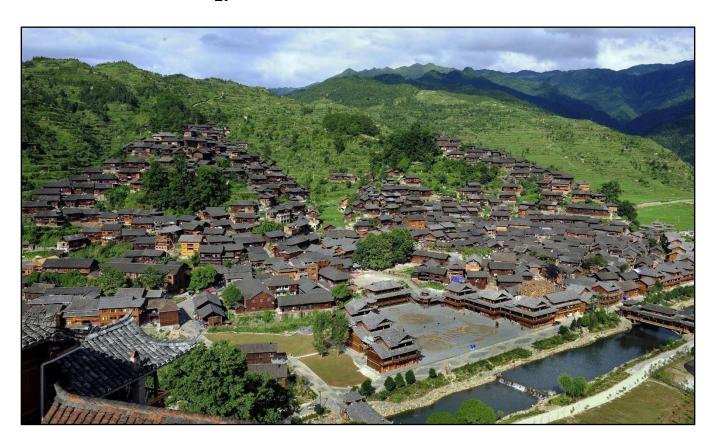
University of Wisconsin-Eau Claire

Study Abroad

Faculty-Led Immersion



REPRESENTING CULTURES IN SOUTHWEST CHINA WINTERIM 2019

Program Guide

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CONGRATULATIONS on being accepted to the UW-Eau Claire Representing Cultures in Southwest China study abroad program during Winterim 2019! Living and studying in a less familiar, more international 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 world 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 general Faculty-Led Study Abroad Handbook. The Handbook contains information that is pertinent to all faculty-led, short-term study abroad programs. This guide will provide you with specific information for the China Winterim program, complementing 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 contains all of the information available at the time of printing, it is impossible for any single resource to answer all of your questions. We strongly encourage you to contact your faculty leaders, the Immersions staff, and past program students on campus with your specific questions. You should also make use of the additional written and web resources listed near 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; desire to expand personal and academic horizons; need for a change; and the wish to challenge one's self by being immersed in a new culture.
- 2) Given the way the program is set up, how can you best prepare to meet your goals? For example, if one of your goals is to truly be immersed in the Chinese or Hmong culture but 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

China is commonly known to possess the largest population of any country on Earth, with well over 1 billion inhabitants. However, often overlooked on a national and global scale are the many minority populations within China that are not ethnically Chinese, including the Miao / Hmong. Across the world, the experiences of minority groups vary greatly from those of majority populations. This program provides students the opportunity to learn first-hand about the global forces that continue to shape everyday life for minority populations in China. This faculty-led international immersion experience also enables students to gain a greater appreciation for the diversity of cultures, languages, values, and practices within the contemporary experiences of Hmong and other minority ethnic groups in southwestern China.

A combination of pre-departure lessons, on-site lectures, and tours of important cultural sites will give participants a basic overview of China today. **Joe Orser** will be the primary faculty leader during this Winterim 2019 faculty-led program, accompanied by **Khong Meng Her**, Associate Student Services Coordinator for Blugold Beginnings.

The Location

The base of operations will center on Yunnan and Guizhou provinces, in southwestern China. There are 55 minority nationalities recognized by the Chinese government, and Yunnan province alone has 24 recognized minority ethnic groups. One of these groups is the Hmong. China has the largest population of Hmong in the world, and scholars widely recognize China as their place of

origin. Most of the country's 9 million Hmong people live in southern China, including within Sichuan, Guizhou, and Yunnan.

Tentative Program Calendar

*Please do not book your international flight until after orientation on October 13th.

The program runs from January 4-26, 2019. This means you will leave the U.S. on January 4 and depart from China on January 26.

Γ		
January 4	Depart USA	
January 5	Arrive in Chongqing, China	
January 6-8	Site visits in Sichuan	
	province	
January 9-11	Lectures, activities in	
	Guiyang, Guizhou province	
January 12-18	Homestay in village in	
	Guizhou province	
January 19	Travel to Kunming, Yunnan	
	province	
January 20-22	Lectures, activities in	
	Kunming, Yunnan province	
January 23-25	Site visits in Yunnan	
	province	
January 26	Return to USA (end of	
	program	

ACADEMICS

Program Prerequisites

To participate in this immersion program, you must be in good academic standing and have the minimum 2.3 GPA required. We check grades at the end of the fall 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.

Winter Course

Upon successful completion of the program, you will earn 1 credit of the **HIST 280: History Travel Seminar**. Since this is a short-term program, the academic structure has been adjusted so that you can get a valuable immersion experience in the host country in about three weeks. The program in China will include a combination of lectures by local faculty, visits to area universities, various cultural sites visits, and more. Learning will take place through all these methods. There is no required textbook and all required materials will be on D2L.

For students in catalog years through 2015-16, IDIS 155 fulfills GE-V and 1 credit of the Foreign Culture requirement upon successful program completion (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).

For students in catalog years 2016-17 and later, HIST 280 fulfills the Responsibility Outcome 2 (R2): Global Perspectives requirement upon completion of all course assignments.

Credits and Grades

Participation in program lectures and excursions while in China 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 course using the usual UW-Eau Claire A-F grading scale. Grades are typically not available until late February after you have submitted your final assignment.

Cultural Visits

Cultural visits include the Overseas Hmong Roots-Searching Monument and other sites central to Hmong origin stories in Sichuan province; the Ethnic Minorities Museum, Guizhou Provincial Museum, and Xijiang Miao Village in Guizhou province; and the Yunnan Nationalities Museum and the border with Vietnam at the Red and Green rivers, where the Hmong crossed from China into Southeast Asia.

MONEY MATTERS

Information about how payments are made, when they are due, withdrawal / refund deadlines, financial aid, scholarships, and budgeting is in your Study Abroad Handbook.

Costs Paid to UW-Eau Claire

The **estimated** total UNDERGRADUATE Wisconsin resident cost to participate on the winter 2019 Representing Cultures in Southwest China immersion program is \$3,292.

Tuition/Fees (WI Res, 1 credit)	\$ 367
Program Fee (including airfare)	\$3,600
Application Fee	\$ 30
Subtotal	\$3,997
FLIIE Funding	-\$1,500
Total Paid to UWEC	\$2,497

Minnesota residents add reciprocity; nonresidents add non-resident fees.

Estimated Additional Costs

Meals	\$ 200
Personal Expenses	\$ 200
Passport/photo	\$ 135
Chinese Visa	\$ 260
Airfare (included in program	
fees)	
Total Additional Costs	\$ 795

Program Fee: What does it cover?

- Guest lectures at Guizhou University and Yunnan University of Nationalities
- Lodging throughout the entire program
- Breakfast, many lunches and dinners
- In-country transportation
- All activities, entrance fees, and site visits in the program itinerary
- International travel insurance with CISI

FLIIE Funding

This program is supported by Blugold Commitment FLIIE (Faculty-led International Experience) **Immersion** Funding for undergraduate UWEC students. While students are encouraged to participate in multiple highimpact 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 \$1,500 per student toward the program fee.

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, 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 of events. However, multiple

opportunities for souvenir shopping and more will arise.

Program Refunds from UW-Eau Claire

The \$30 application fee is non-refundable. The withdrawal deadline for the program is October 1. No refunds are available after October 1, and if you withdraw after October 1, you will still 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 FLIIE funding. As such, they will be expected to pay ALL non-refundable program costs paid to UW-Eau Claire. A student who withdraws after the refund deadline would be responsible for paying the \$4,000 estimated cost, which is the true cost of the program without the FLIIE subsidy. FLIIE program support is based on student enrollment and can only benefit students actually participating in program.

Currency Exchange

The currency of China is the Renminbi, also known as the Yuan. It is abbreviated as either CNY or RMB and means "People's Currency." You can find examples of bills and coins at http://www.chinatoday.com/fin/mon/. The exchange rate as of August 2018 was about 6.9 CNY per U.S. dollar. You can find current exchange rates at http://www.oanda.com/convert/classic.

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 China as they are in the U.S.** Only major stores, tourist hotels, and travel agencies

are likely to take them. Students have mentioned in the past that they carry more cash in China than we do in the U.S., so be prepared to have more cash on you than you may be used to.

ATMs: Credit / Debit Card Use

24-hour ATMs are plentiful in the large cities you will be traveling to and you can withdraw cash from an ATM as soon as you land at the airport. The most commonly accepted U.S. cards are Visa and MasterCard. You should compare the international transaction fee charged by your different banks; the fee can range from 1-3%. Some travelers have reported ATMs snatching back money if you don't remove it within around 30 seconds; others have reported having to wait 30 seconds or more for the funds to be released from the machine.

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 Center for Disease Control (CDC) recommends that travelers to China discuss several vaccinations with a doctor at least 4-6 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 China receive the following vaccines due to risk associated with contaminated water and food:

- Hepatitis A
- Typhoid

For a full list of immunizations suggested, please visit the CDC page for China.

UW-Eau Claire's Student Health Services offers some routine immunizations (IG, tetanus, Hepatitis B, etc.) and health education on international travel for a small fee. To set up an appointment call: (715) 836-5360.

Often, your health insurance will cover the cost of immunizations. If your immunizations are not covered by your health insurance and you receive financial aid, you can meet with the Office of Financial Aid to inquire if these can be added to your total financial aid budget.

Prescriptions

Not all medications that are legal in the United States are legal in China. It is important to check with TEAM Assist, a feature of your CISI Insurance to determine if your medication is legal and how to go about taking your medications abroad. Many medications for Attention Deficit Disorder (ADD) or Attention Deficit Hyperactivity Disorder (ADHD) are illegal in China.

If you have specific questions about whether your medication is a controlled substance in your host country, contact:

Assist America, the information/assistance branch of CISI insurance, the UW-System study abroad insurance provider.

- For toll-free Assist America 24/7/365 call:
 - Within the U.S: 1-800-872-1414
 - o Elsewhere (call collect): 1-609-986-1234
- E-mail: <u>medservices@assistamerica.com</u>
- Identify yourself with reference number 01-AA-CIS-01133

Common Health Problems

The most common health problems for U.S. Americans in Asia are gastro-intestinal issues. They usually occur as a result of the change in diet, the different meal schedule, and organisms unfamiliar to your system.

A very common ailment is traveler's diarrhea. It can largely be avoided by being careful about where and what you eat, and avoiding dairy products if they are not pasteurized. If you do come down with it, the following suggestions will help speed recovery and guide your decision to seek formal care:

- 1. It will usually run its course in three to five days. The worst symptoms usually occur the first day. Bed rest may help relieve cramps.
- 2. The main risk of the illness is dehydration. Be sure to maintain fluid intake. An excellent source of fluid replacement is ORS or Oralyte, a prepackaged liquid sold in many countries. If unavailable, the following recipe will provide similar value: one liter carbonated water, 1/2 teaspoon salt, 1/2 teaspoon baking soda (not baking powder), 4 tablespoons sugar.
- 3. An over-the-counter medicine like Pepto-Bismol may help relieve nausea and vomiting.
- 4. See your physician before departing for China regarding the possibility of bringing along anti-diarrheal medication such as Levaquin or Cipro.

If nausea and vomiting persist for more than 24 hours, if you develop a fever over 101 degrees F, or if you develop severe abdominal pain, a physician should be contacted immediately.

Water

Although China is in the process of updating its water purification systems, **tap water is generally considered unsafe.** You should drink bottled or boiled water always. You should even brush your teeth with bottled or boiled water!

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 want to order drinks without ice. In general, stay away from any bottled water where the plastic of the bottle is not strong or clear, as this may mean the bottle was reused.

Other Keys to Staying Healthy

- Insects (mosquitoes, ticks, and fleas) can cause many diseases, so you should take general precautions such as covering exposed skin, using insect repellant, and sleeping with a bed net if necessary.
- Wash your hands frequently with soap.
- Keep away from animals such as stray dogs, as they may carry rabies.
- If you are buying food from street vendors, stick to breads or fruits that you peel yourself. (The knives used might be dirty.) 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-diarrheal medication, some students experience the opposite effect. It is a good idea to bring

along fiber snacks or constipation medication.

Access to Medical Facilities

Guizhou University is a leading medical university within China and Guizhou Provincial People's Hospital was the first Chinese hospital to receive the Verification of Performance award. Yunnan University of Nationalities has full medical facilities on their campus. The Hospital of Yunnan University of Nationalities has also won many awards for its service and research.

Alcohol & Drugs

Alcohol: The legal drinking age in China is 18. However, remember that you will want to keep in mind that cultural practices and traditional customs may be more important in determining the appropriate time, place, and circumstances for consuming alcohol than the law.

Drugs: Marijuana and other "recreational" drugs are widely available in China **and highly illegal.** China also has a reputation for its "harsh" antidrug laws. Though the full range of penalties for possession of marijuana is disputed, possession of any amount of cannabis will lead to several weeks of jail time. For other drugs, the penalties are **extremely** severe.

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 China 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

China. 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 or 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. Involved conversations with unknown men can be interpreted as a sign of sexual interest.

More info on Health & Safety in China

Detailed information on crime, road safety, drug penalties, and security in China is included in the <u>State Department Consular Information Sheet</u>. It is highly recommended that you read through that information carefully before travel to China.

Emergency Contacts

General emergency procedures are described in the *Study Abroad Handbook*, and the UW-Eau Claire faculty, Guizhou University, and Yunnan University of Nationalities 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. This information is also listed on the last page of this guide.

REQUIRED DOCUMENTS

Passport

General passport information is found in your *Study Abroad Handbook*, but you will need a

valid passport with an expiration date more than six months after the end of the program.

IMPORTANT FOR DUAL NATIONALS

China does not recognize dual citizens and considers U.S.-born children of Chinese nationals to be Chinese citizens. See the **Entry**, **Exit & Visa Requirements** in the <u>State</u> <u>Department Consular Information Sheet</u> for more information.

Visa

A visa is official permission to visit a country and is granted by the government of that country. It is your responsibility to obtain a **TOURIST VISA** from the Chinese government. If you are not a U.S. citizen, or you plan to travel to other countries while you are abroad, you should verify visa requirements for each country by contacting the nearest consulate or your travel agency. You need to know before you go! You will receive specific information about your visa at orientation.

PACKING TIPS

In addition to the general packing information in your Study Abroad Handbook, you should know the following about the three main regions of China in which you will be traveling: Sichuan province, Guizhou province, and Yunnan province.

Clothing & Weather

The latitude of the regions in Southwest China that you will visit is similar to that of Miami, but because this part of China in mountainous, the weather will be chilly and you will want to dress warmly. Guizhou and Yunnan average a high

temperature of around 48°F and a low of 36°F in January, and the air is often damp and drizzly.

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 China is 220 volts. U.S. appliances such as hair dryers and electric razors run on 110 volts, meaning that if you plug a U.S. device built to function on 110 volts into an outlet with 220 volts of electricity, you will likely burn up your appliance. There are three types of outlets that are used in China, including outlets that will fit U.S. style plugs. Generally speaking, however, these plugs tend to be found in hotels marketed to Westerners. You will likely find many outlets that do not fit U.S. plugs. Therefore, if you plan to bring any appliances, you will likely need a converter (that adjusts the amount of electricity entering the appliance) and a plug adapter (to allow your device to fit into the electrical outlet in the wall). You may also choose to simply buy the appliances you need in China.

Other Items to Bring

- At least one towel and washcloth
- Personal toiletry articles (not all products, especially feminine, will be available for purchase in China)
- 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 often Chinese public restrooms don't provide toilet paper.)

- *Wet wipes / hand sanitizer (travel size)*
- A small purse or bag 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 (Only spoons and chopsticks are provided, you may go hungry if you struggle with chopsticks.)
- Shoes: One dressier pair, plus one pair of comfortable and broken-in walking shoes, and a pair of cheap shower sandals (to be used in the bathrooms, which tend to stay cold and wet)
- Warm socks
- Travel umbrella

*Check if your medication is a controlled substance in China and you need a permit.

GETTING TO CHINA

Travel Arrangements

You will be traveling to and from China on a group flight with at least one of your faculty leaders. The flight details are:

January 4, 2019

Delta Airlines 2780

Depart Minneapolis/St. Paul (MSP) at 10:00am Arrive at Chongqing airport (CKG) on January 5 at 11:50pm on Chinese Eastern Airlines 5433. (Along the way, the group will change planes in Chicago and Shanghai.)

It is your responsibility to arrive at the Minneapolis/St. Paul airport 3 HOURS before the flight's departure. Upon arrival at Chongqing, a bus will transport the group to the hotel.

January 26, 2019

China Eastern Airlines 747
Depart Kunming airport (KMG) at 7:30am
Arrive MSP at 6:40pm on Delta Airlines 1938.
(Along the way, the group will change planes in Shanghai and San Francisco.)

NOTE: You must make your own arrangements to travel to / from MSP to / from your home city.

SETTLING IN

Housing

In China, you will stay in a combination of hotels, guest houses, and homestays. Hotel rooms will be equipped with an air-conditioner, color TV, refrigerator, telephone, a private bathroom, and most likely Internet access. Some of the staff will speak basic English. Homestays usually will not have these amenities—you will be sharing living spaces with host families who may not speak English—but they will provide a very authentic and memorable experience! Breakfast is included.

Please note that in China, as in many other countries in the world, **electrical outages are common** and may even be scheduled at times.

Food

Guizhou cuisine incorporates many unique flavors, including a wide variety of spices. Their mix of spicy and sour dishes is legendary. As one local adage goes, "Without eating a sour dish for three days, people will stagger with weak legs." Given the ethnic diversity of Yunnan province, the spectrum of flavors is vast. Many Yunnan dishes are often spicy, yet Yunnan is also famous for its cheeses and soups.

The price of the food is relatively inexpensive. But remember that you will be eating Chinese cuisine for breakfast, lunch, and dinner. You may want to bring your favorite granola bar or cereal bars to fill in for breakfast or a snack occasionally.

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

China has only one time zone and therefore the entire country is 13 hours ahead of Eau Claire. For example, when it is 1:00 pm on a Thursday in Eau Claire, it is 2:00 pm on Friday everywhere in China.

Telephone Information

From the U.S. to China: To call someone in China, you must first dial 011, which is the international dialing code. Next, you dial 86 (the country code for China), then 851 (the city code for Guiyang) or 871 (the city code for Kunming), followed by the rest of the number.

International phone calls dialed from hotel room phones are not free and you will be responsible for any international calls made from any hotel. Wi-Fi will be available at various locations throughout the program. Downloading free wifibased communication apps like WhatsApp, Viber, or Signal allow you to make international calls for free to anyone who also has that app.

Computer / Email Access

You will likely be able to access the Internet at hotels. You might be without any Internet access

during your homestays, however, and while you are staying in remote villages in southwestern China.

If you do pack a laptop, consider bringing your own adapter. Again, the standard electric current in China is 230 volts. Be sure to check for a sticker on your computer that reads something like "110v/240v" to ensure your computer is equipped to function on more than 110 volts. If not, you will need to buy **both a converter and an adapter** in order to safely plug in your computer.

Adapters are available inexpensively at electronics and travel stores. Make sure to always plug in on a power strip, if available, as there are often spikes and outages on power grids in China. Also, due to strict Internet regulations in China, you will want to make sure you have your laptop ready to go before you leave, as noted below:

Advice from a previous student:

"If you are bringing your laptop, you're going to want to have your UWEC VPN set up on your laptop before you come to China. This way you can surf internet sites blocked by the Chinese government (Facebook, YouTube, blog sites, etc.)."

Useful Websites

Lonely Planet

https://www.lonelyplanet.com/china/guizhouhttps://www.lonelyplanet.com/china/yunnan

Wikipedia

https://en.wikipedia.org/wiki/Guizhouhttps://en.wikipedia.org/wiki/Yunnan

Chinese Government's Official Website

http://www.gov.cn/english/

U.S-China Relations according to the US State Department:

https://www.state.gov/r/pa/ei/bgn/18902.htm

Chinese Geography, History and Government

https://www.infoplease.com/country/china

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CONTACT NAMES & ADDRESSES

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

UWEC FACULTY LEADERS

Joe Orser

History and English Centennial Hall 4212

Tel: 715-836-3972 Email: orserja@uwec.edu

Khong Meng Her

Associate Student Services Coordinator,
Blugold Beginnings
Brewer Hall 271
Tel: 715-836-4304

Email: herkm@uwec.edu

UWEC ACADEMIC AFFAIRS

Jeff DeGrave

Interim Intercultural Immersion Coordinator

degravjr@uwec.edu Schofield Hall 17C

Tel: 715-836-4471 Fax: 715-836-4948

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, but 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.

OTHER RESOURCES

The U.S. Department of State offers useful travel information on the "Travel" section of their Web site- https://www.state.gov/travel/.

China Emergency Number: 110

U.S. Embassy in Beijing

U.S. Embassy No. 55 An Jia Lou Rd Chaoyang District 100600 Beijing, China

Phone: +86-10-8531-3000

Emergency Number: +86-10-8531-4000

Fax: +86-10-8531-4200 Email: BeijingACS@state.gov

We suggest that you copy this page and leave it with your emergency contact and/or parents.