



Health & Safety Handout for Education Abroad Programs

Program Name:

China Revealed through its Culture and Mathematics

Countries/Cities to be visited during program (overnight stays):

Beijing, Hangzhou, and Shanghai of China

The EAO encourages students to take responsibility for their own safety and security by carefully reading the information, advice, and resources provided, including the following websites:

CDC Website (Health Information for Travelers):

http://wwwnc.cdc.gov/travel/destinations/traveler/extended_student/china#vaccines-and-medicines

State Department Website (International Travel Information):

Country Name Here: <http://www.state.gov/p/eap/ci/ch/index.htm>

Students Abroad: <http://studentsabroad.state.gov/smarttravel.php>

Traveling with Disabilities: <http://travel.state.gov/content/passports/english/go/disabilities.html>

LGBT Travel Information: <http://travel.state.gov/content/passports/english/go/lgbt.html>

You should be up to date on routine vaccinations while traveling to any destination. Some additional vaccines may also be required for travel. Routine vaccines include measles-mumps-rubella (MMR) vaccine, diphtheria-tetanus-pertussis vaccine, varicella (chickenpox) vaccine, polio vaccine, and your yearly flu shot. The CDC may also recommend additional vaccines or medications depending on where and when you are traveling. Please consult with your doctor/medical professional if you have questions or concerns regarding which vaccines/medicines are right for you.

Country Specific Vaccinations/Medications:

None

- *Familiarize yourself with attitudes, local laws, and customs of the countries to which you are traveling.*



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Education Abroad

- ***Remember that no matter how safe you feel there is crime everywhere. Pick-pocketing and theft of a purse or bag is most common. Use common sense; stay aware of your surroundings.***
- ***To avoid being a target of crime, do not wear conspicuous clothing or expensive jewelry and do not carry excessive amounts of money or unnecessary credit cards.***
- ***Avoid traveling alone or at night. Always tell someone your travels plans including your destination, hotel, dates of travel, and method of travel.***
- ***Avoid protest groups or other potentially volatile situations.***

City/region specific safety information:

Beijing, Hangzhou, and Shanghai are all very safe cities. When you are in a crowded place for amusement, be especially careful about your wallet, bags or valuables; do not go to chaotic recreational areas.

Country specific advice/tips for local travel:

Water quality is a major concern in China largely due to man-made pollution and natural contamination. Unlike in most western countries, the tap water in China is undrinkable before it is boiled. Chinese never drink tap water. Instead, they drink boiled water and purified water. Although the tap water is not drinkable, you won't have to worry about finding water when you go out as it is quite easy to buy bottled water in shops everywhere in China. Ordinary bottled mineral water and various beverages are commonly sold in many street shops and supermarkets for about \$0.20 per bottle (20 FL).

Emergency Information:

Hospitals

1. Hospital in Beijing:
International SOS First Aid Center
Suite 105, Wing 1, Kunsha Building, 16 Xinyuanli, Chaoyang District, Beijing
(10) 6462 9100
2. Hospital in Hangzhou:
Students can go to the campus clinic. They can also go to nearby Xiasha Oriental Hospital at No. 9 on the Ninth Avenue of Xiasha Economic Development Area. Telephone: 86919354, 86919300. Another international hospital, called Sir Run Run Shaw Hospital, is located in the center of the Hangzhou city. This hospital is about 40 minutes away from Zhejiang Gongshang University by car. It is located at No. 3 Eastern Qingchun Road, Hangzhou, China.
3. Hospital in Shanghai:
Global HealthCare, Room 301 Shanghai Kerry Centre, 1515 Nanjing Road West



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Education Abroad

Tel: (021) 5298 6339

Police Stations

1. **In Beijing:** Donghuamen Police Station, 8 Xila Hutong, Dongcheng, Beijing, China
Tel: (010) 6525 3779
2. **In Hangzhou:** Nanyang Police Station, Hengyi Line, Xiasha District, Hangzhou, China
Tel: (571) 8218 0110
3. **In Shanghai:** Jinling Donglu Police Station, 72 Fujian South Rd, Huangpu, Shanghai, China
Tel: (021) 6328 0698

U.S. Embassy locations

4. **In Beijing:**
No. 55 An Jia Lou Road, Chaoyang District, Beijing 100600
Please contact (011-86-10) 8531-4000 if you are calling from the United States or 010-8531-4000 if you are calling from China. Email: BeijingACS@state.gov
5. **In Hangzhou and Shanghai:**
U.S. Consulate General in Shanghai
1469 Huai Hai Zhong Road, (Near Wulumuqi Nan Lu), Shanghai 200031, China
American Citizen Services in Shanghai
Westgate Mall, 1038 West Nanjing Road, 8th Floor
Emergency Tel: (86-21) 3217-4650, press 1, then 3
After-Hours Emergencies: (86-21) 3217-4650, press "0" for the operator.