



神 周 中 等 大 学
Shenzhou Open University
of Traditional Chinese Medicine

Study guide

2022-2023

Educational programme

Foundations of Chinese Medicine

Acupuncture

Herbal Medicine

Tuina

Foundation of Western Medicine



Introduction

Being a student at Shenzhou Open University of TCM means studying at one of the most influential institutes of Traditional Chinese Medicine in the Netherlands.

Our three-years English and Dutch TCM-programmes, combined with our one-year Western medicine programme, have been fully accredited by the independent accreditation organization SNRO, with 240 EC according to the newest higher professional education standards.*

In 2017 Shenzhou became an International Education Base of WFAS (World Federation of Acupuncture and Moxibustion Societies), the only one in the Netherlands.

Choose Shenzhou Open University of TCM to open up new horizons for your future career.

**Subject to changes in regulatory and/or changes in conditions and policies of the accreditation organizations and professional TCM associations from time to time.*



Director's Letter

Thank you for your interest in Shenzhou Open University of TCM. Founded in 1990, Shenzhou University of Traditional Chinese Medicine is one of the largest teaching institutions in Europe specialized in cultivating Chinese medicine professionals. For more than 30 years since its establishment, the school has trained thousands of Chinese medicine professionals with the motto of “adhering to tradition and promoting innovation”, which has won praise from all walks of life and is known as “the cradle of Chinese medicine in Europe”.

We learn from the talent training model of Chinese medicine universities in China, combine European characteristics, rationally optimize the teaching syllabus, and create a series of high-quality courses in traditional Chinese medicine, acupuncture, massage, and western medicine with a first-class team of teachers.

Our teaching and training have been recognized by the professional associations of traditional Chinese medicine in the Netherlands and European countries. After graduation, students can legally engage in relevant work in the professional field in the Netherlands and some European countries. Our teaching mode, curriculum design and training experience have been widely praised by the community, and have been replicated and referenced by many Chinese medicine schools in the Netherlands, Europe and the world.

We have tailored our courses to students' needs, by designing them according to a part-time model, enabling you to study alongside your job and family commitments. Our professional doctors of Chinese Medicine teach medical knowledge and also pay attention to work safety during clinical practice. Care is also given to shape students' professional behaviour during practice, as well as responsibilities and compassion for the patient. We strive to teach our students to have a high standard of ethics and safety when working in their future profession.

At Shenzhou Open University of TCM, we aspire to create an authentic atmosphere during your classes and clinical apprenticeship.

As Director of CMC Tasly Group, I pledge to provide you with the environment needed to help you flourish. Your choice to study Chinese Medicine at Shenzhou Open University of TCM is a bridge to a new stage of your life.

董志林

Zhilin Dong, Founder of CMC Tasly Group and Shenzhou Open University of Traditional Chinese Medicine



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Vision and Mission

The mission of Shenzhou Open University of Traditional Chinese Medicine (TCM) is to educate students in accordance with the highest professional requirements. We prepare our future clinicians by practising patient centered medicine and helping them to identify the fundamental questions in the mechanism, prevention and treatment of disease as well as teaching the basic concepts of Chinese Medicine and Western Medicine.

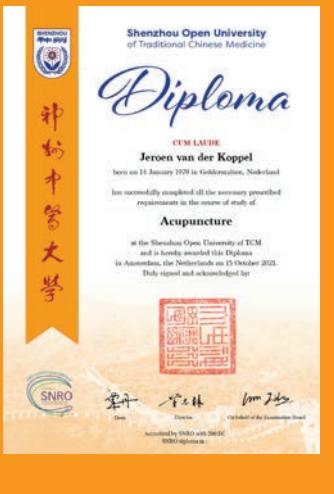
Shenzhou Open University of TCM offers various courses as well as internships and has a diversity of international students and staff members. We encourage mutual respect among the lecturers, students, staff, trainees and patients whilst demanding high standards of ethical and professional conduct.

Shenzhou Open University of TCM is the academic leader in TCM undergraduate and professional furtherance of education in the Netherlands and Europe. With this, Shenzhou Open University of TCM makes a positive contribution to our community in the field of prevention, safety and effectiveness of the treatment of disease.

In order to achieve this, we evaluate the professional level of all our courses for constant improvement. During the academic year, teachers and students are able to give feedback by filling out evaluation forms.

We tailor our courses according to both our own high standards and to the standards of the professional associations to ensure continued accreditation of our courses.

“We educate students
in accordance with the
highest professional
standards”



Board and Staff

Director

Zhilin Dong

Academic Dean

Dan Tan

Study Coordinators

Rob van Hees

Jun Huang

Pauline Lee

Examination Committee

Jidong Wu, PhD TCM, senior Lecturer

Toine Korthout, MD, senior Lecturer

Mei Long, Independent external examiner

Accreditation

All our English and Dutch TCM-programmes have been fully accredited by the independent accreditation organisation SNRO with 200 EC according to the newest higher professional education standards (HBO). Together with our SNRO and CPION accredited Western Medicine courses this leads to a total of 240 EC. This enables our graduates to operate at a similar level as HBO bachelor graduates in the Dutch health care system as well as being able to give VAT-free health treatments.

The educational programme of Traditional Chinese Medicine at Shenzhou Open University of TCM has been accredited by the related professional associations* in the Netherlands including: NVA, NAAV, ZHONG, TCMned, LVNT, NWP and FAGT.

*Subject to changes in regulatory and/or changes in conditions and policies of the accreditation organizations and professional TCM associations from time to time.



Furthermore, we are a member of the “Federatie van Opleidingen in de Natuurlijke Geneeswijzen” (FONG), the “Collectief Geaccrediteerde Opleidingen” (CGO) and are registered at the “Centraal Register Kort Beroepsonderwijs” (CRKBO). The latter implies that no VAT is added to our tuition fee.

The above makes Shenzhou Open University of TCM a very influential institute of Chinese Medicine in the Netherlands.

Study process

Language and Communication

In order to be able to attend classes, a professional level of the English or Dutch language is required.

Please provide us with your current e-mail address for our staff to communicate with you. You must have basic computer skills to enable you to study on-line, type reports, etc.

Attendance and Study Load

We highly value the educational contact between teacher and student, therefore student's attendance of a minimum of 80% of the lectures is mandatory for all our courses. Besides attending classes (12 hours per month), students are required to do self-study, participate in study groups and apprenticeship with a total of about five times the number of contact hours.

Lecture days

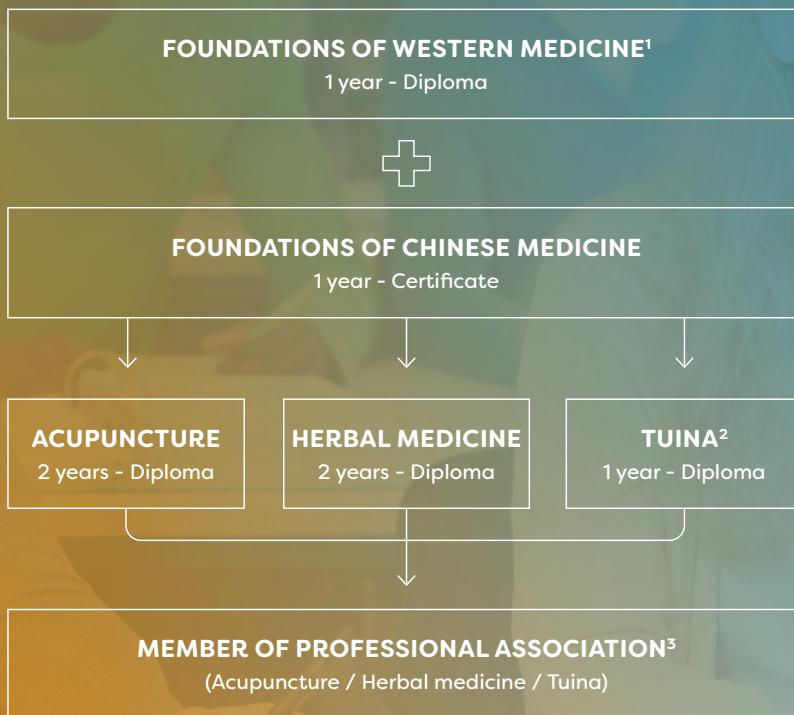
The 20 lecture days of the TCM courses are scheduled in 10 blocks and are given approximately once per month on Saturdays and Sundays (with occasional exceptions). In addition, the TCM study includes practical days under the supervision of a teacher on weekdays, which students can sign up for.

The 23 lecture days of the WM courses are scheduled on Fridays and Saturdays or Sundays and Sundays.

All schedules will be published on the website from May 2022.



Education Structure



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1 Exemption is granted to medical doctors, physiotherapists and other medical professionals with a so called 'BIG registration' meeting the PLATO requirements and for those who possess an equivalent foreign diploma which was accredited by 'Internationale Diplomawaardering'. The Western Medicine curriculum can be followed before or in parallel to the TCM programme.

2 The first year of the Tuina course matches the first year of the Acupuncture course.

3 Each Professional Association has its own regulations and demands. Please direct your questions to the association.

Some courses may be taken in parallel, but the school cannot guarantee that there is no overlap in class dates. Please check before enrolling for two courses during the same academic year.

Foundations of Chinese Medicine

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During this course students are taught the basic concepts of traditional Chinese medicine and are introduced to Chinese philosophy which forms the cornerstones of TCM. This part of your studies is the necessary foundation to be able to study further, specializing in Acupuncture, Chinese Herbal Medicine or Tuina.



ACCREDITED BY SNRO**DURATION: 1 YEAR****TUITION FEE: € 2.100,-**

The course, Foundations of Chinese Medicine, consists of basic theories such as Yin Yang and Five Elements, Zang Fu theory, TCM etiology, pathology and diagnosis. This class is an important bridge from theory to clinic.

In addition to the teacher contact hours you will work together with your fellow students in a Literature study group and practise together in the Interactive Practice groups. On top of that students can sign up for 5 practical days under supervision of a teacher. Already after a few months of theoretical training you can start to do apprenticeships in our clinic or at one of the external clinics approved by Shenzhou Open University of TCM.

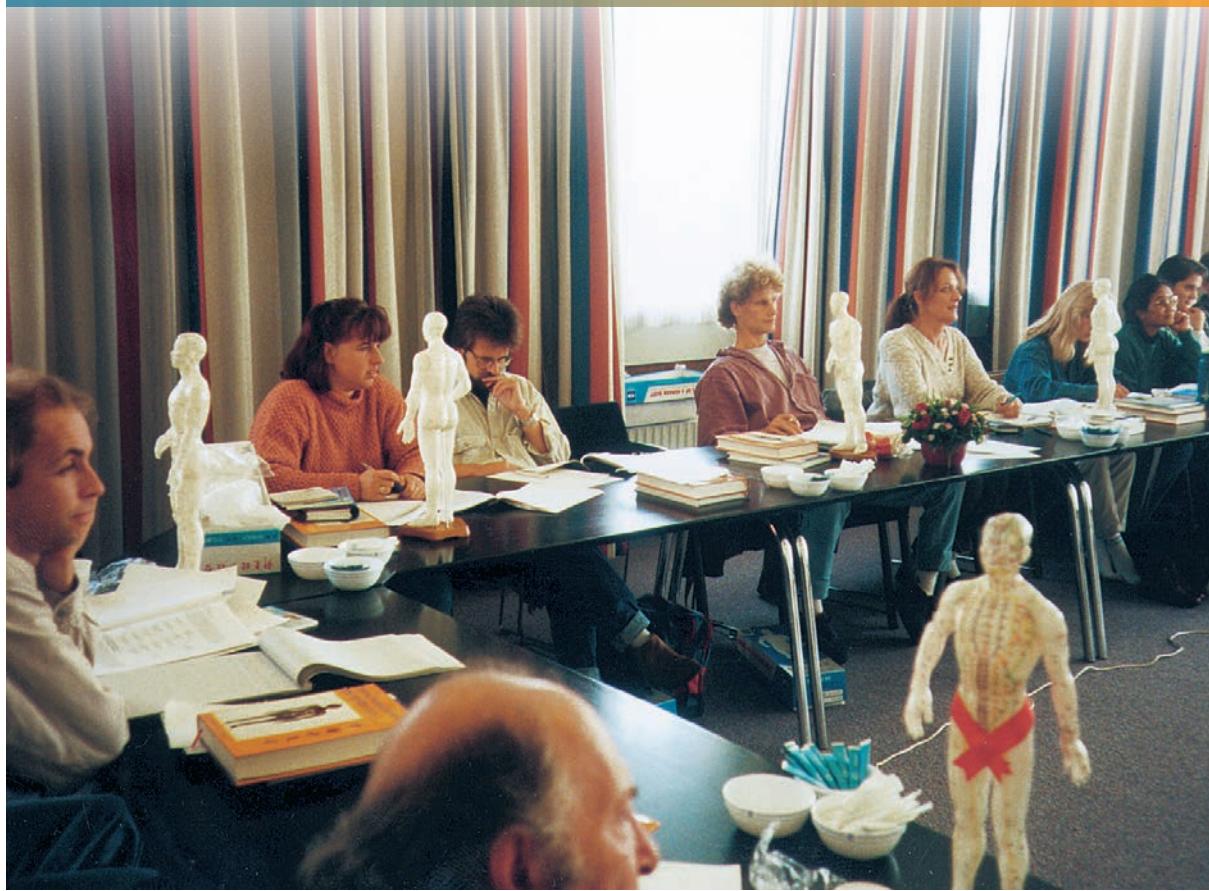
Subjects

- Basic Characteristics of Chinese Medicine
- Yin and Yang
- Five Elements
- Zang Fu Organs
- Qi, Blood and Body Fluids
- Constitution (body types) in TCM
- Etiology and Pathogenesis of Chinese Medicine
- Tongue diagnosis
- Pulse diagnosis
- Other diagnostic methods
- Pattern Identification: 8 principles, Pathogenic factors
- Pattern Identification: Zang Fu Organs
- Pattern Identification: Qi, Blood and Body Fluids
- Pattern Identification: 6 stages, Triple Burners and 4 levels
- Establishing contact with the patients: attitude of the therapist



Acupuncture

This vocational training course in acupuncture prepares students for their career as acupuncturists at a professional level. Students are introduced to the classical methods of TCM as well as the modern developments of TCM.



ACCREDITED BY SNRO WITH 200 EC (INCLUDING FCM)

ADMISSION REQUIREMENT: FOUNDATIONS OF CHINESE MEDICINE

DURATION: 2 YEARS

TUITION FEE: € 2.100,- PER YEAR

Every lesson weekend includes both theory and practice. In addition to the teacher contact hours, you will work together with fellow students in study groups and do internships in a clinic. On top of that, you can sign up for 10 practical days per year under supervision. During these two years of the acupuncture course, the number of apprenticeship hours will gradually be increased to help you practise independently in your future TCM career.

Subjects of the 1st year Acupuncture course

During first year, the focus will be on the meridians and acupuncture points as well on needling techniques.

- History of Acupuncture and Moxibustion
- Introduction to meridian systems
- Theories of the “Specific Acupuncture Points”
- Essential knowledge of meridians and acupuncture points including fourteen meridian pathways; location, functions and clinical indications of commonly used acupuncture points
- Acupuncture needling techniques
- Moxibustion and Cupping
- Ear-, Scalp-, Electro Acupuncture
- Basic acupuncture point combinations

Subjects of the 2nd year Acupuncture course

In the second year, the emphasis is laid on analyzing and treating diverse and common syndromes seen in clinical practice. Besides theoretical knowledge, case studies and demo patients will be discussed in class as well. Students are required to write a thesis before completion of their final year.

- General introduction to Acupuncture therapeutics and principles
- Acupuncture treatments for a wide range of clinical conditions, such as mental-emotional conditions, neurological conditions, musculoskeletal & painful conditions, genitourinary conditions, gynaecological conditions, skin conditions and paediatric conditions etc.
- ‘Walk steadily over the bridge’: from class to clinic





Chinese Herbal Medicine

The herbal medicine class introduces students in the knowledge of Chinese herbs and trains them to run a practice independently as well as to work safely, competently and effectively.



ACCREDITED BY SNRO WITH 200 EC (INCLUDING FCM)

ADMISSION REQUIREMENT: FOUNDATIONS OF CHINESE MEDICINE

DURATION: 2 YEARS

TUITION FEE: € 2.100,- PER YEAR



In China, the study of herbal medicine is integrated in TCM education. Acupuncture therapy and Chinese Herbal Medicine when combined, not only complement each other, but also reinforce each other.

In the West, students often embark on this course after the completion of the acupuncture course. The advantage then is that Chinese medical concepts are already integrated, making the study of Chinese herbs more tangible.

In addition to the teacher contact hours, you will work together with fellow students in a Literature study group and practise together in the Interactive Practice groups. During the first year of the Herbal Medicine course, the apprenticeship takes place mainly at the herbal department preparing herbal prescriptions. In the second year it is possible to do your apprenticeship at herbal specialists. On top of that you can sign up for up to 10 practical days under supervision. Finally students will write a thesis to complete their course.

Subjects

- Basic theory, concepts, properties and taste of single herbs
- Single herbs, herbal formulas and their functions
- Chemistry, pharmacology and guidelines for safety use of Chinese herbs
- Quality assurance of Chinese herbs, European regulations, forbidden animal and botanical medical substances in Europe
- Principles of prescribing herbal formulas
- Administering of herbs
- Differentiation and treatment of various diseases
- ‘Walk steadily over the bridge’: from class to clinic

Tuina

Chinese medicinal massage

During this course students are taught different techniques and applications of Tuina massage.

This ancient technique of manipulation, originating in China, is applicable to treating various diseases. A solid knowledge of meridians and acupoints is necessary.

Tuina massage is suitable for all adults and works especially well for children.



ACCREDITED BY SNRO WITH 200 EC (INCLUDING FCM)

ADMISSION REQUIREMENT: FOUNDATIONS OF CHINESE MEDICINE

DURATION: 1 YEAR

TUITION FEE: € 2.100,-

After completing the Foundations of Chinese Medicine, this Tuina course is for two years. If you have completed the first year of Acupuncture, or the entire Acupuncture course, you can immediately begin in the second year.

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During the Tuina classes at least 50% of the time is spent on practical training. Students are required to practise the Tuina techniques further with fellow students during the interactive practice. The clinical apprenticeship enables students to learn from experienced Tuina therapists. Students are required to write a thesis to finish their final year.

Subjects of the 1st year of Tuina course

- History of Acupuncture and Moxibustion
- Introduction to meridian systems
- Theories of the “Specific Acupuncture Points”
- Essential knowledge of meridians and acupuncture points including fourteen meridian pathways; location, functions and clinical indications of commonly used acupuncture points
- Acupuncture needling techniques
- Moxibustion and Cupping
- Ear-, Scalp-, Electro Acupuncture
- Basic acupuncture point combinations

Subjects of the 2nd year of Tuina course

- Introduction to history, principles and theories of Tuina therapy
- Tuina manipulation techniques
- Paediatric Tuina: specific points used for children
- Paediatric Tuina: specific manipulations techniques used for children
- Tuina treatments for adults with various diseases
- Tuina treatments for children with various diseases
- ‘Walk steadily over the bridge’: from class to clinic



Foundations of Western Medicine

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This intensive training in Western medicine is designed for anyone who is studying physically based complementary medicine in order to gain knowledge in anatomy, physiology and pathology at a professional level.

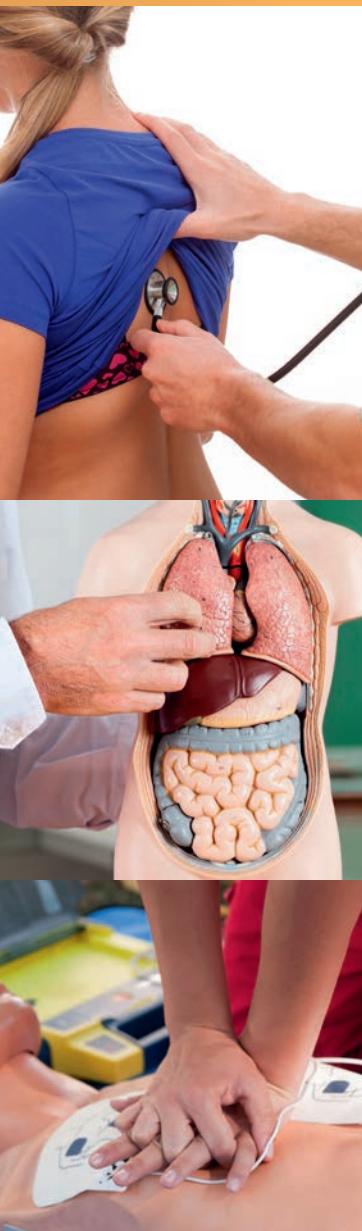


ACCREDITED BY SNRO AND CPION ACCORDING TO PLATO REQUIREMENTS

WITH 40 EC

DURATION: 1 YEAR

TUITION FEE: € 2.100,-



In addition to anatomy and pathology, the curriculum also includes topics such as medical ethics, health law, pharmacology and psychosocial topics which are in line with modern medical practice.

The education here is characterised by a lively, interactive teaching method. After presenting the theory, work is done in subgroups to consolidate the curriculum. Students give presentations on a chosen subject and they practise with diagnostic skills.

The curriculum is set up according to the so-called PLATO standards, drawn up by Dutch health insurers. These standards are regularly updated to stay in line with the requirements of the professional situation. This programme is accredited by SNRO and CPION.

Subjects

- Medical ethics and the Dutch health care system
- Basics: Cytology, Embryology and Body tissues
- Integumentary system; skin
- Skeleton & Muscles
- Blood & Immunity
- Heart & Blood vessels
- Lungs & Respiration
- Digestive system
- Urinary tract
- Nervous system
- Endocrine system & Hormones
- Female and male genital systems, breast diseases, sexually transmitted diseases
- Nutrition, metabolism & temperature regulation
- Infectious and parasitic diseases
- Anamnesis, inspection and physical examination
- Applied psychology
- Psychopathology
- S.O.L.K.
- Psychopharmaceuticals
- Medical and psychosocial signals, 'red flags'

Our Lecturer and Clinical supervisor team

All lecturers at Shenzhou Open University of TCM have a rich experience in both clinical practice and education. All our lecturers from China have a TCM degree from a university and a medical licence issued by China's Ministry of Health. They have also received the qualification from the Ministry of Education in China to teach at university-level. To ensure the high quality of our education, the lecturers are supported by our administration staff, study coordinators and the clinical training team.

Academic Dean



Dan Tan

Shenzhou Clinical Supervisor Team

| | |
|-----------|-------------|
| L.P. Zhao | Q.T. Nguyen |
| X. Yang | J. Huang |
| P.Z. Zhao | |

Herbs supervising team

| | |
|-----------|-----------|
| L. Wang | L. Zhou |
| Y.Q. Chen | C.L. Yuan |
| H. Meng | |

Clinic Receptionists

| | |
|--------------|------------|
| Yuni Harnani | Shandy Man |
| May Lee | Alson Yuen |
| Jing Li | |



Teacher team Traditional Chinese Medicine



Tineke van den Barg



Ricky Bochem

Graciano Cabrita
da Palma

Hong Dong

Moon-Yueh
Fong

Jun Huang



Beate Lendt



Cheng Qian



Tianrong Ren



Frank Roosen



Huijun Shen



Baoshun Shi



Tiejun Tang



Shulan Tang



Jidong Wu



Linjun Xia



Mei Xing



Zhigang Yang



Daisy Yang



Funian Yu

Teacher team Western Medicine



Yun Ding



Lili Huang



Toine Korthout



Zhi Li

Study material and study books

Students have to purchase a number of books and for Western Medicine, a mandatory reader. Extended hand-outs will be distributed during the course via the student-site.

Below, only the mandatory study books are listed. After registration you will also receive a list of books which are optional.

Please do not purchase books from this list before your registration. After your registration our study coordinators will inform you about the most recent list of mandatory books with additional information such as edition and ISBN numbers!

Foundations of Traditional Chinese Medicine

- The Foundations of Chinese Medicine, Giovanni Maciocia

Acupuncture

- A Manual of Acupuncture, Peter Deadman
- The practice of Chinese Medicine, Giovanni Maciocia
- The Practical Application of Acupuncture and Moxibustion (hand-outs), Shenzhou Open University of TCM

Herbal Medicine

- Chinese Herbal Medicine, Materia Medica and Chinese Herbal Medicine, Formulas & Strategies (two volumes), Dan Bensky
- The Practice of Herbs and Formulae (hand-outs),
Shenzhou Open University of TCM
- Chinese Herbal Medicines: Comparisons and Characteristics,
Yifan Yang
- Chinese Herbal Formulas: Treatment Principles and Composition Strategies, Yifan Yang





Tuina

- *Tui Na: A Manual of Chinese Massage Therapy, Sarah Pritchard*
- *hand-outs, Shenzhou Open University of TCM*

Foundations of Western Medicine

Anatomy and Physiology:

- *Human Anatomy & Physiology, Elaine N. Marieb & Katja Hoehn*
- *Readers, Shenzhou Open University of TCM*

Psychology:

- Reader Psychology, based on the book: *Psychology, the Science of Mind and Behaviour (N. Holt, A. Bremner, E. Sutherland, M. Vliek, M. Passer & R. Smith)*, Shenzhou Open University of TCM

Pathology:

- Readers, *A.C.F.M. Korthout*
- *Underwood's Pathology; A Clinical Approach, Simon S. Cross*
- *Mind Maps in Pathology, Peter Dervan*
- *Pathophysiology Made Incredibly Easy, William N. Scott*

Practical training and Internships

After completion of the Foundations of Chinese Medicine year, students will be trained in case analysis, acupuncture techniques or Tuina manipulation, depending on the course of their choice. In addition, Shenzhou provides practice classes guided by professional teachers for current students (TCM courses). Students need to complete extended mandatory clinical training as well. The total number of internship hours for a three-year TCM study is 280 hours.

The clinic

Shenzhou offers a unique opportunity to all students of Shenzhou Open University of TCM by letting students complete a number of their apprenticeship hours in our affiliated clinic as part of their course without any additional payment. Our practitioners of Chinese Medicine at Shenzhou clinic have a broad experience in the areas of Acupuncture, Tuina and Herbal Medicine.

External apprenticeships

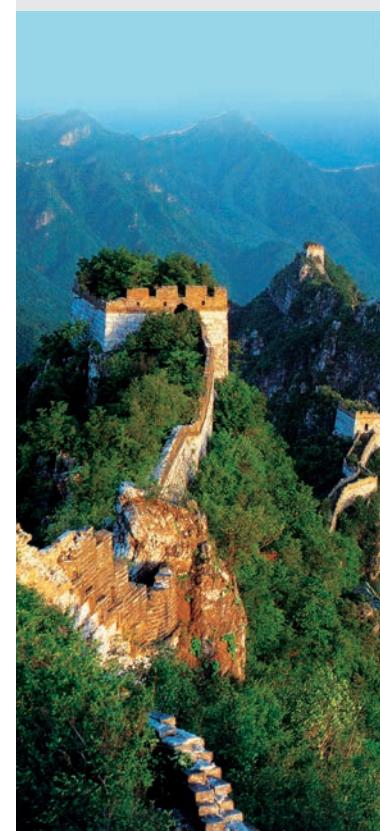
Students of Shenzhou Open University can also choose to do a part of their apprenticeship with external TCM practitioners who have been accredited by Shenzhou Open University.

International Apprenticeships

Students can opt to do a part of their internships at clinics abroad which are approved by Shenzhou Open University of TCM. Prior permission from the study coordinators is required.

Apprenticeships In China

Shenzhou has established partnerships with the World Federation of Acupuncture and Moxibustion Societies (WFAS) (Beijing), as well as various traditional Chinese medicine universities in Guangzhou and Wenzhou. During the study, or after graduation, if students wish to practice in China, Shenzhou can assist in contacting the WFAS affiliated and teaching hospitals of various Chinese medicine colleges and universities in Guangzhou and Wenzhou for internship (internship fees are at your own expense).





Continuing training and Seminars

Shenzhou Open University of TCM frequently organizes seminars with a broad choice of topics of excellent quality.

New developments in TCM and topics suggested by our participants, motivate us to continually search for new interesting subjects for our seminars. In order to give our students and alumni the opportunity to engage with the newest TCM topics and developments, we often invite well-known doctors and professors coming from China, Europe and the U.S.A.

All our seminars are accredited by the relevant professional associations and are advertised in Dutch TCM magazines and websites under ‘nascholing’. You can find the seminar programme and status of accreditation at our website www.shenzhou-university.com. If you would like to receive notifications about our upcoming seminars, you can subscribe to our newsletter.

Tuition fee, Exam fee and Payments

The costs for your first registration as a student of Shenzhou is € 95,-. The tuition fee is € 2.100,- per year.* If you do two courses in one year, (provided the schedule allows it, e.g. a TCM course and the Western Medicine course) you will need to pay the tuition fee twice.

It is not possible to take a two-year course in one academic year (e.g. Acupuncture 1st year and 2nd year).

For the supervised practical days for which you can register, there is a separate financial arrangement of €10 per practical day.

Handouts are included in the tuition fee whereas books and certain readers are not included.

*This is the tuition fee for the academic year of 2022-2023.
Tuition fees in ensuing years may be adjusted from time to time.



Exam fee for students of Shenzhou

The first exam and first re-exam are without any extra costs. The costs for a second re-take exam are € 100,-.

External candidates

- Evaluation exam for entering Shenzhou: € 100,-
- Evaluation exam for TCM professional associations: € 300,-

Payments

Students who are admitted to the course and are registered successfully will receive an invoice. The invoice has to be paid within 30 days according to our ‘Payment and registration conditions Courses’. Partial payment is not possible.

Late payments will be charged € 50,- for administration costs.

Cancellation

We only accept cancellations in written form. If cancelled up to 14 days before the commencement of the course, only the registration costs will be charged. If cancelled within 14 days before the start of the course, 50% of the tuition fee will be charged. There is no refund for cancellations after the course has already begun.

Refunds

With exception of the cancellation policy, tuition fees will not be reimbursed, except in extreme cases where participants are unable to attend the course due to serious accidents, illness or death. In those cases, the participant or legal representative can request a refund from the office in writing up to three weeks after the start of the course.

Registration costs are not refundable after two weeks of student’s registration.

Please read our “Payment and registration conditions Courses” on our website under “Payment and registration conditions Courses”.

Admission

Educational Requirements (minimum level)

- Dutch HAVO or MBO-4 diploma
- A secondary school diploma equivalent to the Dutch HAVO.

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Registration is by means of

- A completed registration form
- A recent representative portrait photo
- Copies of diplomas and certificates, and others relevant to the admission.

You can register online: www.shenzhou-university.com

If you have completed a TCM education elsewhere and would like to transfer credits to Shenzhou Open University of TCM please consult the study coordinators.

Registration costs

Upon your first registration at Shenzhou, registration costs of € 95,- will be charged. You will need to register anew for each academic year but you will only need to pay for the registration costs once.

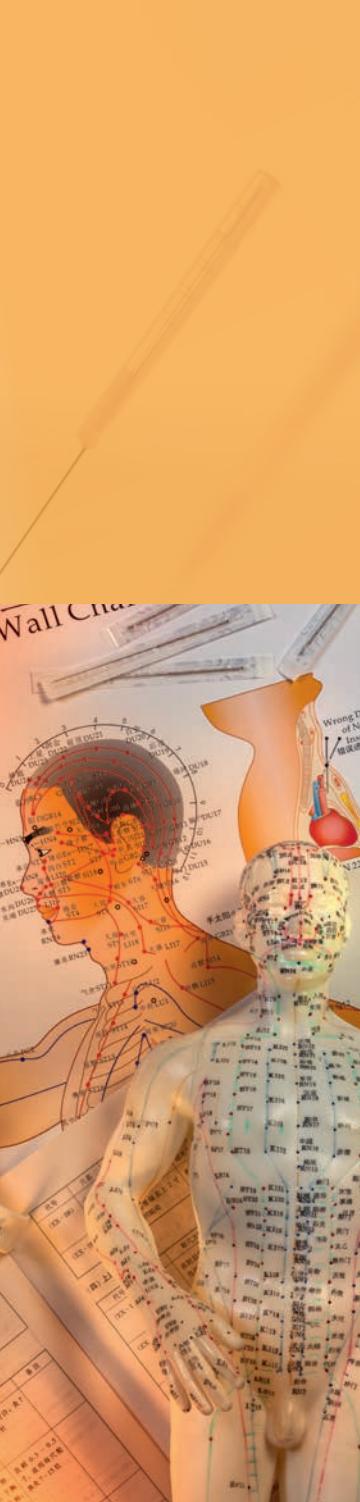
Registration date

We advise you to register **before 15th of July 2022**.

For registration after this date, please contact the study coordinators to find out if participation is still possible. Depending on the number of registrations, the school reserves the right to cancel a course or offer it in a following academic year.

Unforeseen changes

Shenzhou Open University of TCM reserves the right to amend the educational requirements, its study programme and its policies due to unforeseen changes.



Contact

The Admissions Office can be contacted from Monday until Saturday between 10:00 and 12:00 and between 14:00 and 16:00.

Study coordinators:

- Rob van Hees : rob@shenzhou.com
- Jun Huang : jun@shenzhou.com
- Pauline Lee : pauline@shenzhou.com

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Academic Dean of Shenzhou Open University:

- Dan Tan : dean@shenzhou.com

General e-mail : info@shenzhou-university.com
Mail address : Geldersekade 67, 1011 EK Amsterdam
Telephone : 020-6235060 (reception desk)

Shenzhou Open University (direct): 020-6203371

www.shenzhou-university.com







In the event of ambiguity or unclarity in this Study Guide the wording is subjected to a reasonable interpretation thereof by Shenzhou University of Traditional Chinese Medicine.

本招生简章中的措辞如有歧义或不明确之处，由神州中医药大学的给予合理解释为准。

In geval van ambiguïteit of onduidelijkheid in deze Studiegids is de bewoording onderhevig aan een redelijke interpretatie daarvan door Shenzhou University of Traditional Chinese Medicine.