**Health & Safety Handout for Education Abroad Programs**

**Program Name:**

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| Chinese Language and Culture |

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

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| China/Shanghai and Beijing |

***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):**

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| <http://www.cdc.gov/globalhealth/gdder/gdd/china.htm> |

**State Department Website (International Travel Information):**

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| http://travel.state.gov/content/passports/english/country/china.html  **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:**

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| <http://wwwnc.cdc.gov/travel/destinations/china.htm> |

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

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| When in Shanghai and Beijing,  1) Do not carry your passport as an ID, use student ID instead.  2) Be particularly cautious about your possession in crowded areas such as tourist sites, markets, bus/train stations, on trains and buses.  3) Never eat raw or undercooked food.  4) Fruits and vegetables should be washed thoroughly, then peeled or boiled.  5) Drink only boiled or bottled water. Do not drink the tap water. |

**Country specific advice/tips for local travel:**

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| 1) Be careful with vehicles. In China, it seems that vehicles have the right of way in traffic, not pedestrians. Yield vehicles.  2) Air pollution in Shanghai and Beijing is relatively severe. Respiratory ailments are common—bring some medications for this. |

**Emergency Information:**

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| 110 Police  119 Fire  120 Ambulance  114 Local Telephone Number Inquiry  116 Domestic Long Distance Inquiry  **Jiangong Hospital in Shanghai**  666 Zhongbei No. 1 Road, Hong Kou District, Shanghai (虹口区中山北一路666号)  Telephone: 6531 3009  **CUFE Clinic in Beijing**  39 South College Rd, Haidian District, Beijing (北京市海淀区学院南路39号)  Telephone: 62288100  **US Embassy in Beijing 美国大使馆**  55 Anjia Lou Rd, Chaoyang District, Beijing (中国北京市朝阳区安家楼路55号)  American citizen: emergency: 010-85314000。  **US Consulate General in Shanghai**  American citizen: 3217-4650 and 3217-4650  1038 Nanjing xilu, 8th floor, Meilong zhen sq, Shanghai |