The UW Environmental History of China program is offered by International Academic Programs (IAP) at the University of Wisconsin-Madison in conjunction with the East Asian Studies Department. This IAP Student 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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Contact Information

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UW-Madison Information
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University of Wisconsin-Madison
106 Red Gym, 716 Langdon Street, Madison, WI 53706
Tel: 608-265-6329 Fax: 608-262-6998
Web: www.studyabroad.wisc.edu
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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 2015
Students depart United States: May 18, 2015  
Students arrive in Beijing; program begins: May 19  
Beijing: May 19 – May 28  
Xi’an May 28 – May 31  
Ya’an June 1- June 3  
Chengdu June 4-6  
Lhasa, Tibet June 6-9  
Linzhi, Tibet June 10  
Rikaze, Tibet June 11  
Lhasa June 12  
Jinshanling, China June 13  
Chengde June 14-15  
Return to Beijing June 16  
End of program/students depart from Beijing: June 17, 2015

Students with internship placements will move to their internship site on June 17, 2015.
*The itinerary is subject to change throughout the experience, but this provides a general outline of the intended itinerary.

**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 Mag Vacations, 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.

A Tibet permit will also be required. All students will need to submit a copy of their Chinese Visa to IAP in April in order for sufficient time to secure the group’s permits. There is no guarantee that these permits can be secured.

**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.

It is a good idea to leave copies of your important documents, including copies of your bank cards, at home with your emergency contact. That way they can assist you should your card get lost or stolen.

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 Mag Vacations (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 and/or by email shortly before departure.

The Academic Program
General Information
This course offers a unique and exciting opportunity to study Chinese history. This course offers a unique and exciting opportunity to study Chinese history with a special emphasis on issues of environmental use, change and health. Some 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 scholars within China, many of whom are recognized as being world leaders in their respective fields. The class begins and ends in Beijing, but in the interim will also travel to important sites around the country. We hope that this travel course will provide students a once-in-a-lifetime experience to learn Chinese history where it was made.

For the 2015 program, students will begin and end in Beijing. The program will also visit Xi’an, Ya’an, Chengdu, parts of Tibet, Jinshanling (the Great Wall), and Chengde. A final itinerary for the program will be emailed to you or provided at the pre-departure orientation.
After the first four week program concludes, some students will be moving into pre-determined internship sites. During this time, you will follow the schedule of the internship location. All students will be asked to submit a journal reflection on the internship experience to Dreux Montgomery at the conclusion of the experience to receive their final grade.

**Course Information**

Students will earn four (4) credits of either East Asian Studies 301: Topics in Social Sciences OR Nutritional Sciences 421: Global Health Field Experience. You will select one of these two equivalents to receive.

Internship students will earn one (1) credit in East Asian Studies 698 OR East Asian Studies 299. If you want to receive a letter grade for the internship, select EAS 299. If you want to take the internship as pass/fail, select EAS 698.

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

**Equivalents and Course Equivalent Request (CER)**

Once the Program Leaders submits your final course grade to IAP, we will work to process and post 4 credits of EAS 301 OR Nut Sci 421 onto your UW transcript and EAS 299 OR 698 for internship students. 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 syllabus 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 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 not 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 Program Leaders. In addition, two evenings will be spent in a rural homestay during the time in Chengdu.

**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 Program Leaders 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: 

While in Tibet, you will want to be prepared to adjust to the altitude. Altitude sickness can impact many people who have a hard time adjusting or who try to do too much activity without allowing for a period of adjustment. More about altitude sickness can be read here:

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. 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).

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 for five minutes costs roughly $1). In other places, the rate is determined by how long you use their machines.