

TRANSPORT

Shànghǎi is simple to get to. It is China's second-largest international air hub (third-largest if you count Hong Kong) and if you can't fly direct, you can go via Běijīng or Hong Kong. With rail and air connections to places all over China, and buses to destinations in adjoining provinces and beyond, Shànghǎi is also a handy springboard to the rest of China; note that flights, tours and rail tickets can be booked online at www.lonelyplanet.com/travel_services.

Shànghǎi itself is not very easy to navigate. Although it's fascinating to stroll around certain areas, Shànghǎi's sheer size and staggering sprawl makes foot-slogging useful only for brief trips.

The best way to get around town is either by taxi or on the metro. The rapidly expanding metro and light railway system works like a dream; it's fast, efficient and inexpensive. Rush hour on the metro operates at overcapacity, however, and you get to savour the full meaning of the big squeeze. Taxis are ubiquitous and cheap, but flagging one down during rush hour or during a rainstorm requires staying power of a high order. With a wide-ranging web of routes, buses may sound tempting, but that's before you try to decipher routes and stops or attempt to squeeze aboard during the crush hour. Buses also have to contend with the increasing solidity of Shànghǎi's traffic, which can slow movement to an agonising crawl.

Shànghǎi is hurling money into transport infrastructure like a city possessed, but with everyone and his dog wanting a car, vehicle ownership is undergoing parabolic growth. It's a war of attrition between road builders and gridlock, with minor victories for the transport department swiftly wrested back by the expanding mass of vehicles. The metro is spearheading Shànghǎi's best offensive against the transport quagmire. Plans to extend the celebrated MagLev line – bringing Pūdōng's blindingly fast hover train rocketing into central Shànghǎi – may one day get off the drawing board, but don't hold your breath.

To the untrained Western eye, the traffic in Shànghǎi can seem totally anarchic. The roads can be lethal (especially to pedestrians), with unpredictable swerving, sudden lunges, weaving manoeuvres. Every square metre of

THINGS CHANGE...

The information in this chapter is particularly vulnerable to change. Check directly with the airline or a travel agent to make sure you understand how a fare (and ticket you may buy) works and be aware of the security requirements for international travel. Shop carefully. The details given in this chapter should be regarded as pointers and are not a substitute for your own careful, up-to-date research.

tarmac is fought for, tooth and nail. Take a cab and see how often the driver hits the brakes. It's also worth noting that drivers travel more slowly than their Western counterparts, as other vehicles are driven erratically. Traffic rules are, however, widely ignored. Indicators are often shunned in favour of the sudden and unexpected manoeuvre.

Unpopular and unloved, Shànghǎi's 8000 whistle-blowing crossing guards man intersections across the city, preventing pedestrians from crossing into oncoming traffic. Wearing ill-fitting uniforms and armed with no more than a whistle, crossing guards do their best to keep Shànghǎi's increasingly gridlocked roads open.

Come rush hour (from around 7am to 9.30am and 4pm to 6.30pm) it's every frail old man for himself. Cool aggression and elusive speed, along with a friendly smile, keep things from getting ugly.

AIR

China Eastern Airlines operates out of Shànghǎi; Shanghai Airlines is a smaller airline, with limited international routes.

For domestic and international flights on Chinese airlines, the baggage allowance for an adult passenger is 20kg in economy class and 30kg in 1st class. You are also allowed 5kg of hand luggage, though this is rarely weighed. The charge for excess baggage is 1% of the full fare for each kilogram over the allowance.

Airline information in Chinese is available at ☎ 6247 5953 (domestic) and ☎ 6247 2255 (international). Departure tax is now included in the air ticket price.

Domestic air travellers can conveniently check in baggage at the [airport city terminal](#)

DOMESTIC AIR FARES FROM SHÀNGHǎI

Destination	One-way fare (Y)
Běijīng 北京	1130
Chéngdū 成都	1610
Chóngqīng 重庆	1490
Fúzhōu 福州	780
Guǎngzhōu 广州	1280
Guīlín 桂林	1300
Hǎikǒu 海口	1660
Huángshān 黄山市	500
Kūnmíng 昆明	1900
Níngbō 宁波	420
Qīngdǎo 青岛	740
Shēnzhen 深圳	1270
Tiānjīn 天津	1030
Xiàmén 厦门	960
Xī'ān 西安	1260

Prices are approximate; check current fares with the relevant airlines.

(Chéngshì Hángzhàn Lóu; [Map pp98–9](#); ☎ 3214 4600; 1600 West Nanjing Rd; **M** Jing'an Temple) just east of Jing'an Temple, before proceeding to Hongqiao airport by bus (from the terminal basement) or the nearby metro.

Daily (usually several times daily) domestic flights connect Shànghǎi to every major city in China. Minor cities are less likely to have daily flights, but chances are there will be at least one flight a week, probably more, to Shànghǎi. Domestic flights are from Hongqiao Airport

and Pudong International Airport, so check when you buy your ticket as it is generally more convenient to fly from Hongqiao airport, which is closer to downtown. You can buy tickets from hundreds of airline offices and travel agencies (including hotel travel agents) around town (few take credit cards); try to book several days in advance of your flight. Tickets are typically substantially discounted so shop around, although prices quoted in this book are the full fare. Discounts can be harder to come by during the main holiday seasons (Chinese New Year, first week of May and October; see the boxed text, [p242](#)) and at weekends.

Business-class tickets cost 25% over economy class, and 1st-class tickets cost an extra 60%. Babies pay 10% of the adult fare; children aged two to 12 are charged 50% of the adult fare; those over 12 pay the adult fare.

Cancellation fees depend on how long before departure you cancel. On domestic flights, if you cancel 24 to 48 hours before departure you lose 10% of the fare; if you cancel between two and 24 hours before the flight you lose 20%; and if you cancel less than two hours before the flight you lose 30%. If you don't show up for a domestic flight, you are entitled to a refund of 50%.

Airlines

China Eastern Airlines has many sales offices, as well as ticket sales counters at most major hotels.

CLIMATE CHANGE & TRAVEL

Climate change is a serious threat to the ecosystems that humans rely upon, and air travel is the fastest-growing contributor to the problem. Lonely Planet regards travel, overall, as a global benefit, but believes we all have a responsibility to limit our personal impact on global warming.

Flying & Climate Change

Pretty much every form of motor transport generates CO₂ (the main cause of human-induced climate change) but planes are far and away the worst offenders, not just because of the sheer distances they allow us to travel, but because they release greenhouse gases high into the atmosphere. The statistics are frightening: two people taking a return flight between Europe and the US will contribute as much to climate change as an average household's gas and electricity consumption over a whole year.

Carbon Offset Schemes

Climatecare.org and other websites use 'carbon calculators' that allow travellers to offset the greenhouse gases they are responsible for with contributions to energy-saving projects and other climate-friendly initiatives in the developing world – including projects in India, Honduras, Kazakhstan and Uganda.

Lonely Planet, together with Rough Guides and other concerned partners in the travel industry, supports the carbon offset scheme run by climatecare.org. Lonely Planet offsets all of its staff and author travel.

For more information check out our website: www.lonelyplanet.com.

Air China (Guóháng; [Map pp80–1](#); ☎ 5239 7227; www.airchina.com.cn; 600 Huashan Rd; 华山路600号)

China Eastern Airlines (Dōngháng; [Map pp80–1](#); ☎ 95108; www.ce-air.com; 200 West Yan'an Rd; 延安西路200号; ⌚ 24hr) There is also a branch at the Shanghai Train Station ([Map pp98–9](#)).

Shanghai Airlines (Shàngháng; www.shanghai-air.com in Chinese); French Concession ([Map pp80–1](#); Donghu Rd; 东湖路); South Shanxi Rd ([Map pp80–1](#); 陝西南路); Jing'an ([Map pp98–9](#); ☎ 6255 0550, 800-620 8888; 212 Jiangning Rd)

International airlines in Shànghǎi include the following:

Air Canada ([Map pp98–9](#); ☎ 6279 2999; Room 3901, United Plaza, 1468 West Nanjing Rd; 南京西路1468号3901室)

Air France ([Map pp98–9](#); ☎ 4008-808 808; www.airfrance.com.cn; Room 3901, Ciro's Plaza, 388 West Nanjing Rd; 南京西路388号3901室)

Air Macau ([Map pp80–1](#); ☎ 6248 1110; www.airmacau.com; Room 104, Hotel Equatorial, 65 West Yan'an Rd; 延安西路65号104室)

British Airways ([Map pp98–9](#); ☎ 800-810 8012; www.ba.com; Room 703, Central Plaza, 227 North Huangpi Rd; 黄陂北路227号703室)

Dragonair ([Map p62](#); ☎ 6375 6375; www.dragonair.com; Suite 2103-4, Shanghai Plaza, 138 Central Huaihai Rd; 淮海中路138号2103-4室)

Lufthansa ([Map pp80–1](#); ☎ 5352 4999; www.lufthansa.com.cn; 3rd fl, Bldg 1, Corporate Ave, 222 Hubin Rd; 湖滨路222号1号楼3层)

Northwest Airlines ([Map pp98–9](#); ☎ 6884 6884; www.nwa.com; Suite 207, Shanghai Centre, 1376 West Nanjing Rd; 南京西路1376号207室)

Qantas ([Map pp80–1](#); ☎ 800-819 0089; www.qantas.com.au; KWah Center, 1010 Central Huaihai Rd; 淮海中路1010号)

Singapore Airlines ([Map pp98–9](#); ☎ 6289 1000; www.singaporeair.com; Suite 606-608, Kerry Centre, 1515 West Nanjing Rd)

Spring Airlines ([Map pp120–1](#); ☎ 5115 2599, 6252 0000; 1558 Dingxi Rd; 定西路1558号)

United Airlines ([Map pp80–1](#); ☎ 3311 4567; www.united.com; 33rd fl, Shanghai Central Plaza, 381 Central Huaihai Rd 淮海中路381号33层)

Virgin Atlantic ([Map p62](#); ☎ 5353 4600; www.virgin-atlantic.com; Room 221, 12 East Zhongshan No 1 Rd; 中山东一路12号221室)

Airports

All international flights (and a few domestic flights) operate out of Pudong International Airport, with most (but not all) domestic flights operating out of Hongqiao Airport on Shànghǎi's western outskirts. If you are making an onward domestic connection from Pudong it is essential that you find out whether the domestic flight leaves from Pudong or Hongqiao, as the latter will require at least an hour to cross the city. Your ticket should indicate which airport you are flying to or from; Pudong's airport code is PVG, Hongqiao's is SHA. If you do have to transfer, taxis and a regular shuttle bus (see the boxed text, [p228](#)) link the two airports. Getting a taxi from Pudong International Airport is simple, but can be far more fraught at Hongqiao Airport.

PUDONG INTERNATIONAL AIRPORT

浦东国际机场
Pudong International Airport (Pǔdōng Guóji Jīchǎng; ☎ 6834 1000, flight information in English & Chinese 3848 4500) is located 30km southeast of Shànghǎi, near the East China Sea.

The well-designed and impressive airport is simple to navigate. Departures are on the upper level and arrivals are on the lower level, where you can find a tourist information counter. The middle level is dedicated to restaurants and parking; try to dine beforehand as the airport restaurants are uniformly bad and overpriced.

Money can be changed at the **Bank of China branch** (⌚ 8.30-11.30am & 2.30-10.30pm) at the international end of the upper level. The Shanghai Pudong Development Bank, at the international end of the lower level, will cash travellers cheques and give Visa credit-card cash advances. ATMs can be found in the arrivals hall.

Baggage storage (3hr storage Y30; ⌚ 6am-9.30pm) is available in all arrivals and departures halls. There are post offices in both departures halls and in the domestic arrivals hall. You can get online at the China Telecom office in the international terminal.

A short-stay hotel on the middle level charges Y60 per hour for passengers in transit. It is accessible only after pre-flight check-in or before customs clearance on arrival. If you have to stay the night, the two-star **Jinjiang Inn** (锦江之星; Jinjiāng Zhīxīng; ☎ 6835 3568; d from Y238) is a Y10 taxi ride away.

Buses to Hángzhōu leave from the airport.

HONGQIAO AIRPORT 虹桥机场

Hongqiao Airport (Hóngqiáo Jìchǎng; [Map p123](#); ☎ 6268 8899, 6268 8918; www.shairport.com) is shaped like a horseshoe, with arrivals on the ground floor and departures above. Buses to surrounding cities (such as Sūzhōu and Hángzhōu) depart from the long-distance bus station west of the McDonald's.

The **tourist office** (☎ 10am-9.30pm) can be of use, booking discounted accommodation, providing free maps, offering advice on transportation into town and writing the Chinese script for a taxi. Avoid the hotel and taxi touts. A post office is located in the departures hall. Public telephones take coins or phonecards, for sale at the tourist information office. A Citibank ATM taking international cards is at door 5 in the departures hall.

Luggage storage (☎ 8am-9.30pm) is available in the departures hall and also in Hall A of ar-

rivals. Bags must be locked, a passport or ID is required, and the maximum storage period is 30 days.

BICYCLE

If you can handle the fumes and menace of Shànghǎi's vicious traffic, biking is an excellent way to get around town, especially if you occasionally link it in with public transport. Despite being shunted down the transport ladder by the mushrooming number of cars, nine million bicycles whisk their owners about town. Come sunny summer, cyclists sport a wide array of sun shields, from wide-brimmed hats resembling lampshades to vast sun visors that could pass for welding masks.

Bikes have been banned from major roads for several years now, so you may have to join cyclists surging pell-mell down the pavements of busy streets. Remember you will be

on the lowliest transportation device in town, and buses, lorries, taxis, cars and scooters will ceaselessly honk at you, in that pecking order (just ignore them). Cars will give you little room and will turn into your bike without a second thought; if you're new to the roads of Shànghǎi, allow a few days to adjust to the swing of things. Note that cyclists never use lights at night and Chinese pedestrians favour dark clothing, so eat a lot of carrots and cycle carefully. In a sign of the resurgent love affair with the bike, bicycle lanes are due to be massively expanded by 180km over the coming years.

Purchase is straightforward and you can pick up a trashy mountain bike for as little as Y250 at supermarkets and hypermarkets such as Carrefour. Bikes need to be taxed, with a disc (obtainable at bike shops) displayed. At the Shanghai Stadium, **Giant** ([Map p126](#); ☎ 6426

5119; 666 Tianyaoqiao Rd; ☎ 10am-9pm) has a good collection of bikes. For fold-up bicycles, **Oyama** ([Map p126](#); ☎ 6426 5218; 666 Tianyaoqiao Rd; ☎ 10am-10pm) next door has lightweight bikes starting from Y498 and kicking off from around 8.5kg. Bicycle repairmen litter the side streets of Shànghǎi, charging around Y1 to pump your tyres up.

Around 130 bikes are stolen every day in Shànghǎi so make sure that you have your own bicycle cable lock. It's a good idea to leave your bike at bike parks (available at most shopping areas and subway stations for Y0.50), as an attendant will keep an eye on your wheels.

Several hostels around town, including the Captain Hostel ([p194](#)) can rent you bikes.

BOAT

A limited variety of boats depart Shànghǎi for destinations around China. Slow overnight

GETTING INTO TOWN

Most top-end and some midrange hotels operate shuttle buses to and from their hotels at fixed times (Y40 to Pudong International Airport, free to Hongqiao airport). Enquire at the rows of hotel desks at the airports.

Pudong International Airport

The warp-speed **MagLev** (☎ 2890 7777; economy single/return Y50/80, with same-day air ticket out of Shànghǎi Y40, VIP single/return Y100/160, children under/over 1.2m free/half-price) runs from Pudong International Airport to Longyang Rd metro stop on metro line 2; see the boxed text, [p230](#) for further details. It runs every 20 minutes in both directions; from Longyang Rd to the airport between 8.30am and 5.30pm, and from the airport to Longyang Rd between 8.32am and 5.32pm. An extension of the metro from Longyang Rd to Pudong International Airport is currently under construction.

Pudong International Airport operates numerous airport bus routes (☎ 6834 1000). They drop off at both the domestic and international departures halls and pick up outside arrivals between doors 7 and 15. The journey into Pǔxī (浦西) takes between 60 and 90 minutes. These buses run to Pudong International Airport from around 6am and then run every 30 minutes or so until around 8pm. The last bus back from the airport is around 9pm. The bus routes are as follows:

Bus No 1 (Y30) Pudong International Airport (浦东国际机场) to/from Hongqiao Airport (虹桥机场).

Bus No 2 (Y19) Pudong International Airport to/from Airport City Terminal (城市航站楼) on West Nanjing Rd (just east of Jing'an Temple).

Bus No 3 (Y18-20) Pudong International Airport to/from Galaxy Hotel in Xújiāhù (徐家汇) via Longyang Rd metro station (龙阳路地铁站).

Bus No 4 (Y16-18) Pudong International Airport to/from Hongkou Stadium (虹口足球场) via Wujiaochang (五角场) and Da Baishu (大柏树).

Bus No 5 (Y15-18) Pudong International Airport to/from Shanghai Train Station (上海火车站), via Dongfang (East) Hospital (东方医院) in Pǔdōng and Renmin Sq.

Bus No 6 Pudong International Airport to Zhongshan Park (中山公园), via Shimen No 1 Rd (石门一路) and Huashan Rd (华山路).

Bus No 7 Pudong International Airport to Shanghai South Train Station (上海南站).

During the day, a taxi (出租汽车) ride into central Shànghǎi will cost around Y140 and will take about an hour. A taxi to Hongqiao Airport costs around Y160. Most taxi drivers in Shànghǎi are honest, though make sure they use the meter;

avoid monstrous overcharging by steering clear of taxi sharks in the arrivals hall and locate the regular taxi rank outside the arrivals hall instead. Regular buses to Sūzhōu (苏州; Y82, three hours, 13 per day), Hángzhōu (杭州; Y100, three hours, nine per day) and Nánjīng (Y136, five hours, five per day) run from the long distance bus station.

Hongqiao Airport

Hongqiao Airport is 18km from the Bund; getting there takes about 30 minutes if you're lucky, and more than an hour if you're not. Metro line 2 was long planned to be extended to Hongqiao Airport, but remains unfinished.

The following bus routes are useful:

Airport Bus Line No 1 (机场一线; Jìchǎng Yìxiàn; Y30; ☎ every 20-30min 6am-9.30pm) To Pudong International Airport.

Airport Shuttle Bus (机场专线; Jìchǎng Zhuānxiàn; Y4; ☎ every 15min 7.50am-11pm) Direct to the Airport City Terminal east of Jing'an Temple.

Bus No 925 (Y4; ☎ 6.40am-9.25pm) To Renmin Sq (人民广场) via Hongmei Rd (虹梅路), Huashan Rd (华山路) and Shimen No1 Rd (石门一路).

Bus No 941 (Y4; ☎ 6am-8.30pm) To Shanghai Train Station (上海火车站) via Zhongshan Park (中山公园) and Jiangsu Rd (江苏路).

Bus No 806 (Y5; ☎ 6am-10pm) To Lupu Bridge (卢浦大桥) via West Huaihai Rd (淮海西路) and Huashan Rd (华山路).

Bus No 938 (Y7; ☎ 6am-midnight) Runs to Yángjiādù (杨家渡) in Pǔdōng via Hongxu Rd (虹许路), North Caoxi Rd (曹溪北路) and South Xizang Rd (西藏南路). Stops near metro at Xújiāhù.

A taxi (出租汽车) to the Bund (外滩) will cost around Y60; to Pudong International Airport should cost around Y160. Unlike at Pudong International Airport, the taxi queue at Hongqiao is frequently astonishing and waits of an hour or more are common. If you don't have too much baggage and you're in a rush, jump on a bus to escape the airport and then grab a cab. Avoid the taxi sharks loitering in the arrivals hall unless the taxi queue outside is a serious *chánglóng* (long dragon), as the Chinese say, but ensure you don't pay over the odds. They should be able to drive you to Renmin Sq for around Y100.

Hourly buses run from 10am to 9pm to Sūzhōu (Y50, 90 mins) and Hángzhōu (Y85, two hours) from the Hongqiao Airport Long Distance Bus Station, to the west of McDonald's. There are also five buses per day from here to Nánjīng (Y100, four hours).

ferries to the Buddhist island of Pūtuóshān (Y105 to Y329, 12 hours, departs 8pm) leave from **Wusong Wharf** (吴淞码头; Wúsōng Mǎtóu; off Map pp58–9; ☎ 5657 5500; 251 Songbao Rd; 淞宝路251号). To reach Wusong Wharf, take sightseeing bus 5 from Shanghai Stadium, bus 51 from Baochang Rd (宝昌路) in Hóngkǒu or the Baoyang Wharf Special Line (宝杨码头专线) bus that runs from Shanghai Train Station. The wharf is almost at the mouth of the Yangzi River – just south of Wúsōngkǒu (吴淞口) on the western bank.

A high-speed ferry service (Y225, four hours, departs 9.30am, 10am and 3.30pm) departs three times daily from the port of Lúcháogǎng (芦潮港) south of Shànghǎi. Buses (price included in ferry ticket, two hours) run to Lúcháogǎng from Longyang Rd metro station and Nanpu Bridge (by the bridge). Boats leave Pūtuóshān daily at 4.30pm daily for the return trip to Shànghǎi.

Tickets for both boats can be bought from the **Shanghai Port Wusong Passenger Transport Centre Ticket Office** (上海港吴淞客运中心售票处; Shànghǎi Gǎng Wúsōng Kèyùn Zhōngxīn Shòupiàochù; Map p62; 59 East Jinling Rd; 金陵东路59号) in the centre of town.

Currently under construction in the North Bund area is the magnificent new **Shanghai Port International Cruise Terminal** (上海港国际客运中心; Map p90), aiming for a 2008 completion date.

BUS

The closest thing to revolutionary fervour in Shànghǎi today is the rush-hour bus ambush. During rush hour and on the weekend, the

scrum of passengers fighting to board the same bus resembles a world record challenge.

Despite impressively running over 1000 routes, the bus system repels many foreigners as it is torturous for non-Chinese passengers to use and is often a traumatic way of getting from A to B. Bus-stop signs and routes are in Chinese only and drivers and conductors speak little if any English, although on-board announcements in English will alert you to when to get off. The conductor will also tell you when your stop is arriving, if you ask. Added confusion can occur when you want to get off. Bus stops are widely spaced and your bus can race past your destination and on to the next stop up to a kilometre away. In general try to get on at the terminus (thus guaranteeing you a seat), avoid rush hours, and stick to a few tried-and-tested routes. Be alert to pickpockets, especially during the rush-hour squeeze.

Air-con buses (with a snowflake motif and the characters 空调 alongside the bus number) cost Y2 to Y3 and are a godsend in summer. Older buses have no air-con and cost Y1. The swipeable Transport Card (see boxed text, [opposite](#)) works on many but not all bus routes. Private minibuses (Y2) serve some routes on the edges of town. Passengers over 6ft tall may have to stand in the stairwell of double-decker buses as the ceilings are painfully low.

Suburban and long-distance buses don't carry numbers – the destination is in characters. Buses generally operate from 5am to 11pm, except for 300-series buses, which operate all night.

See the Organised Tours section in the Directory chapter for details about sightseeing buses ([p247](#)) in Shànghǎi.

OFF THE RAILS

If you need to reach or exit Pudong International Airport chop-chop, Shànghǎi's futuristic **MagLev train** (磁浮列车) comes with a top speed of 430kph. It's the world's sole MagLev (magnetic levitation) train in commercial operation; in place of conventional wheels, the Sino-German train's carriages are supported above the tracks by a magnetic field. With ample legroom, carriages have simple interiors and, perhaps tellingly, no seatbelts. LED meters notch up the rapidly escalating velocity, although the train starts to decelerate around five minutes into its eight-minute cruise, in preparation for arrival. Despite a slight wobble it's a smooth ride, although rumours abound that the track is slowly sinking into marshy Pūdōng. Launched in 2003, the MagLev train may be a wonder of the modern world but it's of limited use in getting into central Shànghǎi, as the train only takes you as far as the terminus at Longyang Rd Station (Map pp58–9) in Pūdōng, from where you'll have to lug your luggage a few hundred metres to the metro station of the same name to continue your journey. Nonetheless, a trip on the train is thrilling and a return trip to the airport is a fun outing for the family. A planned extension to the route, whisking the train through the 2010 World Expo site (and possibly on to Hongqiao Airport in the west of town), awaits final approval. The MagLev, however, needs to brace itself for fierce competition from metro line 2, which is being extended from Longyang Rd to Pudong International Airport and is due for a 2010 completion date. The planned Shànghǎi–Hángzhōu MagLev will run between the two cities at 450kph, reducing the 200km journey to 27 minutes.

TRANSPORT CARD 交通卡

If you are making more than a fleeting trip to Shànghǎi, it's worth investing in a transport card (*jiāotōng kǎ*). Sold at metro stations and some convenience stores, cards can be topped up with credits and can be used on the metro, on most buses and in taxis. Credits are electronically deducted from the card as you swipe it over the sensor, equipped at metro turnstiles and near the door on buses; when paying your taxi fare, hand it to the taxi driver who will swipe it for you. Credits are automatically deducted.

Travelling by bus is not a very useful way to leave or enter Shànghǎi. Buses to Běijīng take between 14 and 16 hours, and it is faster and more comfortable to take the 12-hour express trains to the capital.

The huge **Shanghai Long-Distance Bus Station** (Shànghǎi Chángtú Qīchē Kèyùn Zōngzhàn; Map pp98–9; ☎ 6605 0000; 1666 Zhongxing Rd; 中兴路1666号) north of Shanghai Train Station has buses to destinations as far away as Gānsū province and Inner Mongolia. Twenty buses per day run to Sūzhōu (苏州; 7am to 7.40pm) and almost thirty buses per day run to Hángzhōu (杭州; 6.50am to 8.30pm). Buses also run to Zhōuzhuāng (周庄; three per day), Nánjīng (南京; one per day, 7am to 7pm) and Běijīng (北京; one per day, 4pm).

A useful long-distance bus station is the **Hengfeng Road Bus Station** (Héngfēng Lù Kèyùnzhàn; Map pp98–9; ☎ 6353 7345; 258 Hengfeng Rd; 恒丰路258号), near the Hanzhong Rd metro station. Buses leave for Běijīng (北京; 5pm), Sūzhōu (苏州; every 20 minutes from 7.10am to 8pm), Nánjīng (南京; every 50 minutes from 8am to 7pm) and Hángzhōu (杭州; every 40 minutes from 7.30am to 7.20pm). A plethora of other destinations around China are also served.

The huge **Shanghai South Long-Distance Bus Station** (Shànghǎi Chángtú Kèyùn Nánzhàn; Map pp58–9; ☎ 5435 3535; 666 Shilong Rd; 石龙路666号) has buses largely to destinations in south China. Destinations include Sūzhōu (苏州; 28 per day, 6.30am to 6.50pm), Nánjīng (南京; nine buses per day, 7.20am to 7.30pm), Wūzhèn (乌镇; 7.45am and 4.25pm), Hángzhōu (杭州; 36 per day, 6.40am to 8.20pm) and Níngbō (宁波; 21 per day, 6.30am to 7pm).

Buses also depart for Hángzhōu and Sūzhōu from Hongqiao Airport ([p228](#)) and Pudong International Airport.

Buses to Nánjīng (Y88) depart daily from the **Shanghai Sightseeing Bus Centre** (Shànghǎi Lǚyóu Jīcān

Zhōngxīn; Map p126) at Shanghai Stadium, where you can also join tours to Sūzhōu, Hángzhōu, Tónglǐ, Mùdú, Zhūjiājiào, Nánxún, Lùzhí, Mògānshān and other destinations around Shànghǎi; see the Excursions chapter ([p206](#)) for details.

CAR

As you need a residency permit to drive in Shànghǎi, short-stay tourists are effectively barred from hiring cars in the city. This is not as tragic as it sounds, as Shànghǎi's roads are lethal for novices. To drive in Shànghǎi, you will need a Chinese driving licence and a residency permit. Residents can apply for a Chinese licence at the **Shanghai Transport Bureau** (☎ 6516 8168; 1101 North Zhongshan No 1 Rd; 中山北一路1101号). You will also need to take along your passport, international driving licence and health certificate, have your driving licence translated into Chinese and sit a written test. For most visitors, it is more advisable to hire a car and a driver. A Volkswagen Santana with driver and petrol starts at around Y600 per day.

Car rental (for residents) is available at **Hertz** (☎ 800 988 1336 countrywide; www.hertz.net.cn). Other car rental agencies include **Dazhong** (☎ 6318 5666), and most of the taxi companies listed in the Taxi section ([p232](#)). Prices start at Y320 a day for a Santana and Y540 for an Audi, without a driver.

Foreigners are technically allowed to drive in Shànghǎi municipality only, though expats report few problems driving into neighbouring Jiāngsū and Zhèjiāng.

FERRY

Several ferries cross the Huangpu River between Pūxi and Pūdōng. The most useful one operates between the southern end of the Bund and Pūdōng from the **Jinling Donglu Dukou** (金陵东路渡口; Map p62; ☎ 6326 2135; 127 East Zhongshan No 2 Rd; 中山东二路127号). Ferries run every 12 minutes from 7am to 10pm for the six-minute trip (Y2). Tickets are sold at the kiosks on the pavement out front.

METRO & LIGHT RAILWAY

The city's metro trains are easily the best way to get around Shànghǎi. They are fast, cheap, clean and easy, though it's hard to get a seat at the best of times. With 1.8 million daily users, the opening of the metro doors serves

as a signal for an indecorous scramble for seats and the rush hour sees carriages filled to overcapacity, but trains are frequent and the system is being rapidly expanded to envelop more and more of the city.

The metro currently runs to five lines but the city aims to build a 400km-long subway network by 2010 in order to service the 70-odd million visitors due to visit during the World Expo. If targets are met, Shànghǎi's metro system will eventually be longer than the London underground, the world's longest.

The most useful lines for travellers are metro line 1 and metro line 2. Line 1 runs from Gongfuxincun station in the north, through Shanghai Train Station and People's Sq, along Central Huaihai Rd, through Xujiahui and via Shanghai South Train Station to Xinzhuang in the southern suburbs.

Line 2 runs from Songhong Rd in the west to the Zhangjiang Hi-Tech Zone in distant Pūdōng. It passes through East Nanjing Rd (and the Bund district) in the centre of town; the penultimate stop in Pūdōng, Longyang Rd, is the site of the MagLev terminus. Line 1 and line 2 connect at People's Sq interchange, the busiest of all the stations. Line 2 is being extended east from Longyang Rd to Pudong International Airport.

Line 3 is also known as the Pearl Mass Transit light railway, and travels mostly above ground. The line follows the route of the old Shànghǎi-Hángzhōu railway and currently runs from Shanghai South Train Station to Jiangwan Town in the north, passing through much of western and northern Shànghǎi en route. The elevated line connects with line 1 at Shanghai Train Station and with line 2 at Zhongshan Park. A northwards extension of line 3 line from Jiangwan Town is currently under construction. Line 4 performs a long loop along line 3 in the west and north before linking with Pūdōng and running back to Pǔxī.

Line 5, running from Xinzhuang to the Minhang Development Zone station, is less useful for visitors.

Further lines either under construction or in the planning stages include a further extension north of line 3 to Jiangyang Rd station, construction of line 6 which will connect north with south Pūdōng, line 8 which will connect northeast and south Shànghǎi, and line 9 which will eventually connect Sōngjiāng with Chongming Island.

Tickets range between Y3 and Y7 depending on the distance. Keep your ticket until you

exit. When entering the metro, swipe your card across the turnstile sensor for access; when exiting, enter it into the slot where it will be retained.

The rechargeable Transport Card (boxed text, p231) can be used on the metro, light railway, some buses, ferries and all taxis.

Trains on line 1 and line 2 run frequently from around 5am to 11pm; trains on other lines run shorter hours (roughly 6am to 10.30pm). Stops are announced in English as well as Chinese but it can be hard to see the station name when you pull into a station, thanks to the clumsy arrangements of pillars. The metro is nonsmoking, and growing numbers of stations have coin-operated toilets on the platforms.

The metro station exits can be very complicated (Xujiahui stop alone has 14 exits!) and it's sometimes important that you get the right exit number. To find a metro station look for the red symbol that looks like an 'M'.

TAXI

Shànghǎi has around 45,000 taxis. Most are Volkswagen Santanas, though some are Volkswagen Passats and there's a fleet of Mercedes-Benz taxis.

Shànghǎi's taxis are reasonably cheap, hassle-free and easy to flag down outside rush hour, although finding a cab during a rainstorm is impossible. Few taxis come with rear seatbelts, so sit up front. On many taxis the rear left-hand door is locked, so board by the doors on the right side. Flag fall is Y11 for the first 3km, and Y2 per kilometre thereafter; there is no need to tip. A night rate operates from 11pm to 5am, when the flag fall is Y14, then Y2.6 per kilometre. Note that taxis can't take the tunnel to Lǜjiāzuǐ in Pūdōng from 8am to 9.30am and 5pm to 6.30pm.

Most taxi drivers (mostly male) are surprisingly honest, though you should always go by the meter. Pay by cash (*xiànjīn*) or use a Transport Card (see the boxed text, p231). At night you can tell if a taxi is empty by the red 'for hire' sign on the dashboard of the passenger side. The driver should push this down to start the meter when you get in the cab. It's always worth asking for a printed receipt, as this gives not only the fare but also the driver and car number, the distance driven, waiting time and the number to call if there are any problems or if you left something in the taxi.

Taxi drivers are not London black-cab drivers: many are immigrants and can be aston-

ishingly inept at finding their way around, even to the most obvious of places. Many stick to the main roads and have little grasp of shortcuts. To avoid total novices, examine (if you have a choice between taxis) the number of stars below the driver's photo affixed to the dashboard; stars range from one to five in order of expertise (and English-language skills). If you don't speak Chinese, take a Chinese character map or have your destination written down in characters or pack a business card for your destination. Alternatively, use your mobile to phone your local contact in Shànghǎi and ask him or her to give instructions to the driver. It also helps if you have your own directions and sit in the front with a map, looking knowledgeable (to deter circuitous, looping detours).

Shànghǎi's main taxi companies include turquoise-coloured **Dazhong Taxi** (☎ 96822), **Qiangsheng** (☎ 6258 0000) and **Bashi** (☎ 6431 2788). For taxi complaints, phone ☎ 962000.

Motorcycle taxis wait at most intersections and metro stations to whisk travellers off to nearby destinations. Most trips cost less than Y10.

TRAIN

China's rail service is gargantuan, excellent and more than a little mind-boggling. The Chinese have travelled by train for decades like total naturals, but the contemporary passion for trains wasn't love at first sight. Railways were strongly resisted in the 19th century, as people feared they would disturb ancestors' graves and obstruct feng shui; Běijīng was also concerned that railroads would accelerate the military domination of China by foreign powers. China's first railway (1875) ran from Shànghǎi to Wúsōng at the mouth of the Yangzi River, operating for a few brief years before it encountered stiff local resistance and was torn up and shipped to Taiwan. No such qualms exist these days, as passenger trains trundle through every province except Hāinán Island; even the high-altitude bastion of Tibet has been finally breached by rail engineers. If any nationality travels by train, it's surely the Chinese, with up to 155 million souls taking to the railways during the Chinese New Year. Chinese train travel is a marvellous subculture and if you have time to travel around China after a visit to Shànghǎi you should try to incorporate at least one train journey into your itinerary.

Work was due to commence in late 2007 on the planned high-speed rail link between

Shànghǎi and Běijīng. When completed, the 1300km railway will whisk trains between the two cities in five hours, seven hours less than the fastest trains running today.

Buying Tickets

Although procuring tickets for nearby destinations (Sūzhōu, Hángzhōu etc) is more straightforward, never assume you can casually stroll to the train station and hand over your credit card for a hard-sleeper ticket for a same-day departure, or expect an English-capable automated machine to spit out your ticket with minimum fuss. For most long-haul trips, you will need to pre-purchase your ticket at least 24 hours or if possible a few days before your departure date. Reservations for Z-class express trains can be made up to 20 days in advance, and most other types of train tickets can be reserved up to 10 days ahead of departure (as long as the train begins its journey in Shànghǎi).

There are several options for getting hold of train tickets in Shànghǎi. There's the Chinese way – joining the surging masses at the train station ticket office – but prepare for battles with uncomprehending staff and queue barging; stress can take on a whole new meaning. There are two ticket offices (售票厅; *shòupiàotīng*) at Shanghai Train Station, one in the main building and another to the east (ticket office No 10 claims its staff are English speakers). There is also a useful soft sleeper/seat ticket office with short queues near the west end of Shanghai Train Station.

Alternatively, your hotel will be able to obtain a ticket for you, albeit sometimes for a hefty surcharge. Tickets can also be purchased for a small surcharge from travel agencies (see the boxed text, p234).

Hard-seat and hard-sleeper train tickets can also be purchased from the **Train Ticket Office** (Huòchēpiào Yùshòuchù; Map p62; 230 East Beijing Rd; ☎ 8am-5pm). Soft-seat or soft-sleeper tickets can be bought at the **Train Ticket Office** (Huòchēpiào Yùshòuchù; Map p62; 121 South Xizang Rd; ☎ 8am-10pm) or at one of the numerous other small train ticket offices throughout town, such as on **East Zhongshan No 1 Rd** (Map p62) and **Xinhua Rd** (Map pp120-1; 417 Xinhua Rd; 新华路417号; ☎ 8am-8pm). Train information is available over the phone in Chinese only (☎ 6317 1880, 6317 9090).

Buying train tickets is very difficult during the set holiday periods of the Chinese New Year and during the first week of May and October. Try not to make any travel plans at this time.

TRAVEL AGENCIES

The following agencies can help with travel bookings.

CTrip (☎ 3406 4880, 800-820 6666; <http://english.ctrip.com>) An excellent online agency, good for hotel and flight bookings.

Jinjiang Tours (Jinjiāng Lǚxíngshè) Changle Rd (Map pp80–1; ☎ 6466 2828; www.jjtravel.com; 191 Changle Rd 长乐路191号); West Beijing Rd (Map pp98–9; ☎ 6445 9525, 1277 West Beijing Rd; 北京西路1277号)
Good for bus tours of Shànghǎi. The Changle Rd branch is just near the Garden Hotel.

Shanghai Spring International Travel Service Central Xizang Rd (Map p62; ☎ 6351 6666; 347 Central Xizang Rd 西藏中路347号); Dingxi Rd (Map pp120–1; ☎ 6251 8601; 1558 Dingxi Rd)

STA Travel (Map pp98–9; ☎ 2281 7723; www.statravel.com.cn; Room 1101, PCC Tower, 218 Hengfeng Rd; 恒丰路218号).

Classes

In socialist China there are no classes; instead you have hard seat (硬座; *yìngzuò*), hard sleeper (硬卧; *yìngwò*), soft seat (软座; *ruǎnzuo*) and soft sleeper (软卧; *ruǎnwò*).

The most comfortable way to get to destinations around Shànghǎi (such as Sūzhōu and Hángzhōu) is by soft seat. Seats are numbered and are more comfortable than hard seat. Hard seat carriages – the lowliest form of train travel – can be dirtier and packed to the gills on longer trips.

For overnight trips, hard sleepers are easily comfortable enough, with only a fixed number of people allowed in the sleeper carriage. The carriage consists of doorless compartments with half a dozen bunks in three tiers and foldaway seats by the windows. Sheets, pillows and blankets are provided. Carriages are nonsmoking, although smokers congregate between carriages. Competition for hard sleepers is keen, so reserve early (see p233). Prices vary according to which berth you get: upper, middle or lower berth. The lower berth (下铺; *xiàpù*) is pricier as you get to sit and have more space but it is often invaded by all and sundry who use it as a seat during the day. The top berths (上铺; *shàngpù*) are cheapest as you get the least room. The middle berth (中铺; *zhōngpù*) is a goodie as it's spacious and all yours.

Soft sleepers are expensive (about twice the hard-sleeper price), with four comfortable bunks in a closed, carpeted compartment. Express Z-class trains (such as Shànghǎi–Běijīng) are the most modern, with mobile-phone

charging points, free meals (on some routes), and well-made bunks (four to a compartment). Z-class deluxe soft sleepers are two to a compartment, with their own toilet and wardrobe.

Services

Most trains depart and arrive from the main **Shanghai Train Station** (Map pp98–9; ☎ 6317 9090; 385 Meiyuan Rd) and **Shanghai South Train Station** (Map pp58–9; ☎ 9510 5123; 200 Zhaofeng Rd) but some use the Shanghai West Train Station (Map pp58–9). Be sure to find out beforehand which one you should leave from. Trains for Běijīng, Sūzhōu and Hong Kong (T99, 5.09pm, every other day) depart from Shanghai Train Station. Trains for Hángzhōu depart from Shanghai South Train Station, although some depart from Shanghai Train Station. For details about train times and tickets prices for trains to Sūzhōu and Hángzhōu, see p208. Left-luggage facilities exist at all train stations.

Very comfortable overnight express (*zhìtè*) to Běijīng trains do the trip in 12 hours. Train Z2 (7.21pm), Z6 (7.15pm), Z8 (7.44pm), Z14 (7.32pm) and Z22 (7.06pm) depart daily for Běijīng from Shanghai Train Station (soft-sleeper lower/upper bunk Y499/478); departure times can slightly vary, so check. Alternatively, fast (*tèkuài*) train T110 departs Shànghǎi at 8.42pm, arriving in Běijīng at 9.42am the next morning. Fast train T104 departs Shànghǎi at 8.36pm, reaching Běijīng at 9.36am the following morning. Berths go quickly on this popular line so book at least a couple of days in advance.

DIRECTORY

BUSINESS

As its fanfare coverage in the world media reaches a frenzied crescendo, the Shànghǎi gold rush shows little sign of flagging. If ever there was a time to do business with China, it is now.

The sheer size of the Chinese market, however, generates a fascination that has led many foreign businesses onto the rocks. Vigilance and commonsense caution can go to the wind as companies rush to grab a slice of the pie. Seemingly watertight business plans can be holed by misunderstanding the market and China's highly idiosyncratic business culture.

As with all emerging markets, it is essential to consider a few basic pointers before rushing in. Ascertaining the risks and identifying chief threats, examining the market carefully and working out what your business requirements will be are sound strategies for making a balanced assessment. There is no substitute for knowing how your industry performs in China.

Big slip-ups can lurk at the very outset. Brand-name blunders can be fatal for a product launch. Pepsi originally stumbled into the China market with a name 'Qishang' for its 7-Up carbonated drink, which unfortunately forms the first two syllables of a Chinese *chéngyǔ* (idiom) meaning 'to be agitated'. The soft drink was belatedly renamed 'Qixi' (Seven Happiness) – the name used today. Pepsi famously did it again with the hip line 'Come alive with the Pepsi generation' which mutated into Chinese as 'Pepsi brings your ancestors back from the grave'. China has big problems with brand naming as well: SOD cleansing milk – heavily marketed in Shànghǎi and throughout China – is a dead duck if it ever goes West without re-branding.

Products that sell well overseas may not sell well in Shànghǎi or China. The 2.6 billion armpits scenario – all joyfully awaiting deodorisation – is a case in point (deodorant sales in China are small as the Chinese have minimal BO). For a horrifying personal account of how to lose a lot of money in China, pick up a copy of Tom Clissold's *Mr China: A Memoir*.

If doing business in China, it is important to develop a strong understanding of Chinese

culture, have patience, a sense of humour, cultural adaptability and a tolerance for smoky rooms. Sound business deals can founder on the simplest of cultural misunderstandings.

Steer well clear of political discussions. The Chinese businessman you are chatting to may agree that the CCP is a bunch of good-for-nothings, but they won't want to share that publicly.

It's also a good idea to get karaoke-friendly. The Chinese business set falls over itself to grasp the golden microphone and fully unwind, so learn a few notes and join in.

Last but not least, don't assume that cultural blunders – food shooting from your chopsticks, nonsense Mandarin issuing from your mouth – will scupper a business deal. The Chinese are used to foreigners getting snagged and tend to find mistakes less as improprieties than as opportunities for amusement.

Business Cards

Business name cards are absolutely essential, even if you don't do business – exchanging name cards with someone you've just met goes down extremely well. You could be left high and dry if name cards are being handed around and you are empty-handed. Try to get your name translated into (simplified) Chinese and have it printed on the reverse of the card. You can get name cards made cheaply in Shànghǎi at local printers, but it's better to have some in advance of your arrival. Remember that the Chinese pay particular attention to the quality of business cards so aim for a good finish if you want to impress. When proffering and receiving business cards, emulate the Chinese method of respectfully using the thumb and forefinger of both hands.

Exhibitions & Conventions

Apart from the monster venues listed in this section, all the top-end hotels provide conference facilities (see individual entries in the Sleeping chapter).

Shanghai Everbright International Convention & Exhibition Centre (Shànghǎi Guāngdà Huìzhǎn Zhōngxīn; Map p126; ☎ 6359 4988; www.secec.com; 88 Caobao Rd; 漕宝路88号) Has an attached four-star hotel.

Shanghai Exhibition Centre (Shànghǎi Zhǎnlǎn Zhōngxīn; Map pp98–9; ☎ 6279 0279; www.shzlx.com.cn; 1000 Central Yan'an Rd; 延安中路1000号) Exhibition hall space of 22,000 sq metres, plus a theatre, restaurants and cafés. See also p101.

Shanghai International Convention Centre (Shànghǎi Guóji Huiyì Zhōngxīn; Map p90; ☎ 5037 0000; www.shicc.net; 2727 Riverside Ave; 滨江大道2727号) This centre offers a 3000-seat ballroom, an 800-seat conference room and a hotel (Oriental Riverside Hotel, p199).

Shanghai International Exhibition Centre (INTEX) (Shànghǎi Guóji Zhǎnlǎn Zhōngxīn; Map pp120–1; ☎ 6275 5800; intex@public.sta.net.cn; 88 Loushanguan Rd; 娄山关路88号)

Shanghai New International Expo Centre (上海新国际博览中心; Shànghǎi Xīn Guóji Bólan Zhōngxīn; off Map pp58–9; ☎ 2890 6857; 2345 Longyang Rd; 龙阳路2345号)

Shanghai Worldfield Convention Centre & Hotel (Shànghǎi Shibó Huiyì Dàjiūdiàn; Map p123; ☎ 6270 3388; www.conventhotel.com; 2106 Hongqiao Rd; 虹桥路2106号)

Shanghaimart (Shànghǎi Shimào Shāngchéng; Map pp120–1; ☎ 6236 6888; www.shanghaimart.com; 2299 West Yan'an Rd; 延安西路2299号)

Useful Organisations

American Chamber of Commerce (AmCham; Map pp98–9; ☎ 6279 7119; Room 568, Shanghai Centre, 1376 West Nanjing Rd; 南京西路1376号568室) This office only helps members.

Australian Chamber of Commerce (AustCham Shanghai; ☎ 6248 8301; www.austchamshanghai.com; Suite 605, 6th fl, Appollo Bldg, 1440 Central Yan'an Rd; 延安中路1440号6楼605室)

British Chamber of Commerce (BritCham; Map pp98–9; ☎ 6218 5022; admin@sha.britcham.org; Room 1701-1702, Westgate Tower, 1038 West Nanjing Rd; 南京西路1038号1701-1702室)

China Britain Business Council (Map pp98–9; ☎ 6218 5183; www.cbcc.org) In the same office as the British Chamber of Commerce.

European Union Chamber of Commerce in China (Map pp80–1; ☎ 6385 2023; Room 1709-1710, 1 Corporate Ave, 222 Hubin Rd; 湖滨路222号1709-1710室)

US-China Business Council (Map pp80–1; ☎ 6415 2579; Room 2312, Jinjiang Hotel, 59 South Maoming Rd; 茂名南路59号2312室)

US Commercial Center (Map pp98–9; ☎ 6279 7640; Room 631, Shanghai Centre, 1376 West Nanjing Rd; 南

京西路1376号631室) This is the overseas office of the US Department of Commerce and can assist US businesses with finding Chinese business partners.

BUSINESS HOURS

Banks, offices and government departments are normally open Monday to Friday from 9am to noon and about 2pm to 4.30pm. Most major post offices open daily from 8.30am to 6pm, sometimes until 10pm. Central telecom offices are open 24 hours. Local post offices are closed on the weekend. Bank of China branches are normally open weekdays from 9.30am to 11.30am and 1.30pm to 4.30pm, and most now have 24-hour ATMs. Some branches also open on Saturday mornings. Shopping malls and department stores are generally open until 10pm, especially on weekends.

Restaurants are open from 11am to 10pm or later, but some open from 10am to 2.30pm, with an afternoon break before opening again from 5pm to 11pm or later. Some bars open in the morning, others are open from around 5pm to 2am.

Most museums are open on the weekend; a few close on Monday. They usually stop selling tickets 30 minutes before they close.

Note that businesses in China close for three week-long annual holidays – see the boxed text, p242, for details. Shànghǎi's entertainment industry pulses round the clock, with several restaurants, bars and hotel coffee shops open 24 hours. Internet-gaming dens often operate 24/7.

CHILDREN

A subject worthy of a book in itself, China's one-child policy has spawned a generation of spoiled, demanding and often overweight 'Little Emperors'. This also means that the Shànghǎi Chinese have devised plenty of ways to keep their children regally occupied and entertained.

Plenty of sights in town can keep young animal-watchers wide-eyed. With its huge and inviting lawns, Shanghai Zoo (p123) is an excellent day out for families; there is even a small children's zoo aimed specifically at tots. At the other end of the animal-kingdom food chain, the creepy crawlies at the Natural Wild Insect Kingdom (p93) will get young eyes on stalks. Young marine biologists can be dazzled by the Shanghai Ocean Aquarium (p93), also in Pūdōng.

Shànghǎi's parks tend towards hard-edged sculpted concrete and synthetic add-ons, but Century Park (p94) has bundles of activities for kids, from bicycle hire to rides in its crisp, new amusement park. Fundazzle in Zhongshan Park (p122) is a favourite, and Gongqing Forest Park (p107) has a crop of fun attractions and activities, including a rollercoaster and horse riding. Fuxing Park (p84) also has a children's playground and rides (closed for renovation at the time of writing). At the Shanghai Botanical Gardens (p128) there is a fun children's park with small funfair attractions.

Tom's World (Tāngmù Xióng; Map p62; 673 East Nanjing Rd; 南京东路673号; ☎ 10am–11pm) is a noisy arcade not far from the Bund, jam-packed with bleeping games and rowdy infants. Amusement and water parks such as Dino Beach (p128) and Jinjiang Amusement Park (p128) are favourites, and a blessing in summer when temperatures are uncomfortably high.

Numerous McDonald's restaurants offer play areas for young children (remember to take their shoes off), and balloons are regularly handed out.

Acrobatics and Shaolin kung fu are fascinating evening events for older children. The Community Church (p86) has a variety of classes for children and a small nursery on Sundays.

For children's books, the 4th floor of the Foreign Languages Bookstore (p134) is well stocked with juvenile literature, and Chaterhouse (p137) has a good range. There are several kids' stores for toys and clothing around town, including **Bao Da Xiang** (Bǎo Dà Xiáng; Map p62; ☎ 6322 5122; 685 East Nanjing Rd; 南京东路685号; ☎ 9.30am–10pm; 东 Nanjing Rd) and the **Orient Shopping Centre** (Map p126; ☎ 6487 0000; 8 North Caoxi Rd; 曹溪北路8号; 川 Xujiahui).

Popular children's films tend to make it to the silver screen in Shànghǎi, so check with cinemas (see p171) to see what's on, and check the film is the English version (英文版; *yīngwénbǎn*). A trip on the world's first MagLev train (see boxed text, p230) could set little hearts racing.

Active Kidz Shanghai (Map p123; ☎ 6406 6757; www.activekidz.org; Nice Year Villas, AKS Office, Bldg A1-0, 3333 Hongmei Rd; 虹梅路3333号A1-0楼) is a nonprofit initiative aimed at prising expat kids away from the TV screen by providing sports and recreational activities, including after-school sports and summer camps, Saturday baseball and Sunday football.

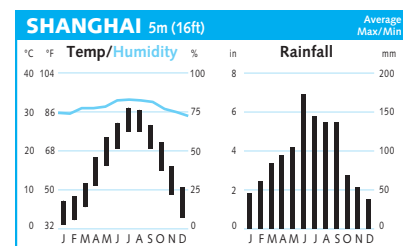
In general 1.4m is the cut-off height for children's cheaper fares or entry tickets. Children under 0.8m normally get in for free.

For health problems, try the **Children's Hospital of Fudan University** (Map pp80–1; ☎ 5452 4666; www.ch.shmu.edu.cn; 183 Fenglin Rd; 枫林路183号). There's a foreign-expatriate ward, and staff will make house calls.

For advice on travelling with children, pick up *Travel with Children*, published by Lonely Planet.

CLIMATE

For detailed information on climate in Shànghǎi, see p48.



COURSES

Cooking

Cookery classes are regularly held upstairs at the French Concession continental restaurant Mesa (p154) and are also held once a month at the Westin Shanghai (p191). The food on offer varies monthly – from desserts to Italian or Southeast Asian cuisine – and the quality is very high. The Y350 charge includes the cooking and eating of a three-course lunch. The Portman Ritz-Carlton (p201) has a similar deal twice a month for Y328.

Language

Countless language schools have been set up to feed the throng of eager expats aiming to master Mandarin. It's advisable to talk to students first to gauge their satisfaction with a school's teaching methods. The following language schools are reputable and offer group or private tuition.

Berlitz (Bèilǐzǐ; Map pp98–9; ☎ 6334 6262; www.berlitz.com; 35 fl, Ciro's Plaza, 388 West Nanjing Rd; 南京西路388号35楼) There's another branch in Pūdōng (☎ 6881 0558).

iMandarin (Map pp98–9; ☎ 3222 1028; www.imandarin.net; Suite 721, Shanghai Centre, 1376 West Nanjing Rd; 南京西路1376号721室) With six branches, new classes start each week; from beginners to advanced, children's courses, summer camps, business Mandarin. Cantonese classes also offered.

Mandarin Center (Wénhuà Yánxí Zhōngxīn; Map pp120–1; ☎ 6270 7665; www.mandarin-center.com; 16 Songyuan Rd, cnr Hongqiao Rd; 宋园路16号) Part-run by the humanities department of Fudan University, with evening and weekend Mandarin classes, as well as instruction in Shanghaiese dialect. Useful website.

Mandarin House (Měihēi Hànyǔ; Map pp98–9; ☎ 6288 2308; www.mandarinhouse.cn; Room 1901-1903 Plaza 66, 1266 West Nanjing Rd; 南京西路1266号1901-1903室) With seven branches around town, new classes start each week. Courses at all levels, with an average of four to six students per class.

CULTURAL CENTRES

The following are useful places to keep you culturally connected to your home country and fellow expats, and are also a good place to meet some internationally minded Shanghaiese.

Alliance Française (Map p62; ☎ 6357 5388; www.alliancefrancaise.org.cn; 5th & 6th fl, 297 Wusong Rd; 吴淞路297号5 & 6楼) There's fantastic French cinema at the ciné-club on the last Friday of each month at 6.30pm; admission is free. Also at hand is a large French library with magazines, newspapers, DVDs and music CDs, plus exhibitions, music concerts and literary events are held. The centre also offers French language courses and internet access. Membership is Y200 per year but short-term visitors can just pop in.

Alliance Française (Map pp120–1; ☎ 6226 4005; 2nd fl, 155 Wuyi Rd) This branch can be found in the west of town.

British Council (Map p62; ☎ 6391 2626; www.britishcouncil.org.cn; Cross Tower, 318 Fuzhou Rd; 福州路318号; ☎ 9am–5.30pm Mon–Fri) Of interest mainly to Chinese wishing to study in the UK, but it does have recent British newspapers and music magazines such as *Q* and *NME*.

Goethe Institute (Map p62; ☎ 6391 2068; www.goethe.de/china; 102A, Cross Tower, 318 Fuzhou Rd; 福州路318号102A室) There's a useful library, film screenings, internet access and German courses.

US Consulate Bureau of Public Affairs (Map pp98–9; ☎ 6279 7662; Room 532, Shanghai Centre, 1376 West Nanjing Rd; 南京西路1376号532室) This has a reading room with American newspapers and periodicals.

CUSTOMS REGULATIONS

Chinese customs generally pay tourists little attention. There are clearly marked green channels and red channels.

Duty-free, you're allowed to import up to 400 cigarettes (or 100 cigars or 500g of tobacco), 1.5 litres of alcoholic drink and 50g of gold or silver. Importation of fresh fruit or cold cuts is prohibited. Each person is allowed to enter China with one camera, one movie camera, one video camera and a single laptop. Passengers under the age of 16 are not allowed to carry cigarettes or alcohol.

You can legally bring in or take out only Y6000 in Chinese currency. There are no restrictions on foreign currency; however, you should declare any cash that exceeds US\$5000 (or its equivalent in another currency).

It's illegal to import into China printed material, film, tapes etc that are 'detrimental to China's politics, economy, culture and ethics'. But don't be too concerned about what you take to read. Pirated DVDs and CDs are illegal exports from China as well as illegal imports into most other countries. If they are found they will be confiscated.

Antiques over 200 years old may be prohibited from export. To be on the safe side, make sure that you have a receipt and business card from the dealer for anything that you purchase. See p133 for more details.

ELECTRICITY

Electricity is 220v, 50 cycles AC. Plugs come in at least four designs: three-pronged angled pins (as in Australia), three-pronged round pins (as in Hong Kong), two flat pins (US-style but without the ground wire), and two narrow round pins (European style).

Conversion plugs and voltage converters are easily found if you need to convert from a Chinese to foreign system but are a pain to track down the other way round. Bring all your converters with you.

EMBASSIES & CONSULATES

Chinese Embassies & Consulates

For a full list of diplomatic representation abroad go to the Ministry of Foreign Affairs website at www.fmprc.gov.cn/eng/.

Australia Canberra embassy (☎ 02-6273 4780, 6273 4878; <http://au.china-embassy.org/>; 15 Coronation Dr,

Yarralumla, ACT 2600); Melbourne consulate (☎ 03-9822 0604); Perth consulate (08-9222 0300); Sydney consulate (☎ 02-8595 8002; <http://sydney.china-consulate.org>)

Canada Calgary consulate-general (☎ 403-264 3322); Toronto consulate-general (☎ 416-964 7260); Ottawa embassy (☎ 613-789 3434; www.chinaembassycanada.org; 515 St Patrick St, Ottawa, Ontario K1N 5H3); Vancouver consulate-general (☎ 604-734 7492)

Denmark Copenhagen embassy (☎ 0045-3946 0889; www.chinaembassy.dk; Oregards Alle 25, 2900 Hellerup, Copenhagen)

France Paris embassy (☎ 01-4952 1950; <http://fr.chine.embassy.org>; 11 Ave George V, 75008 Paris); Paris consular office (☎ 01-4736 7790)

Germany Berlin embassy (☎ 030-2758 8532; www.china-botschaft.de; Markisches Ufer 54, 10179); Frankfurt consulate (☎ 069-7508 5545); Hamburg consulate (☎ 040-8227 6018); Munich consulate (☎ 089-1730 1618)

Ireland Dublin embassy (☎ 1269 1707; www.china.embassy.ie; 40 Ailesbury Rd, Ballsbridge, Dublin 4)

Japan Fukuoka consulate (☎ 092-7131121); Nagasaki consulate (☎ 095-8493311); Osaka consulate (☎ 06-64459483); Sapporo consulate (☎ 011-5635563); Tokyo embassy (☎ 03-3403 3380, 3403 3065; <http://jp.china-embassy.org>; 3-4-33 Moto-Azabu, Minato-ku, Tokyo 106)

Malaysia Kuala Lumpur embassy (☎ 03-2142 8495; 229 Jalan Ampang, Kuala Lumpur); Kuching consulate (☎ 082-453344)

Netherlands The Hague embassy (☎ 070-306 5061; Willem Lodewijklaan 10, 2517 JT, The Hague)

New Zealand Auckland consulate (☎ 09-525 1589); Wellington embassy (☎ 04-472 1382; 2-6 Glenmore St, Wellington)

Singapore Singapore (☎ 6471 2117; <http://sg.china-embassy.org>; 150 Tanjong Rd)

South Korea Seoul embassy (☎ 738 1038; <http://kr.china-embassy.org>; 54 Hoyoja-Dong, Jongno-Gu, Seoul)

Thailand Bangkok embassy (☎ 02-245 7044; <http://th.china-embassy.org>; 57 Th Ratchadaphisek, Bangkok)

UK Edinburgh consulate-general (☎ 0131-337 9896); London embassy (☎ 020-7299 4049, 24hr visa information 0797 029 2561; www.chinese-embassy.org.uk; 31 Portland Place, London W1N 5AG); Manchester consulate-general (☎ 0161-248 9304)

USA Chicago consulate (☎ 312-803 0095); Houston consulate (☎ 713-521 9996); Los Angeles consulate (☎ 213-807 8088); New York consulate (☎ 212-244 9456); San Francisco consulate (☎ 415-674 2940); Washington embassy (☎ 202-328 2500; <http://us.china-embassy.org>; 2300 Connecticut Ave, NW, Washington DC, 20008)

Consulates in Shànghǎi

Most consulates defer to their embassies in Beijing; the offices listed below are consulate-general. Most consulates have efficient websites with useful information, from doing business in Shànghǎi to cultural relations, events and downloadable maps of town.

Consulates often have useful information packs for long-term residents, covering things like estate agents, lawyers and hospitals. The US embassy produces a brochure entitled 'Tips for Travellers to the People's Republic of China', which you can get before you travel.

If you are planning a trip to Southeast Asia you'll have to go to Beijing or Hong Kong for a visa for Vietnam, Laos or Myanmar. There is a Vietnamese consulate in Guǎngzhōu, and Thai, Lao and Myanmar embassies in Kūnmíng.

Australia (Àodàlià Lǐngshìguǎn; Map pp98–9; ☎ 5292 5500; www.shanghai.china.embassy.gov.au/; 22nd fl, Citic Sq, 1168 West Nanjing Rd; 南京西路1168号22楼); Visa office (☎ 6279 8098; fax 6279 8022; Suite 401, Shanghai Centre, 1376 West Nanjing Rd; ☎ 8.30am-noon & 1.30-3.30pm Mon-Fri)

Canada (Jiāndà Lǐngshìguǎn; Map pp98–9; ☎ 6279 8400; www.shanghai.gc.ca; Suite 604, Shanghai Centre, 1376 West Nanjing Rd; 南京西路1376号604室); Visa office (☎ 6279 7044; Suite 668, East Tower, Shanghai Centre; ☎ 8.45-11am & 1.30-4pm Mon-Thu)

France (Fǎguó Lǐngshìguǎn; Map p62; ☎ 6103 2200; Room 201, 2nd fl, Hai Tong Securities Bldg, 689 Guangdong Rd; 广东路689号2楼201室)

Germany (Déguó Lǐngshìguǎn; Map pp80–1; ☎ 3401 0106; www.shanghai.diplo.de; 181 Yongfu Rd; 永福路181号)

Ireland (Ài'èrlán Lǐngshìguǎn; Map pp98–9; ☎ 6279 8729; www.embassyofireland.cn/Ireland/consulate.htm; ireland@sh163.net; Suite 700A, West Tower, Shanghai Centre, 1376 West Nanjing Rd; 南京西路1376号700A室; ☎ 9.30am-12.30pm & 2-5.30pm)

Japan (Rìběn Lǐngshìguǎn; Map pp120–1; ☎ 5257 4766; fax 6278 8988; 8 Wanshan Rd; 万山路8号)

Netherlands (Hélan Lǐngshìguǎn; Map pp120–1; ☎ 6209 9076; www.hollandinshanghai.org; 4th fl, East Tower, Sun Plaza, 88 Xianxia Rd; 仙霞路88号4楼; ☎ 9am-noon & 1-5pm Mon-Fri)

New Zealand (Xīnxīlán Lǐngshìguǎn; Map pp80–1; ☎ 5407 5858; www.nzembassy.com; Room 1605-1607A, The Centre, 989 Changle Rd; ☎ 8.30am-5pm Mon-Fri); Visa office (Map pp98–9; ☎ 6279 7368; Suite 507, Shanghai Centre, 1376 West Nanjing Rd; 南京西路1376号507室)

Russia (Éluósi Lingshiguān; [Map p62](#); ☎ 6324 2682; fax 6306 9982; 20 Huangpu Rd; 黄浦路20号; ☎ 9.30am-noon Mon, Wed & Fri)

Singapore (Xinjīāpō Lingshiguān; [Map pp120–1](#); ☎ 6278 5566; www.mfa.gov.sg/shanghai/; 89 Wanshan Rd; 万山路89号)

Thailand (Tàiguó Lingshiguān; [Map p62](#); ☎ 6323 4095; www.thaishanghai.com; 3rd fl, East Zhongshan No 1 Rd; 中山东一路3楼); [Visa office](#) (☎ 9.30-11.30am Mon-Fri)

UK (Yīngguó Lingshiguān; [Map pp98–9](#); ☎ 6279 7650; www.uk.cn; Room 301, Shanghai Centre, 1376 West Nanjing Rd; 南京西路1376号301室); [Visa office](#) (☎ 6279 8130)

USA (Měiguó Lingshiguān; [Map pp80–1](#); ☎ 6433 6880; www.usembassy-china.org.cn/shanghai; 1469 Central Huaihai Rd, entrance on Wulumuqi Rd; 淮海中路1469号乌鲁木齐路); [US Citizen Services & Visas](#) ([Map pp98–9](#); ☎ 3217 4650, after-hours emergency for US citizens 6433 3936; 8th fl, Westgate Tower, 1038 West Nanjing Rd; 南京西路1038号8楼)

EMERGENCY

Ambulance (☎ 120)

Fire (☎ 119)

Police (☎ 110)

GAY & LESBIAN TRAVELLERS

Local law is ambiguous on this issue, but generally the authorities take a dim view of gays and lesbians. A growing scene exists however in Shànghǎi, as proven by several gay bars and Shànghǎi's first gay hotel, Hotel 101 (p198). Chinese men sometimes hold hands; this carries no sexual overtones in China.

For up-to-date information on the latest gay and lesbian hot spots in Shànghǎi and elsewhere throughout China try the [Utopia website](#) (www.utopia-asia.com/chinshan.htm).

HEALTH

Health concerns for travellers to Shànghǎi include pollution, traveller's diarrhoea and winter influenza. Health facilities have improved enormously over the last 10 years and you can find a more than adequate standard of medical care here, providing you have good travel insurance.

If you have arrived from South America or Central Africa you are required to show proof of a yellow-fever vaccination within the last 10 years.

It's a good idea to consult your own government's official travel-health website before departure.

Australia (www.smartraveller.com.au)

Canada (www.hc-sc.gc.ca)

New Zealand (www.mfat.govt.nz/travel)

UK (www.doh.gov.uk)

United States (www.cdc.gov/travel)

Recommended Vaccinations

You should see your doctor at least three months before your trip in order to get your vaccinations in time. The following immunisations are recommended for Shànghǎi.

Diphtheria & tetanus (DT) Booster of 0.5ml every 10 years. It will cause a sore arm and redness at the injection site.

Hepatitis A & B (combined in Twinrix) 1ml at day one, day 30 and six months. Minimal soreness at injection site. You are not immune until after the final shot. If you don't have time for the six-month booster you will be fully immune for one year for hepatitis A after the second shot and have some immunity for hepatitis B. You may be able to get the third shot at an international medical clinic while travelling.

Influenza Dose of 0.5ml is recommended if you are travelling in the winter months and especially if you are over 60 years of age or have a chronic illness. It should not be given if you are allergic to eggs. Immunity lasts for one year.

Japanese encephalitis A series of three shots over one month only if you plan on being in rural areas for longer than a month. Immunity will last for three years. As there is a risk of an allergic reaction to the second and third shots you must remain close to medical care after you receive these.

Polio Dose of 0.5ml syrup orally every 10 years. There are no side effects.

Typhoid Booster of 0.5ml every three years. Minimal soreness at the injection site.

Do not have any of these immunisations if you are pregnant or breastfeeding. It is possible to have a shot of gammaglobulin in pregnancy, which gives short-term (four to five months) protection against hepatitis and other viral infections. It is not a common thing to do because it is derived from blood products.

Diseases

AIDS & SEXUALLY TRANSMITTED DISEASES

AIDS is increasing in China. Always wear a condom if you have sex with a stranger and never share needles.

AVIAN INFLUENZA

Avian influenza, or 'bird flu', presents only a very remote risk to travellers at this time.

From 2004 the avian H5N1 virus caused illness in domestic birds around the world. The virus is passed from healthy migratory birds to domestic birds such as chickens and ducks, which then may become sick and die. Transmission has occurred from domestic birds to humans, however it is rare and requires close contact with an infected bird or its droppings. By early 2006 a total of 166 human cases had been confirmed by the World Health Organization (WHO) and 88 people had died. These human cases occurred in Indonesia, Thailand, Vietnam, Cambodia, Turkey, Iraq and China. At the time of writing, China had reported 25 human cases and 16 deaths.

The WHO recommends the following precautions for travellers to affected countries: avoid live poultry markets, avoid eating raw or undercooked poultry or eggs, wash hands frequently, and seek medical attention if you develop a fever and respiratory symptoms (cough, shortness of breath etc).

You can keep up to date on the current situation by visiting the World Health Organization website (www.who.int/en/).

CHOLERA

This bacterial infection comes in epidemics and is spread from sewage contamination in poverty-stricken areas. It causes profound vomiting and diarrhoea. The WHO stopped recommending the cholera vaccine because it is ineffective. Prevent cholera by avoiding local seafood restaurants, local water and street stalls with substandard hygiene.

GIARDIASIS

This parasite often jumps on board when you have diarrhoea. It then causes a more prolonged illness with intermittent diarrhoea or looseness, bloating, fatigue and some nausea. There may be a metallic taste in the mouth. You can prevent giardiasis by avoiding potentially contaminated foods and always washing your hands before eating. Treatment is with Fasigyn or Flagyl.

HEPATITIS A

This virus is common in Shànghǎi and is transmitted through contaminated water and shellfish. It is most commonly caught at local seafood restaurants. Immunisation and avoiding suspicious restaurants will help prevent it. If you do get hepatitis A it means six to eight weeks of illness and future intolerance to alcohol.

HEPATITIS B

While this is common in the area, it is transmitted only by unprotected sex, sharing needles, treading on a discarded needle, or receiving contaminated blood. You should always use a condom, never share needles, and always protect your feet on commonly used beaches. Vaccination against hepatitis B before you travel is a wise option as it can be a chronic, debilitating illness.

INFLUENZA

Shànghǎi has a bad flu season over the cold winter months from December to March. The flu is essentially a cold but with a high fever and aches and pains. You should wash your hands frequently, avoid anybody you know who has the flu, and think about having a flu shot before you travel. Secondary bronchitis is the most common complication of the flu and may require antibiotics.

JAPANESE ENCEPHALITIS

Mosquitoes that feed on birds carry this potentially fatal virus, hence it is limited to rural areas of China, particularly near rice fields. It is most common in summer and autumn. If you avoid mosquito bites you will not get this! Vaccination is recommended if you are travelling in rural areas for longer than one month.

MALARIA

Prophylactic tablets are required only if you are travelling to remote rural communities below 1500m of the following latitudes: from July to November north of latitude 33°N, from May to December between 33°N and 25°N, and throughout the year south of 25°N. For day trips out of Shànghǎi you do not need tablets, though you should take precautions against bites. Mosquitoes that bite between dusk and dawn transmit malaria, so use your DEET insect repellent often.

TRAVELLER'S DIARRHOEA

This is the most common disease that a traveller will encounter throughout Asia. Many different types of organisms, usually bacteria (eg E.coli, salmonella) are responsible and the result is sudden diarrhoea and/or vomiting, with or without fever. It is caught from contaminated food or water. Most locals become immune to the bugs after living in an area for a while so travellers are more at risk, and it usually occurs within the first week of exposure.

TUBERCULOSIS (TB)

The risk of this bacterial infection for travellers is low as it requires prolonged exposure of a weakened immune system to catch it. However, children should have the BCG inoculation if you are going to live in China for longer than six months. Adults should never receive the BCG as it is ineffective against the strains of TB that they are more susceptible to, and can cause a nasty reaction at the injection site.

TYPHOID FEVER

Otherwise known as salmonella, typhoid fever is common throughout China and is caught from faecally contaminated food, milk and water. It manifests as fever, headache, cough, malaise and constipation or diarrhoea. Treatment is with quinolone antibiotics, and a vaccine is recommended before you travel.

Environmental Hazards POLLUTION

The air quality in Shànghǎi is dreadful, especially on still days. If you suffer from asthma or other allergies you may anticipate a worsening of your symptoms here and you may need to increase your medication. Eye drops may be a useful addition to your travel kit, and contact-lens wearers may have more discomfort here.

WATER

Don't drink tap water or eat ice. Bottled water is readily available. Boiled water is OK.

Online Resources

There is a wealth of travel-health advice on the internet. The Lonely Planet website (www.lonelyplanet.com) is a good place to start. The

WHO publishes a superb book, called *International Travel and Health*, which is revised annually and is available online at www.who.int/ith/at no cost.

HOLIDAYS

Many of the below are nominal holidays and do not qualify for a day off from work.

New Year's Day (Yuándàn) 1 January

Spring Festival (Chūn Jié) 7 February 2008; 26 January 2009. A week-long break, also known as Chinese New Year.

International Women's Day (Fùnǚ Jié) 8 March. Half-day holiday.

International Labour Day (Láodòng Jié) 1 May. A week-long break – the closest thing communists have to a nationwide religious holiday.

Youth Day (Qingnián Jié) 4 May

Children's Day (Értóng Jié) 1 June

Anniversary of the Founding of the Chinese Communist Party (Zhōngguó Gòngchǎndǎng Jiàndǎngjié) 1 July

Anniversary of the Founding of the People's Liberation Army (Jiànjūn Jié) 1 August

National Day (Guóqīng Jié) 1 October. Morphs into a week-long vacation. Celebrates the founding of the PRC in 1949, with fireworks over the Bund. Streets in the city centre are often closed.

For more holidays and festivals, see [p16](#).

INSURANCE

It's very likely that a health-insurance policy you contribute to in your home country will *not* cover you in China – if unsure, ask your insurance company. If you're not covered, it would be prudent to purchase travel insurance.

The best policies will reimburse you for a variety of mishaps such as accidents, illness, theft and even the purchase of an emergency ticket home. Paying for your air ticket with a credit card often provides limited travel-accident insurance. Ask your credit-card company exactly what it covers.

Some backpacker policies offer a cheaper option, that provides only medical cover and not baggage loss, which might be worthwhile if you are not carrying any valuables. Many policies require you to pay the first US\$100 or so anyway and will only cover valuables up to a set limit, so if you lose a US\$1000 camera you might find yourself only covered for US\$350 and having to pay the first US\$100.

To make a claim for compensation, you will need proper documentation (hopefully in English). This can include medical reports, police reports and baggage receipts from airlines. You may prefer a policy that pays hospitals directly rather than you having to pay on the spot (often before you receive treatment) and claiming later. Check that the policy covers repatriation and an emergency flight home.

Insurance policies can normally be extended once you are in Shànghǎi by a phone call or online. Make sure you do this *before* the policy expires or you may have to pay a higher premium.

INTERNET ACCESS

China is due to overtake the US as the world's most populous nation of internet users by 2009, while broadband penetration of the China market was set to overtake the US in 2007. The authorities are keenly aware of the critical role the internet plays in economic prosperity, but they remain highly mistrustful of the technology. As a sophisticated tool for accessing and disseminating information, the internet is regarded as an electronic nemesis by Běijīng's Orwellian censors. The internet is also blamed for a host of social ills, from teenage delinquency to crime and violence. Internet censorship – known as the Great Firewall of China – is draconian, with an army of 30,000 censors working nonstop to stem the tide of undesirable electronic data from corrupting Chinese minds. The authorities block around 10% of websites, so accessing certain news organisations, such as the BBC News website, can be impossible, but most online newspapers can be read. Internet monitors are employed by the state to discreetly usher online chat-room discussions on topical and sensitive issues in authorised directions. A handy way of testing if a website is censored in China before you travel, click on <http://greatfirewallchina.org>, enter the URL and wait for the test result.

Most travellers make constant use of internet cafés and free web-based email such as Yahoo (www.yahoo.com), Hotmail (www.hotmail.com) or Gmail (www.gmail.com). Occasionally – as in May 2006 – sites such as Hotmail can go down for long periods, so having a backup email address is advised.

The majority of hostels and hotels have internet access; avoid going online in hotel business centres as rates are stratospheric.

Most midrange and top-end hotels provide broadband internet access, for which there may be a charge. A growing number of hotels, restaurants, bars and cafés now provide wireless internet access, so getting online with a laptop is increasingly a breeze.

Email Centres & Internet Cafés

Internet cafés in Shànghǎi – largely gaming dens stuffed with chain-smoking adolescents – are reasonably plentiful although licences are strictly controlled and the government was planning to ban the opening of new internet cafés from July 2007. Hourly rates at internet cafés start at around Y2 per hour. Internet cafés are typically either open 24 hours or from 8am to midnight. You may need some form of ID to register, so take your passport. Connections range from lightning fast to maddeningly slow. Besides the places listed below, many bars and cafés have consoles where you can get online.

China Telecom (Map p62; East Nanjing Rd; 南京东路; per hr Y10; ☎ 7am–10pm)

Eastday B@r (Dōngfāng Wǎngdiàn; Map pp80–1; 24 Ruijin No 2 Rd; 瑞金东二路24号; per hr Y3; ☎ 8am–2am)

Highland Internet Café (Zhìgāodiǎn Wǎngbā; Map p62; 4th floor, Mǎnkèdùn Guǎngchǎng, East Nanjing Rd; 南京东路曼克顿广场4楼; per hr Y3; ☎ 24hr)

Huiyuan Internet Café (Huiyuán Wǎngbā; Map p126; 2nd fl, 1887 Huashan Rd; 华山路1887号2楼; per hr Y4; ☎ 24hr)

Jidu Kongjian Internet Café (Jídù Kōngjiān Wǎngbā; Map pp80–1; cnr North Xiangyang Rd & Changle Rd; 襄阳北路长乐路交叉口; per hr Y3; ☎ 24hr) Game den.

Shanghai Information Centre for International Visitors (上海国际访问者中心; Shànghǎi Guójì Fāngwènzhě Zhōngxīn; Map pp80–1; ☎ 6384 9366; www.siciv.com; No 2, Alley 123, Xingye Rd, Xintiandi; 新天地兴业路123弄2号) Get online here free for 30 minutes (one terminal only; Y20 per 30 minutes thereafter).

Shanghai Library (Shànghǎi Tùshūguǎn; Map pp80–1; 1555 Central Huaihai Rd; 淮海中路1555号; per hr Y4; ☎ 8.30am–8.30pm) Has an internet room (open from 9am to 8.30pm) and is the cheapest and most pleasant place in the city for internet use (minimum one hour). Bring your passport or ID if you have no library card. Connections are generally pretty fast.

Xuandong Internet Café (Xuāndòng Wǎngbā; Map pp80–1; 4th fl, West Nanjing Rd; 南京西路; per hr Y3; ☎ 24hr) Opposite Children's Palace, and next to a noisy amusement arcade.

HOLIDAY HELL

With three clearly defined holiday periods (the Chinese New Year and the first week of May and October), the hard-working Chinese all go on holiday at the same time. Beloved by Chinese hoteliers and restaurateurs, Golden Week (黄金周; Huángjīn Zhōu) – the May and October holidays – kicked off in 1999 in a bid to get China's hard-working citizens to blow their hard-earned savings on all vacationing at the same time. But it's no joke when 1.3 billion people go on a simultaneous domestic tour of China. With train and plane tickets snapped up like hot potatoes and tourist sights massively overcrowded, calls are becoming louder for the simultaneous holidays to be scrapped.

LEGAL MATTERS

China does not officially recognize dual nationality or the foreign citizenship of children born in China if one of the parents is a PRC national. If you have Chinese and another nationality you may, in theory, not be allowed to visit China on your foreign passport. In practice, Chinese authorities are not switched on enough to know if you own two passports, and will accept you on a foreign passport. Dual-nationality citizens who enter China on a Chinese passport are subject to Chinese laws and are legally not allowed consular help.

Women over 20 and men over the age of 22 can legally marry. The minimum legal age for obtaining a driving license is 18. There is no minimum legal age for drinking.

China takes a particularly dim view of opium and all its derivatives. Shànghǎi's foreign concessions owe their entire existence to the 1842 Opium War and many a foreign fortune (including those of some of Hong Kong's largest companies) was made through the opium trade. Today Shànghǎi has a growing drug problem, this time in heroin.

Foreign-passport holders have been executed in China for drug offences, and one US citizen convicted on drug-related charges received a 15-year prison sentence. Trafficking in more than 50g of heroin can lead to the death penalty. Many Uighurs deal quite openly in marijuana (*dànmá*) in Shànghǎi.

The Chinese criminal justice system does not ensure a fair trial and defendants are not presumed innocent until proven guilty. China conducts more judicial executions than the rest of the world combined, up to 10,000 per year according to some reports. If arrested, most foreign citizens have the right to contact their embassy.

LIBRARIES

Shanghai Library (Map pp80-1; ☎ 6445 5555; www.library.sh.cn/english/; 1555 Central Huaihai Rd; 淮海中路1555号; ☎ 8.30am-8.30pm) is China's largest public library, with a copy of Rodin's *The Thinker* plonked outside. For a postmodern white-tile building, it is actually quite impressive. Y25 gets you a reading card valid for a year, which allows you to read but not borrow foreign publications. The same card for books in Chinese costs Y10. A card to borrow Chinese-language books is Y15 per year, with a deposit of Y100; to borrow foreign-language publications, the card costs Y50 per year, with a deposit of Y1000

(residency permit required). A temporary library card, valid for one month, costs Y10. The 3rd floor has a wealth of foreign magazines and newspapers such as *Newsweek* and *National Geographic*. For English books published within the last four years head for the 4th-floor Foreign Language Reading Room, otherwise you have to track books down on the computer system then order them through the stacks. The library has a useful internet room (p243). The stupendous antiquarian library collection of the former Jesuit Bibliotheca Zi-Ka-Wei (p125) can be visited between 2pm and 4pm on Saturday.

MAPS

Decent English-language maps published abroad of Shànghǎi are available from English-language bookshops in Shànghǎi such as Chaterhouse (p137) and most top-end hotels.

Geocenter's *Shanghai* has a detailed map of central Shànghǎi, with a street index on the back; the index is particularly useful if you are searching for an address. Periplus is another good choice, with a clear, bilingual 1:15,000 map of Shànghǎi, an additional 1:85,000 map of Pūdōng and inserts of Sūzhōu, Hángzhōu and the surrounding provinces. Insight also publishes a good map of Shànghǎi.

Locally made English maps of Shànghǎi are available from most bookshops. The best two are the *Shanghai Tourist Map* (with a useful street index, blow-ups of the main areas, and insert maps of Hángzhōu and Sūzhōu) and the *Shanghai Official Tourist Map* (which has details of Shànghǎi's main shopping streets). The 'English maps' offered by hawkers on the Bund are often just a maze of characters.

For online magnifiable satellite images of Shànghǎi, click on www.wikimapia.org.

MEDICAL SERVICES

Clinics

Shànghǎi is credited with the best medical facilities and most advanced medical knowledge in mainland China. The main foreign embassies keep lists of the English-speaking doctors, dentists and hospitals that accept foreigners.

Huashan Hospital (Huáshān Yīyuàn; Map pp80-1; ☎ 6248 9999, ext 2531; 12 Central Wulumuqi Rd; 乌鲁木齐中路12号) Hospital treatment and outpatient consultations are available at the 15th-floor foreigners' clinic (open 8am to 5pm Monday to Friday, with 24-hour emergency treatment).

Shanghai First People's Hospital/International Medical Care Centre (IMCC) (Shànghǎi Shì Dìyī Rénmín Yīyuàn; Map p62; ☎ 6306 9480, 6324 0090 ext 2101; 585 Jiulong Rd; 九龙路585号)

Shanghai United Family Hospital (Shànghǎi Héjūjiā Yīyuàn; Map pp58-9; ☎ 5133 1900, 24hr emergency 5133 1999; www.unitedfamilyhospitals.com; 1139 Xianxia Rd; 仙霞路1139号) The Western-owned and managed United Family Hospital is a complete private hospital, staffed by doctors trained in the West. Medical facilities run to inpatient rooms, operating rooms, an intensive-care unit and birthing suites.

World Link (Ruìxīn Guójī Yīliáo Zhōngxīn) West Nanjing Rd (Map pp98-9; ☎ 6279 7688; www.worldlink-shanghai.com; Suite 203, Shanghai Centre, 1376 West Nanjing Rd; 南京西路1376号203室; ☎ 9am-7pm Mon-Fri, 9am-4pm Sat, 9am-3pm Sun); Hongqiao (Map pp120-1; ☎ 6405 5788; fax 6405 3587; Unit 30, Mandarin City, 788 Hongxu Rd; 虹许路788号30室; ☎ 9am-7pm Mon-Fri, 9am-4pm Sat, 9am-3pm Sun) Offers comprehensive private medical care from internationally trained physicians and dentists. World Link also provides family and corporate health plans, and Chinese traditional medicine and health-education classes. Consultation fees are around Y600. Members can access after-hours services and an emergency hotline.

Other contacts for medical assistance:

Huadong Hospital (Huádōng Yīyuàn; Map pp80-1; ☎ 6248 3180, ext 63208; 2nd fl, Bldg 3, 221 West Yan'an Rd, Foreigners Clinic; 延安西路221号3号楼2层; ☎ 24hr emergency)

International Peace Maternity Hospital (Guójī Fùyōu Bǎojiànyuàn; Map p126; ☎ 6407 0434; 910 Hengshan Rd; 衡山路910号)

Ruijin Hospital (Ruijīn Yīyuàn; Map pp80-1; ☎ 6437 0045; 197 Ruijin No 2 Rd; 瑞金二路197号)

Shanghai Chiropactic & Osteopathic Clinic (Map pp98-9; ☎ 5213 0008; www.scaoc.com; 9th fl, 937 West Yan'an Rd, cnr Jiangsu Rd; 延安西路937号9层)

Dental Services

Arrail Dental (Ruì'ěr Chīkè; Map p62; ☎ 5396 6538; www.arrail-dental.com; Unit 204, Lippo Plaza, 222 Central Huaihai Rd)

Dr Harriet Jin's Dental Surgery (Jīn Yīshèng Kǒuqiāng Zhènsuǒ; Map p126; ☎ 6448 0882; Room 1904, Huiyin Plaza, 2088 Huashan Rd)

Shanghai Dental Medical Centre (Shànghǎi Kǒuqiāng Yīliáo Zhōngxīn; Map p74; ☎ 6313 3174; 7th fl, 9th People's Hospital, 639 Zhizaoju Rd; 制造局路639号第九人民医院7层)

Shanghai United Family Hospital (Shànghǎi Héjūjiā Yīyuàn; Map pp58-9; ☎ 5133 1900; www.unitedfamilyhospitals.com; 1139 Xianxia Rd; 仙霞路1139号)

Shenda Dental Clinic (Shèndà Chīkè; Map pp80-1; ☎ 6437 7987; fax 6466 1798; No 1, Lane 83, Taiyuan Rd; 太原路1号83弄)

Medical Testing

Foreigners planning to live in Shànghǎi for six months or more are required to undergo an AIDS test. You can do the test outside China and present the results to obtain the required certificate, but there is a chance that you may still have to take a local test.

For inquiries and medical tests contact the **Shanghai Health & Quarantine Bureau** (Shànghǎi Guójī Lǚxīng Bǎojiàn Zhōngxīn; Map p123; ☎ 6268 6171; 1701 Hani Rd; 哈密路1701号; ☎ 8.30-11am & 1.30-3pm Mon-Sat). If you need to undertake a test here, try to get an early-morning slot as it gets busy later on. Full medical tests for the purposes of securing a residence permit (p252) cost Y700 – you will also need to take along two photos and photocopies of your passport information and visa pages.

Pharmacies

The Hong Kong store **Watson's** (Qūchéngshì; Map p62; ☎ 6474 4775; 787 Central Huaihai Rd; 淮海中路787号) can be found all over town (there's a branch in Westgate Mall; Map pp98-9), mainly selling imported toiletries and a limited range of simple over-the-counter pharmaceuticals.

For harder-to-find foreign medicines try any pharmacy (药房; yàofáng), easily identified by a green cross outside. Nearly all pharmacies stock both Chinese and Western medicines. Take along the chemical/pharmaceutical as well as the brand name of your medicine, in case it is sold under a different name in China. Some pharmacy medicines are sold over the counter in Shànghǎi, so you won't necessarily need a prescription, but check.

The following pharmacies have a large range of medicines:

Huashan Pharmacy (Huáshān Yàofáng; Map pp80-1; ☎ 24hr) Outside the Huashan Hospital on Central Wulumuqi Rd.

Shanghai No 1 Pharmacy (☎ 6322 4567; Map p62; 616 East Nanjing Rd; 南京东路616号)

Wuyao Pharmacy (Wúyào Dàyàofáng; Map pp80-1; 619 Fanyu Rd; 番禺路619号; ☎ 24hr)

One of Shànghǎi's most famous Chinese herbal-medicine stores is **Cai Tong De** (Map p62; 450 East Nanjing Rd; 南京东路450号); there's an East

Jinling Rd branch (Map p62; 396 East Jinling Rd; 金陵东路396号). You can find a branch of Běijīng's celebrated pharmacist **Tong Ren Tang** (Map pp120-1; 1672 West Yan'an Rd; 延安西路1672号, cnr Fahuazhen Rd; ☎ 8.30am-8pm) in Changning district.

Traditional Chinese Medicine

Traditional Chinese medicine is extremely popular in Shànghǎi, both for prevention and cure. There are many Chinese medicine shops, but English is not widely spoken. Chiropractic care, reflexology and acupuncture are popular, but check that disposable needles are used.

Dr Li Jie's Chinese Medical Clinic (Map p126; ☎ 3424 1989; 5C Shiye Apts, 28 North Caoxi Rd; 漕溪北路28号5C)

Longhua Hospital (Map p126; ☎ 6438 5700; 132 Lingling Rd; 零陵路132号) 1km northeast of Shanghai Stadium.

Shuguang Hospital (Map p74; ☎ 6326 1650; 185 Pu'an Rd; 普安路185号) Next to Huaihai Park.

MONEY

The Chinese currency is known as Renminbi (RMB), or 'people's money'. Officially, the basic unit of RMB is the *yuán* (Y), which is divided into 10 *jiǎo*, which again is divided into 10 *fēn*. In spoken Chinese the *yuán* is referred to as *kuài* and *jiǎo* as *máo*. The *fēn* has so little value these days that it is rarely used.

The Bank of China issues RMB bills in denominations of one, two, five, 10, 20, 50 and 100 *yuán*. Coins come in denominations of one *yuán*, five and one *jiǎo*, and one, two and five *fēn* (the last are rare). There are still paper versions of the coins floating around, but these will gradually disappear.

For information regarding exchange rates see the inside front cover. The Costs & Money section on p19 gives you some idea of the costs you are likely to incur during your stay in Shànghǎi.

ATMs

ATMs that take foreign cards are plentiful, but it's generally safest to use Bank of China (中国银行), the Industrial and Commercial Bank of China (工商银行; ICBC) and HSBC (汇丰银行) ATMs, many of which are 24-hour. Many of the top-end hotels also have ATMs, as do shopping malls and department stores.

A useful 24-hour Citibank ATM (Map p62) is next door to the Peace Hotel on the Bund. The Shanghai Centre (Map pp98-9) has Hongkong

and Shanghai Banking Corporation (HSBC), Bank of China, and Industrial and Commercial Bank of China (ICBC) ATMs. Useful 24-hour HSBC ATMs can also be found on the **Bund** (Map p62; 15a East Zhongshan No 1 Rd 中山东一路15甲), at **Hong Kong Plaza** (Map pp80-1; 282 Central Huaihai Rd 淮海中路282号) and next to the **Regal International East Asia Hotel** (Map pp80-1; Hengshan Rd 衡山路).

Changing Money

You can change foreign currency and travellers cheques at money-changing counters at almost every hotel and at many shops, department stores and large banks such as the Bank of China and HSBC, as long as you have your passport. Some top-end hotels will change money only for their guests. Exchange rates in China are uniform wherever you change money, so there's little need to shop around. The Bank of China charges a 0.75% commission to change cash and travellers cheques.

When ever you change foreign currency into Chinese currency you will be given a money-exchange voucher recording the transaction. You need to show this to change your *yuán* back into any foreign currency. Changing Chinese currency outside China is a problem, though it's quite easily done in Hong Kong.

There's a branch of **American Express** (Map pp98-9; ☎ 6279 8082; Room 455, Shanghai Centre, 1376 West Nanjing Rd; 南京西路1376号455室; ☎ 9am-noon & 1-5.30pm Mon-Fri), but Amex cardholders can also cash personal cheques with their card at branches of the Bank of China, China International Trust & Investment Corporation (Citic), the Bank of Communications or ICBC.

Counterfeit Bills

Counterfeit notes are a problem in China. Very few Chinese will accept a Y50 or Y100 note without first checking to see if it's a fake. Many shopkeepers will run notes under an ultraviolet light looking for signs of counterfeiting; visually checking for forged notes is hard unless you are very familiar with bills, but be aware that street vendors may try and dump forged notes on you in large-denomination change.

Credit Cards

Credit cards are more readily accepted in Shànghǎi than in other parts of China. Most tourist hotels will accept major credit cards

(with a 4% processing charge) such as Visa, Amex, MasterCard, Diners and JCB, as will banks, upper-end restaurants and tourist-related shops. Credit hasn't caught on among most Chinese, and most local credit cards are in fact debit cards.

The following are emergency contact numbers in case you lose your card.

American Express (☎ 6279 8082; ☎ 9am-noon & 1-5.30pm) Out of business hours call the 24-hour refund line in Hong Kong (☎ 852-2811 6122).

MasterCard (☎ 108-00-110 7309)

Visa (☎ 108-00-110 2911)

Tipping

China is one of those wonderful countries where tipping is generally not expected and is even discouraged by the authorities. However, Shànghǎi has always been open to Western ideas and keen to make a buck, so staff are becoming used to it in fancy restaurants, where most people round up the bill. In general there is no need to tip if a service charge has already been added. Hotel porters may expect a tip, but taxi drivers do not.

Travellers Cheques

Besides the advantage of security, travellers cheques are useful in Shànghǎi as the exchange rate is actually more favourable than what you get for cash. You can even cash US-dollars travellers cheques into US-dollars cash for the standard 0.75% commission. Stick to the major companies such as Thomas Cook, American Express and Citibank.

NEWSPAPERS & MAGAZINES

If you want to know what's going on in Shànghǎi, the English-language expat magazines and their associated websites are your best sources of information. They're free and available in most Western-style bars, restaurants and cafés, and in some hotels and art galleries. The classified sections are good places to find accommodation, language teachers and even a job.

The most comprehensive are the glossy bimonthly *City Weekend* (www.cityweekend.com.cn) and the monthly *That's Shanghai* (www.thatsshanghai.com), both packed with cultural info and entertainment listings.

Shànghǎi's other English-language papers and periodicals are anaemic by comparison, but they have national and world news. The Y2 *Shanghai Daily* (www.shanghaidaily.com,

available Monday to Saturday) is not quite a daily but it's a better read than the insipid national *China Daily* (www.chinadaily.com, Y1), which is often a day out of date. The *Shanghai Daily* has thorough international coverage, albeit largely from wires, and 'Scope', *Shanghai Daily's* cultural section, has some absorbing articles. The English-language *Shanghai Star* (www.shanghai-star.com.cn, Y2) is owned by *China Daily*, and comes out on Thursday.

Foreign magazines and newspapers, including the *International Herald Tribune*, the *Financial Times*, the *Asian Wall Street Journal*, *Time*, *Newsweek* and the *Economist* are available in top-end hotels. Imported newspapers are quite expensive, with the *International Herald Tribune* costing Y24.

ORGANISED TOURS

Jinjiang Tours (Jinjiāng Lǔxíngshè; Map pp80-1; ☎ 6466 2828; www.jjtravel.com; 191 Changle Rd; 长乐路191号) have one-day (Y350) and half-day (Y200) English-speaking bus tours that depart from its office on Changle Rd. The enterprising **Chinese Culture Club** (www.chinesecultureclub.org) currently has no tours around Shànghǎi, but it offers a range of fascinating tours that depart from town.

PASSPORTS

You must have a passport with you at all times; it is the most basic travel document (all hotels will insist on seeing it). The Chinese government requires that your passport be valid for at least six months after the expiry date of your visa. You'll need at least one entire blank page in your passport for the visa.

Have an ID card with your photo in case you lose your passport; even better, make photocopies of your passport – your embassy may need these before issuing a new one (a process that can take weeks). Also report the loss to the local PSB (Gōng'ānjú; 公安局). Long-stay visitors should register their passport with their embassy.

PHOTOGRAPHY

Branches of Kodak Express are widespread, and you can burn images to CD there for Y15 to Y20.

POST

The larger tourist hotels and business towers have post offices from where you can mail

letters and small packages, and this is by far the most convenient mail option.

Shànghǎi's **main post office** (Map p62; ☎ 6393 6666; 276 North Suzhou Rd; 苏州北路276号; ☎ 7am–10pm) is just north of Suzhou Creek in Hóngkǒu.

Useful post offices include the branch (also doubling as a small post museum) across the way from the Site of the 1st National Congress of the CCP in Xintiāndi (Map pp80–1) and the **Shanghai Centre branch** (Map pp98–9; 1376 West Nanjing Rd). Post offices and post boxes are green.

Letters take about a week to reach most overseas destinations; Express Mail Service (EMS) cuts this down to three or four days. Courier companies can take as little as two days. Ubiquitous same-day courier companies (快递; *kuàidì*) can express items within Shànghǎi from Y6 within the same district, with an additional charge of Y4 per extra district.

Courier Companies

Several foreign courier companies operate in China with fairly standard prices. The following companies offer door-to-door pick-up and delivery (cash only).

DHL-Sinotrans (Map pp120–1; ☎ 6275 3543, 800-810 8000; www.dhl.com; Shanghai International Trade Centre, 2200 West Yan'an Rd; 延安西路2200号) Offices also in Hángzhōu and Sūzhōu.

FedEx (☎ 6275 0808; www.fedex.com; 10th fl, Aetna Building, 107 Zunyi Rd; 遵义路107号10楼)

UPS (Map pp80–1; ☎ 6391 5555; www.ups.com; Room 1318-38, Shanghai Central Plaza, 381 Central Huaihai Rd; 淮海中路381号1318-38号)

RADIO

The BBC World Service can be picked up on 17760, 15278, 21660, 12010 and 9740 kHz. Voice of America (VOA) is often a little clearer at 17820, 15425, 21840, 15250, 9760, 5880 and 6125 kHz. You can find tuning information for the BBC online at www.bbc.co.uk/worldservice/tuning, for Radio Australia at www.abc.net.au/ra, and for VOA at www.voagov. Crystal-clear programmes from the BBC World Service can be heard online: follow the links on www.bbc.co.uk/worldservice.

RELOCATING

The following moving companies can box it up, ship it over, deal with customs officers, and deliver to your new home, though offi-

cially only if you have local residency. Prices vary from around US\$275 to US\$500 per cubic metre, depending on the destination and how much you have to ship.

Asian Express International Movers (☎ 6258 2244; www.aemovers.com.hk; Room 105, Huasheng Tower, 399 Jiujiang Rd)

Sino Santa Fe (☎ 6233 9700; www.santaferelo.com; 5th fl, Tianhong Bldg, 80 Xianxia Rd)

SAFETY

Shànghǎi feels very safe, and crimes against foreigners are rare; even taxi drivers don't try to rip you off. The virtual absence of sirens or speeding police cars on Shànghǎi's streets creates either a reassuring or worrying picture of crime overall in the city. Don't, however, end up in an ambulance; Shànghǎi drivers don't give way and you could end up croaking way before you grind into A&E.

If you do get something stolen you need to report the crime at the district PSB office and obtain a police report. See Scams (opposite) for a rundown of common complaints.

The only unlawful activities you are likely to encounter are nonthreatening, but also see the Scams (opposite) section for pointers on what to avoid. DVD piracy is rampant and part of the wholesale theft of intellectual property. Hairdressing salons, glowing with lurid pink lighting and seating rows of preening *xiǎojie* (young girls), form the most evident frontline of Shànghǎi's prostitution industry.

Crossing the road is probably the greatest danger: develop avian vision and a sixth sense to combat the shocking traffic. China's roads kill without mercy; they're the major cause of death for people aged between 15 and 45, with an estimated 600 traffic deaths per day (WHO figures). Older taxis only have seatbelts in the front passenger seat.

Crossing only when it is safe to do so could perch you at the side of the road in perpetuity, but don't imitate the local tendency to cross without looking. The green man at traffic lights does not mean it is safe to cross. Instead, it means it is *slightly safer* to cross, but you can still be run down by traffic allowed to turn on red lights. Bicycles and scooters regularly flout all traffic rules, as do many cars. Bicycles, scooters, mopeds and motorbikes freely take to the pavement, as occasionally do cars.

Other streets hazards include spent neon-light tubes poking from litter bins, open manholes with plunging drops and welders

showering pavements with burning sparks. Side streets off the main drag are sometimes devoid of street lights at night, and pavements can be crumbling and uneven. Also prepare for slippery marbled paving slabs in pedestrian areas (eg on East Nanjing Rd) after rain.

Scams

It goes something like this: you get invited for a drink by a friendly stranger who takes you to a private room or karaoke room. The stranger practises his English on you, sings a painful karaoke number, and a few drinks later a *xiǎojiě* (young waitress) hits you with a staggering bill. On top of gouging a massive chunk from your holiday budget, the experience leaves a bad taste in your mouth. Sadly, it's all too common in Shànghǎi, so be on your guard. Men can expect to be surrounded by incessant girls practising their English along the pedestrianised lengths of East Nanjing Rd (in the same way as tourists on Wangfujing Dajie in Běijīng); some are taken for a ride and hauled off to expensive cafés where they are left to deal with a stupefying bill.

Watch out for taxi scams, especially at Pudong International Airport and outside the Maglev terminal at Longyang Rd metro station. A registered taxi should always run on a meter and have a license displayed on the dashboard. See the taxi section in the Transport chapter for more information and a list of reputable taxi firms.

TAXES

All four- and five-star hotels and some top-end restaurants add a tax or 'service charge' of 10% or 15%, which extends to the room and food; all other consumer taxes are included in the price tag.

TELEPHONE

Long-distance phone calls can be placed from hotel rooms, though this is expensive without an internet phonenumber (right). You may need a dial-out number for a direct line. Local calls should be free. For information on using mobile phones in Shànghǎi, see right.

Apart from streetside card phones, phones are also often attached to magazine kiosks or small shops. Just pick up the phone, make your call, and then pay the attendant (usually five *mào* for a local call). If dialling long-distance within China from Shànghǎi, prefix the number with 17909 for cheaper rates.

Long-distance calls can also be made from any China Telecom (中国电信; Zhōngguó Diànxìn) office. Shànghǎi has hordes of 24-hour phone bars (话吧; *huàbā*), where international calls can be made at cheap rates.

Most international calls cost Y8.20 per minute or Y2.20 to Hong Kong. You are generally required to leave a Y200 deposit for international calls.

Note the following country and city codes:

People's Republic of China (☎ 00 86)

Běijīng (☎ 010)

Shànghǎi (☎ 021)

If calling Shànghǎi or Běijīng from abroad, drop the first zero.

The English-language Shanghai Yellow Pages is available at most business centres or online at www.yellowpage.com.cn.

The following numbers are useful:

International directory enquiry (☎ 116)

International operator (☎ 95115)

Local directory enquiries (☎ 114)

Weather (☎ 121)

Mobile Phones

You can certainly take your mobile phone to China, but ensure it is unlocked, which means you can use another network's SIM card in your phone. Alternatively, global SIM cards are available from airports but you might as well wait until you get to China and visit a branch of China Mobile, which is far cheaper.

Mobile-phone shops (*shǒujīdiàn*; 手机店) – such as China Mobile (中国移动 Zhōngguó Yídòng) – can sell you a SIM card, which will cost from Y60 to Y100 and will include Y50 of credit. SIM cards are also available from newspaper kiosks (报刊亭; *bàokāntíng*) When this runs out, you can top up the number by buying a credit-charging card (充值卡; *chōngzhí kǎ*) for Y50 or Y100 worth of credits.

The Chinese avoid the number four – *sì* – (which sounds like but has a different tone from the word for death – *sǐ*) and love the number eight – *bā*. Consequently, the cheapest numbers tend to contain numerous fours and the priciest have strings of eights.

Phonocards

Telephone (Integrated Circuit – IC; IC卡) cards, available from any China Telecom office, can be used for local and international

calls in public phones along the main streets, in telecom offices and in most hotels. Cards come in denominations of Y20, Y30, Y50 and Y100, and there are two kinds: one for use only in Shànghǎi, the other nationwide. Make sure you know which type you are buying.

The internet phonecard (IP card; IP卡) connects via the internet and is much cheaper than dialling direct. You can use any home phone, some hotel and some public phones (but not card phones) to dial a special telephone number and follow the instructions. Cards can be bought at newspaper kiosks citywide. Cards come in denominations of Y50, Y100, Y200 and Y500 – but they are always discounted, with a Y100 card costing in the region of Y35 to Y40. Again, check that you are buying the right card. Some are for use in Shànghǎi only, while others can be used around the country. Check that the country you wish to call can be called on the card. Generally a safe bet is the CNC *guójiā shíguókǎ* (国际十国卡), which can be used for calls to the USA, Canada, Australia, New Zealand, Hong Kong and Macau, Taiwan, England, France, Germany and some East Asian countries. Check the expiry date.

TELEVISION

Expats and travellers staying in midrange and top-end hotels can get their fix of CNN, ESPN, BBC World, HBO, Cinemax and MTV. For the rest, it's slim pickings.

CCTV9 is an English-language cable channel, with stodgy programmes on Chinese culture, and hourly news and business reports, all with the usual pro-China bias and censorship.

Around 90% of satellite TV for individual users is the pirated version, which costs around Y1600 for one-off installation (with no subsequent charge)

TIME

Time throughout China is set to Běijīng local time, which is eight hours ahead of GMT/UTC. There is no daylight-saving time. When it's noon in Shànghǎi, it's 8pm (the day before) in Los Angeles, 11pm (the day before) in Montreal and New York, 4am (the same day) in London, 5am in Frankfurt, Paris and Rome, noon in Hong Kong, 2pm in Melbourne and 4pm in Wellington.

TOILETS

Shànghǎi has plenty of public toilets. Normally marked by English signs and often charging a small fee, they run the gamut from communal ditches to coin-operated portaloos. The best bet is to head for a top-end hotel, where someone will hand you a towel, pour you some aftershave or exotic hand lotion and wish you a nice day. Fast-food restaurants can be lifesavers. Growing numbers of metro stations have coin-operated toilets.

The golden rule is always carry an emergency stash of toilet paper – you never know when you'll need it and many toilets are devoid of such essentials.

Toilets in hotels are generally sitters, but expect to find squatters in many public toilets. In all but the cheapest hotels it's safe to flush toilet paper down the toilet. If you see a small wastepaper basket in the corner of the toilet, that is where you should throw the toilet paper. Tampons always go in the basket.

Remember, the Chinese characters for men and women are 男 (men) and 女 (women).

TOURIST INFORMATION

There are about a dozen or so Tourist Information and Service Centres (旅游咨询服务中心; *Lǚyóu Zìxún Fúwù Zhōngxīn*) sprinkled throughout Shànghǎi. The level of information and standard of English spoken by staff varies from very good to nonexistent, and the centres primarily function to book hotel rooms, put you on a tour and sell you souvenirs, but you can get free maps and some information from them.

Locations include the following:

Huángpǔ (Map p62; ☎ 5353 1117; Century Sq, 561 East Nanjing Rd; 南京东路561号; ☎ 9.30am-8pm)

Jing'an (Map pp98-9; ☎ 6248 3259; 1699 West Nanjing Rd; 南京西路1699号; ☎ 9am-5.30pm)

Lúwān (Map pp80-1; ☎ 5386 1882; 127 South Chengdu Rd, just off Central Huaihai Rd; 成都南路127号)

Pūdōng (Map p90; ☎ 3878 0202; 1st fl, Superbrand Mall, 168 Lujiazui Rd; 陆家嘴路168号1楼; ☎ 9am-6pm)

Shanghai Train Station (Map pp98-9; ☎ 5123 4490; 303 Moling Rd; 秣陵路303号)

Yuyuan Gardens (Map p74; ☎ 6355 5032; 149 Jiujiao-chang Rd; 旧校场路149号; ☎ 9am-8pm) Southwest of Yuyuan Gardens.

There is also the useful **Shanghai Information Centre for International Visitors** (Map pp80-1; ☎ 6384 9366; www.sicv.com; No 2, Lane 123, Xingye Rd, Xintiandi).

The **tourist hotline** (☎ 6252 0000; ☎ 9am-8pm) offers a limited English-language service. Your hotel should be able to provide you with most of the tourist information you require and the concierge should have a map of Shànghǎi.

The **Shanghai Call Centre** (☎ 962 288) is a free 24-hour English-language hotline that can respond to cultural, entertainment or transport enquiries.

TRAVELLERS WITH DISABILITIES

Shànghǎi's traffic, the city's overpasses and widespread indifference to the plight of the wheelchair-bound are the greatest challenges to disabled travellers. Shànghǎi may have 500,000 wheelchair users, but metro-system escalators only go up to the exit, and not down. Pavements on lesser roads are typically cluttered with bikes, cracked paving slabs, parked cars and other obstacles. Some crossing points, for example at the Xújiāhuì intersection, are impossible to undertake in a wheelchair.

That said, an increasing number of modern buildings, museums, stadiums and most new hotels display the white symbol of a wheelchair, showing that they are wheelchair accessible. It is recommended that you take a lightweight chair so you can collapse it easily for navigating around obstacles or loading into the back of taxis. **Bashi taxis** (☎ 6431 2788) has minivan taxis that are wheelchair accessible. All the top-end hotels have wheelchair-accessible rooms. Disabled travellers are advised to travel with at least one able-bodied companion.

China's sign language has regional variations, as well as some elements of American Sign Language (ASL), so foreign signers may have some problems communicating in sign language.

VISAS

For everyone apart from citizens of Japan, Singapore and Brunei, a visa is required for visits to the People's Republic of China. Visas are easily obtainable from Chinese embassies and consulates. Most tourists are issued with a single-entry visa for a 30-day stay, valid for three months from the date of issue. Getting a visa in Hong Kong is also an option.

The Chinese government requires that your passport be valid for at least six months after the expiry date of your visa. You'll need at least one entire blank page in your passport for the visa.

On the visa application you must identify an itinerary and entry and exit dates and points, though nobody will hold you to them once you're in the country. Two passport-sized photos of the applicant are required.

Processing times and fees depend on where you're applying; in the UK visas cost £25 and are issued in three days. In the US single-entry visas cost US\$30, double-entry visas are US\$40.

Normally visas take three working days to be processed. Express services cost twice the normal fee. Fees are normally paid in cash either at the time of application or when you collect your passport. With China becoming increasingly popular as a travel and business destination, queues at Chinese embassies and consulates are getting longer. A growing number of visa-arranging agents can do the legwork and deliver your visa-complete passport to you.

A 30-day visa is activated on the date you enter China, and must be used within three months of the date of issue. Longer-stay visas are also activated upon entry into China. Officials in China are sometimes confused over the validity of the visa and look at the 'valid until' date. On most 30-day visas, however, this is actually the date by which you must have entered the country, not left.

Although a 30-day length of stay is standard for tourist visas, 60- and 90-day visas are generally also available. On request, you can receive a double-entry or multiple-entry travel visa. If you have trouble getting more than 30 days or a multiple-entry visa, try a local visa-arranging service or a travel agency in Hong Kong.

Note that if you go to China, on to Hong Kong and then to Shànghǎi, you will need a double-entry visa to get 'back' into China from Hong Kong or you will need to reapply for a fresh visa in Hong Kong.

A business visa is multiple-entry and valid for three to six months from the date of issue, depending on how much you paid for it.

When you check into a hotel, there is usually a question on the registration form asking what type of visa you have. The letter specifying your visa category is usually stamped on

the visa itself. There are eight categories of ordinary visas, as follows:

Type	Description	Chinese name
L	travel	<i>lǚxíng</i>
F	business or student (less than 6 months)	<i>fāngwèn</i>
D	resident	<i>dīngjū</i>
G	transit	<i>guòjìng</i>
X	long-term student	<i>liúxué</i>
Z	working	<i>rènzhí</i>
J	journalist	<i>jìzhě</i>
C	flight attendant	<i>chéngwù</i>

Visa Extensions

Extensions of 30 days are given for any tourist visa. You may be able to wangle more with reasons such as illness or transport delays, but second extensions are usually only granted for a week, on the understanding that you are leaving. Visa extensions take three days and cost Y100 for Australians, Y160 for British and French, and Y125 for Americans. The fine for overstaying your visa is up to Y300 per day.

To extend a business visa, you need a letter from a Chinese work unit willing to sponsor you. If you're studying in China, your school can sponsor you for a visa extension.

Visa extensions in Shànghǎi are available from the PSB (Gōng'ānjú; Map p95; ☎ 6854 1199 or 2895 1900; 1500 Minsheng Rd; 民生路1500号; ☎ 9am-5pm Mon-Sat).

Residence Permit

The 'green card' is a residence permit issued to English teachers, businesspeople, students and other foreigners who are authorised to live in the PRC. Green cards are issued for a period of one year.

To get a residence permit you first need to arrange a work permit (normally obtained by your employer), health certificate (p245)

GUANXI

If you want to locate or contact a tourist, entertainment, shopping or business venue in Shànghǎi and have a mobile phone, then text message the name of the venue to the wireless search engine GuanXi on ☎ 885074. The full name, address and directions, plus telephone number will be immediately returned to you by SMS (Y1 to Y2 per enquiry). The information can also be relayed in Chinese, as long as your mobile phone can support Chinese text.

and temporary 'Z' visa. If your employer is switched on you can arrange all of this before you arrive in Shànghǎi.

You then go to the PSB with your passport, health certificate, work permit, your employer's business registration licence or representative office permit, your employment certificate (from the Shanghai Labour Bureau), the temporary residence permit of the hotel or local PSB where you are registered, passport photos (about ten), a letter of application from your employer and around Y400 in RMB. In all, the process usually takes from two to four weeks. Expect to make several visits and always carry multiple copies of every document. Each member of your family needs a residence permit and visa. In most cases your employer will take care of much of the process for you.

WEIGHTS & MEASURES

The metric system is widely used in China. However, traditional Chinese weights and measures persist, especially in local markets. Fruit and vegetables are weighed by the *jīn* (500g). Smaller weights (for dumplings, tea etc) are measured in *liǎng* (50g).

Metric	Chinese	Imperial
1m (<i>mǐ</i>)	3 <i>chǐ</i>	3.28 feet
1km (<i>gōnglǐ</i>)	2 <i>lǐ</i>	0.62 miles
1L (<i>gōngshēng</i>)	1 <i>shēng</i>	0.22 gallons
1kg (<i>gōngjīn</i>)	2 <i>jīn</i>	2.20 pounds

WOMEN TRAVELLERS

Female travellers will encounter few problems in Shànghǎi as Chinese men are neither macho nor disrespectful of women. Shànghǎi is a very cosmopolitan city, so women can largely wear what they like. Tampons can be bought everywhere, although it is advisable for you to bring your own contraceptive pills.

WORK

It's not too difficult to find work in Shànghǎi, though technically you will need a work visa. You should arrive in Shànghǎi with enough funds to keep you going for at least a few weeks until a job opens up. Examine the classified pages of the expat magazines for job opportunities. Modelling and acting can be quite lucrative – especially if you find a decent agent – and teaching is perennially popular. Bear in mind that most big companies tend to recruit from home, offering comfortable expat packages. See also Business, p235.

LANGUAGE

The local dialect in Shànghǎi is Shanghainese (*Shànghǎihuà*), a very distant relative of the widely spoken northern Mandarin dialect, *Pùtōnghuà*. English is of limited use beyond tourist hotels so learning some Chinese is highly recommended. Visitors to Shànghǎi have no need to grapple with the local dialect as Mandarin is universally understood throughout the city, and indeed throughout China, while Shanghainese is useless outside of its very small dialect area.

Learn a few key phrases before you go. Write them on pieces of paper and stick them on the fridge, by the bed or even on the computer – anywhere that you'll see them often.



You'll find that the people of Shànghǎi appreciate your efforts to speak a little Mandarin, no matter how muddled you may think you sound. So don't just stand there, say something! If you want to learn more Mandarin than we've included here, pick up a copy of Lonely Planet's comprehensive but user-friendly *Mandarin Phrasebook*.

For some informative and interesting reading on language and the 'Mandarinisation' of Shànghǎi, see p50.

PRONUNCIATION

Pinyin

In 1958 the Chinese adopted a system of writing their language using the Roman alphabet, known as *Pinyin*. Pinyin is often used on shop fronts, street signs and advertising billboards, but very few Chinese are able to read or write it.

A few consonants in Pinyin may cause confusion when compared to their counterparts in English:

c	as the 'ts' in 'bits'
ch	as in 'chop', but with the tongue curled back
q	as the 'ch' in 'cheese'
r	as the 's' in 'pleasure'
sh	as in 'ship', but with the tongue curled back
x	as the 'sh' in 'ship'
z	as the 'dz' sound in 'suds'
zh	as the 'j' in 'judge', but with the tongue curled back

Tones

Chinese is a language with a large number of words with the same pronunciation but a different meaning; what distinguishes them are 'tones' – rises and falls in the pitch of the voice on certain syllables. The word *ma*, for example, has four different meanings depending on tone:

high tone	mā (mother)
rising tone	má (hemp, numb)
falling-rising tone	mǎ (horse)
falling tone	mà (to scold, to swear)

Mastering tones is tricky for newcomers to Mandarin, but with a little practice it gets a lot easier.

SOCIAL

Meeting People

Hello.	你好。	Nǐ hǎo.
Goodbye.	再见。	Zàijiàn.
Please.	请。	Qǐng.
Thank you.	谢谢。	Xièxie.
Thank you very much.	太谢谢了。	Tài xièxie le.
Yes.	是的。	Shìde.
No. (don't have)	没有。	Méi yǒu.
No. (not so)	不是。	Bùshì.
Do you speak English?	你会说英语吗?	Nǐ huì shuō yīngyǔ ma?
Do you understand?	懂吗?	Dǒng ma?

I understand.
我听得懂。 **Wǒ tīngdedǒng.**
I don't understand.
我听不懂。 **Wǒ tīngbudǒng.**

Could you please ...?
你能不能 ...?
Nǐ néng bunéng ...?
repeat that
重复 **chóngfù**
speak more slowly
说慢点儿 **shuō màn diǎnr**
write it down
写下来 **xiě xiàlái**

Going Out

What's on ...?
... 有什么娱乐活动?
... yǒu shénme yúlè huódòng?
this weekend
这个周末 **Zhège zhōumò**
today
今天 **Jīntiān**
tonight
今天晚上 **Jīntiān wǎnshàng**

Where are the ...?
... 在哪儿?
... zài nǎr?
clubs
俱乐部 **Jùlèbù**
gay venues
同性恋场所 **Tóngxìngliàn chángsuǒ**
places to eat
吃饭的地方 **Chīfàn de dìfang**
pubs
酒吧 **Jiǔbā**

Is there a local entertainment guide?
有当地娱乐指南吗?
Yǒu dāngdì yúlè zhǐnán ma?

PRACTICAL

Question Words

Who?
谁? **Shuí?**
What?
什么? **Shénme?**
When?
什么时候? **Shénme shíhou?**
Where?
哪儿? **Nǎr?**
How?
怎么? **Zěnmē?**

Numbers & Amounts

1	一/幺	yī/yāo
2	二/两	èr/liǎng
3	三	sān
4	四	sì
5	五	wǔ
6	六	liù
7	七	qī
8	八	bā
9	九	jiǔ
10	十	shí
11	十一	shíyī
12	十二	shíèr
13	十三	shí sān
14	十四	shí sì
15	十五	shí wǔ
16	十六	shí liù
17	十七	shí qī
18	十八	shí bā
19	十九	shí jiǔ
20	二十	èrshí
21	二十一	èrshíyī
22	二十二	èrshíèr
30	三十	sānshí
40	四十	sìshí
50	五十	wùshí
60	六十	liùshí
70	七十	qīshí
80	八十	bāshí
90	九十	jiǔshí
100	一百	yībǎi
200	两百	liǎngbǎi
1000	一千	yīqiān
10,000	一万	yīwàn
100,000	十万	shíwàn

Days

Monday	星期一	xīngqīyī
Tuesday	星期二	xīngqī'èr
Wednesday	星期三	xīngqīsān
Thursday	星期四	xīngqīsì
Friday	星期五	xīngqīwǔ
Saturday	星期六	xīngqīliù
Sunday	星期天	xīngqītiān

Banking

I'd like to ...
我想 ...
Wǒ xiǎng ...
change money
换钱 **huàn qián**
change travellers cheques
换旅行支票 **huàn lǚxíng zhīpiào**
cash a cheque
支票 **zhīpiào**

Excuse me, where's the nearest ...?
请问, 最近的 ... 在哪儿?
Qǐng wèn, zuìjìn de ... zài nǎr?
automatic teller machine
自动柜员机 **zìdòng guìyuánjī**
foreign exchange office
外汇兑换处 **wàihuì duìhuànchù**

Post

Where's the post office?
邮局在哪里? **Yóujú zài nǎlǐ?**

I'd like to send ...
我想 ...
Wǒ xiǎng ...
a letter
寄信 **jì xìn**
a fax
发传真 **fā chuánzhēn**
a package
寄包裹 **jì bāoguǒ**
a postcard
寄明信片 **jì míngxìnpiàn**

I'd like to buy (a/an) ...
我想买 ...
Wǒ xiǎng mǎi ...
aerogram
航空邮筒 **hángkōngyóujiǎn**
envelope
信封 **xìnfēng**
stamps
邮票 **yóupiào**

Phone

I want to buy a phone card.
我想买电话卡。
Wǒ xiǎng mǎi diànhuà kǎ.

I want to make ...
我想打 ...
Wǒ xiǎng dǎ ...
a call (to ...)
打电话 (到 ...) **diànhuà (dào ...)**
a reverse-charge/collect call
对方付费电话 **duìfāng fùfèi diànhuà**

Where can I find a/an ...?
哪儿有 ...?

Nǎr yǒu ...?
I'd like a/an ...
我想要 ...
Wǒ xiǎng yào ...
adaptor plug
转接器插头 **zhuǎnjiēqì chātóu**

charger for my phone
电话充电器 **diànhuà chōngdiǎnqì**
mobile/cell phone for hire
租用移动电话 or **zūyòng yídòng diànhuà**
租用手机 **zūyòng shǒujī**
prepaid mobile/cell phone
预付移动电话 or **yùfù shǒujī**
预付手机 **yùfù yídòng diànhuà**
SIM card for your network
你们网络的SIM卡 **nǐmen wǎngluò de SIM kǎ**

Internet

Is there a local internet café?
本地有网吧吗?
Běndì yǒu wǎngbā ma?
Where can I get online?
我在哪儿可以上网?
Wǒ zài nǎr kěyǐ shàng wǎng?
Can I check my email account?
我查一下自己的email户, 好吗?
Wǒ chá yíxià zìjǐ de email hù, hǎo ma?

computer
电脑 **diànnǎo**
email
电子邮件 **diànzìyóujiàn** (often called 'email')
internet
因特网/互联网 **yīntè wǎng/hùlián wǎng** (formal name)

Transport

When is the ... bus?
... 汽车几点开?
... qìchē jǐdiǎn kāi?
first
头班 **Tóubān**
next
下一班 **Xià yībān**
last
末班 **Mòbān**

What time does ... leave/arrive?
... 几点开/到?
... jǐdiǎn kāi/dào?
the bus
汽车 **Qìchē**

the train 火车	Huǒchē
the plane 飞机	Fēiji
the boat 船	Chuán

Is this taxi available?
这车拉人吗? Zhè chē lā rén ma?

Please use the meter.
打表。 Dǎ biǎo.

How much is it to ...?
去 ... 多少钱? Qù ... duōshǎo qián?

I want to go to (this address).

我要去 (这个地址)。 Wǒ yào qù (zhègè dìzhǐ).

EMERGENCIES

It's an emergency!
这是紧急情况!

Zhèshì jǐnjí qíngkuàng!
Could you help me, please?
你能不能帮我个忙?

Nǐ néng bunéng bāng wǒ ge máng?
Call the police/a doctor/an ambulance!
请叫警察/医生/救护车!

Qǐng jiào jǐngchá/yīshēng/jiùhùchē!
Where's the police station?
警察局在哪儿?
Jǐngchájú zài nǎr?

HEALTH

Excuse me, where's the nearest ...?
请问, 最近的 ... 在哪儿?

Qǐng wèn, zuìjìn de ... zài nǎr?	
chemist 药店	yàodiàn
chemist (night) 药店(夜间)	yàodiàn (yèjiān)
dentist 牙医	yáyī
doctor 医生	yīshēng
hospital 医院	yīyuàn

Is there a doctor here who speaks English?
这儿有会讲英语的大夫吗?

Zhèr yǒu huì jiǎng yīngyǔ de dàifu ma?

Symptoms

I have (a/an) ...
我 ...
Wǒ ...

diarrhoea 拉肚子	lādùzi
fever 发烧	fāshāo
headache 头疼	tóuténg

FOOD & DRINK

Useful Words & Phrases

breakfast 早饭	zǎofàn
lunch 午饭	wǔfàn
dinner 晚饭	wǎnfàn
snack 小吃	xiǎochī
eat 吃	chī
drink 喝	hē

Can you recommend a ...?
你能不能推荐一个 ...?

Nǐ néng bunéng tuijiàn yīge ...?	
bar/pub 酒吧/酒馆	jiǔbā/jiǔguǎn
café 咖啡馆	kāfēiguǎn
restaurant 餐馆	cānguǎn

Is service/cover charge included in the bill?
帐单中包括服务费吗?

Zhàngdān zhōng bāokuò fúwùfèi ma?
I don't like innards.
我不喜欢吃内脏。
Wǒ bù xǐhuān chī nèizàng.

I don't want MSG.
我不要味精。 Wǒ bù yào wèijīng.
I'll have that. (pointing out a dish)
来一个吧。 Lái yīge ba.

I'm vegetarian. 我吃素。 Wǒ chī sù.	
Not too spicy. 不要太辣。 Bù yào tài là.	
Let's eat! 吃饭! Chī fàn!	
Cheers! 干杯! Gānbēi!	
Please give me a receipt. 请给我发票。 Qǐng gěi wǒ fāpiào.	
Waiter! 服务员! Fúwùyuán!	
Waitress! 小姐! Xiǎojiě!	
bill/check 买单/结帐	mǎi dān/jiézhàng
bowl 碗	wǎn

chopsticks 筷子	kuàizi
(cooked) together 一块儿	yīkuàier
fork 叉子	chāzi
hot 热的	rède
knife 刀子	dāozi
ice cold 冰的	bīngde
menu 菜单/菜谱	càidān/càipǔ
plate 盘子	pánzi
set meal (no menu) 套餐	tàocān
spicy 辣	là
spoon 勺子	sháozi
toothpick 牙签	yáqiān
tissue paper 面巾纸	miànjīnzhǐ

Food Glossary

bing 冰淇淋	bīngqīlín	冰	ice
cù 醋	cù	豆腐	ice cream
dòufu 肝脏	dòufu	汉堡包	vinegar
gānzàng 黄瓜	gānzàng	黄油	tofu
hànbaǎobāo 黄油	huángguā	胡椒粉	liver
huángyóu 酱油	huángyóu	酱油	hamburger
hújiāofěn 鸡蛋	hújiāofěn	鸡肉	cucumber
jiàngóu 辣椒油	jiàngóu	辣椒	butter
jiǎn 辣椒	jiǎn	拉面	pepper
jīròu 拉面	jīròu	面包	soy sauce
lǎjiāo yóu 面包	lǎjiāo yóu	牛排	egg
lāmiàn 牛排	lāmiàn	牛肉	chicken
miànbāo 螃蟹	miànbāo	茄子	chilli oil
niúpái 芹菜	niúpái	青菜	chilli
niúròu 肉	niúròu	肉	pulled noodles
pángxiè 三明治	pángxiè	三明治	bread
qiézi 色拉	qiézi	烧烤	beef steak
qíncài 烧烤	qíncài	薯条	beef
qingcài 薯条	qingcài		crab
ròu 薯条	ròu		aubergine
sānmíngzhì 色拉	sānmíngzhì		celery
sèlā 烧烤	sèlā		green vegetables
shāokǎo 薯条	shāokǎo		meat
shùtiáo 薯条	shùtiáo		sandwich

sùcài 汤	sùcài	糖	vegetables
tāng 糖	tāng	土豆	soup
táng 味精	táng	西红柿	sugar
tǔdòu 味精	tǔdòu	盐	potato
wèijīng 西红柿	wèijīng	羊肉	MSG
xīhóngshì 盐	xīhóngshì	羊肉串	tomato
yán 羊肉	yán	腰子	salt
yángrou 羊肉串	yángrou	鸭子	lamb
yángrouchuàn 腰子	yángrouchuàn	鱿鱼	lamb kebab
yāozi 鱿鱼	yāozi	鱼	kidney
yóuyú 粥	yóuyú	粥	duck
yú 粥	yú		squid
zhōu 猪排	zhōu		fish
zhūpái 猪肉	zhūpái		rice porridge
zhūròu 猪肉	zhūròu		(congee)

RICE DISHES 米饭

báifàn steamed white rice	báifàn	白饭
chǎofàn fried rice	chǎofàn	炒饭
jīdàn chǎofàn fried rice with egg	jīdàn chǎofàn	鸡蛋炒饭

SOUP 汤

húntun tāng won ton soup	húntun tāng	馄饨汤
jīdàn tāng egg drop soup	jīdàn tāng	鸡蛋汤
sānxiān tāng three kinds of seafood soup	sānxiān tāng	三鲜汤
suānlà tāng hot and sour soup	suānlà tāng	酸辣汤
xīhóngshì jīdàntāng tomato and egg soup	xīhóngshì jīdàntāng	西红柿鸡蛋汤

VEGETABLE DISHES 素菜

báicài xiān shuānggū bok choy and mushrooms	báicài xiān shuānggū	白菜鲜双菇
cùipí dòufu crispy skin bean curd	cùipí dòufu	脆皮豆腐
dìsānxiān cooked potato, aubergine and green pepper	dìsānxiān	地三鲜
háoyóu xiāngū mushrooms in oyster sauce	háoyóu xiāngū	蚝油鲜菇
hēimù'ěr mèn dòufu bean curd with mushrooms	hēimù'ěr mèn dòufu	黑木耳焖豆腐
jiǔcài jiǎozi chive dumplings	jiǔcài jiǎozi	韭菜饺子
shāo qiézi cooked aubergine (eggplant)	shāo qiézi	烧茄子
tángcù òubīng lotus root cakes in sweet-and-sour sauce	tángcù òubīng	糖醋藕饼

SEAFOOD 海鲜

chāngyú pomfret	鲷鱼
chǎo huángshàn fried eel	炒黄鳝
cōngsū jìyú braised carp with onion	葱酥鲫鱼
dàzhá xiè hairy crabs	大闸蟹
fúróng yúpiàn fish slices in egg white	芙蓉鱼片
gānjiān xiǎo huángyú dry-fried yellow croaker	干煎小黄鱼
guōbā xiārén shrimp in sizzling rice crust	锅巴虾仁
héxiāng báilián lotus-flavoured silver carp	荷香白鲢
hóngshāo shànyú eel soaked in soy sauce	红烧鳝鱼
huángyú yellow croaker	黄鱼
jiāng cōng chǎo xiè stir-fried crab with ginger and scallions	姜葱炒蟹
jiǔxiāng yúpiàn fish slices in wine	酒香鱼片
mìzhì xūnyú honey-smoked carp	蜜汁熏鱼
níngshì shànyú stir-fried eel with onion	宁式鳝鱼
qiézhī yúkuài fish fillet in tomato sauce	茄汁鱼块
qīngzhēng guiyú steamed Mandarin fish	清蒸鳊鱼
sōngjiānglúyú Songjiang perch	松江鲈鱼
sōngshù guiyú squirrel-shaped Mandarin fish	松鼠鳊鱼
sōngzǐ guiyú Mandarin fish with pine nuts	松子鳊鱼
suānlà yóuyú hot-and-sour squid	酸辣鱿鱼
yóubào xiārén fried shrimp	油爆虾仁
zhá hēi lǐyú fried black carp	炸黑鲤鱼
zhá yúwán fish balls	炸鱼丸

HOME-STYLE DISHES 家常菜

biāndòu ròusī shredded pork and green beans	扁豆肉丝
fānqié chǎodàn egg and tomato	番茄炒蛋
gānbǎn niúròu sī stir-fried beef and chilli	干煸牛肉丝

guōbā ròu piàn pork and sizzling rice crust	锅巴肉片
hóngshāo qiézi red-cooked aubergine	红烧茄子
huíguō ròu double-cooked fatty pork	回锅肉
jiācháng dòufu 'home-style' tofu	家常豆腐
jiānbǐngguǒzi egg and spring onion pancake	煎饼裹子
jīngjiàng ròusī pork cooked with soy sauce	精酱肉丝
mù'ěr ròu 'wooden ear' mushrooms and pork	木耳肉
níngméng jī lemon chicken	柠檬鸡
niúròu miàn beef noodles in soup	牛肉面
páigǔ ribs	排骨
qīngjiāo ròu piàn pork and green peppers	青椒肉片
sùchǎo biǎndòu garlic beans	素炒扁豆
sùchǎo sùcài fried vegetables	素炒素菜
tiěbǎn niúròu sizzling beef platter	铁板牛肉
xiānbèi yāohuā scallops and kidney	鲜贝腰花
yángcōng chǎo ròupiàn pork and fried onions	洋葱炒肉片
yāoguǒ jīdīng chicken and cashews	腰果鸡丁
yúxiāng qiézi fish-flavoured aubergine	鱼香茄子

SHANGHAISE DISHES 上海菜

hūpíjiānjiào tiger skin chillies	虎皮尖椒
jīngcōng ròusī jiā bǐng soy pork with scallions in pancakes	京葱肉丝夹饼
jīngdū guó páigǔ Mandarin-style pork ribs	京都锅排骨
sōng rén yù mǐ sweet corn and pine nuts	松仁玉米
sōngzǐ yā duck with pine nuts	松子鸭
xiāngsū jī crispy chicken	香酥鸡
xiánjī cold salty chicken	咸鸡
xiǎolóngbāo little steamer buns	小笼包
xiěfěn shīzitóu lion's head meatballs with crab	蟹粉狮子头

yóutiáo niú ròu fried dough sticks with beef	油条牛肉
zuìjī drunken chicken	醉鸡

HÁNGZHÒU DISHES 杭州菜

dōngpō bèiròu Dongpo pork	东坡猪肉
héyè fēnzhēng ròu steamed pork wrapped in lotus leaf	荷叶粉蒸肉
jiào huā jī beggar's chicken	叫化鸡
lóngjīng xiārén Longjing stir-fried shrimp	龙井虾仁
mìzhì huófāng honeyed ham	蜜汁火方
shāguō yútóu dòufu earthenware pot fish-head tofu	沙锅鱼头豆腐
sōngsǎo yú gēng Mandarin fish soup with ham and mushrooms	宋嫂鱼羹
xīhú chūncài tāng West Lake water shield soup	西湖莼菜汤
xīhú cùyú West Lake fish	西湖醋鱼

CANTONESE DISHES 粤菜

bái zhuó xiā blanched prawns with shredded scallion	白灼虾
chǎomiàn chow mein	炒面
chāshāo cha siu	叉烧
diǎnxīn dim sum	点心
dōngjiāng yán jú jī salt-baked chicken	东江盐焗鸡
gālí jī curried chicken	咖喱鸡
guōtiē guotie	锅贴
háoyóu niúròu beef with oyster sauce	蚝油牛肉
kǎo rúzhū crispy suckling pig	烤乳猪
mìzhì chāshāo roast pork with sweet syrup	蜜汁叉烧
shé ròu snake	蛇肉
tángcù lǐjī/ gǔlǎo ròu sweet-and-sour pork fillets	糖醋里脊/ 古老肉
tángcù páigǔ sweet-and-sour spare ribs	糖醋排骨
xiāngsū jī crispy chicken	香酥鸡

SICHUANSE DISHES 川菜

bàngbàng jī shredded chicken in a hot pepper-and-sesame sauce	棒棒鸡
dāndànmiàn dandan noodles	担担面
dàsuan shàn duàn stewed eel with garlic	大蒜鳝段
gānshāo yán lì stewed carp with ham and hot-and-sweet sauce	干烧岩鲤
gōngbào jīdīng spicy chicken with peanuts	宫爆鸡丁
málà dòufu spicy tofu	麻辣豆腐
mápo dòufu Granny Ma's tofu	麻婆豆腐
shuǐ zhǔ niúròu fried and boiled beef, garlic sprouts and celery	水煮牛肉
suāncàiyú boiled fish with pickled vegetables	酸菜鱼
yuānyāng huǒguō yuanyang hotpot	鸳鸯火锅
yúxiāng ròusī fish-flavoured meat	鱼香肉丝
zhàcài ròusī stir-fried pork or beef tenderloin with tuber mustard	榨菜肉丝
zhāngchá yāzi camphor-smoked duck	樟茶鸭子

BĚIJĪNG & NORTHERN DISHES 京菜

和北方菜	
běijīng kǎoyā Peking duck	北京烤鸭
jiāozhā yángròu deep-fried mutton	焦炸羊肉
jiǎozǐ dumplings	饺子
mántou steamed buns	馒头
qīngxiāng shāoji chicken wrapped in lotus leaf	清香烧鸡
ròu bāozi steamed meat buns	肉包子
shāo bǐng baked rolls	烧饼
shuàn yáng ròu huǒguō lamb hotpot	涮羊肉火锅
sùcài bāozi steamed vegetable buns	素菜包子

DRINKS 饮料

bābǎo chá eight-treasures tea	八宝茶
bái pútáojiǔ white wine	白葡萄酒
báijiǔ white spirits	白酒

bǎiwēi Budweiser	百威	lǜ chá green tea	绿茶
bèikè Becks	贝克	měnniándà Miranda	美年达
chá/cháshuǐ tea	茶/茶水	mǐjiǔ rice wine	米酒
dòunǎi soya milk	豆奶	nǎijīng coffee creamer	奶精
fēndá Fanta	芬达	niúǎi milk	牛奶
hóng pútáojiǔ red wine	红葡萄酒	pǐjiǔ beer	啤酒
hóngchá Western (black) tea	红茶	qīshuǐ soft drink (soda)	汽水
jiāshìbó Carlsberg	嘉士伯	suānnǎi yoghurt	酸奶
júhuā chá chrysanthemum tea	菊花茶	xīli Heineken	喜力
kāfēi coffee	咖啡	xuěbì Sprite	雪碧
kāi shuǐ water (boiled)	开水	yán qìshuǐ salt soda water	盐汽水
kěkǒu kělè Coca-Cola	可口可乐	yézi zhī coconut juice	椰子汁
kuànguānshuǐ mineral water	矿泉水	zhēnzhū nǎichá bubble tea	珍珠奶茶

GLOSSARY

arhat – Buddhist, especially a monk who has achieved enlightenment and passes to nirvana at death

Ba Jin – popular and prolific anarchist writer of the 1930s and 1940s. Li Feigan (his real name) is probably best known for his 1931 novel *Jiā* (*The Family*).

báijiǔ – literally ‘white alcohol’, a type of face-numbing rice wine served at banquets and get-togethers

běi – north

biéshù – villa

bīnguǎn – tourist hotel

Bodhisattva – one worthy of nirvana but who remains on earth to help others attain enlightenment

bówùguǎn – museum

CAAC – Civil Aviation Administration of China

cāntīng – restaurant

CCP – Chinese Communist Party; founded in Shànghǎi in 1921

cheongsam – (Cantonese) originating in Shànghǎi, a fashionable tight-fitting Chinese dress with a slit up the side

Chiang Kaishek – (1887–1975) leader of the *Kuomintang*, anticommunist and head of the nationalist government from 1928 to 1949

chop – carved name seal that acts as a signature

Confucius – (551–479 BC) legendary scholar who developed the philosophy of Confucianism, which defines codes of conduct and patterns of obedience in society
Cultural Revolution – a brutal and devastating purge of the arts, religion and the intelligentsia by Mao’s *Red Guards* and later the *PLA* from 1966 to 1970

dàdào – boulevard, avenue

dàfāndiàn – large hotel

dàjiē – avenue

dàjiǔdiàn – large hotel

dàshà – hotel, building

Deng Xiaoping – (1904–97) considered to be the most powerful political figure in China from the late 1970s until his death. Deng’s reforms resulted in economic growth, but he also instituted harsh social policies and authorised the military force that resulted in the Tiananmen Sq incident in Běijīng in 1989.

dōng – east

dòng – cave

dòngwùyuán – zoo

fāndiàn – hotel, restaurant

fēn – one-tenth of a *jiào*

fēng – peak

fēngshuǐ – geomancy, literally ‘wind and water’. The art of using ancient principles to maximise the flow of *qi* (universal energy).

fó – buddha

Gang of Four – members of a clique, headed by Mao’s wife, Jiang Qing, who were blamed for the disastrous *Cultural Revolution*

gé – pavilion, temple

gōng – palace

gōngyuán – park

Great Leap Forward – failed socioeconomic programme that resulted in a devastating famine in the early 1960s

guānxi – advantageous social or business connections

gūjū – house, home, residence

gǔzhèn – ancient town

hé – river

hong – (Cantonese) a company, usually engaged in trade. Often used to refer to Hong Kong’s original trading houses, such as Jardine Matheson.

hú – lake

jiāng – river

jiào – unit of currency, one-tenth of a *yuán*

jiē – street

jié – festival

jīn – unit of measurement (500g)

jìniànguǎn – memorial hall

jiǔdiàn – hotel

jū – residence, home

junk – originally referred to Chinese fishing and war vessels with square sails. Now applies to various types of boating craft.

kuài – in spoken Chinese, colloquial term for the currency, *yuán*

Kuomintang – *Chiang Kaishek’s* Nationalist Party.

The dominant political force after the fall of the Qing dynasty.

liǎng – unit of measurement (50g)

liànpiào – through ticket

Lin Biao – (1907–71) military commander and CCP

leader whose roles included Minister of Defence. Lin’s death, which came shortly after he plotted to kill *Mao Zedong*, remains a mystery.

lòngtāng – narrow alleyway in Shànghǎi

lóu – tower

lù – road

Lu Xun – (1881–1936) acclaimed writer whose works tackled Confucian culture

luòhàn – see *arhat*

máo – in spoken Chinese, colloquial term for the *jiào*

Mao Zedong – (1893–1976) leader of the early communist forces, he founded the *PRC* and was party chairman until his death

mǎtòu – dock

méi – gate

miào – temple

mù – tomb

nán – south

overseas Chinese – Chinese people who have left China to settle overseas

PLA – People’s Liberation Army

Polo, Marco – Italian merchant who (supposedly)

visited China and the Far East in the 13th century

PRC – People’s Republic of China

PSB – Public Security Bureau; the arm of the police force set up to deal with foreigners

qiáo – bridge

qingzhēnsi – mosque

qipáo – the figure-hugging dress worn by Chinese women (also called a *cheongsam*)

Red Guards – a pro-Mao faction who persecuted rightists during the *Cultural Revolution*

rénmín – people, people’s

Rénmínbì – literally ‘people’s money’, the formal name for the currency of China. Shortened to RMB.

shān – mountain

shěng – province, provincial

shì – city

shìchǎng – market

shìjiè – world

shíkùmén – stone-gate house

sì – temple, monastery

Sun Yatsen – (1866–1925) first president of the Republic of China. A revolutionary loved by republicans and communists alike.

tǎ – pagoda

taichi – slow motion shadow boxing. The graceful, flowing exercise has its roots in China’s martial arts. Also called *t’ai chi ch’uan* or *tàijiquán*.

Taiiping Rebellion – 1.1-million-strong rebellion (1850–64) that attempted to overthrow the Qing dynasty

tíng – pavilion

triads – secret societies. Originally founded to protect Chinese culture from the influence of usurping Manchurians, their modern-day members are little more than gangsters, involved mainly in drug running, gun running, prostitution and protection rackets.

xī – west

xiàn – county

yuán – the Chinese unit of currency, the basic unit of RMB; garden

zhāodàisù – basic lodgings, hotel or guesthouse

zhīwùyuán – botanic gardens

zhōng – middle

Zhou Enlai – an early comrade of Mao’s, Zhou exercised the most influence in the day-to-day governing of China following the *Cultural Revolution*. His death triggered the Tiananmen Sq incident in 1976.

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