

Vanna Parikh

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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/>

In the summer of 2009, between my first and second year of medical school, I traveled to Beijing, China to learn about Acupuncture and Traditional Chinese Medicine through a program offered by the China Beijing International Acupuncture Training Center. This four week program is designed to help students understand the basic theories in Acupuncture and Traditional Chinese Medicine as well as experience the Chinese culture and witness its impact on health, illness, and health care utilization.

Typical Day

8:30AM: Class @ CBIATC or Clinic @ Nearby Hospital
11:00AM Lunch (on your own)
1:00PM: Class @CBIATC
3:00PM: Relax
4:00PM: Sightseeing/ Shopping/ Dinner (on your own)
9:30PM: Nightlife

The dorms and **classes** were all located in the China Beijing International Acupuncture Training Center, and the **clinical** days involved working at a nearby hospital. Classroom topics include basic theories, such as yin and yang, the five elements, the meridians and acupoints, tongue and pulse diagnosis, and the theory of Zang-Fu organs. English translators accompany all of the educational activities; thus, knowledge of Chinese is NOT required. In the second and fourth week, the knowledge was applied in clinical settings through treating patients. The program also included the opportunity to learn Tai Chi, Tui Na (massage), and Qi Gong.

Lastly, there was plenty of time for students to immerse themselves in a new culture. The tuition included admissions to the Great Wall and the Summer Palace, and tickets to Kung Fu and acrobatics show. Many students also did little exploration on their own such as visiting the Forbidden City, Tiananmen Square, shopping at markets and trying out different types of delicious foods.

Expenses

\$1,900 (now \$2,300)

Includes: Tuition, visa, translators, dorm, some sightseeing admissions, farewell banquet, acrobatics and kung fu shows

Does not include: textbook, needles, flight, transportation, food, other sightseeing admissions, shopping

Extra spending in Beijing: \$1000

Airfare: \$830

Total: \$3,730

