

7th Grade Taiwan Program Packet

Spring 2023

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PRE-DEPARTURE CHECKLIST

DUE VIA EMAIL OR IN PERSON MARCH 1, 2023

- ☐ [Medical Information Survey](#) - Please review the [CDC recommendations](#) and talk with your child's doctor about immunizations and any other travel health considerations.
- ☐ [Voluntary Participation Waiver & Medical Release Form](#)
- ☐ [Allergy Plan](#) (if needed)
- ☐ [Deviation Form](#) (if approved)

DUE TO CAIS FRONT DESK/CLASSROOM BY MARCH 15, 2023

- ☐ **Student's Original Passport** - CAIS will keep passports in a safe box until departure, and chaperones will carry all passports throughout the trip, except when the group passes through security in airports. Please retain a copy at home.
- ☐ **[Spending Money \(TWD\)](#) in Cash 10,000TWD (~300USD)** - Any pocket money you would like chaperones to carry for your child in New Taiwan Dollars (TWD). Chaperones can carry this and disburse it at regular intervals throughout the trip. Your bank may be able to provide TWD, especially if you call ahead; there are also several currency exchanges located around SF.
- ☐ **Original Covid Vaccination Card** - CAIS will keep these in a safe box until departure, and chaperones will carry all documents throughout the trip, except if needed for participation in program activity or requested by a medical professional. Please retain a copy at home.
- ☐ **[Student Behavioral Contract](#)** - Both parent/guardian and student must review and sign.
- ☐ **Student Medications (if needed)** - Any medications you would like chaperones to carry for your child, as outlined on the [Medical Information Survey](#). Please send in original bottle or with doctor's prescription (if relevant).

Submit materials to Global Learning Coordinator via CAIS MS Front Desk at 888 Turk.

FLIGHT SCHEDULE

Students and Chaperones will fly round trip from San Francisco International Airport (SFO) to Taipei Taoyuan Airport (TPE) with EVA Air.

Departure Flight: EVA Air BR 17

Please arrive at the EVA Air check-in area at SFO's International Terminal, packed and ready to go, on Monday, April 3, 2023 at 9:30pm.



Depart San Francisco CA (SFO) 12:45am Apr 04
Arrive Taipei Taiwan (TPE) 5:15am Apr 05
Flight time: 13 hours 30 minutes

Return Flight: EVA Air BR 18

Please arrive to pick up your student at the SFO International Arrivals hall on Wednesday, April 26 at 5:00pm.



Depart Taipei Taiwan (TPE) 7:40pm Apr 26
Arrive San Francisco CA (SFO) 4:00pm Apr 26
Flight time: 11 hours 20 minutes

7th Graders will have Thursday 4/27 and Friday 4/28 off to rest and recount all of their stories!

ITINERARY

The 7th Grade program itinerary is built in close collaboration with The Chinese Language Institute (CLI), our program operator in Taiwan. [Click here for the most up-to-date version.](#)

CAIS students will be placed in a host family in Tainan, with a host sibling from a local school. Host families house CAIS students throughout their time in Tainan, dropping CAIS students off at a predetermined time and location each school day for small-group Chinese classes and excursions. Host families are selected and endorsed by partnerschool, vetted and trained by CLI staff, and sign [an agreement outlining terms](#) prior to hosting.

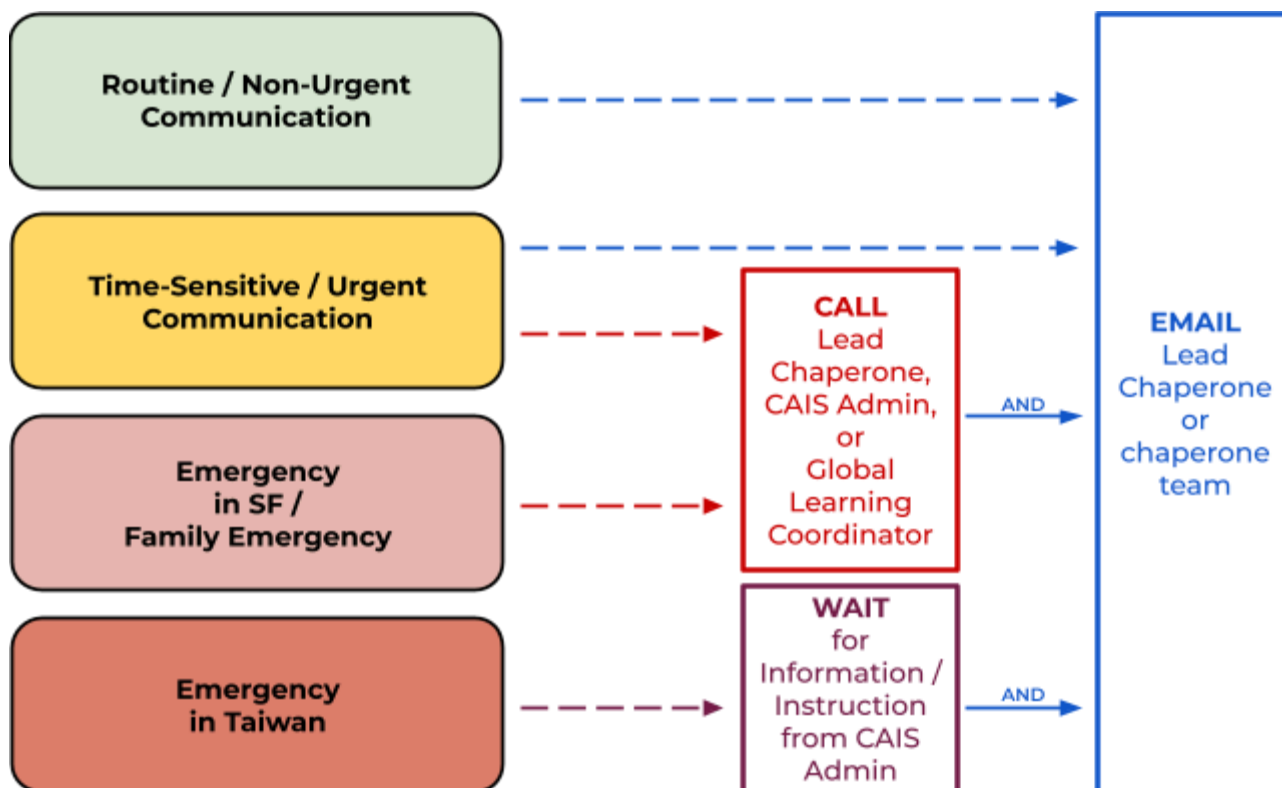
COMMUNICATION AND TECHNOLOGY

General Trip Updates

While students are abroad, you can expect to receive the following updates and communications:

- Emails from CAIS chaperones upon arrival and departure
- Regular blog posts from students and chaperones (link provided closer to departure date). Please understand that with a full schedule, there may not always be daily posts. No news is good news!
- Periodic photo uploads to [Vidigami](https://www.vidigami.com/). Having trouble with Vidigami? Email itrequests@cais.org for support.

Communication with Program Staff



Routine / Non-Urgent Communication

Example: You've seen your student looking happy and healthy on recent blog posts, but they haven't responded to your latest email.

Email chaperone team to check in.

Time-Sensitive / Urgent Communication

Example 1: After dropping your student off at the airport, you realize they left a bag containing extra layers for camping at home.

Time-sensitive, but not necessarily urgent. Email to chaperones preferred.

Example 2: In your student's latest email home, they mentioned an inappropriate interaction with a guest of their homestay family.

Time-sensitive and urgent. Call chaperone, admin, or Global Learning Coordinator

immediately.

Emergency in SF / Family Emergency

Example: A member of your student's family is hospitalized.

Call chaperone, admin, or Global Learning Coordinator immediately.

Emergency in Taiwan

Example: A severe earthquake hits Taiwan, with power outages and reduced cell service likely in the program area.

Email chaperone team, reserving phone bandwidth for critical operations on the ground. Wait for relevant information and/or instruction from CAIS admin and chaperone team.

Chaperone Team

For questions or communications regarding your child while the group is in Taiwan, you may email any or all members of the 7th Grade chaperone team. Please note that all chaperones will also have Taiwanese mobile phones for direct communication with students, host families and CLI faculty/staff.

Hsiao-Chi (Chichi) Su Lead Chaperone	h_su@cais.org
Jason Mickelson	j_mickelson@cais.org
Lindsay Reich	l_reich@cais.org
Boyan Zhang	b_zhang@cais.org
Julie Farrell Global Learning Coordinator	j_farrell@cais.org

Direct Communication with Students

You can (and should!) be in touch with your child and the host family to check in during the program. The most important thing when considering communication with your child is to have a plan for regular communication that both your child and the Tainan host family understand. Remember that calling home too much can deepen homesickness, but so can calling home too little – finding balance is important. 1-3 phone calls per week usually works well.

Students will have the option to call or email home using CAIS chaperone devices and the [FaceTime/phone/other] numbers provided on the CLI enrollment form. Devices will be made available to students during certain times each day, depending on the itinerary. Please note that, in addition to a traditional phone number, providing a FaceTime, LINE, or other wifi-based contact info will increase device availability during these times.

During the Tainan portion of the trip, April 9-22, parents may also communicate with their children via LINE on a host family device. We recommend that you download LINE, a popular messaging and video chat app and add the host parents before the program, both to



communicate before the trip and to make sure you can get in touch with them easily during the program. Expect to receive host family contact information around two weeks before departure.

Each student will have a local Taiwanese phone that they can use to reach a CAIS chaperone at any time during the program. Chaperones are on-call 24/7 to take these calls and assist and support students. Note that these local phones are not able to make or receive international calls or texts. Remember: should you have any trouble communicating with your child, reach out to a chaperone via email if non-urgent, or call the Lead Chaperone, Global Learning Coordinator, or CAIS Admin by phone if urgent. Contact numbers will be provided prior to the trip.

Please note that students are required to leave their smartphones, tablets, smart watches and most other internet-connected devices at home. Please see [Appendix A](#) below for our policy on communication and technology.

HEALTH & SAFETY

Medications

Chaperones will carry a well-stocked first aid kit, and will have common OTC medications such as Ibuprofen, Tylenol, Pepto-Bismol, and Benadryl on hand. If your child has a life-threatening allergy, you are required to provide a “kit” of 2 Epi-pens plus antihistamines to the chaperones. An additional kit must be sent with the child to carry with themselves at all times. Students may carry and self-administer medications that parents give self-administration permission for on the program health form. All other medications must be administered by a chaperone. Families must submit any medications that they would like chaperones to carry and administer to the MS front desk prior to departure.

Covid-19 Policies and Protocols

Please refer to The Chinese Language Institute's [Covid-19 Policies and Protocols](#) document for the most up-to-date information.

Emergency Procedures

For any CAIS program abroad, our assessment of security is determined by communications from International SOS (ISOS, CAIS's emergency services provider), communications from the United States government, information from the local police/authorities and partner schools/organizations, as well as observations at the local level. CAIS registers all students and chaperones through the US Department of State's online travel registration system, [STEP](#), which facilitates direct communication with the American Institute in Taiwan (AIT, the de facto US Embassy in Taiwan) in the event of a crisis. Families can also subscribe to receive [country-specific travel warnings](#) through STEP anytime.

The CAIS Global Programs Coordinator, Lead Chaperone, and CAIS Admin also receive email warnings and updates from ISOS. In the event of an emergency during the exchange program, the Lead Chaperone will consult with ISOS, CAIS administrators, the partner school/organization, and AIT, as appropriate, to determine necessary action.

Please refer to [Appendix B](#) at the bottom of this document for information about the services and insurance provided by ISOS. All students and faculty/staff chaperones traveling with CAIS are covered by this plan.

In the event of an emergency, families can expect to receive prompt communications from CAIS Division Directors and Head of School. Again, we ask that during this time parents direct questions to these administrators so that CAIS chaperones on the ground can fully direct their attention and efforts to student safety and well-being.

STUDENT EXPECTATIONS

During pre-program student orientations (held during the school day), we will be introducing students to behavioral and conduct expectations for the program. Please review the materials we send home with your child on this topic (they will also be made available online). During orientations, we will address how to stay healthy and safe on the program, and offer strategies for handling homesickness, cultural differences and other challenges students may face on the program.

Pocket Money

Though all necessary program expenses are covered, students may wish to purchase a few souvenirs and occasional snacks during the program. To cover these, each student may bring no more than 10,000TWD (~300USD) in cash. Students may carry their own money; CAIS chaperones may also carry students' cash for safekeeping and disburse it to students at regular intervals throughout the program. Please submit any cash you would like chaperones to carry, in TWD/NT\$ (Taiwan Dollar/New Taiwan Dollar), in an envelope labeled with the student's name, to the MS front desk before the trip. Most major banks are able to provide TWD to account holders; there are also several currency exchange services located around San Francisco.

Gifts

You may want to bring a few small gifts for your host family, the CLI teachers, and any new Taiwanese friends. Good gifts are thoughtful, meaningful, and easy to carry! Here are some suggestions:

- Local gifts from CAIS, your neighborhood, the Bay Area, and California
- Locally-made packaged treats (Ghirardelli chocolates, See's candies, etc.)
- Students' handmade items (friendship bracelets, tote bags, etc.) or art pieces
- Notecards or postcards
- Books or magazines
- Baseball caps or other sports paraphernalia

Safety

Threats to personal safety are rare in Taiwan, and students need not feel afraid or uncomfortable while exploring the country with CLI. Fighting is a very rare occurrence, and violence is not a regular part of Taiwanese life. That said, there are measures that you should take to make sure that you don't have any unnecessary experiences while traveling. First, make sure that you *keep a close eye on your belongings*. The likelihood of pickpockets stealing wallets and cameras is low, but not impossible. Second, *travel in pairs or groups*. As a strict policy, we require that students do not travel alone to guarantee safety and prevent getting lost. It is always important to be aware of your surroundings, no matter where in the world you are!

Events in Taiwan are often punctuated by the sparkle, boom and pop of firecrackers and fireworks. Almost all major festivals are marked by the ritual of lighting firecrackers. The loud sound is used to ward off evil spirits and thus bless important events with a fresh start. If you see firecrackers, stay a safe distance away!

Language Use

In registering for this program, you are committing to speak Mandarin—and refrain from speaking English—with your homestay family, Chinese teachers, classmates, and CLI program leaders at all times (except for in urgent/emergency situations) during the CAIS 2023 Taiwan Program.

Being able to speak Mandarin is a tremendous advantage when traveling in Taiwan. Put your best effort forward in Chinese classes prior to the program, so you feel ready to go. Have the courage to ask local residents questions, to start a conversation with people we visit, and to sit down with CLI's language instructors and team leader for a chat. When it comes to spoken Chinese, there is no better way to improve than to speak.

Special Considerations

Being away from home: For some, this may be one of your first experiences away from home and without your family. It's a good idea to practice ahead of time by having sleepovers, or spending some time at a relative's home. If you feel homesick, remember that your CAIS chaperones are there to help! They can always offer some tips and tricks for managing homesickness and enjoying your time in Taiwan.

Curiosity towards foreigners: Foreigners are a common site in major cities, but for many people in smaller cities, and especially in the countryside, you may be one of very few foreigners they have ever interacted with. Expect occasional staring and calls of "Hello!" The stares and greetings from strangers are innocent and not done in malice; people are truly curious, and once they discover you speak Chinese, you will have a new best friend.

TAIWAN PACKING LIST

How to Pack

Lightly! The guiding principle is to make do with what you have rather than to bring something for every imaginable situation. Additionally, you are going to Taiwan, an island where nearly everything is available; if you forget your toothbrush, there's always a corner store nearby. With good planning and a flexible attitude, you can travel light and be prepared. We recommend bringing one daypack and two pieces of checked baggage.

Bag #1= Daypack

Not more than 14x9x22 inches in size (per EVA Air)

Containing:

- Extra face masks
- Jacket/sweater
- Snacks and activities for the flight
- Any allergen-free food or snacks the student will need for the flight
- Prescription medications and Epi-pen kit
- Any toiletries student may need on the flight
- Camera
- Pen/pencil and personal journal (chaperones will give students a journal upon arrival)
- Extra underwear and t-shirt, just in case there are luggage issues

Bag #2= One checked suitcase

Not more than 50 lbs and 62 linear inches (length+width+height) (per Eva Air)

Containing: All items listed below, except for camping gear.

Bag #3= One checked duffle bag

Not more than 50 lbs and 62 linear inches (length+width+height) (per Eva Air)

Containing: Camping gear (see list below)

Label each piece of luggage with student's name, home address, and our CAIS chaperone hotel information, below:

<p>Fuward Hotel Tainan No. 28, Section 2, Zhongyi Rd, West Central District, Tainan City, 70041, ROC Tel: (+886) 06 225 1000</p>	<p>台南富華大飯店 ROC 70041 台南市中西區 忠義路二段28號 电话: (+886) 06 225 1000</p>
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What to Pack

Clothing

Prepare layers (for warm days and cool nights and rain protection), comfortable clothes for field trips/ outdoor activities, and one nicer set of clothes. Families wash clothes frequently, though drying can take a while, especially due to humidity (there are no dryers; everything is air-dried).

Weather

April is a warm, relatively dry spring month across Taiwan. Northern Taiwan is cooler, rainier and more humid, whereas Southern Taiwan is quite warm with sunny skies. Temperatures may be chillier at night, especially in the mountains, and might feel lower due to the humidity. Kind of like winter in SF!

	Taipei in April	Tainan in April
Average high temp (F)	71	84
Average low temp (F)	59	71
Average # of rainy days	15	7

Electricity

For digital cameras (cameras are ok!) or other necessary items that need charging: Taiwan has the same voltage (110-120V) and wall socket types as the US, so no adapters or transformers are needed for camera chargers or other plug-in devices.

Clothing

- ☐ (1) Waterproof rain jacket
- ☐ (2) warm layers: fleeces, sweaters, and light puffy jackets work well
- ☐ (6) Shirts, mix of long and short-sleeved
- ☐ (2) Long pants that are comfortable for field trips, outdoor activities, and hiking
- ☐ (2) Shorts
- ☐ (7) Socks
- ☐ (7) Underwear, plus bras if needed
- ☐ (2) Pajamas
- ☐ (1) dressy outfit for nice dinners and the final farewell event
- ☐ (1) Athletic shoes (this is what you will wear to school and field trips every day)
- ☐ (1) Rain boots/waterproof shoes (when it rains in Taiwan, things get very wet, and we will still go on field trips! Bring rain shoes so you don't have wet feet all day)
- ☐ (1) Clean slippers/flip-flops (to wear in your host home)
- ☐ (1) Sun hat
- ☐ (1) Sunglasses

Personal Items

- ☐ Wristwatch
- ☐ Alarm clock (or bring a watch with an alarm function)
- ☐ Sunscreen, lip balm
- ☐ Personal toiletries (toothbrush, toothpaste, soap, etc.)
- ☐ Face masks (KN95 recommended)
- ☐ Hand sanitizer (always a good idea)
- ☐ A couple packs of pocket tissues for toilet paper (easy to buy more there)
- ☐ Extra pair of glasses and/or contact lenses; contact solution and eye drops (if applicable)
- ☐ Prescription/OTC medications as needed
- ☐ Daypack/backpack for school and excursions
- ☐ Water bottle (1-2 liters of capacity)
- ☐ Student ID (some attractions that your host family might take you to offer student discounts for entry)
- ☐ Umbrella
- ☐ Gifts from SF for host family and new friends
- ☐ A few favorite non-perishable snacks
- ☐ Pens and pencils
- ☐ Camera, charger, plug adapter if needed, memory card (or disposable camera!)
- ☐ Any needed allergen-free food

Optional

- ☐ Cards, travel-size games for airport/bus, Frisbee, etc.
- ☐ Books/Kindle (basic e-readers only please!)
- ☐ Small musical instruments
- ☐ Neck pillow (for the plane)
- ☐ Pictures of home and family to show to your host family and others

Camping Gear

Be sure to clearly label all of the below items with your name and pack them in your second check-in bag. While we will only need access to this bag in Miaoli, you are responsible for carrying the bag during transition times (en route to Tainan; storing at hotel or host family's house; back to Taoyuan, etc.). If you can fit these items in your first checked bag, go for it!

- ☐ Sleeping bag
- ☐ Sleeping pad
- ☐ Camping pillow
- ☐ Shower towel
- ☐ Sandals or flip flops for communal bathrooms
- ☐ Headlamp or flashlights (with extra batteries)

Appendix A: CAIS Global Programs Technology Policy

CAIS is committed to global programming that offers safe, authentic linguistic and cultural immersion experiences, fosters independence, and builds community. Chaperones, hosts, students, and families have consistently observed that devices can distract from the immersion experience, enable over-reliance on family and peers back home, and facilitate online behavior that can promote division rather than mutual support amongst peers. We believe that the ability to disconnect from technology is a crucial aspect of digital citizenship, and see CAIS programs abroad as crucial opportunities to practice this skill. When students “unplug” from technology, we see them “plug in” to the world around them. This heightened level of engagement keeps our travelers safer abroad, and allows students to more fully *embrace Chinese, become their best selves, and contribute to a better world.*

The following policy requires that students refrain from bringing communication, gaming, entertainment, and other internet-connected devices on global programs, while ensuring that adequate communication channels between parents, students, chaperones, and host families are available at all times.

- CAIS students may not bring tech devices, including but not limited to computers, tablets, smartphones, smartwatches, and other “smart” items, gaming devices and music/media players on global programs. Any such device brought on a program will be confiscated.
- Digital (or film) cameras without gaming or communication features are encouraged!
- Basic e-readers without gaming or communication features (meant only for reading) are permitted.
- CAIS students will have access to local mobile phones, which can be used for communication with CAIS chaperones, host families, and partner school/organization staff.
 - ◆ For the 5th Grade Taiwan Exchange, 7th Grade Taiwan Academy, and 8th Grade Taiwan Academy, each student is given a phone for the duration of the program. Students are responsible for keeping their local phones charged and with them at all times for safety.
 - ◆ All students are provided with contact cards containing numbers for CAIS chaperones and other program staff, and are expected to carry these at all times.
- CAIS chaperones will always be reachable by mobile phone, by both students and parents, in the event of an emergency. CAIS students should reach out to a CAIS chaperone to talk about any concerns they have during the program.
- CAIS parents and students are encouraged to keep in touch in the following ways:
 - ◆ For the 5th, 7th, and 8th Grade Taiwan Programs, school devices will be available during designated times to communicate home. Students can also ask a CAIS chaperone to make a call home at other times if needed.
 - ◆ For the 7th and 8th Grade Taiwan Programs, students can also contact home using host family devices. Students and host families are encouraged to identify a regular, convenient time for communication home. Chingshin ‘Buddy’ families participating in the 5th Grade Taiwan Program will also be connected with CAIS families prior to the trip.
- CAIS chaperones will have school devices available for any academic projects that require them.
- When using school devices, students will adhere to the [CAIS Acceptable Use Policy](#).

*Compliance with this policy supports the program goals of authentic immersion and personal growth.
Thank you, students and families, for your cooperation!*

Appendix B: CAIS Student International Services and Insurance Program

Chinese American International School (CAIS) recognizes the importance of students having resources available to them while traveling abroad on a CAIS-sanctioned program. As a parent and guardian, you may ask yourself: What happens if my student falls ill, is involved in an accident, or confronts a security-related incident while in Taiwan? How would my student deal with an emergency where language is a problem and adequate standards of medical care cannot be guaranteed? What if my student were in a foreign country where the political situation was unstable or quickly deteriorating? **To help meet these challenges abroad, CAIS provides an integrated International Services and Insurance Program.**

International SOS (ISOS)

CAIS Global Programs abroad are supported by the premier international services provider, [International SOS](#), for emergency medical, personal, travel, legal, and security assistance. One phone call connects trip chaperones and students to ISOS's network of multilingual staff trained to help resolve health and safety issues. Medical services range from telephone advice and referrals to full-scale medical evacuations by private air ambulance. The ISOS network of critical care and aero medical specialists operates 24 hours a day, 365 days a year from ISOS Alarm Centers around the world.

Additionally, ISOS's global security network is designed to assist in managing the complex issues of people, information, communications, and transportation during a threatening emergency situation. Membership in ISOS is a valuable protection against unexpected difficulties that can arise when you are away from home. Since its founding in 1974, ISOS has performed thousands of evacuations and repatriations, and provides proactive, real-time risk assessments to keep travelers safe.

Insurance Coverage

CAIS participates in a unique insurance program built specifically for students traveling abroad on school-sanctioned programs. Coverage is provided by Cigna Global and Lloyd's, and works in concert with International SOS. This mandatory insurance program for students traveling abroad on CAIS-sanctioned programs is primary in all cases. Because of the special relationship between International SOS and the plan administrators, emergency management and health care decision-making is simplified for students and their guardians.

In 2023, our insurance package will include quarantine lodging coverage for up to 14 days if participating travelers are *required* to isolate in a hotel room following a positive Covid test (as per the US CDC or applicable government or regulatory authority). Please note this benefit is only for the person testing positive and not for an adult that may have to stay with a quarantined student, and covers lodging costs only. If a student is required to quarantine beyond the program's scheduled end date, Families may be asked to reimburse additional costs incurred on student's behalf, such as medical care, food, transportation, etc.