Course Number: HLTH 195
Course Title: Mongolia: Traditional Mongolian Medicine
Level: Undergraduate, Graduate or CE student

2 credit FLPA in Ulaanbaatar, Mongolia

Catalog Description
Introduction to the culturally appropriate and sustainable, integrated health system of Traditional Mongolian Medicine in Mongolia (TMM). June 29 - July 17, 2017 plus travel days.

Course Description

Didactic content will include an introduction TMM; examine historical, environmental, social, and political forces that impact the health of Mongolians. Study includes visits to the Institute of Traditional Mongolian Medicine, clinics, and rural clinics. Specific health care needs of the Tsaatan, ethnic reindeer herders of the north and nomadic herders of the South Gobi will be assessed. Community, family and individual health will be observed in urban and rural settings. By discovering the ideologies, policies, and practices of Mongolian culture and health care in a cross-cultural context, students will gain an appreciation of Mongolia’s unique cultural heritage and develop optimal health care practices for themselves.

The program will include observing & experiencing Traditional Mongolian Medicine assessment of pulse diagnosis, assessments of the tongue, eye beds, urine, lifestyle, diet, and relationships. Treatments include acupuncture, cupping, moxibustion, massage, water therapy & balneo therapy at the Institute in UB and experiencing plant harvesting and medicine preparation at the summer camp sanatorium.

Course Objectives
Upon completion of this course the student will be able to:

- Analyze the complexity of Traditional Mongolian Medicine and integration with western medicine.
- Examine complex interactions among social, medical, environmental, economic and political forces as they affect health care in Mongolia.
- Explore the physical/psychosocial/spiritual impact of health, illness, and health care in Mongolia
- Identify common health problems and access issues for people living in rural Mongolia
- Maintain professional, culturally conscious communication with populations, multi-disciplinary professionals and stakeholders.
- Advocate for population health through policy development.
- Increase understanding of these influences in their own lives, as well as others.
**Teaching Strategies:**

The course will utilize lecture and discussion formats for individual classes, both pre-travel and while in Mongolia. Text, online readings and learning activities will be utilized to enhance the preparatory aspect of the course. Students will experience a TMM assessment and follow their health care plan. Daily instructor led meditation, meridian balancing and yoga.

<table>
<thead>
<tr>
<th>Due</th>
<th>Assignment</th>
<th>Percent</th>
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<tbody>
<tr>
<td>May - June</td>
<td>Readings and participation in class discussion, in-country</td>
<td>20</td>
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<tr>
<td>June</td>
<td>Traditional Mongolian Medicine student assessment, self-care plan and daily journal, and post-travel reflective paper</td>
<td>40</td>
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<td>July</td>
<td>Analyze the literature on a health topic of your choice for the purpose of proposing next steps in research or program development for the Mongolian community.</td>
<td>40</td>
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**Readings and Participation**

- The Quintessence Tantras of Tibetan Medicine, Jan 1, 1995 by Barry Clark and Dalai Lama
- Students will be provided electronic versions of other course readings or links thereto. Students may carry readings in electronic format via e-reader of choice or on paper and are expected to be present at all classes and prepared to discuss assigned readings for the day. Each pair of students will be expected to lead discussion of the readings for two classes. Consistent participation in discussion is expected of all students.
Mongolia Itinerary Jun 29 – July 17, 2017
Thu 29 Jun/ Day 1. Arrival in Ulaanbaatar
Upon arrival in Ulaanbaatar (UB), professional English speaking guide warmly welcome the travellers, and check-in to hostel for overnight rest. According to schedule of arrival, lunch and dinner /optional/ are available.

Fri 30 – Tue 4 Jul/ Day 2 – 6. Ulaanbaatar city
Pick up students with transportation to the Institute of Traditional Mongolian Medicine with English translator.
The program will include observing & experiencing Traditional Mongolian Medicine assessment of pulse diagnosis, assessments of the tongue, eye beds, urine, lifestyle, diet, and relationships. Treatments include acupuncture, cupping, moxibustion, massage, water therapy & balneo therapy at the Institute in UB and experiencing plant harvesting and medicine preparation at the summer camp sanatorium and Musk deer breeding center/in Gachuurt 45 km from UB. 3 days (4 hours/day) at our Institute, 2 days (4 hours/day) at the sanatorium/countryside/ training.
Afternoon visits with transportation, driver and translator to the Gandan Monastery with the outstanding 24m golden plated statue of Buddha; Megjid Janraiseg. This monastery is the largest and most important monastery of Mongolia with 500 monks. Mongolian National Museum which has many colorful exhibits; historical findings, traditional handicrafts and dressing. Mongolian National Modern Art Gallery, Central Museum of Mongolian Dinosaurs, museum of Mongolian Traditional Medicine, Buddha Park, Zaisan hill memorial and Centre of Shaman Eternal Heavenly Sophistication home of resident shaman Zorigtbaatar, Golden Mutra health center and a folk concert (throat singer, contortionist, long and short songs, dances).

Friday to Tuesday overnight stays are in a hotel. (B-5, L-5, D-5)

Wed 05 Jul/ Day 7. Ulaanbaatar – Murun – Khuvsgul Lake (120 km)
Have breakfast at the hotel and take domestic flight to Murun, capital of Khuvsgul province. This flight allows you to bend distance of 680 km in just above hour and a half. Upon arrival, tour couch pick you up from local airport and start to Khuvsgul Lakeshore. Lunch and dinner are in a ger camp by lakeshore /might change according to flight schedules/. (B, L, D)

Thu 06 Jul/ Day 8. Tsaatan Festival (~10 km)
Today enjoy mini-Naadam as part of the Tsaatan (reindeer) festival and learn more about Reindeer herder people’s culture and participate in festival small competitions to be a winner.
In the evening observe shamanistic rituals and a bonfire fest. Detailed festival schedule is provided when available. Dinner and overnight are in a ger camp by lakeshore. (B, L, D)

Fri 7 Jul/ Day 9. Tsaatan festival day 2
Have breakfast at the camp and enjoy the next day of festival which exhibits a folk concert, reindeer polo game, horse racing competition, and closing ceremony that awards festival winners. Lunch, dinner, and overnight are in a ger camp. (B, L, D)

Sat 8 Jul/ Day 10. Khuvsgul Lake
After breakfast, have short boat trip to a nearby “wish granting rock” to make wishes, and see Mongolian ovoo – pile of stones forming a worshipping spot based on religious beliefs.
Then have free afternoon hiking with optional activities such as horse riding, fishing, and kayaking. Lunch, dinner, and overnight are in a ger camp. (B, L, D)

**Sun 9 Jul/ Day 11. Khuvsgul Lake - Ulaanbaatar (100 km)**

After breakfast in the morning, transfer to Murun town (100 km) and take domestic flight back to Ulaanbaatar from the airport. Today, visits to State Department Store and Cashmere outlet stores are available. Have free evening. Lunch and dinner are in a local restaurant and overnight stay is in a hotel. (B, L, D)

- **Mon 10 Jul/ Day 12. Terelj National Park**
- After breakfast, transfer to “Tsonjin Boldog” (54 km), where the world’s biggest equestrian statue - Chinggis Khan Statue complex is located. Then transfer to Terelj National Park. Lunch is in a ger camp restaurant. Visit giant “Turtle rock” and other unique rock formations which are highlights of the area. Hiking to Aryabal meditation temple will take about an hour’s excursion. Visit a local nomad family to learn about their lifestyle and participate in their daily chores when possible. Optional horse riding for about an hour is possible. After dinner in a ger camp restaurant, transfer back to UB and rest overnight at hotel. (B, L, D)

- **Tue 11 Jul/ Day 13. Naadam Festival Opening Ceremony**
- Have breakfast at the hotel and transfer to Central Stadium of Ulaanbaatar to attend the opening ceremony of Naadam Festival. Along with Mongolian cultural performances, enjoy two competitions of the three manly sports: wrestling and archery. Observe individual, family and community health. Lunch and dinner in a city restaurant, and overnight stay is in a hotel. (B, L, D)

- **Wed 12 Jul/ Day 14. Horse racing in Hui Doloon Khudag (40 km)**
- After breakfast, transfer to Hui Doloon Khudag – 20 km west of the Ulaanbaatar which is an open-space field where one of the three manly sports of Naadam: horse races are held. In nomadic culture, horses are essential in everyday life and herders train special ones from their herd for long races. Observe individual, family and community health. Lunch is nearby the horse race field temporary restaurants. Dinner and overnight stay is in a ger camp. (B, L, D)

- **Thu 13 Jul/ Day 15. Transfer to Gobi – Bayanzag / Flaming Cliffs (~90 km)**
- Have breakfast at the camp and transfer to airport to take domestic flight to Dalanzadgad (~13:30 pm – 14:50 pm). Upon arrival in Dalanzadgad after over an hour flight (bending 575 km), chauffeured tour couch pick up the travellers at the airport and meet local healthcare provider to have conversation over lunch meal about mining sites’ influences on local population’s health.
• Explore the world famous “Flaming Cliffs” site and Bayanzag (forest of the Gobi). Discover the area of first paleontological findings in Mongolia was found, by following footsteps of American explorer Roy Chapman Andrews. This place was given the name Flaming Cliffs because of its color resembling flames during sunset. Dinner and overnight are in a ger camp. Identify dessert medicinal plants. (B, L, D)

• Fri 14 Jul/ Day 16. Bayanzag - Khongoryn Els (200 km earth road)
  • After breakfast at the camp, drive to the Khongor sand dunes known as Singing Dunes. It is called so because of those deep and distant sounds which come from these dunes when wind disturbs its surface. Lunch is in a ger camp near Khongoryn Els dunes after checking in, followed by exploring the sand dunes when heated sand temperature get down in the evening. Dinner and overnight stay is in a ger camp. (B, L, D)

• Sat 15 Jul/ Day 17. Khavtsgait Petroglyphs – Yolin Am (200 km)
  • Today’s journey starts early in direction of Khavtsgait Valley. This area is rich of rock carved paintings that date back as early as 3000 B.C. The engravings depict many different animals and scenes, such as mounted hunters in pursuit of their prey.
  • After exploring, continue to Yolin Am, with lunch on the way. Check-in to ger camp upon arrival, and explore the deep and narrow gorge Yolin Am that cuts a path through the foothills of mountains and is covered by snow and ice most times of the year. Dinner and overnight are in a ger camp. (B, L, D)

• Sun 16 Jul/ Day 18. South Gobi province – Ulaanbaatar
  • In the morning, rise early and transfer to Dalanzadgad airport for domestic flight bound to Ulaanbaatar (08:30 am – 09:50 am). Arrive in Ulaanbaatar after about hour and a half. Then transfer to your hotel and proceed to check-in. Have free time to explore on own. Overnight stay is in a hotel. (B)

• Mon 17 Jul/ Day 19. Departure
  • Have breakfast at the hotel, and transfer to your international departure point. (B)