

Travel Tips and Cultural Information for China

EXERCISE and HEALTH

Exercise: Due to physical demands of long travel, change in time zones, sightseeing all day, and the heat, it is important that you be physically fit. Please begin walking *outside* to condition yourself for the trip.

Health: Inoculations are a personal choice. You may want to be up to date on immunizations. The recommended basic immunizations are:

Tetanus – booster every 10 years

Polio – one booster as an adult

Hepatitis A protection – the hepatitis vaccine is given in two injections. The first one should be about 2-4 weeks before traveling. A booster 6-12 months later will provide protection for 10 years.

You will be given an insurance card before we leave that will cover emergency situations that might occur during the trip. Also, please have a copy of your passport on the trip. It is also a good idea to carry an antibiotic with you. Also remember to include all personal drugs and allergy information in your carry-on.

MONEY

- **American currency** – It is best to have new money, with no marks or tears on it, to have for quick shopping. Everyone will be able to exchange dollars for Yuan at the hotel, as the exchange rate is uniform for hotel and airport.
- **Traveler's checks** – You will get a better rate of exchange than cash.
- **Credit card** – The Beijing hotel also has an ATM where you can use a debit card to get Yuan. It is good to take a credit card for emergency needs (medical, etc.).

CHINESE CUSTOMS

- They are kind people, yet often express feeling in words rather than touch.
- They will hold hands, and on the street, someone could come up and want to hold your hand.
- A small bow is appropriate when meeting someone.
- Shaking hands is culturally acceptable. It is best to wait for them to hold out their hand and initiate the handshake.
- Rank is important. Take time to be aware of the leaders at various meetings, banquets, etc.
- Present your name card with two hands, accept theirs with two hands. Hold the card and put it away later or place it on the table.

EATING

- You will be given chopsticks at meals, but you may request a fork.
- The hot tea is safe to drink because it has been boiled. **DRINK BOTTLED WATER ONLY!** Avoid drinking regular water – *only use bottled water, even for brushing teeth.*
- At a meal, please wait for the leader to begin drinking and eating, especially at formal banquet times. When he/she begins, that will be our cue to also begin.