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Acupuncture and Traditional Chinese Medicine Elective  
China Beijing International Acupuncture Training Center (CBIATC)

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<http://www.acupuncturechina.org/>

Between M1 and M2, I traveled to China to study traditional Chinese medicine through a program hosted by the China Beijing International Acupuncture Training Center. The program was four weeks long and consisted of one week of travel throughout China to better understand Chinese culture and how the foundation of traditional medicine was established. The travel portion started in Shanghai and included admission to the 2010 World Expo and the Shanghai museum along with a guided tour of the city over two days. Next we traveled via sleeper train to Xi'an where we saw the famous terra cotta soldiers and were guided throughout the ancient city. After two days we traveled to Beijing for two more days of official touring through the Forbidden City, Tiananmen Square, the traditional hutongs and the Great Wall of China.

The subsequent three weeks were spent being introduced to traditional medicine which include acupuncture, moxibustion, cupping, tui na (massage), Qi Gong (breathing techniques), and herbal medicines. The mornings were spent in the clinics where we rotated through the different departments which gave us good exposure to patients seeking treatment for a variety of ailments including chronic pain, infertility, dysmenorrheal, stroke rehabilitation, seizure disorders, and even cosmetic procedures.

The afternoon classroom sessions were part lecture based and part practical where we were able to try the procedures out on ourselves and our fellow classmates. The theories we were introduced to included Yin and Yang, the Zhang Fu organ system, meridian lines with acupoints, the five elements, and tongue and pulse diagnosis. There was an English translator present for all the lectures which is included in the price of the program. Additionally, many of the professors and clinicians were bilingual so there was never a language barrier when communicating or learning.

In addition to the first week of traveling, there was sufficient time for us to continue our sightseeing and experience the local culture when based in Beijing. We took afternoon and weekend trips to see other sites such as the Olympic Village as well as less commercial or well known locations where the locals enjoyed spending their free time.

#### Daily Schedule in Beijing

8:30am – 11am Clinic work at CBIATC Hospital

11am-1pm Lunch (on your own)

1pm-3pm Class at CBIATC

3pm Free time to sightsee, shop, eat, experience the local culture

10pm Nightlife

#### Expenses:

\$2,300

Includes: tuition, visa, translators, dorms, first week of sightseeing admissions, hotels, food, transportation and shows, and welcome banquet.

Does not include: textbook (\$8), acupuncture needles (\$5-\$20 depending on quality and amount), flight, food during the three weeks in Beijing, extra sightseeing admissions, shopping.

Extra spending money: \$600

Airfare: \$1000

