China: History & Modern Development of Environmental Health
Summer 2013
IAP Program Handbook

The China: History & Modern Development of Environmental Health program is offered by International Academic Programs (IAP) at the University of Wisconsin-Madison in conjunction with the East Asian Studies Department. 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 International Academic Programs at UW-Madison.

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

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 2013  
Students depart United States: Monday, May 19, 2013  
Students arrive in Beijing; program begins: Tuesday, May 20  
Beijing: May 21 – May 30  
Xi’an: May 30 – June 5  
Kunming: June 5 – June 9  
Henan: June 9 – June 13  
Beijing: June 13 – June 14  
Students depart from Beijing: June 14, 2013
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/](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 may 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 your visa, please read through the visa packet found in your online account.

**HANDLING MONEY ABROAD**

The official currency of China is the Renminbi (RMB or CNY). The main unit of RMB is the yuan (jiao/mao=0.1; fen=0.01). RMB is printed or coined in the following forms: 100 yuan, 50 yuan, 10 yuan, 5 yuan, 2 yuan, 1 yuan, 5 jiao, 2 jiao, 1 jiao, 5 fen, 2 fen, and 1 fen. To check the current exchange rate and to print out a Traveler’s Cheat Sheet, visit [http://www.oanda.com/currency/converter/](http://www.oanda.com/currency/converter/).

**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.
Credit Cards: Credit cards such as American Express, Master card and Visa are acceptable for payment at hotels or larger tourist stores. Most places you will visit will not accept credit card so you always want to be prepared by having 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.

Travel and Arrival Information
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 or China Travel Service (800) 793 8856 (ask for Ms. Bernice Yu and mention you are calling from UW-Madison).

United Airlines offers non-stop 13-hour flights (UA851) from Chicago to Beijing ($880-$1300). United and other airlines also offer connections in Los Angeles, San Francisco, Korea, and Japan.

You are encouraged to arrange flights with other students on the program.

Beijing's Capital International Airport (PEK) is about 27 kilometers (17 miles) or 40 minutes from the center of Beijing.

Instructions will be given to students at pre-departure orientation on how to get from the airport to the hotel when they arrive.

The Academic Program
General Information
This course offers a unique and exciting opportunity to study Chinese history. Much of the course material will be covered precisely on the sites in China where the events took place; moreover, much of the instruction will be provided by professors from Peking University, the most prestigious institution of higher learning in China. Covering ancient history as well as the history of the Chinese Revolution, the course will be based in Beijing, but will also travel to important sites far removed from the present-day capital of China. We hope that this travel course will provide students an once-in-a-lifetime experience to learn Chinese history where it was made.

For the 2013 program, students will begin and end in Beijing. The program will also visit Xi’an, Kunming, Changsha, Shaoshan, Jinggangshan, and Xiamen. A final itinerary for the 2013 program will be emailed to you or provided at the pre-departure orientation.

Course Information
Students will earn four (4) credits in East Asian Studies 301: Topics in Social Sciences.
Registration: IAP will register you for the seminar. There are no additional registration procedures you must take.

Equivalents and Course Equivalent Request (CER)
Once the Resident Director submits your final course grade to IAP, we will work to process and post 4 credits of EAS 301 onto your UW transcript. You will be asked to review and sign off on your final grade report before it is sent to the Registrar’s office for posting.

Pass/Fail/Drop/Audit
Students cannot take this course pass/fail.

Grades and Grade Conversions
See the course supplement for grading information.

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 scenery, often accompanied by important historical and cultural contexts. You will be able to enjoy countless styles of food and folk music in addition to scenery and architecture.

Housing
While in Beijing students will reside in a hotel near Minzu University or in a hotel in the Beijing area. While visiting sites in Beijing, meals will also sometimes be provided, depending on circumstances, though in general no arrangements will be made for meals. While traveling outside Beijing, students will stay in university housing or hotels, depending on circumstances, and most meals will be provided. It is likely that some nights will be spent traveling on an overnight train to the next destination city. This will be outlined in the itinerary provided by the Resident Director.

Safety
China is a relatively safe country. Nevertheless, here are a few recommendations to help ensure your safety while traveling around China:

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 or pocket sewn inside your clothes for the safest way to carry money. Velcro tabs sewn to seal your pockets shut will also help thwart roving hands.
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 put them in a spot not easily in sight and to lock the door when you leave.

**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.

**COMMUNICATION**

**Telephone:** When making calls, keep in mind time zone differences 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) 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).

**Skype:** Skype is a free, downloadable software application that allows users to make live video and voice calls over the internet. Skype users can also add money to their account and can then use the service to call land lines and cell phones internationally at very low rates. Additionally, Skype also provides an instant messaging function as well as file sharing.

To create a Skype account, users must download the application from [www.skype.com](http://www.skype.com) and create a user name and password. Once the application is installed onto their computer, they can search for friends either by first and last name or using their friends' Skype usernames. Once a friend is added to a users contact list, they will be able to see whether that person is available to chat. If two users both have web-enabled video cameras for their computers, they will be able to chat face to face. For users without a web cam, a microphone is all that’s required for calls to another computer.

**Email:** Most hotels now have internet access in all rooms, though the connections can be quite slow. There are also Internet cafes around the various cities you will be traveling to. It is important to note that there are sometimes differences in the rate of the Internet use. In some places the rate is not charged per minute, but per use of Internet. The more web pages that are visited, 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). In other places, the rate is determined by how long you use their machines.