

University of Puget Sound Chinese Program

Taiwan Summer Study Abroad Orientation Packet



**2017 UPS Summer Taiwan Program
at the Chinese Language Center (CLC)
Tunghai University in Taichung**
普及灣大學 2017 年暑期中文班
台灣台中東海大學華語中心

Introduction

The information contained herein has been derived from several sources. Although we cannot anticipate all the problems you may experience overseas, we have tried with this document to cover as many aspects of your life in Taiwan this summer as possible. An online copy is available on the edublogs Taiwan Summer page at <http://chinese4u.edublogs.org/study-abroad/taiwan-summer-2017/>. Many of you will be able, upon returning, to offer suggestions as to how we may improve and make more comprehensive the information we provide to future participants. In the meantime, have a most rewarding time in Taiwan, Republic of China.



Taichung City*

Taichung is the third largest city in Taiwan and is located in the heart of the island. Many convenient forms of transportation, along with fine weather, which is pleasant and sunny throughout the year, make Taichung a highly desirable place to live. This well-known city boasts central Taiwan's largest national science and fine arts museums, which complemented by frequent art and music festivals, cements Taichung's reputation as a leading center of learning and culture. Taichung is also a hotspot destination for tourists from around the world with nearby sightseeing spots such as Sun-Moon Lake (日月潭), Xitou (溪頭), Hehuan Mountain (合歡山), and Alishan (阿里山), all of which are easily

accessible from Taichung's central location. Thus, from any angle one looks at Taichung, it is Taiwan's most attractive place to study and travel.

**This section and other sections below in Arial and italic are information provided by the Chinese Language Center at Tunghai University.*

ACADEMIC INFORMATION

PROGRAM DATES (6/26-8/18/2017)

You may want to arrive in Taiwan a few days early to explore the capital city of Taipei (táiběi 台北) or other parts of Taiwan on your own before the program starts. You should try to schedule your arrival to Taiwan no later than Sunday 6/26. Remember, you will lose a day flying that direction. You will fly into the Taiwan Taoyuan International Airport (Táoyuán guójìjīchǎng 桃園國際機場). If your flight arrive at night, you can take a bus to either the nearest town, Taoyuan (táoyuán 桃園) for the night, or go to Taipei. If, however, you take EVA Airways that usually has red-eye flights to Taiwan, you will arrive early in the early morning and can travel on the same day to Taichung by bus. It is best, however, to arrive a few days early, and spend a couple of days in Taipei, then travel south to Taichung (táizhōng 台中) later.

YOU NEED TO ARRIVE TAICHUNG, TUNGHAU UNIVERSITY CAMPUS on SUNDAY (6/25)!

You will be housed at the Tunghai University (dōnghǎidàxué 東海大學) Alumni House (xiàoyǒuhuìguǎn 校友會館) the day before the first day of the program (Monday 6/26). You can check into the Alumni House any time (usually after 3:00 pm but they most likely will be able to let you check in early or at least keep your luggage) on Sunday 6/25. [You should be able to access Wifi on campus and be sure to check our LINE group messages. Your onsite program leader, Teacher Yu (Yú Lǎoshī 于老師), will join the group. Feel free to post questions.]

You can explore the campus or the neighboring Tunghai Villa area (dōngbié 東別) on your own. Check out this online guide for a self-tour of the campus:

<https://www.taichung.guide/tunghai-university/>

Check out the Tunghai website info on Campus Living:

http://eng.thu.edu.tw/web/campus_life/detail.php?scid=46&sid=31

You will receive a student handbook including onsite program administration, course schedule and other program details from the Chinese Language Center at Tunghai University

You will check out on Monday 6/26, and the staff from the Chinese Language Center (huáyǔ zhōngxīn 華語中心), most likely Teacher Yu, will meet all students in the lobby

on at 9:00 and lead the group to the Language Center. The Center is within walking distance but you will have to carry your luggage! You will check into the campus dormitory on that day and can stay there until August 21.

The program fee covers:

1. Lodging from 6/25 to 8/21 (one night in the Alumni House and the rest in the on-campus dormitory - quad rooms; need to check out no later than the morning of 8/21)
2. Excursions (in Taichung City) and Field Trips (outside of Taichung to Nan-tou, Lu-kang and Ken-ting);
3. Accident insurance;
4. Textbooks and student handbook;
5. Welcome & farewell luncheons;
6. New bedding mattress and electricity charge for air conditioning (NT\$ 450/person);
7. Student ID cards (easy card function included).

You will have to pay for your own meals, estimated \$8-10 per day. However, if you can easily spend more money on food and drink, depending on where you go and what you get!

Q&A: Alumni Center/House (校友會館 xiàoyǒu huìguǎn)

1. *What facilities does the Alumni House have?* Answer: The Alumni House only provides lodging and is not equipped with any other facilities (e.g. Internet).
2. *When is the earliest I can make a reservation?* Answer: You can make reservations up to two months before your date of arrival.
3. *Is the front desk open 24 hours a day?* Answer: Yes, the front desk is open 24 hours a day.
4. *What sort of phone calls can I make from my room?*
Answer: You can only make local calls from room phones, which will be charged by the minute.
5. *Can I do laundry at the Alumni House?* Answer: While there are no washing machines in the Alumni House, guests can pay for a laundry service.
6. *Can I smoke in my room?* Answer: All rooms are non-smoking.
7. *Is there a cafeteria in the Alumni House?* Answer: No. However, there is a 7-11 convenience store next door.
8. *How do I contact the Alumni House?* Answer: You may call the Alumni House at one of these two numbers: 04-23592134 or 04-23590121 ext. 3900-2.

Useful Links:

Taiwan Official Tourist Website at <http://eng.taiwan.net.tw/>.

LonelyPlanet Taiwan at <http://www.lonelyplanet.com/taiwan>.

Blogger's Taiwan travel tips at <http://mytanfeet.com/taiwan/taiwan-travel-tips/>.

Tripadvisor at <https://www.tripadvisor.com/Tourism-g293913-Taipei-Vacations.html>.

Teaching English in Taiwan at <http://teal.it.com/>. Offers articles, teaching resources, job and apartment listings for those who wish to teach and live in Taiwan.

COURSE INFORMATION

The program will offer intensive language training (about 20 hours per week) in Mandarin Chinese at three different levels (beginning, intermediate and advanced). A student's level will be determined based on how many courses he/she has taken previously. Students who have completed Chinese 102 or equivalent will be awarded two units of Chinese 100-level course credit upon successful completion of the coursework. Students who have completed Chinese 201, 202, 230, 250, 260 or equivalent will be awarded two units of Chinese 200 level upon successful completion of the coursework. Students who have completed Chinese 301, 303, 305, 307, 309 or equivalent will be awarded two units of Chinese 300 level upon successful completion of the coursework. The coursework will show on the student's transcript but the grades will not count towards the student's GPA.

EXPECTATIONS FOR CLASS ATTENDANCE

While you are enrolled at Tunghai University, you are expected to follow the rules and regulations that pertain to your host institution. You are also expected to attend classes. Granted that there is merit to learning outside the classroom; remember, not attending class in the Chinese society will be viewed by your Chinese teachers as an insult. Please make every effort to be disciplined, courteous, and responsible enough to attend class and complete your course work. Always inform your teacher in advance if you will be absent from class. Chinese students observe strict discipline and pay great respect to their teachers.

Chinese Language Center (東海大學華語中心 dōnghǎi dàxué huáyǔ zhōngxīn)



Tunghai University's Chinese Language Center (CLC) is situated on the western edge of the Dadu Mountain (大肚山) plain within Tunghai University campus. CLC's location, nestled within beautiful trees, flowers, and bird songs, makes it an excellent place for learning Chinese. Established in 1971 as the first language center in central Taiwan, CLC was initially intended to serve the family members of Tunghai's foreign faculty. Later, its enrollment was expanded to include exchange students, missionaries, and people from all sectors of society. CLC's objectives of popularizing the study of Chinese while simultaneously responding to Taiwan's continuously changing educational, economic, and social trends, led to an aggressive development of Chinese curriculum and original methods for teaching Taiwanese. In the future, in order to further raise teaching quality and cultivate student skills, CLC plans to develop an online learning center and other computerized resources, which reflects the current worldwide shift towards digitized instruction. Visit CLC website at:

<http://clc.thu.edu.tw/main.php>

CLC has been established for over thirty years and has educated over 5000 foreign students from more than thirty countries all over the world. The hallmark of CLC instruction continues to be its extremely small classes, which generally do not number more than five people per class. Furthermore, CLC's well-experienced teachers and comprehensive learning materials, Tunghai's stunning campus and superior learning environment, and Taichung's friendly people and reasonable living expenses, all make CLC an outstanding place to learn Chinese.

Teachers and Staff

CLC has close to 20 teachers and two administrative personnel. All CLC instructors are strongly qualified, possessing degrees in Chinese, Chinese teaching, or a similar subject, and having at least five years of teaching experience. Many have also received special training in teaching Chinese to foreign students.



LIVING ARRANGEMENTS

ROOM AND BOARD

You will be assigned a furnished room in a dormitory with one or two Chinese roommate. This is because few Chinese Students remain at Tunghai University during the summer. Room furnishing includes a wood or metal bed without mattress, desk and chair, and locker sized closet. (A thin mat called a tatami is used over a board in place of a mattress. The Language Center will help you purchase the mattress.) You are responsible for the cost of meals. Meals are available on a cash basis at campus cafeterias or local restaurants.

There is one woman's and several men's dorms on campus. All have bathrooms with both Eastern and Western style toilets, and hot showers. Hot water is only available at night (from 5-12 midnight) in many of the bathrooms so you may have to check around if you prefer to shower in the morning. It is highly recommended that students wear flip-flops when in the bathrooms and showers. Although the bathrooms are cleaned daily, the high volume of use makes it difficult to maintain highly sanitary conditions. Toilet paper, for instance, is thrown out in the trash rather than flushed. There may also not be toilet paper provided in the bathrooms. There are washing machines and dryers in the dorms (US \$ 1.50 per wash and dry). The washers use cold water only; for a warm wash, add a few buckets of hot water from the shower. In the bathroom there are wash boards and free spin machines (used to wring out clothes after hand washing). There are

clotheslines everywhere, both inside and out. However, it can take up to 2 days for clothes to line dry.

The women's dorm has a mini-mart (open 7am –midnight), cafeteria with cable televisions, hair salon, as well as study, newspaper and exercise rooms. The men's dorms have similar amenities; they vary from dorm to dorm. The most marked difference between men's and women's dormitories is that the women's dorm is surrounded by a six foot wall, topped with barbed wire and broken glass. The only entrance is monitored by a guard during the hours the dorm is open (6am-11pm). The doors are locked at 11:00pm (midnight on Sunday- you will have to fill out a slip if you return after 11pm on Sunday but there will be no negative repercussions). Women must be in the dormitory complex before lock-out, (Welcome to the Chinese system!).

While you are at the Tunghai University you are required to comply with all the University's regulations for Chinese and/ or foreign students. Remember, you are studying in Taiwan as their guest. Taiwan is a very different society from our own. You are not there to enjoy things American, or to make things American! Be patient, be observant, and try to live as much as possible like your Chinese roommates.

MONEY MATTERS

CURRENCY EXCHANGE RATE:

\$1 US = \$30.08 NT (as of 06/05/2017) or about \$3.32 US = \$100 NT

Take enough money with you for your traveling needs for the journey from the US to Taiwan and back. In addition, a minimum of **US \$600** is recommended for basic meals, snacks, and an occasional night out during the two-month stay in Taiwan. Participants should also budget about **US \$400** for gifts, basic daily necessities, and for trips outside of Tunghai (before or after the program).

At major hotels in Taiwan, major US credit cards will be accepted towards hotel fees, traveler's checks can be cashed and US currency can be exchanged for local money. Money can also be exchanged at banks. If you decide to bring traveler's checks for money, be sure to get a major brand, such as American Express or Visa; other lesser known brands may not be honored at all establishments. When you go to exchange traveler's checks for money, ask what type of service charge there is (i.e. flat or percentage rate). With flat rates it is best to exchange large amounts of money, whereas with percentage rates it doesn't really matter, unless the rate is extremely high. The bank at Tunghai charges a flat rate, however students can go as a group, combining their traveler's checks. When you exchange money you will get a receipt; keep it as you will need the receipts in order to get your visa renewed, and also to buy back US dollars when you leave Taiwan. For all the above transactions, students can use bank cards to

obtain funds; ATM machines connected to the Cirrus system are located on campus; those connected to the Star Plus system are located in downtown Taichung.

You should check with your local commercial bank or charge card institution to find out if they can wire funds to Taipei. If necessary, you can have money sent directly to the Bank of Taiwan, Taichung branch from the US. This is not recommended because it is quite expensive. American Express card holders can cash personal checks at the American Express Office, 214 Tun Hwa North Road, Taipei. Visa card holders can obtain emergency funds at the Bank of America, 205 Tun Hwa North Road, Taipei.

Open an account in a local bank

A branch office of International Commercial Bank of China (ICBC) on campus supplies various banking needs for students such as opening an account, withdrawing and depositing money, and exchanging foreign currencies. If students want to open a bank account, they must first bring their passport to the Taichung Police Station to obtain an ID number (統一證號), and then go to the branch office to start their account. Though there are other banks near Tunghai, it is more difficult to open an account there because they require students to have an Alien Resident Certificate.

Q & A Banking

1. *Is there a bank on campus and what are its hours of operation?*
Answer: There is an International Commercial Bank of China (ICBC) branch office located near Honglin Cafeteria (紅林餐廳) and the post office. Its hours of operation are Monday through Friday, 9:30am to 12:00pm (closed on holidays).
2. *What do I need to open an account?*
Answer: You need your passport and a copy of your visa or Alien Resident Certificate to open a bank account.
3. *How do I use the Automated Teller Machine (ATM)?*
Answer: First insert your bank card, then enter your personal identification number (PIN), and finally select whether you want to deposit or withdraw money.
4. *Am I allowed to withdraw money off-campus, for example at convenience stores?*
Answer: At the moment, you can withdraw money from convenience stores (e.g. 7-11). Additionally, many banks allow customers from other banks to make withdrawals from their ATMs.
5. *How much is the transaction fee if I withdraw money from a different bank's ATM?*
Answer: Every use of an ATM that is not your bank will entail a NT \$7 fee.
6. *What foreign currencies may I use to exchange into Taiwan dollars?*
Answer: At the ICBC branch office located on campus, students may exchange the following foreign currencies: United States Dollar, Hong Kong Dollar, Canadian Dollar, Euro, Thai Baht, Japanese Yen, New Zealand Dollar, British Pound, and Singapore Dollar. All transactions at this office will take one business day to process.
7. *What do I need to bring in order to exchange my foreign currency?*
Answer: You need only to bring their passport when you want to exchange foreign currency.
8. *Can I exchange money at the airport?*
Answer: Yes. There is a Bank of Taiwan at Chiang-Kai Shek International Airport which exchanges foreign currencies.

Taiwan: Money & Costs

(Accessed on 05/03/2016, <http://www.lonelyplanet.com/taiwan/money-costs>)

NT\$1800–2500

- Dorm bed: NT\$400–700
- Tourism Shuttle Buses: NT\$50–100 per day pass
- MRT: NT\$30 per average ride
- Decent coffee: NT\$30–60 per cup
- Multiday bike rental: NT\$300–400 per day
- Steamer of dumplings: NT\$80–120
- Taiwan beer can from convenience store: NT\$40
- Admission to temples: free

NT\$2500–5000

- Double room in a hotel or B&B: NT\$1400–2600
- Lunch or dinner at a decent local restaurant: NT\$250–500
- Scooter/car rental: NT\$300–600/1800–2400 per day
- Short taxi trip: NT\$140
- Gourmet coffee: NT\$180–260 per cup
- Soak in a private hot-spring room: NT\$1000–1400 per 90 minutes
- Good bowl of beef noodles: NT\$180
- Beer at a decent pub or bar: NT\$120–220

NT\$5000

- Double room at a four-star hotel: NT\$4000–6000
- Hotel restaurant meal: NT\$500–1200
- Ecotour guide: NT\$4000–6000 per day
- Well-made tea pot: NT\$3000–8000
- Cocktail at a good bar: NT\$280–350

Tipping

Tipping is not customary in restaurants or taxis (but is still appreciated). However, if a porter carries your bag at a hotel or the airport, a tip of NT100 is considered courteous. Also, many foreigners tip at better bars and clubs, especially those run by expats, and so staff may expect this. Note that the 10% service charge added to the bill at many restaurants is not actually a tip to be shared with the staff.

Money

Taiwan's currency is the New Taiwanese Dollar (NT). Bills come in denominations of NT50, NT100, NT200, NT500, NT1000 and NT2000, while coins come in units of NT1, NT5, NT10 and NT50. Unlike some other countries in [Asia](#), Taiwan uses the local currency exclusively. Foreigners can open Taiwanese bank accounts even without an ARC if they get a identification number at the local police office.

ATMs

ATMs are the easiest way to withdraw cash from your home account, and 7-Elevens are usually our first choice as they are always on the international Plus or Cirrus network and have English-language options; and 7-Elevens are literally everywhere in the country (there are around 4000 of them).

Many ATMs at banks around the country are also on the Plus and Cirrus networks, and as sometimes on Accel, Interlink and Star Networks. Keep in mind that there may be limits on the amount of cash that can be withdrawn per transaction or per day, and that your home financial institution may charge a fee on withdrawals from other banks. Banks island-wide charge a NT7 fee per withdrawal for all but their own customers.

Cash

Nothing beats cash for convenience – or for risk if it's lost or stolen. For peace of mind, keep any extra cash in the safe deposit box at your hotel. If you're carrying foreign cash to exchange, the most widely accepted currency is US dollars.

Credit cards

Credit cards are widely accepted. The bottom-of-the-barrel budget hotels won't take them, but if your room costs more than NT1000 a night, the place will most often be set up for credit cards. Most homestays, however, do not accept them.

Small stalls or small food joints never take credit cards. Most midrange to top-end restaurants do but always check before you decide to eat. We've been caught without cash a few times, but the staff have never had a problem with us leaving to withdraw money.

Moneychangers

Private moneychangers do not proliferate in Taiwan like they do elsewhere. Hotels will change money for their guests, but banks are the most common option.

Getting Around

Flights go between all the major cities and outlying islands, which are also serviced by regular ferries. With buses you can choose between government and private (cheaper and faster but more dangerous). A train line circumnavigates the island and the service is good. There are four classes - the first three are more expensive than buses, the fourth is cheap but slow. A high-speed rail (HSR) system on the west coast, from Taipei to Zuoying in Kaohsiung, opened in 2007. HSR stations are literally in the sticks - connecting shuttle services link to urban centres. Long-distance share taxis are expensive - there are several tourist trains with better facilities and service. Driving a car is not terribly difficult outside of the cities, especially on weekdays.

Taiwan High Speed Rail at <http://www.thsrc.com.tw/en/>.

Taipei Metro at <http://english.metro.taipei/ct.asp?xItem=1056373&CtNode=70241&mp=122036>

MAIL AND TELEPHONE

All students on the program have the same address: **Your Name, P.O. Box 898, Tunghai University, Taichung, 40704, Taiwan.** The mail is sorted into alphabetized wooden mailboxes in the center (note that all students attending the center use these mailboxes, not just the UPS students). If you do not get expected mail, check all the boxes, as sometimes they are sorted wrong. Also, packages are frequently opened and checked for illegal substances (according to a past participant) so don't be surprised if you find that your package has been opened. International mail goes in the red mailbox in the left slot marked "airmail". Remember to write your parents frequently. When they do not hear from you, we usually hear from them!

All the telephones on campus, and most phones in Taiwan, operate by phone cards. These can be purchased in a variety of places (train and bus stations, kiosks, 7-eleven, etc.) There are cards for NT\$100 (US\$3) and NT \$200. There is a telephone in each dormitory room for on-campus and incoming calls only. To make off-campus calls within Taiwan you can use the telephones in the halls (local calls NT \$1 for three minutes, long distance calls within Taiwan NT \$5 for 3 minutes).

To make international calls you must use a phone with an orange globe on the top of it. Those are the only telephones with international access. To place a call with a calling card, you will need to use your Taiwan phone card to get a dial tone (there will generally

be no charge to your phone card). Once you hear a dial tone, you can all the operator access number for your particular calling card and then follow the instructions. Making such calls is expensive, around \$6 for the initial connection and one minute of conversation.

The best time to receive calls is early in the morning, as fewer calls are made during the early morning and there must be a free line in order for a call to come in. Also, the system sometimes cuts you off after three minutes, especially during busy times. Everyone in Taiwan has taken English since middle school, so your roommates will be able to understand that a call is for you. There is also a phone in the language center that you can use if you don't want to risk being disconnected after 3 minutes. The number there is 04-359-0121 Ext 3127. You will have to know when the call is coming and be there to answer it.

Overseas Calls

International Operator	Dial 100
AT&T USA Direct Service	008-010-2880
MCI Call USA	008-013-4567
Sprint USA Direct Service	008-014-0877
Canada Direct Service	008-012-0012

(You will be connected to an English speaking AT&T/Sprint/Canadian operator in the U.S./Canada who will help you complete your call. Use your calling card or call collect.)

For direct access numbers to other countries call International Telecommunications Administration at (02) 321-2535.

*Note: It is generally more expensive to call overseas from hotel room. Look for IDD phones (International public pay phones), their rates are much lower than operator assisted calls.

Making Phone Calls

1. *How do I make an international phone call?*
Answer: You must first find a public phone which supports international phone calls and have an international calling card ready. To dial direct, dial 002 + Country Code + Area Code + Telephone Number. The international public phones at Tunghai are located in the Department of Foreign Languages (near CLC), Alumni House, entrance to the female dorm, and in between the number 8-10 male dorms.
2. *Where can I buy an international calling card?*
Answer: You can buy an international calling card from the Tunghai University Bookstore, Alumni House, cafeteria shop in the female dormitory, or any 7-11 convenience store.
3. *Can I use the CLC telephones?*
Answer: Students may use CLC telephones, but not for personal conversations. If students desire to make long-distance or international phone calls, they can use the two public phones located in the walkway near CLC.

EMERGENCY NUMBERS

American Institute in Taiwan 886-709-2000 after hours emergency 709-2013

U.S. State Dept. Overseas Citizens Emergency Center, Washington D.C.

(202) 647-5225 – For information on medical, financial or legal problems while abroad.

English Speaking Police in Taichung 04-327-3875

Computers

The Language Center has a computer lab and is open to all students from 8:00am to 5:00pm. Each student will be given a wireless code to access Tunghai's wireless network. Students can also use the CLC's printer for academic-related work.

Getting a Cell Phone

Visit http://www.tealit.com/article_categories.php?section=telecom&article=getting-a-cellphone.

Taiwan Cellular



台湾大哥大
TAIWAN CELLULAR CORP.

Health Care / Insurance

There is a health center on campus, which offers basic medical services and treatment for illnesses. For fuller and more complete medical care, there is Rongzong Veteran's Hospital (榮總醫院), which is diagonally across from Tunghai's main gate, and Chengqing Hospital (澄清醫院) further down the street. Within a ten-minute drive from campus there are also more than ten private medical clinics, which offer further specialized and advanced care. Students are advised to buy health insurance in their respective countries before coming to Taiwan because only foreign students with a Taiwan Alien Resident Certificate are guaranteed insurance coverage in Taiwanese hospitals.

WHAT TO TAKE

Most of the daily things you use in the US are available in Taiwan at prices comparable to that of products purchased in the US. However, US name brands are more expensive in Taiwan, so if you prefer a specific brand you may want to bring it along with you. Do not take a lot of things, because only two pieces of luggage per person are allowed on the flight. If your family mails things to you, remember that parcels sent surface mail take up to two months or more to reach you.

BOOKS

Books that are useful to you are easily available in Taiwan. However, books have become quite expensive so you may prefer to bring along your favorite dictionaries and

reference books. We recommend you take along a good travel guide, like the Lonely Planet Taiwan. Be sure to visit the Caves Bookshop, Chung-shan North Road, 2nd district, Taipei and harbor Road, Taichung, or the Lucky Bookstore, ground floor, Mandarin Training Center Building, Taipei, as well as others, for books not readily available in the U.S.

Stationary is inexpensive so there is no need to bring any. Notebooks with pocket folders are not available, so bring them if you prefer this style. Also, some previous participants recommended bringing a good travel guide to Taiwan. X- and even R- rated magazines are strictly forbidden and will be confiscated with severe reprimanding.

CLOTHING

Taiwan is mild in the winter (low temperatures in the 50's) and very hot in the summer (95+ often). It is always very humid during both the winter and summer months. For those of you unfamiliar with high humidity, this will make the winter seem colder and the summer hotter than what you would expect at similar temperatures in a dry climate. In the winter it is best to dress in layers; thermal underwear can be very helpful. In the summer, you should wear loose, light –weight clothing. High humidity in the summer, coupled with pollution can exhaust even the healthiest, so be prepared to feel most uncomfortable when out-and about in the hot sun. Air conditioning is rather rare at Tunghai, though common in downtown Taipei and Taichung. The Chinese Language Center at Tunghai, where your classes are held, is air conditioned.

The participants recommend that you take most of your clothing with you especially if you are fashion conscious. Good quality clothes are quite expensive. To minimize the amount of clothing you bring, make sure the clothing is durable and can be washed frequently. Don't bring your favorite clothes or shoes, especially articles that are white; the water will yellow them and frequent washing may ruin them. Anyone with shoe size larger than (8 women's), (11 men's) should definitely bring shoes. Larger shoe sizes are difficult to find in Taiwan. As a note –sandals must have a strap across the back to be considered "real" shoes. Flip flops however, are essential for the bathrooms. A 2001 summer participant who brought mostly shorts and tank tops wished she had brought more shirts and skirts.

APPLIANCES

The voltage rate in Taiwan is 110V, the same as in the U. S. You can take electrical appliances, if you wish, but that is unnecessary since you can buy whatever you need. Taiwan made appliances are not expensive; foreign made ones are. You may, however, want to bring a tape recorder. They are more expensive in Taiwan than in the U.S. and will be very useful to record conversations, radio programs, music, or even a class lecture for reviewing. Tapes and batteries are available locally.

GIFTS

Take small useful items such as cosmetic items, post cards, university logo items, postage stamps, etc. Bring some photos of your family, hometown, etc., as well as maps of your town and state. Your Chinese friends will be quite interested in them.

MEDICINES & TOILETRIES

In addition to clothing it was recommended that participants bring deodorant (selection is limited), soap if you have sensitive skin or if you prefer deodorant soap, bug repellent—something you won't mind wearing 24 hours a day, and anti-itch cream (i.e. Benodryl or can buy White Flower oil in Taiwan), suntan lotion or block, anti-diarrhea medicine, eye drops, aspirin or the like, acne medicines and multivitamins. Although most of these items are available in Taiwan, the quality may differ, U.S. brands are very expensive, and in the case of soap, some students had bad reaction to the local brands. Watson's and shops in the Dongbie area are good sources for major brands toiletries according to one participant.

Carry a supply of tissue when traveling or out shopping in Taiwan. Public toilets in Taiwan are not supplied with toilet paper, nor are napkins provided in local restaurants. It is wise to decline the use of hot towels provided after meals in restaurants; they are often not sterilized and therefore using one is a potential way to contact hepatitis. For this same reason, you should also buy or bring chopsticks (plastic one are both lightweight and easy to clean), and a collapsible cup (available in most camping and outdoor stores) for use when traveling in rural areas.

Traveler's Medicine Chest

The traveler's Medicine chest might contain some of the following over-the-counter and prescription items, depending on destination. (Brand names are for identification only and do not constitute any product endorsement.)

- [] Acetaminophen or Aspirin
- [] Antidiarrheals – Kaopectate, Lomotil Parepectoline, Pepto-Bismol
- [] Antimalarial – Chloroquine (Aralen)
- [] Deodorant
- [] Laxatives – Doxidan, Dulcolax, Metamucil
- [] Nasal Decongestants – Afrin, Neo-synephrine
- [] Skin Irritations (i.e. poison ivy, insect bites)
 - Lotions: Calamine, Caladryl
 - Creams: Cortaid, Dermolate, Wellcortin
- [] Tropical Antiseptics – Bactine, Campho-Phenique, Neosporin
- [] Water purification – Halazone tablets, Tincture of Iodine
- [] Hand sanitizer
- [] Antacids – Gaviscon, Maalox, ect.
- [] Antibiotics – ampicillin, tetracycline, ect.
- [] Antihistamines – Chlor – Trimeton, Dimetane, Teldrin

- [] Antiauseants –Bonine, Dramamine, Emetrol, Marezine
- [] Insect Repellent – products with DEET; Cutter, Off
- [] Multivitamins
- [] Protection against eye irritation – Sunglasses
- [] Sunburn Protection
- [] Tropical analgesic/aesthetics – Rhulicane, Solarcaine
- [] Tropical Fungicides –Aftate, Desenex, Tinactin
 - [] Venemous reptiles –snake bite kit
- [] Soap (for those with sensitive skin)
 - [] Prescription Medication (if applicable)

OTHER ITEMS

Other items to consider bringing are, sunglasses, a bed sheet, mosquito netting, and favorite snack foods. Also, if you will be in Taiwan during the winter and prefer to be warm to hot while sleeping, bring or have mailed an electric blanket.

The following items were purchased by many students upon arrival to Tunghai: Tatami (a thin mat used as a mattress) \$20, lamp \$6, clothes hangers and pins for drying clothes, mug for hot beverages, wash tub for dirty laundry and to take toiletries to the shower, toilet paper, flip flops, fan and mosquito net.

In addition to material things, it was suggested that participants bring tolerance, patience and an open mind. Remember that you are there to learn Chinese and to experience what it is like to live in Taiwan. Don't expect to be treated differently or to have things as you would in America. Remember you will soon return to what you are accustomed to, so try to truly experience Taiwan by walking in the shoes of your Chinese roommates and friends. Learn to cope as they do and to look for what is good. Although this will be difficult at times, you will definitely come away with a greater understanding of what it is to be Taiwanese.

ARRIVAL IN TAIWAN

CUSTOMS

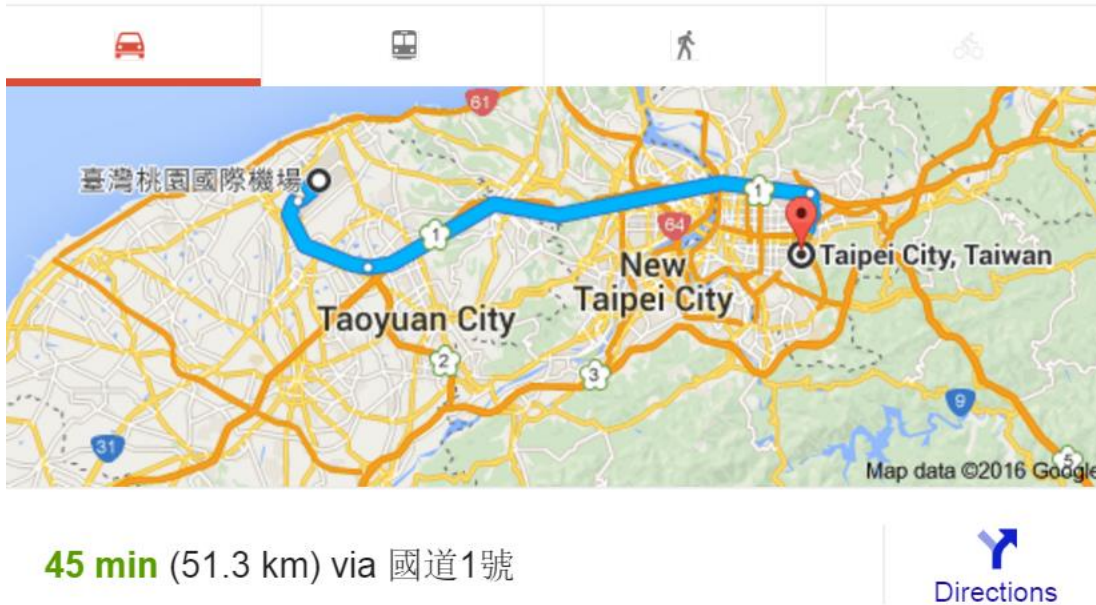
Entry requirements to Taiwan, the Republic of China are valid visa and passport. Most personal belongings are duty-free. Items like stereos, TV's, video recorders and computers must be declared upon entry. Medicine, if not exceeding 6 items, is allowed for personal use but must be declared. (Two bottles/boxes per item. Must be covered by certificate from a hospital or clinic.)

All persons age 20 and over may bring duty-free into Taiwan, 25 cigars, 200 cigarettes, or the equivalent of 1 lb of tobacco products. Unlimited foreign currency may be brought in, and if declared (amounts over \$5000 must be declared or could be confiscated) on arrival, may be taken out. Of course, all weapons, illegal drugs, as well as

pornography (X- and even R-rated magazines are strictly prohibited. Publications or articles published in the People's Republic of China propagating communism are strictly forbidden.

ARRIVAL AT THE TAOYUAN INTERNATIONAL AIRPORT

From 臺灣桃園國際機場 33758, Taiwan, Taoyuan City, Dayuan District, Hangz...
To Taipei City, Taiwan



You will land at the Taoyuan International Airport (airline abbreviation TPE, 25 miles from Taipei. Change some US dollars into New Taiwan (NT) dollars at the airport. The bus service from the airport directly to Taichung stops running at 11pm, so if your flight will arrive very late at night, you will have to spend a night in Taipei and travel to Tunghai in the morning. To get to Taipei, take an express bus (about NT 150 or US 5.00 on air-conditioned, no standing bus). It takes about an hour to get to Taipei bus terminal. Once in Taipei, take a taxi to your hotel. Always insist on paying the taxi fare indicated on the meter. Most taxi drivers do not speak English so be sure that they understand where you want to go. Write down names and addresses in CHINESE CHARACTERS (not in Pinyin).

(Read more about arriving in Taiwan at <http://www.tripadvisor.com/Travel-g293913-s301/Taipei:Taiwan:Arriving.And.Departing.html>)

From Taoyuan Airport

Buses to Taipei (jīchǎngkèyùn 機場客運)

The best and most economical way to get to Taipei from Taoyuan airport is by bus. There are many Airport buses that take you to the Taipei main station, with drop off points along the route at major hotels and MRT (metro) stations. Once you are in Taipei, you can catch a cab to your hotel.

Buses (55 to 70 minutes) cost between NT\$115 and NT\$150 depending on where you are going in the city.

Bus 1819 (NT\$125) runs every 15 to 20 minutes from 4.30am to 12.20am from West Terminal A, just west of Taipei Main Station. There's a special late-night buses to the airport at 1.50am.

Bus 1840 (NT\$125) runs every 15 to 20 minutes between Taipei Songshan Airport and Taoyuan International Airport.

Bus 1968 (NT\$135) runs every 30 minutes to/from Xindian MRT Station (for travellers who want to stay in Bitan).

Other frequent buses run to/from Banqiao MRT Station; Nanjing E Rd MRT Station; Zhongxiao-Fuxing MRT Station; Taipei City Hall Bus Station; Grand Hyatt Taipei; the Sheraton Hotel; and Minquan W Rd MRT Station.

Bus 705 (NT\$30) runs every 10 minutes to/from Taoyuan High Speed Rail Station.

(Read more: <http://www.lonelyplanet.com/taiwan/taipei/transport/getting-there-away/flights#ixzz47ZfM75wG>)

By High Speed Rail (HSR) <http://www.thsrc.com.tw/en/> (gāotiě 高鐵)



(Copy and paste the URL below and see a blogger's detailed instructions on how to take

HSR into Taipei City <http://stoneip.info/2015/05/12/%E5%8F%B0%E7%81%A3-%E6%A1%83%E5%9C%92-%E6%90%AD%E9%AB%98%E9%90%B5-%E8%BC%95%E9%AC%86%E5%BE%9E%E6%A9%9F%E5%A0%B4%E5%88%B0%E5%8F%B0%E5%8C%97%E8%BB%8A%E7%AB%99/83546/travelworld/all-about-taiwan>)

The airport is very close to the HSR station. You can catch a 5-minute shuttle from any airport terminals (green Ubus) to the HSR station. Buses run every 10-15 minutes from 7:00 am to 23:45 at night. Once at the HSR station, buy a ticket to Taipei. The HSR will stop at the Taipei Main Station, where you can connect with the MRT (jiéyùn 捷運).

By Taxi (jìchéngchē 計程車)

Unless you are arriving very late at night, or have a lot of luggage, there is no real reason to catch a Taxi. A taxi from the airport to the city center will be around NT\$1200 to \$1400, depending on traffic.

Taipei City – where to go and what to do?

<https://www.tripadvisor.com.tw/Attractions-g293913-Activities-Taipei.html>

台北捷運路網圖

Metro Taipei

Route Map of



(本路網圖感謝網友南極冰魚製作提供)2014.11.15 版

TRAVEL TO TUNGHAI UNIVERSITY

Each student is responsible for arranging transportation (train or bus) to Tunghai University.

To travel directly to Tunghai from the CKS Airport, take a bus bound for Taichung. The bus counter is on the left at the end of the room when you come out of the baggage claim area. One of the windows should be marked "Taichung", use this window. There are two different busses to Taichung, the Chung-chi Rd. bus, and the Taichung Harbor Rd. bus; take the Harbor Rd. bus. The busses run from 8:30am -11pm and it takes about 2 ½ hours to get to Taichung. The cost is about NT \$225. You can get off at Chao-ma (a bus op 10 minutes from Tunghai University) and then take a bus to Tunghai. You can take one of the following busses: #106, 103, 47, or 22 (green and white, Taichung Kenyun Bus (white sign) goes onto campus, you will be dropped off at the parking lot near the chapel. All other busses drop you off outside the main gate; just pass under the highway via the tunnel. If you have a lot of luggage, take a taxi from the Taichung bus stop to Tunghai (approximately US \$14, NT \$350). Tell them you need to go to Tunghai University (pronounced Dong1 hai3 da4 xue2) If you need assistance when you arrive in Taichung, telephone the Chinese Language Center at 04-2359-0259 during normal office hours.

(Accessed on 4/19/11 at <http://www.lonelyplanet.com/taiwan/taipei/transport/getting-there-away>)

High-speed rail (hsr)

You can take a HSR train to Taichung (or to nearby New Wurih) from **Taipei** (NT700, one hour) but you may not save much time over the regular fast train and it will cost you nearly twice as much. At the time of writing there were trains running about every hour, though this frequency will certainly increase as time goes on. Below the station you can catch a regular train to Taichung station (NT15, 10 minutes, every 20 min).

To go to Tunghai from Taipei: take the train to Taichung. Be sure you take the "mountain" line (the "sea" line does not go to Taichung). The train takes about 2 ½ to 3 hours and costs (NT \$300, US \$10). If you have a lot of baggage or large pieces of luggage, it is best to take a taxi from the Taichung Train Station to the Tunghai campus. Otherwise you can take a bus from the bus station a few blocks from the train station. (see Taichung City map.) **Taipei Railway Information Desk 3 Pei W. Rd., Taipei Tel: 2-2371-3558.** Buses to Taichung leave from the Taipei West Station every 10 minutes. The trip takes about 2 ½ hours and costs around NT \$260.

Location

CLC is located on the second floor of the Department of Foreign Languages at Tunghai University. To get to CLC from downtown Taichung, students can take the number 83, 88, 103, 106, 167, 168 city buses

from Taichung Main Station or Zhonggang Road Station (中港路站), or Juye (巨業) bus heading towards Shalu (沙鹿) or Longjing (龍井). Students should get off at the Rongzong Veterans Hospital (榮總醫院) stop and use the underpass walkway to arrive at the Tunghai main gate.

**Transportation to Tunghai from
Chiang-Kai Shek (CKS) International Airport**

Foreign students will arrive in Taiwan at CKS International Airport. Various air-conditioned buses leave the airport every half hour heading south towards Taichung with fare as low as NT \$170 [students should request to be dropped off at Chaoma Station (朝馬站)]. From Chaoma Station, students are advised to take a taxi to Tunghai (approximately NT \$120). Otherwise, they may also take the number 83, 88, 103, 106, 167, or 168 city buses towards Tunghai or the Juye (巨業) bus heading towards Shalu (沙鹿) or Longjing (龍井). These buses come fairly frequently and have a NT \$20 fare. Regardless of which bus they are on, students should get off at the Rongzong Veterans Hospital (榮總醫院) stop and then take the underpass walkway to Tunghai's main gate. The total commute from CKS to Tunghai is approximately two hours.

JET LAG AND CULTURE SHOCK

We all experience jet lag in some form and it can be very disorienting and very frustrating. When traveling to Asia, the usual pattern is that one falls asleep early in the evening and wakes up around 3, 4, or 5am! It would be good to take with you some snacks for the first few mornings when you wake up with great hunger pangs.

Don't be surprised when your body feels unreasonably tired, and your brain usually fuzzy at times when you least want to be afflicted with these symptoms. Make sure you get plenty of sleep, eat healthy food, drink plenty of fluids, and get moderate exercise. These will not only help alleviate feelings of jet lag but they will also keep you from becoming prey to the nearest cold germs. It usually takes 7-10 days for most people to feel comfortable with the new schedule. But our own biorhythm can continue to protest long after that.

Traveling through time zones and for long periods of time, facing new values, habits and methods of daily life can be both exhilarating and frustrating. The uncertainty and ambiguity that comes from living in another can contribute to feelings of impatience, fatigue, depression and stress. The feelings you may go through are natural. If you are angry, impatient, homesick or depressed during the first few days, remind yourself that these feelings will pass. If homesickness or depression persists, consider seeking professional help or seek out the help of a friend, advisor, or medical provider. Give yourself time to adjust to your new environment. Use the same stress release techniques you use at home; exercise, meditation, reading, music, talking to a friend. Remind yourself that emotional highs and lows are a regular and normal part of the experience. Prepare yourself for the emotional adjustment to a new place.

AMERICAN INSTITUTE IN TAIWAN

At some point during your first few weeks in Taiwan, you should register your name and address with the American Institute in Taiwan. They will keep you notified of pertinent information for US citizens, as well as assist with lost or stolen passports and can add additional pages to your passport. Registration is now done online at:

<https://travelregistration.state.gov/>. The offices of AIT are located at:

2nd Floor, Consular Section

No. 7, Lane 134

Hsin Yi Road, Section 3

Taipei, Taiwan 106

TEL: 886-2-2162-2000 x 2306;

FAX: 886-2-2162-2239

E-mail: aitvisa@mail.ait.org.tw

M-F 8am-12noon; 1:30-3:30pm

After hours Emergency: 886-2-709-2013

No. 2 Chung Cheng 3rd Rd. 5th Floor

Kaohsiung, Taiwan 802

TEL: 886-7-238-7744;

FAX: 886-7-238-5237

M-Thurs 8:30- 11:30am

AIT's citizen's services section can also be contacted by e-mail at:

aitamcit@mail.ait.org.tw. Their website is: <http://www.ait.org.tw>

STAYING SAFE (from the U.S. State Dept. website)

CRIME: Although Taiwan is considered a medium risk location for crime, the overall violent crime rate in Taiwan remains relatively low. Travelers should avoid business establishments such as, massage parlors, illegal "barbershops", and illegal "nightclubs" because many of these establishments are run by criminals and are located in high crime areas. In contrast to their counterparts, legal barbershops prominently display the usual grooming services, and illegal nightclubs have no advertisement and are publicized by word of mouth only. Public transportation, including buses and the subway, are generally safe in Taiwan, but women should exercise caution when traveling alone in taxis late at night. In the past few years there have been several incidents of violence committed by taxi drivers against female passengers traveling alone. In the central and southern parts of Taiwan, incidents of purse snatching by thieves on motorcycles have been reported.

Local **Police departments** have foreign affairs sections that are normally staffed by English speaking officers. Police contact numbers for Taipei and Taichung are as follows: Taipei (02) 2556-6007. Taichung (04)327-3875. The loss of theft abroad of a U.S passport should be reported immediately to the local police, and to the American Institute in Taiwan.

TRAFFIC: Roads in Taiwan's major cities are generally congested, and the many scooters and motorcycles that weave in and out of traffic make driving conditions worse.

Pedestrians should exercise caution when crossings streets because many drivers may not respect their right of way.

SPECIAL CIRCUMSTANCES: The International Community Radio Taipei provides all of Taiwan with English-language programming 24 hours a day. In the event of an emergency or an approaching typhoon, travelers should tune their radios to FM 100.7. English speakers experiencing a personal crisis in Taiwan can contact the Community Services Center in Taipei at telephone (03)2836-8134 or 2838-4947 to arrange counseling or contact a support group.

CRIMINAL PENALTIES: While in a foreign country, a U.S. citizen is subject to that country's laws and regulations, which sometimes differ significantly from those in the United States and do not afford the protections available to the individual under U.S. law. Penalties for breaking the law can be more severe than in the U.S. for most offenses. Persons violating the law, even unknowingly, may be expelled, arrested or imprisoned. Penalties for possession, use, or trafficking of illegal drugs are strict and convicted offenders can expect severe jail sentences and fines. Taiwan law provides for the death penalty for some narcotics offenses.



Taiwan

Specific Information

Check out the Department of State site on Taiwan ...

http://travel.state.gov/travel/cis_pa_tw/cis/cis_1036.html

DEPARTING TUNGSHAI UNIVERSITY

Preparing for departure should begin one week before your expected date of departure. Decisions about how you will get your possessions home (hand carry or mail), getting to the airport on time, having the necessary paperwork and funds will need to be planned out in advance for things to go smoothly.

If you feel that you will need to mail some of your belongings home, there are basically two options, airmail or surface mail. Airmail is faster but more expensive, surface mail takes up to two months to arrive at its destination. If you decide to mail things surface mail, make sure the packaging is sturdy enough to survive two months questionable treatment.

To make sure you will arrive at the airport on time, it is best to purchase your bus ticket at least three days in advance at the Taichung bus station (door next to clock tower). Also, if you will need a taxi to get to the bus station, remember that taxis are not

allowed on campus unless you escort them. This means that you will have to hail a taxi before it can enter campus, or if you call a taxi you must be waiting at the main gate.

Departure from Taiwan requires your passport. There is a per person airport tax of NT \$300 (US \$12) applicable to all outbound passengers. Each person may take no more than US \$5,000 or its equivalent in other foreign currencies from Taiwan unless it was declared upon entry. Gold, silver, precious artwork and medicines may not be taken out of Taiwan. Do not agree to carry packages for strangers as part of your luggage.

EXPECTATIONS FOR BEHAVIOR

Students are expected to conduct themselves with maturity, honesty and integrity while members of this program. Students are expected to observe the rules and regulations of the host institution as well as the laws of the host country, bearing in mind that transgressions of these may cause expulsion from the school or deportation from the country.

Students should be aware that the host institution officials have the responsibility to inform the Chinese faculty, Study Abroad Director for International Programs at UPS in the event of misbehavior that is a threat to the safety of the student or those around them. The UPS faculty and staff will consult with the UPS Dean of Students Office to determine the best course of action and students will be held accountable for their behavior according to the UPS code of Student Conduct. This Code includes regulations governing civility, safety, care of property, etc.

As administrators of the China-Taiwan programs we are aware that there are areas where the laws of those countries are not parallel with those of the United States and we want to caution all students to consider this before entering these countries. Two examples of potential problem areas for students concern discussion of politics with citizens of each country, and alcohol consumption.

In the case of alcohol consumption, students should be forewarned that although there is no legal drinking age in China or Taiwan, if a student engages in heavy drinking to the point of endangering themselves or others, they may be expelled from the program. Again, the officials from the host institution are authorized to report such behavior to the UPS staff in Tacoma. As mentioned above, students will be held accountable for their behavior according to the UPS code of Student Conduct.

In the case of political matters, students should be forewarned that it is not wise to seek out intense or detailed political discussions with any local citizen as this could result in grave problems for the citizen and possible deportation for the participant.

Getting Ready

1. VACCINATIONS

Though no vaccinations are required for entering Taiwan, it is a good idea to be prepared. Consult our family doctor, university health center, or public health agency. Typhoid and tetanus vaccinations and an immune globulin inoculation for hepatitis are recommended. A cholera vaccination may also be appropriate.

Health Information for Taiwan | CDC Travelers' Health

Accessed on April 4 CDC Health Information for Travelers to Taiwan

wwwn.cdc.gov/travel/destinationTaiwan.aspx

Routine vaccines, as they are often called, such as for influenza, chickenpox (or varicella), polio, measles/mumps/rubella (MMR), and diphtheria/pertussis/tetanus (DPT) are given at all stages of life; see the [childhood and adolescent immunization schedule](#) and [routine adult immunization schedule](#). Routine vaccines are recommended even if you do not travel. Although childhood diseases, such as measles, rarely occur in the United States, they are still common in many parts of the world. A traveler who is not vaccinated would be at risk for infection.

Vaccination or Disease	Recommendations or Requirements for Vaccine-Preventable Diseases
Routine	Recommended if you are not up-to-date with routine shots such as, measles/mumps/rubella (MMR) vaccine, diphtheria/pertussis/tetanus (DPT) vaccine, poliovirus vaccine, etc.
Hepatitis A or immune globulin (IG)	Recommended for all unvaccinated people traveling to or working in countries with an intermediate or high level of hepatitis A virus infection (see map) where exposure might occur through food or water. Cases of travel-related hepatitis A can also occur in travelers to developing countries with "standard" tourist itineraries, accommodations, and food consumption behaviors.
Hepatitis B	Recommended for all unvaccinated persons traveling to or working in countries with intermediate to high levels of endemic HBV transmission (see map) and who might be exposed to blood or body fluids, have sexual contact with the local population, or be exposed through medical treatment, such as for an accident, and for all adults requesting protection from HBV infection.
Japanese encephalitis	Recommended if you plan to visit rural farming areas and under special circumstances, such as a known outbreak of Japanese encephalitis, see country-specific information .

Items to Bring with You

Medicines you may need:

- **The prescription medicines you take every day.** Make sure you have enough to last during your trip. Keep them in their original prescription bottles and always in your carry-on luggage. [Be sure to follow security guidelines](#), if the medicines are liquids.
- **Medicine for diarrhea**, usually over-the-counter.

Note: Some drugs available by prescription in the US are illegal in other countries. Check the US Department of State [Consular Information Sheets](#) for the country(s) you intend to visit or the embassy or consulate for that country(s). If your medication is not allowed in the country you will be visiting, ask your health-care provider to write a letter on office stationery stating the medication has been prescribed for you.

Other items you may need:

- Iodine tablets and portable water filters to purify water if bottled water is not available. See [Preventing Cryptosporidiosis: A Guide to Water Filters and Bottled Water](#) and [Safe Food and Water](#) for more detailed information.
- Sunblock and sunglasses for protection from harmful effects of UV sun rays. See [Skin Cancer Questions and Answers](#) for more information.
- Antibacterial hand wipes or alcohol-based hand sanitizer containing at least 60% alcohol.
- To prevent insect/mosquito bites, bring:
 - Lightweight long-sleeved shirts, long pants, and a hat to wear outside, whenever possible.
 - Flying-insect spray to help clear rooms of mosquitoes. The product should contain a pyrethroid insecticide; these insecticides quickly kill flying insects, including mosquitoes.

See other suggested over-the-counter medications and first aid items for a [travelers' health kit](#).

Note: Check the [Air Travel section](#) of the [Transportation Security Administration](#) website for the latest information about airport screening procedures and prohibited items.

2. MEDICAL INSURANCE FOR INTERNATIONAL COVERAGE

It is required that you obtain accident and illness insurance for the period of the program. You cannot go overseas without adequate medical insurance. Without such insurance, hospital fees will not be covered. All program participants, as students or teachers, are only provided with medical services at a designated local hospital, or for minor illness, at your host institution infirmary. These free medical services are provided only while you are attending the university.

Before you go abroad, you need to determine what kind of insurance coverage you can count on should you be involved in an accident or become seriously ill while you are out of the country. If you are still covered for medical expenses under a parent's health insurance, be sure to check what coverage you have while traveling abroad, and do it **BEFORE YOU LEAVE THE COUNTRY.**

For information about insurance coverage specifically tailored for people studying or traveling abroad, check with your own insurance agent or contact one of the following companies:

Wallach & Company, Inc.

107 West Federal St., P.O. Box 480
Middleburg, VA 20118-0480
800-237-6615/ 540-687-3166
(540) 687-3172 (fax)
www.wallach.com

HTH Worldwide Insurance Services

One Radnor Corporation Center
Suite 100
Radnor, PA 19087
(877) 424-4325/ (610) 254-8700
(610) 254-8797 (fax)

info@wallach.com

www.hthstudents.com

Cultural Insurance Services Int'l (CISI)

River Plaza
9 West Broad St.
Stamford, CT 06902-3788
800(303) 8120 or (203) 399-5137
(203) 339-5596 (fax)
www.culturalinsurance.com

CMI Insurance Specialists

Division of PSA Financial
1447 York Rd., Suite 300
Lutherville, MD 21093
(410) 583-2595/ (800) 677-7887
(410) 583-8244 (fax)
www.studyabroadinsurance.com/

Medex

8501 LaSalle Rd	(410) 453-6300	Mailing Address
Suite 200	(410) 453-6301 (fax)	P.O. Box 19056
Towson, MD 21286	www.medexassist.com	Baltimore, MD 21284

Listing on this page does not imply endorsement by the University of Puget Sound.

Report on medical Insurance from the U.S. State Department

Doctors and hospitals in Taiwan expect immediate cash payment for health services. The Department of State strongly urges Americans to consult with their Medical Insurance company prior to traveling abroad to confirm whether their policy applies overseas and whether it will apply to emergency expenses such as a medical evacuation. U.S. medical insurance plans seldom cover health costs incurred outside the U.S. unless supplemental insurance is purchased. Many travel agents and private companies offer insurance plans that will cover health care expenses incurred overseas, including emergency services such as medical evacuations.

When making a decision regarding health insurance, Americans should consider that many foreign doctors and hospitals require payment in cash prior to providing service, and that a medical evacuation to the U.S. may cost well in excess of \$50,000. Uninsured travelers who require medical care overseas often face extreme difficulties, whereas travelers, who have purchased medical insurance have, when a medical emergency occurs, found it life-saving. When consulting with your insurer prior to your trip, please ascertain whether payment will be made to the overseas healthcare provided or will you be reimbursed later for expenses that you incur. Some insurance policies also include psychiatric treatment and for disposition of remains in the event of death.

3. PASSPORT

If you have not yet obtained a passport, time is very short and you should start the process immediately. Your passport must be valid for 6 months past the date you expect to return to the U.S. If this is your first passport or if your passport was lost or your previous passport has expired and was issued when you were under 16, you must apply

in person. Please note that most of the Passport Agencies (not local representative offices) now require you to have an appointment for walk-in service.

Passport agencies are located in most major cities. For those in the Tacoma area, you may apply at one of the following locations:

Auditors Office

Pierce County Annex /Public Services Building
2401 S. 35th St. Room 200
Tacoma WA 98409
(253) 798-7427
Hours of operation: 8:30am-4:30pm Monday through Friday

See application procedures and print out application forms at
<<http://www.co.pierce.wa.us/pc/abtus/ourorg/aud/passport.htm>> or at <<http://travel.state.gov>>.

US Passport Agency

1102 A St
Tacoma, WA 98402-9998
(253) 471-6124

Note: We recommend that you have at least 10 photos made, as the entire exchange process will require a number of passport photos.

STAYING HEALTHY

You are off on the adventure of a lifetime. While studying abroad will be full of challenges, keeping healthy in mind, body and spirit will enable you to face both exhilarating and frustrating experiences. How you take care of yourself, how you seek out help from others when in need and how you perceive health matters in general is often embedded in your cultural presumptions. In other words, while quality medical care can be found in every part of the globe, much of how health is approached is cultural. When feeling sick or vulnerable, these cultural differences can be exacerbated.

Before you travel abroad, it is worthwhile to take a close look at the many factors that contribute to your physical and emotional wellbeing. A trip abroad will almost certainly affect your health since so many factors of daily health have to do with your lifestyle and environment. Conversely, the state of your health will have a significant impact on the success and enjoyment of your trip. With proper planning, travel can be a happy and healthy- promoting experience.

Going abroad is not a magic cure for concerns and problems at home. Both physical and emotional health issues will follow you wherever you go. In particular, if you are concerned about your use of alcohol and other controlled drugs or if you have an emotional health concern, you should address it honestly before going abroad.

Contrary to many people's expectations, travel does not minimize these problems – in fact it often exacerbates them to a crisis stage while you are away from home. Do not hesitate to inform us of any particular health needs you have (allergies, disabilities, psychological treatments, dietary requirements, etc.). We can only assist you when we are aware of your needs.

Trips are strenuous but present no particular problem for anyone in reasonably good health. Accommodations, though rapidly improving, often are cool and damp in winter, and hot in summer. Porters are rare. You will usually have to carry your own baggage, so pack accordingly.

Keep safe by finding out local practices regarding safety and security. As when exploring any new city or area, keep a low profile, ask local people for suggestions and local “common sense” practices.

PHYSICIANS AND HOSPITALS

Western type medicine is becoming more popular in Taiwan and China. Should you require hospitalization, you will have the choice between Western and Chinese Medicine. Both types of facilities are Spartan; for example, little to no heat in the winter. However, most visitors who have been hospitalized in Taiwan and China found Chinese physicians skilled and well trained. But they do lack ultra-sophisticated equipment now commonplace in the West. A unique problem for visitors with Ph negative blood; none is available in China because genetically Chinese do not have this type. The U.S. State Department describes Taiwan health facilities as “Fully adequate for routine medical treatment”. They also state that doctors and hospitals often expect immediate cash payment for services rendered.

Keep in mind that cultural and value differences play a part in medical practice abroad. Learn how to get medical help before you need it. Be flexible. Be prepared for inevitable cultural differences in the provision of medical services. Students who need a particular type of medical care should find out in advance where such care is available. In many countries, U.S. cultural behaviors are not understood or accepted. You may be perceived as difficult to work with, impatient, or demanding – remember to smile if at all possible. Health care practitioners in Taiwan may not be accustomed to treating the range of problems raised by U.S. students, especially in areas related to sexuality and life style.

Non-major hospital services in Taiwan are rather expensive compared with fees charged in the U.S. If you are taking any medication on a regular basis, be sure to take an adequate supply with you to Taiwan. Certain medication may not be available in Taiwan. If you have any serious medical problems, you can go to the Veterans Hospital in Taichung which is right outside the Tunghai University gate.

Report on Medical Facilities from the U.S. Department of State

Health facilities in Taiwan are fully adequate for routine and emergency medical treatment. Physicians are well trained and many have studied in the U.S. and speak English. State of the art medical equipment is available at many clinics and hospitals. Ambulances are available in Taiwan but are not like those in the U.S. There are no trained EMT's accompanying the ambulance, unless one lives within 2 kilometers of National Taiwan University Hospital or Veterans General Hospital. For more information on specific clinics and hospitals, please refer to the AIT web page at <http://www.ait.org.tw>.

SEEING YOUR PHYSICIAN AND DENTIST BEFORE YOU LEAVE FOR TAIWAN

A visit to your physician and dentist will ensure that you are in good health before you leave and might prevent emergencies abroad. Get needed immunizations and dental work. Update your health records, including eyeglass or contact prescriptions and any other regular medications you may need in the time abroad. If you are on prescription medication, check to be sure it is available in Taiwan as prescribed or, if not, carry a supply with you. Take copies of all medical records, prescriptions in generic form, and pertinent information; carry these with you in a safe place. If you expect to need regular medical care abroad, take a letter of introduction from your physician at home, providing details of your medical conditions, care and specific needs.

VACCINATIONS AND PREVENTATIVE MEDICATION

Definitely consult your doctor concerning your stay abroad in Taiwan if you have not already done so. You might want to discuss with him/her the vaccinations listed below. Remember also, you will have to take into account where your travels will take you. For example if you decided to travel to a tropical zone, you would be exposed to a greater variety of illnesses than a northern zone. Also, if you have special health needs, check on any particular conditions that may apply to your travel overseas.

CDC Recommended Vaccines: See your doctor at least 4-6 weeks before your trip to allow time for shots to take effect.

TRAVEL RECOMMENDATIONS FOR EAST ASIA

The below recommendations are primarily from the Center for Disease Control (CDC). Please note that some of the information is for mainland China only. For additional information, contact the CDC's International Traveler's hotline at (404) 332-4559 or visit their internet site: <http://www.cdc.gov>.

Travelers to East Asia may be exposed to potential diseases from a number of sources. These diseases are transmitted by insects, contaminated food and water, or close

contact with infected people. In order to reduce the risk of infection, travelers must: (1) Protect themselves from insects, (2) Ensure the quality of their food and drinking water, and

(3) Be knowledgeable about potential diseases in the region to be visited. The preventive measures you need to take while traveling in East Asia depend on the areas you visit and the length of time you stay. You should observe the precautions listed below. However, in highly developed areas of Japan, Hong Kong, South Korea and Taiwan, you should observe health precautions similar to those that would apply while traveling in the United States.

Travelers' diarrhea, the number one illness in travelers can be caused by viruses, bacteria, or parasites, which can contaminate food or water. Infections may cause diarrhea and vomiting (E. coli, Salmonella, cholera, and parasites), fever (typhoid fever), or liver damage (hepatitis). Make sure your food and drinking water is safe.

Malaria is a preventable infection that can be fatal if left untreated. Prevent infection by taking prescription antimalaria drugs and protecting yourself against mosquito bites. Malaria risk in this region exists only in some rural areas of China. Most travelers to East Asia at risk for malaria should take chloroquine to prevent malaria.

All travelers should take the following precautions, no matter the destination:

- Wash hands often with soap and water.
- Because motor vehicle crashes are a leading cause of injury among travelers, walk and drive defensively. Avoid travel at night if possible and always use seat belts.
- Don't eat or drink dairy products unless you know they have been pasteurized.
- Eat only thoroughly cooked food or fruits and vegetables you have peeled yourself. Remember: Boil it, cook it, peel it or forget it.
- Never eat undercooked ground beef and poultry, raw eggs, and un-pasteurized dairy products. Raw shellfish is particularly dangerous to persons who have liver disease or compromised immune systems.

Travelers visiting undeveloped areas should take the following precautions:

- Drink only bottled water, or carbonated drinks in cans or bottles. Avoid tap water, fountain drinks, and ice cubes. If this is not possible, make water safer by both filtering through an "absolute 1 micron filters" are found in camping/outdoor supply stores.
- If you visit an area where there is a risk for malaria, take your malaria prevention medication before, during, and after your travel, as directed. Protect your self from insects by remaining in well- screened areas, using repellents (applied sparingly at 4-hour intervals), and wearing long-sleeved shirts and long pants from dusk through dawn.
- To prevent fungal and parasitic infections, keep feet clean and dry, and do not go barefoot.
- Don't eat food purchased from street vendors.

- Don't handle animals to avoid bites and serious diseases.
- Don't swim in fresh water (except for well-chlorinated swimming pools) in certain areas of China (southeast, east, and Yangtze River Valley) to avoid infection with schistosomiasis. Salt water is usually safer.

WATER

Contaminated food and drink are the major sources of stomach or intestinal illness while traveling. Intestinal problems due to poor sanitation are found in far greater numbers outside the United States and other industrialized nations.

In areas with poor sanitation only the following beverages may be safe to drink: bottled water, hot beverages such as coffee or tea made with boiled water, canned or bottled carbonated beverages, beer and wine. Never drink or use tap water to brush your teeth. Your school dormitory will supply boiled water for drinking and brushing teeth. Carry with you when traveling a thermos of hot water for tea. It is safer to drink from a can or bottle of beverage than to drink from a container that is not known and dry. However, water on the surface of a beverage can or bottle may also be contaminated. Therefore, the area of a can or bottle that will touch the mouth should be wiped clean and dry.

TREATMENT OF WATER

Boiling is the most reliable method to make water safe to drink. Bring water to a vigorous boil, then allow it to cool; do not add ice, it may be made from unsafe water. At high altitudes allow water to boil vigorously for a few minutes or use chemical disinfectants. Adding a pinch of salt or pouring water from one container to another will improve the taste.

Chemical disinfection can be achieved with either iodine or chlorine, with iodine providing greater disinfection in a wider set of circumstances. For disinfection with iodine use either tincture of iodine or tetraglycine hydroperiodide tablets, such as, Globaline*, portable-Aqua and others. These disinfectants can be found in sporting goods stores and pharmacies. Read and follow the manufacturer's instructions. If the water is very cold, either warm it or allow increased time for disinfectant to work. The use of portable filters on the market is not recommended due to lack of independently verified results of their efficacy.

As a last resort, water that is uncomfortably hot to touch may be safe for drinking and brushing teeth after it is allowed to cool. However, many disease-causing organisms can survive the usual temperature reached by the hot tap water in overseas hotels and dorms.

FOOD

Food should be selected with care. Ant raw food could be contaminated, particularly in areas of poor sanitation. Foods pf particular concern include; salads, uncooked vegetables, and fruit, un-pasteurized milk and milk products, raw meat, and shellfish. Milk and milk products are safe in first class hotels; however caution should be used in unfamiliar restaurants or shops selling dairy products. If you peel it yourself, it is generally safe. Food that has been cooked and is still hot is generally safe. Food that has been cooked and stored should be avoided.

Some fish are not guaranteed to be safe even when cooked because of the presence of toxins in their flesh. Tropical reef fish, red snapper, amberjack, grouper, and sea bass can occasionally be toxic at unpredictable times if they are caught in tropical reefs rather than open ocean. The barracuda and puffer fish are often toxic and should generally not be eaten. Highest risk areas include the islands of the West Indies and the tropical Pacific and Indian Oceans.

TRAVELER'S DIARRHEA

The typical symptoms of traveler's diarrhea (TD) are diarrhea, nausea, bloating, urgency and malaise. TD usually lasts from 3 to 7 days. It is rarely life threatening. The risk of infection varies by type of eating establishment of traveler visits – from low risk in private homes, to high risk from street vendors.

The best way to prevent TD is by paying meticulous attention to choice of food and beverage. Antibiotics to prevent TD are not recommended by the Center for Disease Control because they can cause additional problems themselves. For treatment, oral fluids should be administered to sufferers of diarrhea. Fruit juices, soft drinks, preferably without caffeine, and salted crackers are advised. For severe dehydration the use of an oral rehydrationsolution is advised. Avoid dairy products, and all beverages that contain water of questionable quality.

Antimicrobial drugs such as doxycycline, and turmethoprim/sulfamethoxazole (Bactirm, Septra) may shorten the length of illness. Consult you physician for prescription and dose schedules. Antidiarrheals, such as Lomotil or Immodium, can decrease the number of diarrhea stools, but can cause complication for persons with serious infections. Diphonoxylate (Lomotil) should never be used for morthan 5 days or by persons with fever, or blood or mucus in the stool. Prompt medical attention should be sought if these conditions exist.

Most episodes of TD resolve in a few days. As with all diseases it is best to consult a physician rather than attempt self-medication, especially for pregnant women and children. Travelers should seek medical help if diarrhea is severe, bloody, or does not resolve within a few days, or is accompanied by fever and chills, or if the traveler is unable to keep fluid intake up and becomes dehydrated.

DISEASES TRANSMITTED THROUGH FOOD AND WATER

Food and waterborne diseases are the number one cause of illness to travelers and are very common in East Asia. Traveler's diarrhea is the most frequent health problem for travelers. It can be caused by viruses, bacteria, or parasites which are found universally throughout the region. Transmission is most common through contaminated food or water. Infections cause diarrhea and vomiting typhoid fever, cholera, and parasites, liver damage (hepatitis), or muscle paralysis (polio).

TYPHOID FEVER: A bacterial infection transmitted through contaminated food, and or water, or directly between people. Symptoms of typhoid include fever, headaches, tiredness, loss of appetite, and constipation more often than diarrhea. Typhoid fever can be treated effectively with antibiotics however it can be life-threatening if not treated.

How is Typhoid fever spread? Salmonella typhi lives only in humans. Persons with typhoid fever carry the bacteria in their blood stream and intestinal tract. In addition, a small number of persons, called carriers, recover from typhoid fever but continue to carry the bacteria. Both ill persons and carriers shed S. typhi in their feces.

You can get typhoid fever if you eat food or drink beverages that have been handled by a person who is shedding S. typhi or if sewage contaminated with bacteria gets into the water you are using for drinking and washing food. Therefore, typhoid fever is most common in areas of the world where hand washing is less frequent and water is likely to be contaminated with sewage.

Once S. typhi bacteria are eaten or drunk, they multiply and spread in the bloodstream. The body reacts with fever and other signs and symptoms.

Risk for Travelers: Typhoid vaccination is not required for international travel, but it is recommended for travelers to areas where there is a recognized risk of exposure to S. typhi. Risk is greatest for travelers to developing countries such as Asia who have prolonged exposure to potentially contaminated food and drink. Vaccination is particularly recommended for those who will be traveling in smaller cities, villages, and rural areas off the usual tourist itineraries. Travelers should be cautioned that the vaccination is not 100% effective and is not a substitute for careful selection of food and drink.

How can you avoid typhoid fever? Two basic actions can protect you from typhoid fever:

- 1) Avoid risky foods and drinks.
- 2) Get vaccinated

It may surprise you, but watching what you eat and drink when traveling is as important as getting vaccinated. This is because the vaccination is not completely effective and this

will protect you from other illness including, travelers diarrhea, cholera, dysentery, and hepatitis A.

“Boil it, cook it, peel it or forget it”

- Drink only bottled water, or boil water for at least a minute before drinking. Bottled carbonated water is safer than un-carbonated water.
- Ask for drinks without ice (it could be unsafe). Avoid popsicles and flavored ice that may have been made from contaminated water.
- Eat foods that have been thoroughly cooked and that are still hot and steaming.
- Avoid raw vegetables and fruit that cannot be peeled. Vegetables like lettuce are easily contaminated and are very difficult to wash well.
- When you eat raw fruits, peel them yourself, and wash your hands first.
- Avoid foods and beverages from street vendors. It is difficult for food to be kept clean on the street, and many travelers get sick from foods bought from street vendors.

Getting Vaccinated: Center for Disease Control recommends vaccination if you are traveling to a country where typhoid is common. Visit a doctor or travel clinic to discuss your vaccination options.

Remember that you will need to complete your vaccination at least one week before you travel so that it has time to take effect. Typhoid vaccines lose effectiveness after several years; if you were vaccinated in the past, check with your doctor to see if it is time for a booster vaccination. Taking antibiotics will not prevent typhoid fever they can only help treat it.

What are the signs and symptoms of typhoid fever?

Persons with typhoid fever usually have a sustained fever as high as 103 to 104 degrees F. They may also feel weak, or have stomach pains, headache, or loss of appetite. In some cases, patients have a rash or flat, rose-colored spots. The only way to know for sure if an illness is typhoid fever is to have samples of stool or blood tested for the presence of *S. typhi*.

What do you do if you think you have typhoid fever?

If you suspect you have typhoid fever, see a doctor immediately. You will probably be given an antibiotic to treat the disease. Persons given antibiotics usually begin to feel better within 2 to 3 days, and deaths rarely occur. However, persons who do not get treatment may continue to have a fever for weeks or months, and as many as 20% may die from complications of the infection. If you are being treated for typhoid fever, it is important to do the following:

- 1) Keep taking the prescribed medications for as long as the doctor has prescribed them.
- 2) Wash your hands carefully with soap and water after using the bathroom, and do not prepare or serve food for other people.



Like strokes of Chinese calligraphy, birds take flight near the National Taiwan Democracy Memorial Hall in Taipei, which honors Taiwan's nationalist leader and first president, Chiang Kai-shek.

updated, May 2017