

Chi Institute 2008 China Trip Information Package

Tentative Tour Itinerary:

- **Sept. 14, 2008 (Sunday):**
Pick up at Beijing Airport, Registration and Welcome Dinner.
- **Sept. 15, 2008 (Monday):**
Tour of the Prohibited City in Beijing, fly to Chong-qing.
- **Sept. 16, 2008 (Tuesday): Conference**
 - TCVM Liver Physiology.
 - How to use TCVM for eye problems in dogs, cats and horses.
 - How to use TCVM for liver problems in dogs, cats and horses.
 - How to use TCVM for Jin (Tendon/ligament) problems in horses and dogs.
- **Sept. 17, 2008 (Wednesday): Conference**
How to use TCVM for treatment of skin problems in dogs, cats and horses.
- **Sept. 18, 2008 (Thursday):**
Tour of the Dazhu Rock Carvings, a World Heritage Site, herbal pharmacy and TCM hospital.
- **Sept. 19, 2008 (Friday): Conference**
How to use TCVM for treatment of cancer in dogs, cats, and horses.

A Chongqing local tour will be arranged for doctors' family members and friends during the conference.

- **Sept. 20 (early morning):**
Departure for Xi'an, touring on "Great Wild Goose Pagoda".
- **Sept. 21-23, 2008 (Sunday-Tuesday):**
 - Tour of Qin Terra Cotta Warriors and Horses - the 8th World Wonder, and Huaqing Hot Springs at the northern foot of Mt. Lishan.
 - Hiking on Mt. Huashan, one of the Five Sacred Mountains in China, famous for its breathtaking cliffs.
 - Tour of the Xi'an City, "the Cradle of Chinese Nationality". Visit Shanxi Historical Museum and Tang Paradise Park.
 - Enjoy Xi'an featured dishes: Lamb Bread Soup, 100-type Dumplings and Tang Dynasty Dinner Party.
- **Sept. 24, 2008 (Wednesday):** Tour of the Xi'an City Wall built in Ming Dynasty (600 years ago) and shopping. Fly to Beijing. Enjoy Beijing Opera at night.
- **Sept. 25, 2008 (Thursday):** Tour of the Great Wall.
- **Sept. 26, 2008 (Friday):** Shopping in Beijing.
- **Sept. 27, 2008 (Saturday):** Departure for the U.S.

The confirmed itinerary will be available and sent to you on July 15th, 2008.

Documents Required for Entering China

1. Passport. You need a passport valid more than 6 months from the departure date.
2. Visa. A visa is required for Americans and other nationalities. Visas for leisure travel to China are usually granted for one month stay and valid for entries within 6 months from the date issued. You can obtain the visa from Chinese embassies or consulates. Some visa/travel service agents can also help you to get the visa so that you don't need to travel to the consulates, for a fee.

A tourist visa requires an application form, a passport-size photo and a fee. It takes about seven business days for an application to be processed. For application and fee, please visit the China Embassy homepage at <http://www.china-embassy.org>. If you plan to go to China only for the TCVM conference this year, you may apply for **the Single Entry Tourist / Family Visit (L) Visa around June 15th, 2008**. We recommend the following visa agents:

Travisa Visa Service

1731 21st Street NW
Washington, DC 20009

Phone: 202-463-6166 Fax: 202-293-1112 <http://www.travisa.com>

They have offices in Washington D.C., Chicago, Los Angeles, Miami, New York, Puerto Rico, San Francisco. Please check their website for more details.

Chinese Service Center of America (*lower processing cost*)

<http://www.visamailservice.com>

The Dates of Your Flights to China

When you book your airline tickets, please refer to the following recommended arrival and departure dates to ensure your participation in this conference.

- **Recommended Arrival Date: Sunday, Sept. 14, 2008 (Beijing Time)**
We will provide 24 hours airport pickup service on Sunday, Sept. 14, 2008 (Beijing Time) at no extra cost.
- **Recommended Departure Date: Saturday, Sept. 27, 2008 (Beijing Time)**
We will provide 24 hours airport departure service on Saturday, Sept. 27, 2008 (Beijing Time) at no extra cost.

If you plan to arrive in China earlier than Sept. 14, 2008 and/or leave later than Sept. 27, 2008, we may help arrange the airport pickup/departure, accommodation and tour with extra cost. Please contact Zhen Zhao at 800-891-1986 x106 or zhen@tcvm.com for detail.

Airline Tickets to China

Air service from U.S. gateways to major cities in China is provided by Northwest Airlines, United Airlines, Continental Airline, Air China, etc. From North America West Coast, it takes around 14 hours to reach China.

In general, the lower priced airline tickets may be found if you fly from Los Angeles, Chicago, or New York City to Beijing. Many travel agents provide discounted airline tickets to China. Sometimes shopping around could easily save a couple of hundreds dollars for the air tickets.

However, it is usually a little hard to get a bargain if you book the tickets too early (over 6 months before the departure date) or too late (within one month of the departure date). The following agents are for your reference.

Oriental Tour & Travel

Tel: 800-951-3391, 866-783-1688

Please mention Chi Institute and TCVM Annual Conference 2008 in China when contacting them for a better rate. This company also provides Chinese visa application service.

China Express International Travel & Tour

Tel: 888-721-3721, 718-358-3300

Expedia.com

<http://www.expedia.com/>

Weather in China

China is almost on the same latitude zone as the U.S. Fall is usually considered the best weather and the best time to visit China. The following is the average weather in the cities during the time we visit.

Beijing: 39.7 – 90.7 °F, Rainy Days: 7/30

Xi'an: 59.9 – 76.5 °F, Rainy Days: 12/30

Chongqing: 68.7 – 79.7 °F, Rainy Days: 16/30

Baggage Limits

As different airlines have varying policies, you should check with your carrier for restrictions and allowances. Usually, each trans-Pacific passenger is allowed two check-in bags totaling 106 inches of three dimensions and less than 50 lbs, and one carry-on bag not over 39 inches.

For domestic China and intra-Asia flights, you are allowed to check in one piece of luggage under 20 kilograms (44 pounds) total, and one carry on, of not over 10 lb. The fee for extra baggage or overweight baggage could be so high as to be prohibitive.

Tipping

During the conference and post-conference tour, the tips for lunch/dinner, bus drivers and tour guides are included in the registration fee and will be handled by the Chi staff or local organizers.

Money

The official currency is the Renminbi (RMB). Its basic unit is yuan. Denominations come in 100 Yuan, 50 Yuan, 10 Yuan, 5 Yuan, 2 Yuan and 1 Yuan. The official exchange rate at this time is 7 yuan to 1 U.S. dollar. Visitors are advised to carry credit cards and traveler checks and a couple of hundred dollars cash that can be accepted by most hotels and major stores and can be exchanged for cash of RMB. Keep the receipt of the transaction as you might need when you leave China to exchange the RMB back to U.S. dollars back in the Bank of China at the airport.

Hotels: We will stay in four or five star hotels which offer comfortable facilities for you.

Things You Need to Pack

Pack lightly and bring casual clothes.

1. A sturdy, comfortable pair of walking shoes is an absolute.
2. Sports coat and tie for man, and one or two dresses or pantsuits for women will suit the most formal occasions in China.
3. Travelers should bring shirts, sweaters, and jackets that can be worn in layers to suit a range of climates.

Remember: dress for Comfort, not for Style. Wash-and-wear clothing is preferable, although all hotels offer reliable laundry and dry cleaning services.

Health Requirement and Immunizations

Travelers are advised to check with their doctors before visiting China. A Health Declaration form must be completed upon arrival. No immunizations are required for short-term travelers. The Centers for Disease Control and Prevention (CDC) in Atlanta, USA, recommends those who have traveled from an infected area should have vaccination records available. Anyone not having the above mentioned certificate will be detained for observation for as long as six days. You should also bring any special health remedies or medications you require, as well as over-the-counter items.

About the Laundry

There is no public laundry on the streets. Laundering services are available in hotels, usually through the floor attendant or housekeeping. One-day dry cleaning and pressing services are available at better hotels.

Food throughout the trip

All breakfasts, lunch and dinner are Chinese food in family style. The round table dining accommodates 8 - 10 people.

Tap water is not drinkable in China. All hotel rooms are supplied with a thermos of boiled water, to make tea or drink as you wish. Bottled water is recommended. It can be purchased for about \$0.25 to \$0.75 per bottle everywhere. Try to find a brand-name.

Language

Mandarin is spoken throughout China, and most people in Hong Kong speak Cantonese and English. English is the first foreign language of China and becoming more and more common.

Contact your family when you travel in China

You can always use the hotel telephone. But be aware that it could be as expensive as U.S. \$3 per minute.

Suggestions:

- #1: Leave the phone numbers at home and ask them to call you (we will provide you with all hotel contact information on July 15th, 2008.)
- #2: Send faxes from the business centers at the hotels
- #3: Send emails at the hotels
- #4: Purchase a phone card

Safety for Foreigners Traveling in China

China is a very safe place for foreigners to visit. Vendors at some sightseeing locations may be persistent but are usually polite. Just ignore them if you don't want to buy anything. If you travel with a guide, just follow the guide and his direction. If you explore alone, be alert and use common sense.

Suggested check list:

1. Passport;
2. Visa;
3. Air tickets;
4. Travel itinerary and contact names issued by the conference planner;
5. Emergency contact names in the United States;
6. Credit cards or travelers checks besides a couple of hundred dollars cash;

7. Medical assistance programs that you have;
8. Common toiletries, cold and digestive medications, lip balm, sanitary napkins and any over-the-counter medicines you generally use;
9. Razor and small electrical converter and adapter plugs; Appliances designed to operate at 110 volts will also need a converter;
10. Chewing gum, mints, or throat lozenges to keep your mouth moist;
11. Reading materials. It is long flight, so a guidebook on the places you will see and a novel that you love to read;
12. Suntan lotion and a pair of sun glasses;
13. Battery for your camera or small appliance;
14. A pocket notebook, a calculator and a pen;

For more information or questions, please contact Zhen Zhao at 800-891-1986 ext.106, fax to (352) 591-2854 or e-mail: zhen@tcvm.com.

Additional FAQs and Answers for the 10th TCVM Annual Conference and China Tour 2008

I know we need to check with our international airline to see what checked baggage, etc we are allowed, but what about the flights in the country? I understand we may have additional baggage restrictions, but what about the luggage we can't take? Is there someplace it can be left or do we need to limit our bags to what can travel on the smaller flights?

The rules for Chinese domestic airline luggage are as below. In the previous conference, some attendees left their luggage at the hotel in Beijing when they went to the tour in other cities. We may still make the same arrangement for you free of charge if necessary.

- a) You may check in one luggage less than 44 lbs and the size within 40×60×100cm for free.
- b) You may carry one luggage less than 11 lbs and the size with 20 x 40 x 55cm for free.
- c) You may check in more luggages for extra cost.

I was also wondering if it's time to start getting Visas and if so, do you prefer any particular agency or just any of the ones in the packet?

Because of the Olympic Games, the Chinese government requires the airline tickets and hotel reservation information for the visa application. We'll send you a letter on our letterhead to indicate the itinerary and hotels contact information this month. The Chinese visa is usually valid for only 3 month. Therefore, you shouldn't apply the Chinese visa until June 13th, otherwise, your visa may be expired when you enter China this September. I would suggest you start applying for the visa around July 1st. It usually takes about 1-2 weeks to get the visa after you submit the application through the Visa Service Agents, such as the ones as below:

Travisa Visa Service
1731 21st Street NW, Washington, DC 20009
Phone: 202-463-6166 Fax: 202-293-1112 <http://www.travisa.com>

Chinese Service Center of America (*lower processing cost*)
<http://www.visamailservice.com>

I plan to arrive at China early (or depart later) than the conference beginning date (concluding date). Can you help me arrange hotel rooms, dinner and/or extra tour?

Yes, we can. Please contact Zhen Zhao at zhen@tcvm.com or 800-891-1986 x. 106 for the special arrangements for your personal schedule. Extra cost may be involved based on your needs.

What information should I send you to make sure I receive the best service?

We need the following information from you ASAP to arrange airport pickup/send-off, China domestic airline tickets reservation, hotel reservation and etc.

- 1) Your passport number.
- 2) Does your passport expire before March, 2009?
- 3) Is your name on your passport is same as the name on this letter? If not, what's the name on your passport?
- 4) Your international flight information.
- 5) Are you a vegetarian?
- 6) Do you drink alcohol?
- 7) Your emergency contact information.
- 8) Do you have any special requests or needs to be served?

Please send the above information by email to zhen@tcvm.com, by fax to 866-700-8772 with Attn: Zhen Zhao or mail to 9700 W. Hwy 318, Reddick, FL 32686, USA.

Which hotels are we going to stay during the conference and post-conference tour?

Sept. 14, 2008: Pick up at Beijing Airport, Registration and Welcome Dinner.

Hotel Reserved: Science Park Plaza Beijing Hotel
25 Zhichun Road, Haidian District, Beijing, China 100083
Tel: 86-10-82356699 Fax: 86-10-82356680
Contact person: Mr. Dazhi Xie (Tel: 86-10-81717493)

Sept. 15 - 20, 2008: Fly to Chongqing and Conference

Hotel Reserved: Hongyadong Hotel
56 Cangbai Road, Yuzhong District, Chongqing, China, 400010
Tel: 86-23-63992888 Fax: 86-23-63992999
Contact person: Professor Hanru liu (Tel: 86-13350395888)

Sept. 20 - 24, 2008: Fly to Xi'an and Post-conference Tour

Hotel Reserved: Xi'an Grand New World Hotel
172 Lian Hu Road
Xi'an, China, 710002
Hotel Telephone: (86 29) 87216868 (86 29) 87218686
Contact person: Ms. Ying Fan (86-29-88623710)

Sept. 24 - 27, 2008 (Wednesday): Fly to Beijing and Post-conference Tour

Hotel Reserved: Science Park Plaza Beijing Hotel
25 Zhichun Road, Haidian District, Beijing, China 100083
Tel: 86-10-82356699 Fax: 86-10-82356680
Contact person: Mr. Dazhi Xie (Tel: 86-10-81717493)

Sept. 27, 2008 (Saturday): Departure for the U.S.

I heard the recent earthquake in China. Is there any plan changes for this conference and post-conference tour?

No, there isn't. The epicenter of the May 12 earthquake is in the Beichuan city, in the middle of Sichuan province. It is about 300 miles away from Chongqing, 500 miles away from Xi'an and 1,100 miles from Beijing, where we are going to visit during this conference. We have confirmed that our tour will be safe and sound because 1) the tour starts more than four months after the major quake and the aftershocks are most unlikely; 2) the cities we are going to visit are so far away from the epicenter and there was no one affected in the major quake.

I am interested in staying beyond the trip time for further travel. Do you have any advice for us about the idea of traveling to Yunnan Province and/or Tibet? Are there places apart from the tour that are recommended to visit or to avoid?

Tibet is still not open for foreign tourists now because of the incident in this March. But it just started being open for Chinese tourists so that it may be open for the international tourist by this September. Yunnan is not affected by the earthquake at all and is a great place to visit.

China is a big country and there are many other attractions worth visiting. I would personally suggest the following places for your consideration.

1. Guilin in Guang Xi province.
2. Kunming, Dali, Lijiang, Xishuangbanna in Yunnan province.
3. Yellow Mountain in Anhui province.
4. West Lake in Hangzhou and Suzhou city.
5. Extra tour in Beijing.

Please feel free to contact Zhen Zhao at the Chi Institute if you have any questions or requests. We'll try our best to accommodate your needs for the best service.

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