, who will ask triple or more the actual price. Drivers should use their meter as some drivers will say they forgot and ask for a ridiculous amount of money. There is no need to tip taxi drivers.

More information on arriving will be provided at the pre-departure orientation held in Madison the spring semester prior to departing for the program.

Students can arrive to either of the two airports in Shanghai, although most students will fly into Pudong airport. Depending on the departure flight time in Beijing, the Program Leader will assist students in getting a taxi to the airport or will arrange a group mode of transportation if all students’ flights are close in departure.

The Academic Program

GENERAL INFORMATION
This course offers a unique and exciting opportunity to study Chinese culture and environmental history, the impact of economic development to arts, public health and sustainable design. In addition to guided readings and lectures by course leaders, the class will also attend lectures by local professors, many of whom are among the world’s leading experts in their fields.

Sites in Beijing include, among others, the Palace Museum, both Summer Palaces, the Temple of Heaven, the old Peking University campus. Destinations outside of Beijing include Sichuan, Shanghai, and Suzhou. Overall, we will observe the contrast between old and new neighborhoods to observe how lifestyle has changed as a result of environmental and public health. Part of our time in Sichuan will be spent in Chung Du to attend lectures, take day trips to a variety of villages, see historical sites, and to spend time working at a Panda Research Center. The class will also make several trips into the countryside where they will have the opportunity to interact with and observe the lives of rural residents.

In addition, for the onsite course instruction methods we will study how the design of the physical environment and the arts affect human behavior from two very different perspectives: Feng Shui (Chinese Design and Culture) and Environment & Behavior Studies (EBS). Both address environment and behavior interactions and how to design environments that meet people’s physical and emotional needs and desires.
While making cultural observations and visiting historic sites will provide context, the program’s primary academic theme is to gain a deep comprehension of China’s environmental history and the implications for global health and design today. Students from varied academic disciplines will examine issues relating to culture and environment through a variety of lenses. It is vital to examine these issues while also observing the strong contrast between undeveloped and developed areas in China. We will go to a northwest region of Sichuan, an area that is preserved and undeveloped, to interview local residents and gain a further understanding of the impact of environmental and public health. At the end of the program, we will fly to Shanghai to experience the most developed city and to grasp a deeper understanding and contrast between the future economic developments.

Students on the program will earn four credits in either Design Studies 361: International Experience in Design, East Asian Studies 301: Topics in Social Sciences OR Nutritional Sciences 421: Global Health Field Experience. All participants on the program will select ONE of these three courses to receive their grade in. Grading of each student’s work will be done by the Program Leaders. All assignments must be handed in on time. Late assignments will be accepted only in well-documented cases of illness or other extenuating circumstances. Learning process is very important stage for this class.

A detailed course supplement will be given to students prior to departure outlining more specific readings, assessment and other important course details.

Registration: IAP will register you for the course. There are no additional registration procedures you must take.

Course Equivalent Requests and My Study Abroad
Each course you take abroad must be assigned a UW-Madison “equivalent” course in order for your grades and credits to be recorded on your UW-Madison transcript. Each student will select which of the three course equivalents they want to receive prior to departure.

PASS/FAIL/DROP/AUDIT
Students cannot take this course pass/fail.

GRADES AND GRADE CONVERSIONS
See the course supplement for grading information. All students will receive a credit number and letter grade on their UW Madison transcript at the completion of the program, regardless of the grade earned. If a student earns a failing grade (F) this will be recorded on their transcript. Same if a student receives any passing grade (A, for example) – this will also be recorded on their transcript.

Living Abroad

CHINA
China is the biggest country in Asia and has the largest population in the world. With a history of five thousand years, the country displays extraordinarily rich cultural heritage. In recent years, the country has been developing at an amazing speed. China now welcomes visitors from all around the world to explore its past and present. China is a country of beautiful natural sceneries, often accompanied by important historical and cultural contexts. You will be able to enjoy countless styles of food and folk music in additional to scenery and architecture.
BEIJING
Beijing, the capital of the People’s Republic of China, not only has countless ancient palaces, imperial gardens, altars, temples, tombs and other historical and cultural sites, but also many picturesque natural scenic spots. Beijing has been well known in the world for its numerous historical sites, elegant gardens and beautiful landscape.

Chengdu
Chengdu is the capital of southwestern China’s Sichuan province. The city is famed for its cuisine, defined by the spicy Sichuan peppercorn, which flavors hot-pot dishes and other regional specialties. The city is also home to the famous Chengdu Research Base of Giant Panda Breeding, a conservation center where visitors can view endangered giant pandas in a natural habitat.

SHANGHAI
The cosmopolitan port city of Shanghai has played an important role in China’s modern history. It is the site of the First Congress of the Communist Party of China. It offered temporary shelter to almost all major political and literary figures during the first half of the 20th century. The Western architecture along the Bund waterfront area exemplifies Shanghai’s history as an international center of commerce, even as it serves as a sobering reminder of China’s recent semi-colonial past. Across the Huangpu River, in the Pudong Special Economic Zone, the Chinese aim to continue Shanghai’s tradition as a major commercial center, but one that is built by the Chinese.

HOUSING
While in Beijing, students will stay at the Shao Yuan guesthouse on the Peking University campus. The rooms are double occupancy with private bathrooms and are within a short walking distance to classrooms, library, and the cafeteria. It is also close to several major study sites such as the Summer Palace, which is only a ten minute walk from the campus. Located in the Northwest of Beijing city, it is an ideal location as it is situated in the heart of the residential and academic living areas.

While traveling outside of Beijing, the accommodations will vary as students will travel by train and stay in hotels. The accommodations will be similar to those in Beijing – double occupancy with private bathrooms.

MEALS
Dining options are expanding rapidly in Beijing and around China. There are small restaurants around the areas you will be staying that offer reasonably priced Chinese meals. Students may participate in group dinners during some class excursions. Western food (e.g. small American style cafes, KFC, McDonalds), Japanese, Indian, Korean, and a variety of other types of restaurants are also available and popular in Beijing and Shanghai. American fast food restaurants are often very busy accompanied by chaotic or non-existent lines, which may induce frustration. Often these restaurants have pictures that non-Chinese speaking foreigners may use to order food.
Fresh fruits and vegetables are also available at small markets. Some prices are marked but this should not stop you from bargaining the prices. Often customers that appear to not speak Chinese or are foreign will be charged much more than the typical price.

The Program Leaders will be able to assist students in finding restaurants to dine in throughout the program.

SHOPPING
Beijing: There is a famous shopping street called Wang Fu Jing, where a big department store, a foreign language bookstore, and a large indoor mall are located. At Wang Fu Jing there is also a little side street that sells food on a stick, anything you can imagine from potatoes to scorpions, for your eating pleasure.

If you want cheap clothes, brand name knock offs, watches, T-shirts, or souvenir Chinese stuff, head to the Hong Qiao Market (Hong Qiao Shi Chang) near the Temple of Heaven or the Silk Street (just off the Jiang Guo Men subway stop). Bargain hard at these places. Sometimes they have really nice stuff, especially at Hong Qiao, but be wary of fake, poor quality items. Hong Qiao is less crowded and on the top floor there is a big pearl market.

If you want souvenir Chinese items to give your family, check out the ally just off the southwest corner of Tiananmen. Bargain hard!

SAFETY
China is a relatively safe country to travel throughout. Nevertheless, here are a few recommendations about safety:

It is advisable to take extra precaution with your passport and money. Normally, one should not carry their passport and large sums of cash on their person. Use a money belt for the safest way to carry money.

Keeping all your money in one place is not advised—guard against possible loss by leaving a small amount of money in your room or buried in your backpack, with a record of the travelers check, credit card, and passport numbers. If you leave expensive items in your room, make sure to lock the door, shut off all the lights and faucet and close the windows.

In the event of an emergency, you should contact Professor Wei Dong immediately for assistance.

HEALTH
Avoid drinking or brushing your teeth with water that is not purified. Be careful when you eat food or beverages sold on the streets or consume ice in drinks (unless made from purified water). When unsure, always ask about the source of the water or ice. Bottled water is available in most grocery or
convenience stores. When purchasing bottled water, make sure that the seal hasn’t been broken before buying the bottle.

During the summer months, China’s weather is very hot and humid. The temperatures can rise into the above 100 degree mark at times and the humidity makes it difficult to spend large amounts of time outdoors. It is important to stay hydrated so always have an extra bottle of water on hand or ask the Resident Director to make a stop to purchase water if you start to feel dizzy and/or nauseous.

Used toilet paper and tissues frequently should be disposed of in wastebaskets, not in toilets. Plumbing pipes are often very narrow and cannot handle paper products. Always carry tissues with you in case no toilet paper is available and in situations that call for cleaning. Handi-wipes or antibacterial liquids come in handy!

“Squat toilets” are common throughout China, especially when away from western hotels and tourist areas. It is rare that toilet paper and soap/water will be available so being prepared with both will provide you the opportunity to clean up after using the facilities.

Pollution (also referred to as smog) is a common problem in China, especially in Beijing and other larger cities. It is not uncommon to go without seeing the sun for a few days, even if it is a “sunny” day. If you have asthma or other respiratory concerns, it is a good idea to meet with your doctor prior to departing for the program to discuss the issue of smog and ways you can work to handle the situation should it cause a problem.

Traveler’s diarrhea is a common occurrence when traveling abroad. Some people’s stomachs can handle new food and ingredients better than others. You can choose to carry an over the counter stomach aid with you, such as Pepto-bismol (made now in pill form) or you can ask your doctor for a stronger prescription pill that you can also take with you. For more information, you can read about the symptoms at the CDC website: http://wwwnc.cdc.gov/travel/yellowbook/2010/chapter-2/travelers-diarrhea.aspx.

TRANSPORTATION
While on the program, the majority of your transportation will be included as part of the program on a tour bus for the group or on a train in transit to a new location. There may be a few times where you want to venture on your own with other students in the group where you might use any of the following public transportation options:

Subway: Both Beijing and Shanghai subways offer a quick and inexpensive way to get through the city. Although often crowded, the subway is usually the fastest way to get around the city center. Subway tickets are approximately 2 RMB. You can view the subway maps when you enter the station or can inquire at any hotel if they have a map you can take with you for reference.

Taxis: Beijing and Shanghai both offer taxis as a common way of transportation. Finding one is not difficult but making yourself understood in English may be a bit more problematic. If you don’t speak Chinese, bring a map or have your destination written down in characters. Telephone bookings are possible. Taxis usually charge 1-2 RMB per kilometer with some larger luxury vehicles charging slightly more. Do not travel with drivers who approach and say “hello, taxi?” they are people with private cars
and there is no guarantee as to how much they will charge or whether you will get to your intended destination.

It's a good idea to always carry the name and address of where you are staying and any destination in Chinese because very few drivers in Beijing and Shanghai speak English.

COMMUNICATION

**Telephone:** When making calls, keep in mind time zone differences [www.timeanddate.com/worldclock](http://www.timeanddate.com/worldclock). To make an international call to the United States, dial the access code for the country from which you are calling plus the United States country code (always “1”) followed by the appropriate U.S. area code and local number. To call internationally from the United States, dial “011”, the country code, city access code (if necessary) and the phone number. Country and city codes can be found online [www.timeanddate.com/worldclock/dialing.html](http://www.timeanddate.com/worldclock/dialing.html). Some of above steps can vary if you are using a calling card.

Telephone cards may be purchased and used on public phones to call within China and internationally. IC calling cards (at 50 RMB or 100 RMB/US $6 or 12 for about 40 minutes call to US) are fairly widespread in China and can be the simplest and the cheapest way to make calls in China. Phone cards are available in post offices, inside hotels or in the streets. Even more conveniently, most newsstands in major cities also carry phone cards. Telephone booths in the streets are mostly for local calls.

Domestic long distance rates are cheap. International call, in the neighborhood of 4 RMB (50 cents) per minute (Subject to change).

**Email:** There are Internet cafes on campus and around the city. It is important to note the difference in the rate of the Internet use. The rate is not charged per minute, but per use of Internet. The more webpages that are used, the more expensive the cost of Internet use (e.g. using [http://www.wisc.edu](http://www.wisc.edu) for five minutes costs roughly $1). Word processors will be available for coursework.