



Global Health Fellows

NORTHERN PACIFIC GLOBAL HEALTH RESEARCH
FELLOWS TRAINING CONSORTIUM

China Handbook

Global Health Fellowship Program

Updated: 3/27/2015



Table of Contents

NPGH CONSORTIUM IN CHINA	3
Consortium Universities	3
Partner Institutions	3
COUNTRY OVERVIEW	7
Health Statistics	8
Health & Healthcare.....	8
PREPARING FOR YOUR TRIP	8
Financial	8
Entry/Exit Requirements	8
Passport and Visa.....	8
Upon Arrival.....	8
Vaccines	9
Other Documentation.....	9
Traveler Security Registration & Emergency Contacts	9
Emergency Contacts	9
Smart Traveler Enrollment Program (STEP).....	9
Packing for your Trip	10
IN-COUNTRY	11
Communication	11
Money.....	11
Housing	12
Transportation & Traveling	12
Entertainment	13
Food	13
Personal Safety	14
Guide to Beijing	14
Guide to Guangzhou	15
REFERENCES AND RESOURCES	16

NPGH CONSORTIUM IN CHINA



Consortium Universities

- University of Michigan
- University of Washington
- University of Hawai'i

Partner Institutions

- Peking University
- China CDC
- Chinese University of Hong Kong

Peking University Health Science Center (PUHSC): As the most prestigious comprehensive medical institution in China, Peking University Health Science Center (PUHSC) developed out of Peking Medical School, the first national school of western medicine established by the Chinese government through its own efforts. Since its inception in 1912, PUHSC has cultivated a large number of high-level medical and health talents for the country, and has made outstanding contributions to improving the health of the Chinese people. PUHSC has five academic schools, namely, School of Basic Medical Sciences, School of Pharmaceutical Sciences, School of Public Health, School of Nursing, and School of Foundational Education. In addition, it has eight nationally known affiliated hospitals.

Joint Institute for Clinical and Translational Research (JI): In 2010, the JI was established between the University of Michigan Medical School and PUHSC. This Institute has been capitalized with \$14 million USD in matching contributions from both institutions for collaborative grants and supporting cores. The success of the JI will be measured in the ability to execute translational and clinical research studies in the U.S. and China on diseases relevant to both countries. Specifically, information from pilot studies funded by the JI is being leveraged for extramural funding from the U.S. and Chinese governmental agencies, as well as philanthropy. To date, six pilot studies have been initiated, with another two planned. The projects have a co-lead at PUHSC and one at the University of Michigan Medical School who is an NIH-funded investigator.

The foci of the three programs are lung disease (i.e., the influence of the microbiome on COPD and lung cancer), liver disease (i.e., hepatitis C, hepatoma, fatty liver disease), and cardiovascular disease (i.e., genetics of hypertension, HDL, and coronary artery disease). In addition to these three programs, three cores have been established: a biomedical informatics/biorepository core, a human protection/IRB core, and a science of collaboration core. Trainee and faculty exchanges are an active component of the JI.

The University of Michigan has a long history of scholarship with China that dates back over 100 years. This is particularly true of the health science schools. For example, 22 of the Departments within the Medical School are in active collaboration with 31 different medical schools in China. A recent PubMed analysis documents 481 papers with a first author in a Chinese medical school and a co-author from the University of Michigan Medical School. Similarly, the School of Public Health has a diverse set of initiatives in the areas of vaccine delivery and environmental health (e.g.-lead toxicity).

Wuhan University and Fudan University: The University of Hawai'i has active education and research programs in China. A unique exchange program between the UH Office of Public Health Studies (UH-OPHS) and these most prestigious Schools of Public Health in China (Wuhan and Fudan) is helping to foster groundbreaking research on a variety of public health and environmental science topics, such as environmental impacts of the Three Gorges Dam project, sexual behavior in Chinese college students, stress in the workplace, and environmental health. The exchange program, which started in 2007, provides an opportunity for graduate students from the three institutions to perform research either in Hawaii or China two or three times a year. More than 50% of faculty members from UH-OPHS have travelled in China to teach or conduct research. Yuanan Lu, a professor of environmental health, and Jay Maddock, director of UH-OPHS, co-founded this program, which now has a long wait list of outstanding candidates.

COUNTRY OVERVIEW



Health Statistics

Total population: 1,353,311,000

Gross national income per capita (PPP international \$): 6,010

Life expectancy at birth m/f (years): 72/76

Probability of dying under five (per 1 000 live births): 19

Probability of dying between 15 and 60 years m/f (per 1 000 population): 142/87

Total expenditure on health per capita (Intl \$, 2009): 309

Total expenditure on health as % of GDP (2009): 4.6

Healthcare

The New Rural Co-operative Medical Care System (NRCMCS) is a 2005 initiative to overhaul the healthcare system, particularly intended to make it more affordable for the rural poor. Under the NRCMCS, the annual cost of medical coverage is 50 yuan (US\$7) per person. Of that, 20 yuan is paid in by the central government, 20 yuan by the provincial government and a contribution of 10 yuan is made by the patient. As of September 2007, around 80% of the rural population of China had signed up (about 685 million people). Western style medical facilities with international staff are available in Beijing, Shanghai, Guangzhou and a few other large cities. Reform of the health delivery system in urban areas of China has prompted concerns about the demand and utilization of Community Health Services Centers (CHC); a 2010 study, however, found that insured patients are less likely to use private clinics and more likely to use CHC.

Despite the introduction of western style medical facilities and the implementation of a National Essential Drug Policy, China has several emerging public health problems,

which include problems as a result of pollution, a progressing HIV-AIDS epidemic, hundreds of millions of cigarette smokers, and the increase in obesity among the population. Hepatitis B is endemic in mainland China, with about 10% of the population contracting the disease. Strains of avian flu outbreaks in recent years among local poultry and birds, along with a number of its citizens, have caused great concern for China and other countries.

China has embraced its responsibility to global public health, including the strengthening of surveillance systems aimed at swiftly identifying and tackling the threat of infectious diseases such as SARS and avian influenza. Another major challenge is the epidemic of HIV/AIDS, a key priority for China.

PREPARING FOR YOUR TRIP

Financial

Please notify your credit card and banking institutions that you will be abroad for 11 months to prevent problems accessing funds while you are abroad.

Entry/Exit Requirements

Passport and Visa

- To enter China, you need a visa as well as one year's validity remaining on your passport. U.S. citizens traveling to China may apply for up to a one-year multiple-entry visa.
- The Chinese Embassy and consulates general in the United States do not always issue maximum validity visas even if requested to do so. A multiple-entry visa is essential if you plan to re-enter China, especially if you plan to visit either Hong Kong or Macau and return to China. Visit the website of the Embassy of the People's Republic of China for the most current visa information: www.china-embassy.org/eng/ another helpful website: <http://uschinavisa.com/>
- You must have a valid visa not only to enter China, but also to leave China. If your visa has expired while you are in China, immigration authorities will not permit you to exit the country until you receive a new visa.
- It is recommended you apply for a student visa. The following are requirements for a student visa:
 - Valid passport and a copy of the information page
 - Application
 - 1 2x2 photo
 - An original and a photocopy of letter of admission and Foreign Student Visa Application Form
- If your passport is lost or stolen in China, you will need to replace both the U.S. passport and the Chinese visa, which can take at least a week, before you can depart China. You should report the loss or theft of your passport immediately. Regulations vary from place to place. For instance, if you lose the passport in Beijing, the local authorities will require you to file a police report at the local police station before they will issue a replacement visa in your new passport.

Upon Arrival

- Once you are in China, the PRC expects you to comply with the requirements of your visa. It is difficult to change or renew your visa within China. Visitors cannot change tourist (L) or exchange (F) visas to other visa types. Entry and exit requirements are strictly enforced. Police, school administrators, airline and train officials, and hotel staff may check your visa to make sure you have not overstayed. You will typically not be allowed to check into a hotel or travel by plane or on some trains if your visa has expired, and you may be taken into

- custody. If you intentionally or inadvertently violate the terms of your Chinese visa, including staying after your visa has expired, you may be charged a RMB 500 fine per day up to a maximum of RMB 5,000, experience departure delays, and face possible detention.
- Whether you are traveling to or living in China, you must register with the police within 24 hours of your arrival in the country. Even foreigners with residence permits are required to register after each re-entry. If you are staying in a hotel, the staff will automatically register you. However, if you are staying in a private home with family or friends, you should take your passport to the local police station to register. Failure to do so could result in fines and detention.
 - Chinese law requires that you carry a valid U.S. passport and Chinese visa or residence permit at all times. Chinese authorities will not accept a photocopy. If you are visiting China, you should carry your passport with you, out of reach of pickpockets. If you live in China and have a residence permit, you should carry that document and leave your passport in a secure location, except when traveling.

Vaccines

Please visit the CDC website for specific instructions regarding vaccinations and other health information for travelers to China:

<http://wwwnc.cdc.gov/travel/destinations/traveler/none/china>

Other Documentation

Whenever traveling, it is important for you to be prepared in case your passport and other important documents are lost or stolen. Therefore, we recommend that all travelers have a Xerox copy of their important documents as well as an electronic copy. You may also e-mail or mail a copy of these documents to the Support Center (hobbsn@uw.edu) for safe keeping in your personnel file.

Traveler Security Registration & Emergency Contacts

Emergency Contacts

All trainees should provide emergency contact information to the Support Center at the start of their training experience. This information will be kept private but is important to have on file in case of an emergency that requires our assistance.

Smart Traveler Enrollment Program (STEP)

Sign up for the State Department's free Smart Traveler Enrollment Program (formerly known as "Travel Registration" or "Registration with Embassies") to receive the latest travel updates and information. When you sign up, you will automatically receive the most current information they compile about the country where you will be traveling or living. You will also receive updates, including Travel Warnings and Travel Alerts (where appropriate). Register on the STEP website:

http://travel.state.gov/travel/tips/registration/registration_4789.html

Packing for your Trip

Clothing

- Keep in mind cultural perspectives on what is considered conservative dress. When in doubt, cover up.
- Light rain coat

General Supplies

- Toiletries are available in country, but it may be hard to locate specific brands.
- Surge protector- this will protect your laptop and other electronics from unexpected power fluctuations.
- Voltage transformer, if necessary. China runs on 220 volt electricity, as opposed to the 110 volt system used in the U.S. You will need a voltage transformer if bringing any electronics that do not automatically function with different voltages. Most laptop and digital camera power adapters will work with 110 and 220 volt systems – you can look on the adapter to check. These can also be purchased in-country.
- Plug adapter: Chinese sockets differ from American ones. Note: these do not convert voltage – for that you need a voltage transformer.



Medications

- Actual prescription(s) written by your doctor
- Over-the-counter medications such as Tylenol that might not be as readily available in other countries or the labels could be written in a language you don't understand
- Rehydration salts, Immodium and powdered Gatorade, to prevent and treat traveler's diarrhea
- Medications that you take daily since the quality of medications abroad may not be the same as in the U.S.
 - Keep medications in the original prescription bottles and always place them in your carry-on luggage
- Note: some medications that are prescriptions in the U.S. are illegal in other countries. You should check the U.S. Department of State Consular Sheets to determine if your medication is allowable. 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.
- Bring anti-malarial drugs, if traveling to a malaria-risk area.
- Iodine tablets and portable water filters to purify water if bottled water is not available.
- Sunblock and mosquito repellent are available in China, although they can be expensive.
- Sanitary napkins are available in China, but tampons can be harder to find. The quality of the products may be different than what you would obtain in the United States so you may want to pack a box just in case.

IN-COUNTRY

Communication

Internet

- Most restaurants, cafes, bars, etc. provide free Wi-Fi which is fairly fast
- DSL or broadband is approx. RMB 120-200/month for unlimited download 3 mbps pkg
 - Various discount options are available if you pre-pay 12 months in advance
- Access to certain sites is blocked: Youtube, Facebook, Twitter, etc. But they can be accessed through a Virtual Private Network (VPN)
 - For home computers/laptops, VPNs can be downloaded for free, but paid services are much more reliable and cost about \$20-30/month. Astrill is one option.
 - The online security bureau is always trolling the net for the free VPN providers so they can be blocked/shut down at any time

Cell Phone

- Mobile (handset) and Mobile Service Providers (telecom company) are separate in China, unlike in the U.S.
- To get the best value and deals, surf the service providers' websites (especially the Chinese sites) and either use Google translate or ask a friend to review them with you. Popular service providers include China Mobile, China Unicom, and China Telecom.
- You can purchase a handset from major outlets such as Zoomflight (Zhong Fu), Suning, Da Zhong, Carrefour, China Mobile retail outlets, Xidan mobile market, etc.
- If you wish to use your own phone from home, make sure to bring a compatible GSM/GPRS 900/1800 dual-frequency phone. The phone must be an "unlocked" phone (find out by calling your home service provider), and don't forget to cancel your American service before you leave!
- More information is available from the Beijing government:
www.ebeijing.gov.cn/feature_2/ebeijing_mobile/residents/default.htm

Money

- It's best to have some local currency on you when you arrive. Exchange rates will generally be better at banks than at the airport.
- In addition to cash, you should have a debit/ATM card or credit card.
 - Be sure to notify your bank of your travel plans to (1) ensure that your card works, and (2) that it won't be canceled due to suspicious-looking charges.

- Another option is to use a prepaid money card. You load the card with a set amount before you leave and then use it like a debit card. Visa offers this kind of card.

Housing

- There are many hostels in Beijing, China that offer reasonable nightly rates. Visitors can expect to pay anywhere from \$7 to \$20 USD per night for a dorm style room.
- The Office of International Cooperation at PUHSC is responsible for booking housing for international fellows.

Transportation & Traveling

Taxi Tips

- If you travel during off-hours, you should pre-book in advance Tel: 961001, 68373399
- Taxis are relatively easy to find during business hours.
- Most drivers do not speak English, but there are a few options you can use to get around this:
 - carry addresses written in Chinese text
 - Print out or SMS addresses to your cell phone using www.mobilenative.com
 - Call a Chinese speaker who knows where you're going, then give your cell phone to the driver
 - Use smartphone apps, like BJ Taxi Guide
- Always get the fapiao/receipt
- Rickshaw/pedicab drivers may offer extorted prices, especially for foreign women travelling, alone and will argue over the price

Beijing Subway

- Maps and Stations are clearly labeled in English and Chinese
- A single-journey ticket costs RMB 2
- The IC card is a prepaid transportation card
- iPhone app "Explore Beijing Subway map" works offline and gives first/last train times, street map, nearest subway, map of subway network, a planned route, Chinese characters, pronunciations. The website does the same thing but is free.
- Since the street maps on the subway platforms are only in Chinese, use the compass arrow on them to get your bearings if you don't know which exit to use



Beijing Bus

- Route Numbers
 - 1-100 operate within the inner city up to the 3rd Ring Road
 - 200-212 offer only night time travel in the inner city

- 300s travel through the suburbs outside of 2nd Ring Rd
- 400s and 500s travel from downtown out to the suburbs
- 600s-700s travel through residential areas
- 900s connect Beijing with its "rural" districts which are not considered part of Beijing proper e.g., Changping, Yanqing, Shunyi, Great Wall, etc.
- Payment Options
 - Cash accepted
 - IC card purchased from a bus terminal (like the subway)
 - Three-day, 7-day and 15-day cards available with usage limitations but these special day cards cannot be used to go to the Great Wall
 - Passengers who use an IC/Yikatong card get a 60% discount on any route except the 900 and special routes, in which case they get a 20% discount
- Theft is a problem on the bus transport system. Money, mobile phones and other valuables need to be kept well-secured, especially when boarding and exiting the bus. If your trip is a little long, it might be better to take the subway first and then transfer to the bus.
- Online resources such as www.bjbus.com and Google Maps contain interactive maps to help you figure out routes and timetables
- Beijing Bus Public Transportation Service Hotline: 96166

Entertainment

- China offers a wide variety of entertainment. Visitors can enjoy the traditional Chinese performances of opera, Chinese drama and acrobatics staged at theaters and teahouses or stop off at a private Karaoke TV room to sing, or at a bar for a drink.
- For those who prefer more active pursuits, Yoga, bungee-jumping and rock-climbing are also available.

Food

- As a rule of thumb, boil or treat all water before consuming.
- Many use home delivery of the big 5-liter bottles that are used with a water dispenser
 - Coca-Cola water brand did not leave any limestone deposits after boiling (seen in the bottom of the pot after boiling), as did other brands (e.g., Robust, etc.)
- Wash and peel all fruit and vegetables that you would eat unpeeled (e.g., apples, pears, carrots, cucumbers, turnips, etc.) to safeguard against residual pesticides
 - rinse, then soak in water with baking soda or salt for up to one hour before washing to aid in ridding of more chemicals

- Local farmers say that when you purchase fruit and vegetables, they should not look “perfect;” OK for leafy greens to have a few holes from bugs—means the produce was not overly sprayed with insecticides or pesticides
- Imported goods are more expensive: the turnover rate is low, not as fresh
- Beijing's unique cuisine originates from the mixing of food cultures. Some dishes, introduced during specific dynasties, are now part of the modern cuisine. Some of the unique food delicacies include Peking Roast Duck, Mongolian Hot Pot, Lv Da Gun and Ai Wo Wo.

Personal Safety

- Do not travel alone, if possible
- Avoid large demonstrations or protests
- Carry only as much cash as is absolutely necessary; store the currency in multiple locations on your person
- Keep handbags zipped/locked and held close to the front of your body; hands on wallets in jeans
- Petty crime may occur on buses and overnight trains
- If you are a victim of a crime or are threatened, seek safety and report crime to the police
- To report a petty crime (i.e.-pick-pocketing), you can either go to your nearest police station or call a special hotline of the Public Security Bureau: (010) 6401 1327
- Call the foreigner’s hotline of the Public Security Bureau: (010) 8402 0101, which will help you locate your nearest police station
- Emergency Police Assistance: 110 (few English speakers)
- Contact your Embassy: (86) (10) 8531-4000

Guide to Beijing

Cost of Living

- Groceries: 2000 RMB per month
- Transportation: 500 RMB per month

Restaurants

- Quanjude Peking Duck
- Xiao Nan Guo

Things to see

- The Forbidden City
- The Temple of Heaven
- Summer Palace
- The Great Wall
- South Luogu Lane
- Opera at the Grand National Theatre
- Sanlitun Bar Street

Guide to Guangzhou

Cost of Living

- Rent: 2,500-3,000 RMB per month
- Groceries: 1,800-2,400 RMB per month
- Going out: ~1,800 RMB per month
- Transportation: <12 RMB metro round trip, 30-40 RMB taxi ride in town
- Phone and internet: 250 RMB per month

Restaurants

There are many good restaurants in Guangzhou—the best way to find them is to look for ones a lot of people are waiting for! Some places to try traditional dim sum are:

- Taotaoju
- Lianxianglou
- Guangzhou

Things to see

Yuexiu Park and Baiyun Mountain are both popular destinations. Other options:

<http://www.travelchinaguide.com/cityguides/guangzhou.htm>

REFERENCES AND RESOURCES

Centers for Disease Control and Prevention Travelers' Health. (n.d.). Retrieved August 21, 2012, from <http://wwwnc.cdc.gov/travel/destinations/china.htm>.

Encyclopedia of the Nations. (n.d.). Retrieved August 21, 2012, from <http://www.nationsencyclopedia.com/Asia-and-Oceania/China.html>.

Foreign and Commonwealth Office. (February 28, 2012). Retrieved September 2, 2012, from <http://www.fco.gov.uk/en/travel-and-living-abroad/travel-advice-by-country/country-profile/asia-oceania/china?profile=all>.

International Newcomers' Network. (n.d.). Retrieved August 29, 2012, from <http://www.innbeijing.org/index.htm>.

Travel.State.Gov. (n.d.). Retrieved August 27, 2012, from http://travel.state.gov/travel/cis_pa_tw/cis/cis_1089.html.

The World Factbook. (September 11, 2012). Retrieved October 1, 2012, from <https://www.cia.gov/library/publications/the-world-factbook/geos/ch.html>.

World Health Organization. (n.d.). Retrieved August 21, 2012, from <http://www.who.int/countries/chn/en/>.

We would also like to thank all of the Global Health Fellowship trainees that have contributed to this manual.