University of Wisconsin-Eau Claire

Study Abroad
Faculty-Led Immersion

Traditional Chinese Medicine and Holistic Nursing in Taiwan
Summer 2020

Program Guide
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**CONGRATULATIONS** on being accepted to the UW-Eau Claire (UWEC) Traditional Chinese Medicine and Holistic Nursing in Taiwan Immersion program during Summer 2020! Living and studying in a foreign culture is both an exciting and a challenging experience. Past participants of study abroad report that the many advantages of international study include:

- **Building upon existing foreign language skills**
- **Gaining new perspectives on a chosen academic field**
- **Increasing understanding of different cultures**
- **Enhancing personal development**
- **Developing different perspectives on U.S. culture**
- **Gaining self-confidence and independence**
- **Learning skills for the future international job market**

It is up to you to determine how you can best benefit from these possible advantages. This is your experience!

This program guide is to be used together with the Faculty-Led Study Abroad Handbook. The Handbook has information that is valid for all faculty-led, short-term study abroad programs. This guide will provide you with specific information for the Summer 2020 program. It is designed to complement the Study Abroad Handbook, study abroad orientation and your individual pre-departure preparations.

Please realize that although this guide was written to help you better prepare for your time abroad, and that all of the information available at the time of printing has been used, it is impossible for any single resource to answer all of your questions. We strongly encourage you to contact your faculty leaders, the Intercultural Immersions staff, and students on campus with your specific questions. You should also make use of the additional written and web resources listed towards the end of this guide.

Basic questions only you can answer include:

1) What are YOUR goals for this experience? Common objectives of students abroad include advancement in future profession; wish to expand personal and academic horizons; need for a change; wish to challenge oneself with immersion in a new culture.

2) Given the way the program is set up, how can you best prepare to meet your goals? For example, perhaps one of your goals is to truly be immersed in Taiwanese culture, yet the program is quite short. How can you best meet your goal?

*The information in this guide was current at the time of printing, though changes may occur at any time.*
GENERAL INFORMATION

The Program
This faculty-led program in summer 2020 will be led by Nursing Professors, Dr. Der-Fa Lu and Dr. Diane Marcyjanik and Mrs. Chen, Shu-Chang. The program allows both nursing and non-nursing students to learn about traditional Chinese medicine and holistic nursing. Students will observe integrative medicine at different clinical settings within an acute care hospital, at an alternative birthing center, and at a catholic hospital in rural Taiwan.

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Though Nursing students at UW-Eau Claire have knowledge within Western medical health systems, this immersion give all students who participate on the program a chance to compare and contrast differences between Eastern holistic and Western curative ways.

The Location
Taiwan is a small island nation east of China. It has been recognized for its hospitality and innovative healthcare and has a highspeed train system that connects the northern and southern parts of the island. The country has many traditional Chinese temples, hot springs and mountainous terrain. The program takes place in Taipei, the capital city of almost 3 million people.

Students will spend the first several days engaging in a cultural immersion of Taipei, Taiwan’s capital city. During the second week, students will travel to Kaoshon where students will visit several hospitals and universities to gain a greater understanding of the very latest medical practices taking place in Taiwan. During the third week, students will get a different perspective by visiting additional hospitals and educational institutions in Cha-Yi. Students will then wrap up their program back in Taipei to engage in additional cultural experiences.

Itinerary
*Please do not book your international flight until after orientation on March 14th.*

The program runs from June 16 - July 9, 2020. This means you will leave the U.S. on June 16 and depart from Taipei on July 9.

TENTATIVE Itinerary:

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 16</td>
<td>Depart USA</td>
</tr>
<tr>
<td>June 17</td>
<td>Arrive in Taipei, Taiwan</td>
</tr>
<tr>
<td>June 18</td>
<td>Orientation with Taipei</td>
</tr>
</tbody>
</table>
ACADEMICS

There is additional information on academic topics such as registration, class attendance, credits and course load, grades, transcripts, and accessing the UW-Eau Claire library while abroad in your Study Abroad Handbook.

Program Prerequisites
To participate in this program, you must be in good academic standing and have the minimum 2.8 GPA required. You must also be a currently-enrolled, degree-seeking undergraduate Nursing student of Junior I or II standing. We check grades at the end of the semester prior to departure. If you are on probation, we will need to check with the faculty leader to see if you will be allowed to participate. If you have been suspended, you will not be allowed to participate in the program.

Pre-departure Orientation & Academic Planning

Attendance at the March 14th orientation is required. Also, all students will have enrolled in NRSG377 (International Dimensions of Health Care), a three-credit spring prep course that examines health care delivery systems outside the U.S. and the differing societal attitudes about people, health, environment, and health care. Meeting times and days will be announced by your faculty leaders. This spring course will prepare you for the summer program through various readings, research, and preparing presentations throughout spring semester.

Students will complete several assignments while traveling that require working individually and in groups. These assignments include group work and presentations. As students engage in discussions, visit hospitals, museums, and cultural sites in Taiwan, they will be asked to engage in cross-culture immersion activities.

Upon successful completion of the summer program, you will earn 3 credits of NRSG377 upon completion of all course requirements (students earning a B.A., B.F.A. or B.M degree in the College of Arts & Sciences cannot use study abroad to fulfill their foreign language/foreign culture requirement. See the university catalog for details). NRSG377 fulfills the LE Core Responsibility Outcome 2 (R2): Global Perspectives requirement upon completion of all course assignments.
Credits and Grades
Class attendance and participation during both the spring course as well as all summer program lectures, discussions, writing assignments, and excursions while in Taiwan is required of all students and will be considered for your final course grade. You are expected to actively participate in all activities on the itinerary.

Credits earned abroad on this program are considered UW-Eau Claire resident credits. The class you take abroad will count towards the total credits needed for graduation, and the grade will be figured into your GPA. You cannot take any credits pass / fail.

Your UW-Eau Claire Faculty Leaders will issue grades for the summer course using the usual UW-Eau Claire A-F grading scale. Grades are typically not available until late August after you have submitted your final assignment.

MONEY MATTERS
Information about how payments are made, when they are due, and the withdrawal / refund deadlines, financial aid, scholarships, budgeting and ways to bring money abroad is in your Study Abroad Handbook.

Costs Paid to UW-Eau Claire
The estimated total UNDERGRADUATE Wisconsin resident cost to participate on the summer 2020 Traditional Chinese Medicine and Holistic Nursing in Taiwan is $2,140.00.

<table>
<thead>
<tr>
<th>Total Paid to UWEC</th>
<th>$1,530</th>
</tr>
</thead>
<tbody>
<tr>
<td>Minnesota residents add reciprocity; non-residents add non-resident fees.</td>
<td></td>
</tr>
</tbody>
</table>

Estimated Additional Costs for all Students

<table>
<thead>
<tr>
<th>Cost</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meals</td>
<td>$250</td>
</tr>
<tr>
<td>Personal Expenses</td>
<td>$200</td>
</tr>
<tr>
<td>Passport / Photo</td>
<td>$160</td>
</tr>
<tr>
<td><strong>Total Additional Estimated Costs</strong></td>
<td><strong>$610</strong></td>
</tr>
</tbody>
</table>

Program Fee: What does it cover?
- Round-trip airfare from Minneapolis (MSP) - Taipei (TPE), Taiwan
- Airport pickup in Taipei for those arriving at designated time
- In-country transportation for program
- All activities, entrance fees, and site visits in the program itinerary
- Accommodation in quality hostels
- Daily morning breakfast at the hostels
- International travel insurance with CISI

Not included: the cost of a passport, some meals, personal expenses, and independent travel after or before the program.

FLIIE Funding
This program is supported by Blugold Commitment FLIIE (Faculty-led International Immersion Experience) Funding for undergraduate UWEC students. While students are encouraged to participate in multiple high-impact immersion programs, each student is eligible to receive BCDT funding for only one FLIIE experience. Graduate and non-UWEC students are not eligible to receive this funding. Blugold Commitment funding is not able to cover the entire costs of the program, but will contribute $2,000 per student toward the program fee.

<table>
<thead>
<tr>
<th>Tuition / Fees (included in spring)</th>
<th>$0</th>
</tr>
</thead>
<tbody>
<tr>
<td>Program Fee (includes airfare)</td>
<td>$3,500</td>
</tr>
<tr>
<td>FLIIE Funding</td>
<td>-$2,000</td>
</tr>
<tr>
<td>Application Fee</td>
<td>30</td>
</tr>
</tbody>
</table>
**Program Refunds from UW-Eau Claire**
The $30 application fee is non-refundable. The $150 deposit is non-refundable except in the case of a documented medical or family emergency.

The withdrawal deadline for the program is March 1. No refunds are available after March 1, and if you withdraw after March 1, you will be required to pay all program costs and any funds already committed on your behalf, up to the full program cost. All withdrawals must be in writing.

Undergraduate students who withdraw will lose their FLIEE funding. As such, they will be expected to pay ALL non-refundable program costs paid to UW-Eau Claire. For example, the FLIEE funding covers about $2,000 per student. However, a student who withdraws after the refund deadline would be responsible for paying the $3,500 estimated cost (if airfare was already purchased), which is the true cost of the program without the subsidy. Blugold Commitment program support is based on student enrollment and can only benefit students actually participating in program.

**Souvenirs & Personal Travel**
The amount of personal funds to cover souvenirs and personal travel will vary based on your shopping habits, off-program entertainment, personal spending habits, etc. We do not expect you will spend a lot on personal travel as you have limited opportunities to travel during the program due to a full calendar, though you might have time before or after the official program dates.

**Currency Exchange**
The currency of Taiwan is the Taiwan dollar (TWD). The exchange rate as of February 2020 was about 30 TWD per U.S. dollar.

**Credit Cards**
In addition to the information on credit cards in your *Study Abroad Handbook*, you should be aware that credit cards are not as widely accepted in Taiwan as they are in the U.S. Only major stores, tourist hotels, and travel agencies are likely to take them.

**ATMs: Credit / Debit Card Use**
24-hour ATMs are plentiful in the large cities you will be traveling to. The most commonly accepted U.S. credit card is Visa. You will be able to withdraw cash as soon as you land at the airport in Taipei. You should compare the international transaction fee charged by your different banks; the fee can range from 1-3%.

**HEALTH & SAFETY**
Additional information on these issues, as well as information on CISI insurance, is included in the *Health Issues and Safety Abroad* sections of your *Study Abroad Handbook*.

**Immunizations**
The CDC recommends that travelers to Taiwan discuss several vaccinations with a doctor at least four-six weeks prior to travel. Per the CDC, all routine vaccinations should be up to date prior to travel to any location. The CDC recommends that most travelers to Taiwan receive the following vaccines due to risk associated with contaminated water and food:
- Hepatitis A
For a full list of immunizations suggested, please visit the CDC page for Taiwan.

There are very few required vaccinations for travelers anywhere in the world. Requirements can only be placed by the government of the particular country, and because such requirements often discourage tourists, governments are reluctant to establish them. CDC recommendations should be taken very seriously. However, since many of the recommendations depend on the type of travel you anticipate doing, or the length of time you are staying, you need to meet with a doctor to determine what's best for your individual situation.

UW-Eau Claire's Student Health Services offers immunizations (IG, tetanus, Hepatitis B, etc.) and health education on international travel for a small fee. Call (715) 836-5360 to set up an appointment. Often, your health insurance will cover the cost of immunizations.

Prescriptions
Not all medications that are legal in the United States are legal in Taiwan. It is important to check with Assist America, a feature of your CISI Insurance to determine if your medication is legal and how to go about taking your medications abroad.

Water
Tap water is generally considered unsafe. You should drink bottled, filtered or boiled water at all times. Brush your teeth with this water also.

Carbonated bottled water, soft drinks, beer, wine, hot tea, and coffee are usually safe. Be sure to wipe off the top of a bottle before drinking out of it, or ask for a straw. By making sure that you are drinking uncontaminated water, you can reduce your exposure to many diseases such as infectious hepatitis, cholera, diarrhea and dysentery. Where water is contaminated, ice is also contaminated—you may wish to learn to order drinks without ice.

When you are not in control of your water supply, consider bringing a portable water purifier, available at most outdoor stores, and boil water vigorously for at least 10 minutes, or use water purification tablets (one tablet per quart of clear water, or two tablets if water is cloudy).

Other Keys to Staying Healthy
• Wash your hands frequently, always using soap.
• If you are buying food from street vendors, stick to breads or fruits that you peel yourself to reduce the risk of coming in contact with contaminated utensils. Fruits that cannot be peeled, fruit juices diluted with water, raw vegetables and salads that have not been washed with disinfected water should be avoided.
• In addition to bringing anti-diarrhea medication, some students experience the opposite effect. It is a good idea to bring along fiber snacks or constipation medication.

Medical Facilities
We will be working with staff in two regional hospitals. If students need healthcare, we will seek care from our partners in these hospitals. These hospitals are equipped with comprehensive healthcare resources.

Alcohol & Drugs
Alcohol: The legal drinking age for alcohol consumption is 18 years old in Taiwan. However,
if you are of age to drink, it is recommended that you take precautions to be safe while drinking – such as never leaving your drink unattended, order drinks without ice cubes, and not accepting drinks from strangers.

**Drugs:** Marijuana and other “recreational” drugs can be available in Taiwan and are **highly illegal.** Taiwanese courts treat possession of cannabis very, very severely with time in prison being the minimal punishment. Be aware that the police target foreign drug users in bribe scams. Remember, you will be subject to local laws, not U.S. laws while in Taiwan.

**Sexual Harassment & Assault**

**Harassment:** Female travelers have reported everything from staring, lewd and suggestive comments to catcalls, and groping. Often these incidents occur in crowded areas such as market places, bus/train stations, and public streets. Women travelers in Taiwan are advised to respect local dress and customs as a way to minimize harassment.

**Assault:** Crimes against women including rape have also been reported in various places in Taiwan. Suggestions to maintain stringent security precautions include:

- Avoid public transport after dark without the company of known and trusted companions.
- Restrict evening entertainment to well-known venues.
- Avoid isolated areas any time of day.
- Keep your hotel room number confidential.
- Lock your hotel room and use deadlocks/door chains while in your room.
- Hire only reliable cars and drivers. Avoid traveling alone in cabs at night.
- Keep conversations with unknown men short—getting involved conversations with unknown men can be interpreted as a sign of sexual interest.

**More info on Health & Safety in Taiwan**

Detailed information on crime, road safety, drug penalties, and terrorist activity in Taiwan is included in the [State Department Consular Information Sheet](#). It is highly recommended that you read through that information carefully before travel to Taiwan. Safety in-and-around Taiwan will be discussed during orientation.

**Emergency Contacts**

General emergency procedures are described in the *Study Abroad Handbook*, and the UW-Eau Claire faculty and local staff are available if difficulties arise. You will receive an emergency contact card prior to departure; be sure to keep it with you at all times. The information is also on the last page of this guide.

**REQUIRED DOCUMENTS**

**Passport**

General passport information is found in your *Study Abroad Handbook*. You will need a valid passport with an expiration date more than six months after the end of the program. **If you don’t have a passport, apply for one NOW because getting a new passport may take up to 6 weeks.**

**Visa**

A visa is official permission to visit a country and is granted by the government of that country. A visa is not necessary for US citizens if you are staying for 90 days or fewer.
PACKING TIPS

In addition to the general packing information in your Study Abroad Handbook, you should know the following about Taiwan.

Clothing & Weather
Summer weather in Taiwan is warm and humid with frequent afternoon thunderstorms, as summer is in the rainy season. There is more rainfall in the south than in the north. The average low and high temperatures, respectively, are 21 °C (61 °F) and 26 °C (79 °F).

Take clothing that is machine washable and does not wrinkle easily. Choose a color scheme and bring mix-and-match clothing. Dark colors show dirt less quickly when you travel.

Appliances
The standard electric current in Taiwan is 110-120 volts. U.S. appliances such as hair dryers and electric razors run on 110 volts. If you plan to bring these appliances, you might need a converter. You will likely find outlets in your hotel room that will fit U.S.-style plugs, while other outlets may not work. You may also choose to simply buy the appliances you need in Taiwan.

Other Items to Bring
- At least one towel and washcloth
- Personal products like shampoo, body wash/bath bar, deodorant, other personal health, beauty and hygiene products that you may need (travel size is recommended)
- Medications – both prescription and over-the-counter. Past students recommend bringing your own pain relievers, lotions, and cold/flu medicine.
- Travel size tissues and toilet paper (Bring several packs and always have one on you because public restrooms often do not provide toilet paper.)
- Wet wipes / hand sanitizer (travel size)
- A small purse or bag in which to carry tissues, toilet paper, and sanitizer
- A fork and a knife that you want to carry on you when you eat at the cafeteria
- Phrase Book of English to Mandarin
- Keepsakes from Eau Claire or the U.S. that you can give to local friends

GETTING TO TAIWAN

Fox Travel
All students on faculty-led immersion programs sponsored through UWEC are required to purchase their international flights through Fox World Travel. Please contact a Fox World Travel agent (open 7:00am-5:30pm on weekdays) through one of the options below:

- Call toll-free (866) 230-8787 (option 4)
- Email uwgroups@foxworldtravel.com with Group Code in subject line
- Give them GROUP CODE: 09UW5182

Have ready:
- Name exactly as it appears on your passport
- Passport number and expiration date
- Credit card number to charge

Travel Arrangements
It is your responsibility to make travel arrangements to get to Taiwan. You are encouraged you to consider traveling with another program participant—a travel companion can make arrival in a new country safer and much less intimidating! You will have the opportunity to discuss travel arrangements with your fellow study abroad participants during orientation.
The faculty leaders will meet you at an agreed upon meeting place and time at Taipei International Airport where you will go to the hotel together. **Pick up service will be arranged to meet students arriving at the designated time.** Should you not arrive at the designated time, you will be responsible for finding your own way to the hotel.

**SETTLING IN**

**Housing**
Two to four same gender students will share a room. These rooms will have air condition or fan for comfortable sleep at night.

**Food**
Ethnic Taiwanese and / or Chinese food should be regularly expected during your program. Everyone will dine at the facility or hotel dining room with warm and healthy meals throughout the program.

**COMMUNICATION**

*Information on accessing your UW-Eau Claire email address, which you need to check while abroad, is in your Study Abroad Handbook.*

**Time Difference**
Taiwan is 14 hours ahead of Eau Claire. For example, when it is 1:00 PM on Thursday in Eau Claire, it is 3:00 AM on Friday.

**Telephone Information**

*From the U.S. to Taiwan: * To call someone in Taiwan, you must first dial 011, which is the international dialing code. Next, you dial 886 (the country code for Taiwan), and the rest of the number. You will not have phones in your rooms and will be responsible for any international calls made from the hotel.

Before you leave the U.S., check to see if your cell service provider has a reasonable international plan. Technology changes every day and it may be the case that you will not need a SIM card to access a cell signal while in Taiwan.

Another excellent option is to use Wi-Fi-based communication apps such as Line, WhatsApp, Viber, or Signal that require minimal bandwidth—unlike Facebook Messenger. These apps allow you to communicate for free anywhere in the world with anyone else, as long as you have a Wi-Fi connection and that both parties have downloaded the free app. This is particularly helpful when communicating with others in the group from hostels, airports, restaurants, cafes or museums. You will likely meet local folks who communicate regularly through these apps.

The Skype app also allows you to speak for free to friends and family at home if they, too, have downloaded Skype. Be sure to bring a headset so you can use Skype without disturbing others. Skype calls to the U.S. to people without Skype cost about 2 cents per minute.

**Computer / Email Access**
The hotels and hostels in which you will be staying are all equipped with Wi-fi. Furthermore, most hospitals, museums, restaurants, coffee shops, etc. will have Wi-Fi available for you to access.
CONTACT NAMES & ADDRESSES

GENERAL UW-EAU CLAIRE & CISI CONTACT INFORMATION IS IN YOUR STUDY ABROAD HANDBOOK.

Please copy this page and leave it with your emergency contact and / or parents.

FACULTY LEADERS

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lud@uwec.edu

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Nursing 231
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marcyjdl@uwec.edu

UWEC ACADEMIC AFFAIRS

Dr. Jeff DeGrave
Intercultural Immersions Coordinator
degravjr@uwec.edu
Schofield Hall 17
Phone: (715) 836-4471
Fax: (715) 836-4948

OTHER RESOURCES

The U.S. Department of State offers useful travel information in the “Travel” section of their Website: https://www.state.gov/travel/.

The American Institute in Taipei*
3rd Floor, Consular Section
#7, Lane 134, Hsin Yi Road, Section 3
Taipei, 106 Taiwan
Telephone: +(886) 2-2162-2000 ext. 2306
Emergency Telephone: +(886) 2-2162-2000.
Fax: +(886) 2-2162-2239
amcit-ait-t@state.gov

* There is no “official” U.S. embassy in Taiwan due to political complications related to China. However, The American Institute in Taipei serves as the de facto embassy and provides regular consular services found in all U.S embassies and consulates.

UW-Eau Claire After Hours Numbers

(715)839-4972  or  (715)577-9045

In an after-hours emergency, please call University Police at (715) 577-9045. Calls can be made to this number 24 hours a day. You may get an answering machine; however, an officer is alerted as soon as you have left your message. Be sure to give the officer the phone number you can be reached at, as well as what type of assistance you require.