

Asia Summer Study Program 2013

China and Korea

General/Important Travel Information

February 3, 2012 @5pm Sunday

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Travel Clinic

- Montgomery Center for Family Medicine
- 160 Academy Avenue
Greenwood, SC 29646
- Tel: 864-227-4867
- Fax: 864-227-4883
- Email: Robert Tiller, MD rtiller@selfregional.org
- Hours: 8:30 am - 5 pm Monday - Friday

Optional Vaccination shots

- Routine immunizations should be up to date.
- Tetanus-diphtheria (DPT)
- Measles/Mumps/Rubella (MMR)
- Varicella (chickenpox)
- Hepatitis A is recommended for all travelers over 12 months of age to China.
- Typhoid is recommended especially if you'll be in rural areas where you may eat or drink outside large restaurants and hotels where you may come in contact with contaminated water or food.
- Yellow Fever is required by Chinese law only if you are arriving from an infected area such as Africa.
- Japanese Encephalitis is recommended for longer-term travelers, especially children, who are susceptible to mosquito bites and will be outdoors during mosquito season (which can last from May to November in southern China).
- Hepatitis B is also recommended for longer term visitors/residents as it is very common throughout China.
- Rabies is recommended for any traveler who may come in contact with or handle animals, especially dogs. Rabies is common in China while the vaccination is not.

Medicine to bring

- Prescription drugs
 - Take an original bottle enough for a month
- Benadryl (Allergies)
- Antibiotic cream
- Band Aid
- Peptobismol

Baggage

Check-in

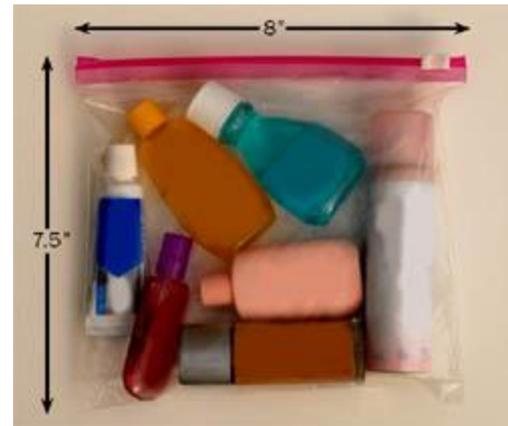
- 1 Piece (max. 23kg/50lbs per piece)
- The sum of three dimensions of each piece must be within 158cm/62ins.

Carry-on

- 1+additional(A laptop computer, briefcase, or handbag)
- 1 permitted 12kg/26lbs 55 x 40 x 20 (cm) or a total sum of less than 115 (cm) per piece

Carry-on Liquid limits

- Each container must be 3.4 ounces (100ml) or smaller.
- Each traveler can use only one, quart-size, zip-top, clear plastic bag.



Packing

- Pack as “lightly” as possible to promote safe travel
- Keep high-value items such as laptop computers, camcorders, cameras, jewelry, antiques, precious metals, etc. in your carry-on baggage at all times.

Things to Pack

- Clothing

Bring somewhat one set of formal clothes, windbreaker, long pants, tennis shoes/hiking shoes, church shoes/Sperry, flip-flop/sandal, underwear, socks, etc.

- Personal items

umbrella, cosmetics, medicine(pills, Band Aid, antibiotic cream, etc.), handkerchief, cap/hat, sunglasses, Kleenex soap, cleanser, shower puff, shower gel, shampoo, toothbrush, toothpaste, razor, deodorant, towel, etc.

- *Be sure to carry on these items.*

Electronic goods laptop, ipod, ipad, mp3, etc.

- A small clothesline is helpful for drying clothes. Guess what?

Clotheslines



Souvenirs

- Bring **a small gift for your host student \$10-20**
- A picture book, an LU T-shirt, something special to SC or US
- Bring **a set of pictures of your family/home** for conversation

Electricity

- Both Korea and China have 220 V/ 240 V electrical outlets.
- USA has 110 V electrical outlets.
- Many electronic items have automatic converters (many laptops, cameras, ipads, ipods, & razors are able to accommodate both voltages).
- Some other items (like hair dryers) do not convert.
- Check each of your electronic items to see if they convert.

Electrical Outlet Adapters

- If all of your electronic items accommodate both 110 & 220/240 V, then all you need are adaptors. Why? Because they have different looking wall outlets in Korea and China.

Adapters (\$3-5 ea.)

Korea (same as France)

- [Purchase here](#)



China (same as Australia)

- [Purchase here](#)



Electrical Converters (220/240 V to 110 V)

- If you have things (like a hair dryer) that do not convert, you may want to consider buying a step down convertor (or buying a cheap hair dryer over there).
- Convertors usually start from \$25 on up. From the reviews I've seen, it's kind of hit or miss as to whether or not they work well.
- Read the reviews of each product before you buy!

Converters

Simran SMF-200 Step Down Voltage Converter (\$14)

- Remember, you'll need to also purchase outlet adapters, as well



All-in-one converter kit (\$37)



Money

- You can change money in the Incheon Airport and Shanghai Airport.
- Bring traveler's checks, but cash is better for Korea and China.
- ATMs are available in some places in China and Korea.
- Be sure to call your credit card company (see the backside of your card) saying you'll use the card in Korea and China prior to your trip.

Travel Tips

- The most important thing is to be ON TIME (and be functional).
- Tell me in advance where you are going.
- Sep up Buddy System: Watch out for each other (Count off)
- Tell me in advance where you are going.
- We might have free time for the 1st weekend in Korea.
- **Carry ticket, passport, money, credit card with you all the time: You can use a money belt.**

Travel Tips con't

- Learn a song for Korea: they love karaoke there, and you might be asked to sing.
- Educational Experience: This is supposed to be an education experience
- Observe: Look at the territory, the buildings, the people, the way people act, the dress, the customs. Look for new things, new gadgets, new ways of doing things. Listen to the sounds, the music, the language.
- Learn something about the geography, the history, the economy, the customs, the language.
- Keep a Travel Diary of your experiences on the trip.
- Submit a report on your experience to Office of International Programs

Travel Tips con't

- Act as ambassadors: you are an ambassador from our university, our country to theirs.
- Be diplomatic.
- At receptions and dinners, do not eat until the host begins to eat.
- You are a guest: **Don't criticize your hosts.** (Assume that people can understand English.)
- Remember that China is very much a developing country, and that the people are still poorer than almost all Americans. We are there to get a closer look at China, not to go to a Five-Star hotel.

Travel Tips con't

- Speak English slowly and clearly. Reduce your use of slang so you can be understood easily.
- Calling Home: Tell your friends and family that you will call them one or two days after your arrival.
- Cell Phones Your cell phone may not work in either China or Korea. Instead, it is fairly cheap to buy phone cards (Skype) which you can use with a public phone, or the phone in your room.
- Do not call “collect” to the US. It can be very expensive.

Warnings

- Show up on time! Keep leader informed of problems.
- - Typical stuff: drugs in China can be a capital offense.
- No political campaigns nor participation in demonstrations. You can talk with people, just no involvement.
- No religious missionary work.
- No bungee jumping.
- No climbing on monuments or ruins.
- If the tour guide teaches you some bad words, do not repeat the words.
- There may be lots of pressure to drink alcohol. Please do not overdrink.
- Be careful in crossing the street; in China you have no idea from which direction cars will come.
- Look in all directions!!

Warnings con't

- When buying things, be careful when getting change. Watch out for counterfeit money and
- watch out for foreign currency – sometimes low value non-Chinese currency is passed.
- In China, drink bottled water; use bottled water for teeth-brushing.
- If you don't have water, drink hot tea, or soft drinks or beer from sealed cans or bottles.
- They will supply bottled water at the university.
- If you buy bottled water, make sure the top was sealed. Some people fill bottles with tap water and sell them as bottled water.
- Do not eat food sold in the streets.
- Do not eat uncooked vegetables.
- Water is OK in Korea.