



# WELLINGTON COLLEGE MOVING TO & LIVING IN SHANGHAI

## COMMUNITY GUIDE





WELLINGTON COLLEGE  
CHINA

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PART ONE

**GENERAL**

**INFORMATION**

**ABOUT SHANGHAI**

A very warm welcome to Shanghai. This community guide has been developed by Wellington College to help you navigate those key questions you may have when you've decided to move to and live in Shanghai. Featured is a broad range of information to support you as you make that journey and during your early months of arrival.



# A BRIEF GUIDE TO SHANGHAI

Lying on the estuary of the Chang Jiang (Yangtze) River, Shanghai is regarded as the economic capital of Mainland China. Arriving in Shanghai, you might be a little overwhelmed by all the crowds, vehicles, malls and skyscrapers. This modern metropolis, with its rich heritage of ancient Chinese culture, offers you a wide range of sightseeing, shopping and life experiences. Puxi (west of the Huangpu River) remains Shanghai's cultural, residential and commercial centre. It is not an administrative division or district in Shanghai, but a term often used to describe the historical urban area of Shanghai.

Pudong (east of the Huangpu River), officially known as Pudong New Area, is a district of Shanghai. Since the beginning of its development in 1990 when plans were first announced, Pudong has emerged as China's financial and commercial hub. Pudong is connected to Puxi by several tunnels, four major bridges and eight metro lines (Lines 2, 4, 7, 8, 9, 11, 12 and 13). One of the things you will learn about Shanghai is that the more you explore the city, the more quickly you'll discover just how much it has to offer.

Wellington College International Shanghai, Huili School Shanghai and Huili Nursery Shanghai are all located in The New Bund Area of Pudong District, close to the Huangpu District, giving easy access from both Puxi and Pudong. The nearest metro station is Oriental Sports Centre, which is 10 minutes' walk away and offers access to Lines 6, 8 and 11. By car, it takes 30 minutes to travel to People's Square – the heart of the city – from the Wellington and Huili campuses, depending on traffic.

**What is your name?**

你叫什么名字? [Nǐ jiào shénme míngzi?]

**My name is \_\_.**

我叫\_\_? [Wǒ jiào \_\_.]

**Nice to meet you.**

很高兴认识你。[Hěn gāoxìng rènshì nǐ.]

**Please**

请 [Qǐng]

**Thank you**

谢谢 [Xièxiè]

**You're welcome**

不客气 [Bú kèqi]

**I'm sorry**

对不起 [Duìbùqǐ]

**It's okay**

没关系 [Méiguānxi]

**Goodbye**

再见 [Zàijiàn]

**Hello**

你好 [Nǐ hǎo]

**How are you?**

你好吗? [Nǐ hǎo ma?]

**How much is this?**

多少钱? [Duōshǎo qián?]

**That's too expensive**

太贵了 [Tài guì le]

**Very well, thank you.**

很好, 谢谢! [Hěn hǎo, xièxiè!]

**I don't want it**

我不要 [Wǒ bù yào]

## TRANSPORTATION

If you do not have a car or driver, the metro and taxis will most likely be your main form of transport in the city, since buses can be difficult to navigate for non-Chinese speakers. Taxi drivers generally do not speak English, so it is a good idea to have your destination written in Chinese to show them. To ensure a smooth and efficient journey, learn how to say your home address and other key addresses in Mandarin. There are also many mobile phone apps that can aid you in this process. Please be aware that cars drive on the right-hand side of the road in China. Taxis generally charge a minimum of RMB 14 (or RMB 18 at night), and then a minimum of RMB 2.4 per kilometre after the first three kilometres, and RMB 3.6 per kilometre after the first 10 kilometres.

Transportation cards are available for purchase at most metro stations. They can be used for the metro as well as taxis, buses and ferries. You will need to pay RMB 20 as a deposit, which can be refunded when you surrender your card. A final word of warning: Taxis are very difficult to find when it rains in Shanghai, so bear that in mind when making plans. Didi is an exceptionally useful and popular WeChat mini-programme that allows you to hail nearby available taxis. For more information about Didi, check out the mobile apps section of this booklet.



### GETTING AROUND



#### Metro

Do not expect orderly queues when waiting on the platform. However, if you follow the guidance arrows and wait by the sides of the doors, you can usually avoid the rush of commuters coming off at your stop. Likewise, if you are exiting the train, try and stick to the middle. Don't worry too much about bumping into people; it is all part of the accepted reality of using the metro.



#### Cycling

Cycling is a very popular, flexible and low-cost way to get around Shanghai. Although it may seem a daunting in such a bustling city, Shanghai's abundance of wide, well-maintained cycle lanes make it much safer and more pleasant than many other major cities. If you don't own a bike or don't want to store one, no problem, just use one of several easy-to-use bike-sharing apps like Hello Bike. Simply sign up and use one of thousands of bikes that dot the city. Depending on the distance travelled, it only costs a few RMB per ride. For more information on bike sharing companies, check out the mobile apps section of this welcome booklet.



#### Taxis

It is best to know how to describe your desired destination before you get in a taxi. The driver will usually want to know the intersection closest to your destination, so ideally you would say something like "Shaanxi Nan Lu, Huaihai Lu" (Lu means street). However, if you have not managed to perfect your Chinese pronunciation yet, try using a taxi card app on your smart phone. Simply hold up the screen for the driver to see and, you will be good to go in no time.



#### Shoes

While Shanghai's public transport system is safe, fast, cheap and efficient, you will still walk a fair few miles as you wander and ponder. Wear sensible shoes with closed toes. When the rains come in Shanghai, they come hard and fast.

## LANGUAGE

The dialects spoken in Shanghai are Shanghaiese and Mandarin. The official language is Standard Mandarin Chinese, also known as Putonghua. However, the traditional language of the Shanghai region is Shanghaiese, a dialect of Wu Chinese that is not mutually intelligible with Mandarin Chinese.

Mandarin is a tonal language, written in ideographic characters called Hanzi. The Romanised phonetic version, which is commonly used to teach the language to foreigners, is called Pinyin. For example, China is 中国 in characters, or 'Zhong Guó' in Pinyin. While many young Shanghaiese speak very good English, some families find it useful to have a few Mandarin lessons before moving to Shanghai to learn the basics. If you choose to do this, set learning the characters aside to begin with and focus instead on basic oral comprehension and pronunciation. Mandarin courses are plentiful here and tuition is very reasonable.



### THE FOLLOWING WEBSITES ARE USEFUL FOR LEARNING THE BASICS

BBC (free online beginner's course)  
<http://www.bbc.co.uk/languages/chinese/>

Free Chinese Lessons  
<http://www.freechineselessons.com/index.php>

Chinese Pod  
<http://chinesepod.com/> (free downloads; pay for extra features)

Chinese Learn Online  
<http://www.chineselionline.com> (as above)

The Apple iTunes Store also has a wealth of resources, some of which are free for iPhones, iPods/ Pads, or your PC. They include:

Apps: Lonely Planet Mandarin, AccelaStudy Chinese (plus plenty of Mandarin-English dictionaries including Dian Hu, KT-dict C-E and Pleco)

iTunes-U: Open University Beginner's Chinese, UCLA Center for Chinese

Studies (free talks about China)

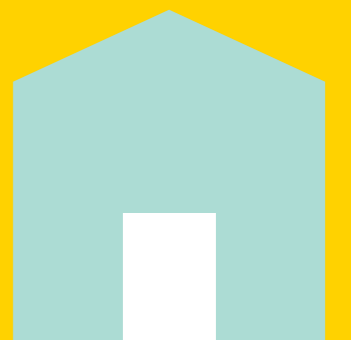
## WEATHER

With a subtropical maritime monsoon climate, Shanghai enjoys four distinct seasons, marked by generous sunshine and abundant rainfall. Its spring and autumn are relatively short compared with its summer and winter. The average annual temperature is 16°C (61°F). Shanghai starts the year shivering in midwinter, when temperatures can drop below freezing and the vistas are grey and misty. Spring brings warmth; April to mid-May is probably one of the best times to visit, along with autumn (late September to mid-November). In summer, the hot and humid weather often makes conditions outside uncomfortable, with temperatures sometimes as high as 40°C (104°F) in July and August.

# PART TWO

## MOVING TO SHANGHAI

Moving is a big decision. Understanding the customs and culture right from the start can greatly influence your experience. Here, you'll learn a little bit about the vast Chinese culture to help you make sense of the sights, sounds and encounters as you make the transition.



## SOME CULTURAL TIPS

### Laowai

'Lao' means 'old' or 'wise', in a respectful context, while 'wai' means outside. It is purely a label that some Chinese people use for any foreign person they see. Some take offence at the term. But many expats in China accept that it is simply part of living in a country which has only very recently opened itself to non-Chinese people and recognise that no offence is meant.

### Customs and traditions

Avoid:

- Red ink on letters and envelopes – it signifies the end of a relationship
- Sharing a pear signifies bad luck – to split up, divorce or separate

For gifts, please avoid:

- White and yellow flowers especially, chrysanthemums are used for funerals
- Clocks, as the word for 'clock' is very similar to the word 'zhong', meaning 'end of life' in Chinese

The importance of colour for gifts:

- Red = luck
- Red and yellow = happiness and prosperity
- Grey and black = funeral colours

### Children

Chinese people love children, and will often react very warmly towards them, even to the point of picking up young children and touching older ones. For some Chinese people, Western children, especially if they are fair-haired, are an unusual sight, so they may attract a lot of attention. This phenomenon is much more common in the countryside than in the city. Do not be alarmed – it is well intentioned and non-threatening. Shanghai has a lot of child-friendly restaurants as well as plenty of child-oriented activities and events including a variety of sports. Several publications cater specifically for families with children, providing general information and guides to events and activities.

## SEVEN TIPS FOR YOUR FIRST WEEK IN SHANGHAI

**1** Get to know your local area. Like all cities, Shanghai is in many ways a collection of villages and towns – just more densely packed than a new expat's suitcase and without any pretty thatched roofs. Work out where the nearest metro station is, along with a pharmacy for emergencies. Is there a hidden gem of a restaurant nearby, or an as yet undiscovered (at least by expats...) street food road? Explore and walk off that jet lag.

**2** Make your home comfortable and a place you want to live in. Does your AC work? If you have arrived in August and it does not, you are probably already trying to fix this. If you do not have underfloor/central heating, strongly consider investing in a couple of electric radiators before winter hits. If you are concerned about pollution, consider buying an air filter. Are you a budding chef? Then you may consider buying a rice cooker and, if your flat currently lacks one, a portable electric oven. If you do not like to cook, experiment with the food delivery apps Eleme, Meituan and Sherepas or your local street food sellers.

**3** Consider hiring an 'Ayi', or housekeeper. Having someone to clean, wash and iron for you will certainly help with the settling-in process. It is also worth talking to friends and acquaintances who live near you. Their Ayi may well have spare hours and might be looking for extra work at a reasonable price.

**4** Go for a walk around the Xuhui district. Take the metro to Xintiandi, and just explore. Take some risks – ignore all the wonderful recommendations in the guidebooks and simply walk into a bar/restaurant at random. This area is absolutely beautiful, with some amazing architecture.

**5** Have a hobby? Find a related group in Shanghai. Meetup (the website and app) is a useful place to start – or just ask around. Challenge yourself! Shanghai is a wonderful place to learn how to do something new. Groups exist for activities ranging from knitting to abseiling, and it is a great way to meet new people.

**6** Get out of your English-speaking comfort zone. Go to a restaurant that does not have a menu written in English. Try and have a conversation. You may be heavily reliant on a translation app, which is fine. People in Shanghai are generally friendly, and a little bit of effort goes a long way. While it can be a bit nerve-racking for the first few times, it will definitely enrich your time here. Do you really want to miss out on 90% of the city?

**7** Finally, relax. Particularly if you have just done number 6! How you do it is up to you – go for a massage, join a yoga class or buy a bike and just have a cycle (Note, cycling on Chinese roads can be an adrenalin-fuelled experience). Like all cities, Shanghai can be stressful at times, so find a place or activity that helps you chill out and forget about it all.

## ABOUT CULTURAL ADAPTATION

Whether this is your first overseas post or your fifth, moving to a new country presents many challenges – some big, some small, but none to be underestimated.

Landing in a country where the culture is very different from your own presents a steep learning curve; new expectations about etiquette, different culinary tastes (and standards) and a new language and writing system that can leave you feeling illiterate, regardless of how many hours of study you have put in beforehand, are shocks even to the most seasoned traveller.

The first few months will be a whirlwind of emotions, both high and low, which will sometimes feel hard to ride out, but it is worth remembering that everyone else has been through the same thing and often continues to do so at various points.

Whether you are having difficulty managing online accounts, speaking to a taxi driver or you are simply feeling overwhelmed by it all, do not be afraid to ask for help. Concerns that may seem trivial will no doubt have been experienced by others. There are plenty of people who can also provide a sympathetic and experienced ear on the days when you feel like pulling the duvet back over your head and hiding away from it all.

While preparing for your move, be sure to pack a few favourites from home; biscuits, chocolates, tea, toiletries, whatever takes your fancy. You may find them comforting when you are having 'one of those days'.



# PART THREE

## LIVING IN SHANGHAI

This section is a collection of helpful articles designed to help you understand Shanghai's different neighbourhoods, their advantages and drawbacks in terms of food, shopping, fitness, recreation and more. These descriptions will hopefully give you enough information to help you decide where to live and which area would be the best fit for your time in Shanghai.





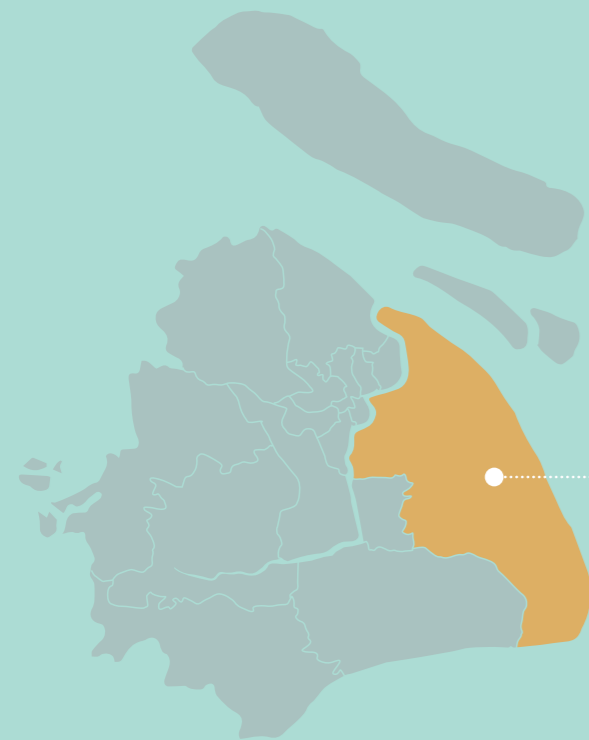
## LIVING IN GREENTOWN AND XIANGMEI GARDENS

Living in this area provides a calmer pace of life than in Puxi. From the pleasant Century Park which is a great place to walk, relax and even go on the river boats to the smaller green areas and gardens dotted amongst the compounds, this part of the city is great for those who like to see a lot of grass. Excellent news for families with active kids who like to get out for some exercise. The other major benefit to living in this area is the free transportation by bus to and from school, which makes the commute worry-free.

Greentown is very well positioned near the Science and Technology Museum and its famous fake market. It is also only a 20-25-minute walk straight down Dongxiu Lu towards the river. The walk takes you past Starbucks and several other coffee shops. In summer it is nice to sit along the river and watch the more adventurous locals swimming in the water or the dragon boat rowers practicing their technique! When you need a taste of home, you can head to the Kerry Parkside. This smallish shopping mall, which is about a 40-45-minute walk away, has plenty of familiar retailers, such as Gap and H&M as well as many nice restaurants serving a variety of cuisines. There is also a central playground for the kids to expel their energy, meet other families all while you enjoy a relaxing meal or drink. There are several small cinemas within a couple of metro stops.

Living in Xiangmei Gardens has its advantages as well. You will tend to get more bang for your buck as far as apartments go. They are generally larger with more modern styling. It is a family-orientated complex with a number of good play areas for children. Within easy walking distance there are a number of high-quality restaurants, massage parlours, gyms and the nearby Kerry Hotel provides further options for restaurants, shopping and nightlife. There is a Lotus & Aldi supermarket located within a 10-minute walk, Carrefour and Metro (the Chinese version of Makro). Within 15 minutes, there are multitudes of Western shops situated nearby in Jinqiao. However, a large proportion of the staff take the opportunity to use delivery services such as Epermarket to get their food delivered directly to their door!

It is also easy to get anywhere in the city. Disneyland is relatively close. If you want to get to Puxi, it is either a 15-minute walk to the nearest metro station (Lancun Lu on Line 4 and 6 or the Science and Technology Museum on Line 2). Alternatively, simply hop in a taxi, which should cost around 50-80 RMB depending on your destination.



### PUDONG

- GREENTOWN AND XIANGMEI GARDENS
- JINQIAO
- KANGQIAO
- LUJIAZUI
- QIANTAN



## LIVING IN JINQIAO

You could be forgiven for thinking that you were not living in Shanghai when you live in Green City, the expat area of Jinqiao ('Golden Bridge') in Pudong. The streets are wide and tree-lined, and the area has a very suburban, family-friendly feel to it. You will find many high-end villa compounds in this area, such as Green Villas, Willowbrook and Beverley Hills, as well as good quality apartments like Shimao Lakeside Garden and Green Court.

The area is peppered with expat eateries such as Blue Frog, Big Bamboo, Pistolera and Element Fresh, to name only a few. There are many places to buy your weekly groceries, from the huge supermarket chain Carrefour ('Jialefu') to the expat stores of City Shop and Times. Jinqiao also has the French store Decathlon, Trek and Specialized bike stores, where you can browse for all your sporting and outdoor needs.

For rest, relaxation and pampering, you will find plenty of spa and massage outlets nearby, including Dragonfly and Subconscious; gyms, such as Megafit, and public parks. There is a park that runs the length of Jinqiao. It is ideal for walking or jogging. Century Park, one of the

largest parks in Shanghai, is situated a short taxi journey away, or a 4km jog!

Green City is within 9km of Lujiazui, 4km from Big Thumb Shopping Plaza and 5km from Kerry Parkside (the Pudong Kerry Centre Hotel and Shopping Complex on the corner of Century Park).

When you wish to escape the bubble and explore the city, there is easy access to the extensive metro network. There is the metro station Lantian Road on Line 9, offering direct access to Century Avenue, which has connections to Lines 2, 4 and 6 into the wider city. The Science and Technology Museum on Line 2 is home to the Pudong Fake Market and Lujiazui on Line 2 takes you to the Shanghai skyline, Shanghai Tower and the Apple Store, amongst a variety of shopping plazas and restaurants.

The area is great if you are arriving as a family and are looking for some home comforts. It is the quieter side of Shanghai, but with easy transport links to the many exciting areas that Shanghai has to offer.



## LIVING IN KANGQIAO

Life in Kangqiao offers a diverse mix of East meets West and is incredibly family friendly. There are several luxury family compounds, including The Emerald, Tiziano and Bellewood, with villas of 3-6 bedrooms. There is a great choice of indoor and outdoor sports including, football, tennis, badminton, mini golf and swimming. Luoshan Oasis, Cambridge Forest Newton and others also offer 3 and 4-bedroom villas with large open green spaces and at much more affordable prices that are within Wellington housing allowances.

While the compounds offer lots of privacy, home comforts and fantastic family space, when you step outside the gates you will still know you are in China. It's easy to immerse yourself in local life with Chinese supermarkets, produce markets, small shops, banks and a fast-growing abundance of cafes, restaurants and bars on the main street of Xiuyan Road. There's also a good choice of supermarkets, including RT Mart, Tesco and Carrefour.

There is an IKEA outlet nearby as well as shopping malls, such as Wanda Plaza, which has a cinema, rollerblading, cafes and plenty of restaurants. Another highlight of Kangqiao is its proximity to the Shanghai Disney area, which features the theme park itself, as well as Disneytown with its wide range of restaurants and shopping opportunities. The Cheesecake Factory is a particular favourite. There is also Shanghai Village – an attractive and relaxing premium outlet village with restaurants overlooking a manmade lake with colourful fountains.

Public transport is still developing in Kangqiao with lines 1 and 16 currently serving the suburb. While there is a wide range of amenities, most of them are not within walking distance. It is therefore highly recommended to get a scooter, car or become familiar with the Didi wechat mini-programme to get to most places.



## LIVING IN LUJIAZUI



Lujiazui is Shanghai's financial district and is located in Pudong, opposite the world-famous Bund. The Lujiazui area itself has many of the iconic buildings which are associated with modern China, including the Pearl Tower, the World Financial Tower and the Shanghai Tower (the tallest building in China).

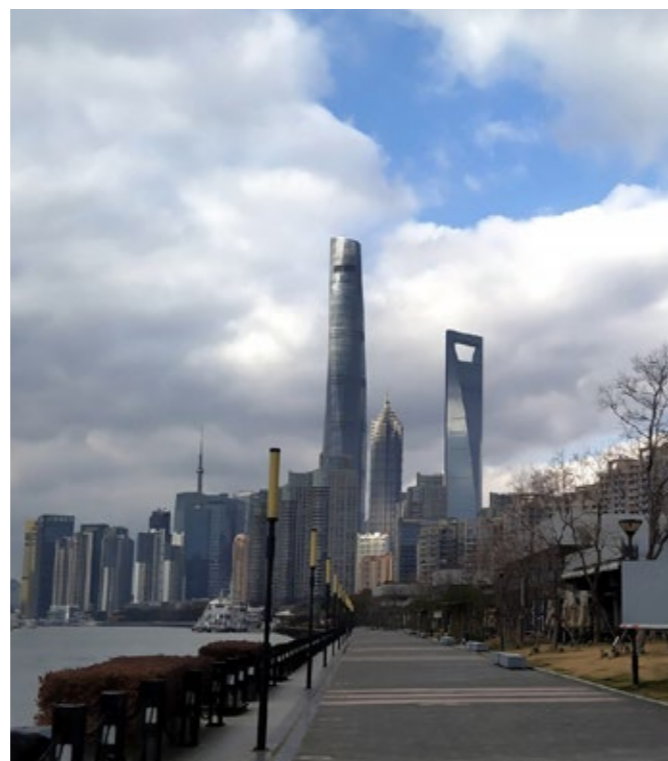
It is also home to two of the most famous shopping malls in Shanghai, Super Brand Mall and IFC. Both house all the top-name clothing brands as well as restaurants and cinemas. The Lujiazui area itself is great for walking around. You can stroll along the riverside, which also has restaurants, cafes and bars, and look across to Puxi and the Bund. It is particularly beautiful at night!

Situated next to the Pearl Tower is the Shanghai Aquarium, which is well worth a visit whether you have children or not. It contains some lovely exhibits and is a good way to spend a couple of hours. It is always best to try to visit attractions in China during non-Chinese holiday periods, as the crowds can be overwhelming during busy times.

Suitable accommodation can be found in several compounds around Lujiazui. The main ones are Shimao Riviera Gardens, Yanlord Gardens or Thompson Villas. All of these compounds contain a high proportion of expatriates and some of the shops and facilities around them are very much aimed at the expat market. This means that it is very easy to obtain Western imported goods, including a wide range of food items that are not so easily available elsewhere.

However, it still retains its obvious Chinese feel and there are also many small local shops to use for basic food and household items. The shopkeepers and service providers are very friendly and helpful, making it easy to ask for things even with minimal use of Mandarin.

There are restaurants of all nationalities around the area. The compounds themselves have excellent facilities including a shop, pool and sports complex with coffee shop, hairdresser and children's play areas. Being right on the riverfront, these apartments also offer fantastic city views



## LIVING IN QIANTAN



Generally, living in Qiantan is the best of both worlds. It is very family friendly and spacious outside, yet modern and comfortable inside. There is the beautiful New Bund Park by the river, where you can jog, cycle, have a picnic or let young children play on the playground. Located within walking distance from all the Wellington campuses means a minimal daily commute. This affords you more quality time with your loved ones at home or more time to pursue your interests outside work. It is also easy to get to school to attend academy classes, weekend sports fixtures and early morning swimming sessions. Single people can take full advantage of living within walking distance from school while having easy access to all of the fun places in Puxi as well. It only takes about 30 minutes to get to the heart of Puxi by metro. The Oriental Sports Centre Metro station has very good transport links, so it is incredibly easy to travel from here.

The apartments in Crystal Plaza and surrounding phases are quite new and well equipped. Nearby Crystal Plaza Mall has a great cinema, excellent hot pot restaurant, Starbucks, Baker & Spice, brewpub Boxing Cat Brewery and a dedicated food court in the basement. The mall also offers a variety of activities and play areas for younger children, like music classes, Snow 51 and a soft play area. There is APIO supermarket, but you can order groceries online, both from local shops like RT Mart and expat-friendly platforms like Epermarket, Kate & Kimi and Times Grocery. There are also a few massage spas and hair and nail salons in the area. Not far from Crystal Plaza is the newly-opened Taikoo Li shopping mall, which houses a number of high-end retailers such as Louis Vuitton and Hermes as well as several high-profile eateries, such as The Cheesecake Factory and Shake Shack.

The Oriental Sports Center serves as a great community recreation center. There are numerous programmes available to help you and your family stay healthy and active.



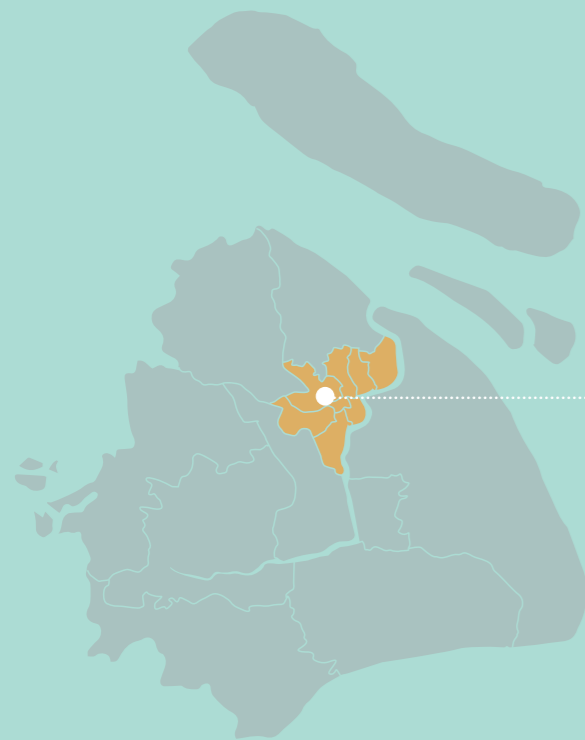


## LIVING IN JING'AN

Jing'an is the United Nations expat capital of Shanghai, and it is great district for a younger expat to call home. The district is dotted with international restaurants serving, paella, linguine, rotisserie, sushi, local delicacies and more. It's known for its cosmopolitan atmosphere, shopping malls, international supermarkets and nightlife. Taking a leisurely Sunday walk along Suzhou Creek can lead to hidden neighbourhood gems such as the M50 art district (one of the only places where street art is allowed). Shanghai streets are lively at all times of the day, but between 6:00am-9:00am there is a hustle and bustle like no other. Not only is this rush hour but also a time for Ayi's, grannies, mums and dads conducting their daily breakfast or grocery run. You will be hit with a multitude of cooking smells and lines of people stretching around the block for scallion pancakes, steamed buns and other street eats you have never seen before.

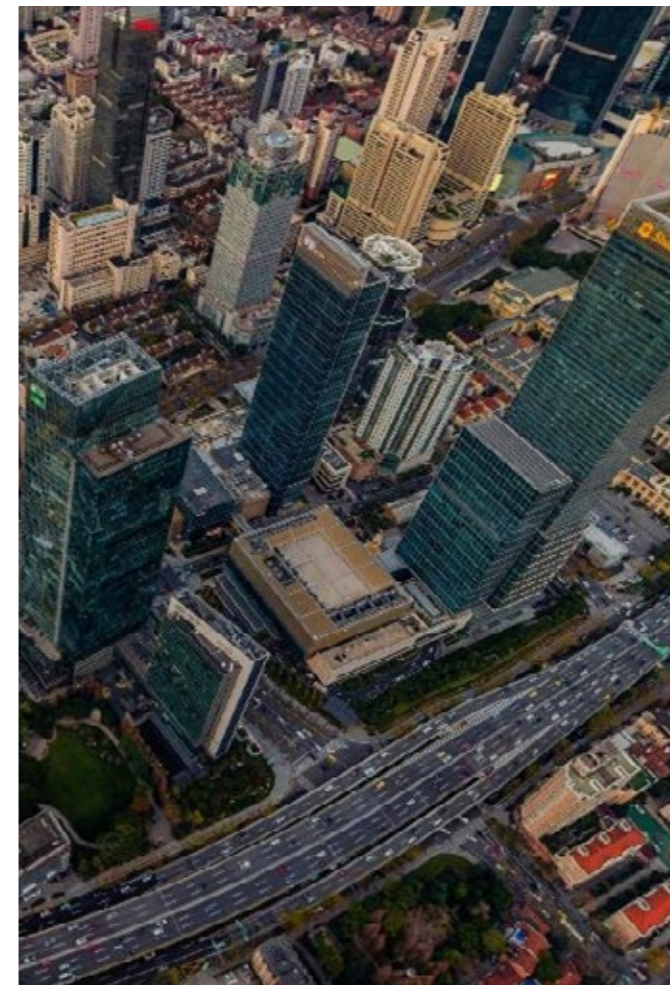
From the moment you step off the metro (Jing'an Temple, Lines 2 and 7), this area is a visual experience, from the gilded 750-year-old Jing'an Temple to modern, gleaming, futuristic skyscrapers. Just across the street, you will find Jing'an Park with its lovely outdoor cafés, lush greenery and locals taking a break.

Accommodations vary from boutique lane houses to modern high-rises with Chinese or Western renovations to suit all tastes, needs and budgets. Most accommodations are within secure, 24-hour guarded compounds with a nearby convenience selling your daily essentials or late-night snacks.



### PUXI

- JING'AN
- TIANZIFANG
- XINTIANDI
- XUHUI
- XUJIAHUI



## LIVING IN TIANZIFANG

If you like the idea of quirky lane houses, sampling street food and having an eclectic mix of bars and restaurants at your doorstep, Tianzifang is the neighborhood for you. In the main Taikang block, through the narrow alleyways, cobbled streets and 1930s-era buildings, you will find a labyrinth full of bars, restaurants — be sure to check out Bisou and Plump Oyster — as well as shops, art studios and galleries. A popular spot for locals and tourists alike, there is also plenty to keep you entertained during the evening, weekends and holidays.

Tianzifang is centrally located in the Huangpu District, where popular expat spots are within easy walking distance. It features a good variety of both Chinese supermarkets with Western food, as well as local shops, wet markets, pharmacies, bakeries, galleries, cinemas, gyms, yoga studios, massage parlours and beauty salons. Nearby, you

can find a bowling alley and a running track at Luwan Stadium and a good bookshop at Fuxing Park. It is also close to Jiashan Market, a development of restaurants and shops that hosts a local market when the weather is nice.

Within walking distance is Yongkang Lu, where you'll find a great spinning studio, and numerous places to grab a craft beer and yummy nibbles, such as La Barraca, Kin and The Blarney Stone.

The SML shopping centre, which is part of the Dapujiao metro station, also has a wide variety of restaurants and fast-food outlets (McDonalds, KFC etc.), and high-street shops, such as Uniqlo and Footlocker.



## LIVING IN XINTIANDI

Looking for somewhere convenient, cool and captivating? Look no further than Xintiandi! Located in the very heart of Shanghai, Xintiandi is an attractive area that has been pedestrianised with international galleries, boutiques, bars, cafes and restaurants within the brick walls of a traditional Shanghaiese Shikumen. This yesterday-meets-tomorrow impression vividly defines the literal meaning of its name: new heaven and earth.

Living in Xintiandi gives you a pleasure of both the history and modernity of Shanghai. Right off the metro station (Lines 10 and 13, Exit 1) stands a stylish shopping mall, Xintiandi Style. Renovated in 2021, this mall has an Arabica coffee stand, an IMAX cinema and an entire floor dedicated to food (aptly named: Foodie Social).

Meander beyond the modernity and you can quickly end up on streets full of Shanghaiese charm, such as Danshui Lu. Nestled on timeless,

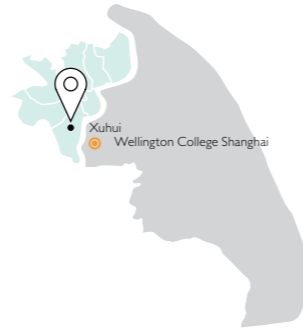
tree-lined streets, here you will find delicious local food and a perfect people-watching coffee stop: Snug Coffee Stand.

Be sure to check out some of these mouth-watering eateries and cafes: Simply Thai, Polux, Element Fresh Vintage, The Refinery, Shake Shack, Calix, and Häagen-Dazs. For some historical interest, visit the site of the First National Congress of the Communist Party of China on Xingye Lu (entrance tickets are free).

Heading south from the Xintiandi metro station (Exits 4 and 5), there sits a trendy glass-and-steel plaza named SOHO, where you can enjoy food international cuisine at slightly lower prices than to the north. A hidden gem here is a Swedish bistro named Smaka. You will also find a branch of the California chain Habit Burger. Whatever you are looking for, Xintiandi can supply it.



## LIVING IN XUHUI



Nestled between Jing'an and Xintiandi is Xuhui District. Very much dominated by its café culture, it bears a resemblance to London's Notting Hill. There are two prominent streets that navigate this quaint area—Fuxing Xi Lu, running east-west and Wulumuqi Lu running north-south. Having said that, there are a multitude of little streets and side alleys that can get you lost within minutes (Anfu Lu and Changle Lu off Wulumuqi will become regular haunts to many within a few weeks, as will Yongkang and Xiangyang off Fuxing). Xuhui is also an ideal spot to do a bit of people watching – so when you do visit, always walk the area and carry a camera.

Housing in this area is predominantly lane houses intermingled among apartment compounds. Accommodation will be smaller than elsewhere in Shanghai, but with the added perk that many of the coffee shops and bars will be walking distance. The area has no shortage of gyms. Z&B on Changle Lu is among the more affordable, while Will's Gym on the corner of Huaihuai and Xiangyang or Pure Fitness in the IAPM mall are all singing and all dancing, but they cost more. CrossFit, F45 and spinning classes can also all be found within a 30-minute walk/10 minute bike ride of most places.

The ability to buy anything and everything without having to visit the huge, faceless supermarkets and shopping malls gives the area much of its charm and appeal. Expat corner shops, butchers and bakeries abound, and, if you are still stuck for what you want, the Avocado Lady on Wulumuqi Lu will have it.

When it comes to dining options, you really are spoiled for choice! Try El Bodegon on Changshu Lu for amazing Argentinian steaks; Eli Falafel on Wulumuqi Lu for good Lebanese food; Boom Boom Bagels on Anfu Lu for... you can probably guess; Urban Thai on Changle Lu for... again, can probably guess and lastly Alimentari on Anfu for enough cheese, deli meats and Italian wine to make you think you are in an Umbrian village.

Xuhui doesn't shut down in the evening either – there are several bars and pubs nestled away. If you are in the market for a strong craft cocktail, then Senator's Saloon on Wuyuan Lu is your place, while Boxing Cat on Fuxing Lu or Shanghai Brewery on Donghu Lu offer locally brewed beers of all varieties. For midday free-flow fans, Funkadeli on the corner of Changle and Fumin Lu has perhaps the most affordable deal in town.

Even if you do not live in Xuhui, the odds are that you will find yourself exploring its many charms (and ordering food from its many restaurants). It is well worth a day wandering round, either getting lost on your own or taking one of the many historical walking tours of this colonial-era district.



## LIVING IN XUJIAHUI



Don't be put off by its vast and sprawling metro station, Xujiahui is a great part of the city to live in. Firstly, make sure that you experiment with eating locally. This is a great area to get to know authentic Chinese and Shanghaiese cuisine without being charged expat prices for the privilege.

In terms of shopping and groceries, there's no shortage of smaller local stores and mini supermarkets, combined with several expat-type supermarkets within easy walking distance. City Shop and Olé are just two examples, but if you head to the smaller local supermarkets, or even to Carrefour, you will generally find better prices. Sundays are most certainly not the day of rest in China, so avoid going to the Carrefour on this day, unless you like queuing.

If you are feeling adventurous, you can head to the wet markets on Wanping Nan Lu and pick up everything you need. Just grab a basket and fill it with all the fresh vegetables you could possibly ask for, at a fraction of the big supermarket prices.

Clustered around the junction at the Xujiahui metro station are five or six shopping malls. The best of them is Grand Gateway Plaza (Exit 12). It has a raft of Western-friendly shops and eateries as well as a supermarket, upmarket stores for browsing and a cinema. Other foreigner-friendly dining options in the area include Blue Frog (Novel Place), or Mexican eatery and late-night tequila-fest, Pistolera on Hengshan Lu. It is right next to the closest approximation of a Wetherspoons you will find in Asia.

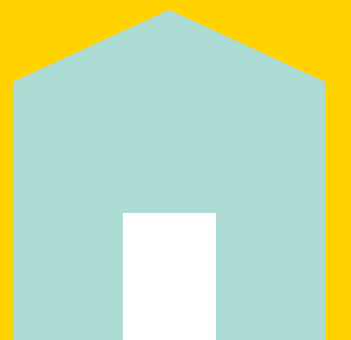
Xujiahui is not just about shops and restaurants, right at the heart of the neighborhood, is an oasis of calm in Xujiahui Park. It has paths for jogging, flowers, a pond with black swans and fish and two restaurants, one of which is housed in a historic building. There is also a playground for children, basketball courts and plenty of room to play badminton.



# PART FOUR

## SETTLING IN SHANGHAI

From dining, health and beauty services, fitness activities, family activities or traveling in/out Shanghai, this section will introduce what Shanghai has to offer so you can get settled in.





## PUBLIC HOLIDAYS

China has a variety of public holidays and festivals celebrated throughout the year. There are six major Chinese festivals, the most important being the Chinese New Year, during which most shops and businesses close. Chinese New Year celebrations fall between January and February each year. Please bear in mind that travelling around China is quite challenging during the height of the festival, as public transport will become extremely crowded.

It is important to note, some festival and public holiday dates change according to the calendar year and season. In addition, some weekend days are also considered national working days as a way to make long weekends available to the public as holidays.

### OVERVIEW OF PUBLIC HOLIDAYS

-  **New Year's Day**  
1 January
-  **Chinese New Year**  
January or February (for 7 days)
-  **Qingming Festival**  
April (for 3 days)
-  **Labour Day**  
1 May
-  **Dragon Boat Festival**  
June (for 3 days)
-  **Mid-Autumn Festival**  
September (for 3 days)
-  **National Golden Week**  
1-7 October



## HOUSING

### Household help

Many expats in China hire an Ayi (pronounced 'eye-ee'). These are domestic workers who either live in your home or come to it regularly to do laundry, housework, cooking, grocery shopping, childcare, babysitting and pet care. Rates are generally very reasonable, particularly for child/pet care compared to typical rates in the UK and much of Europe.

Ayis are often found through word-of-mouth recommendations, but you may also find one through community forums, discussion pages on expat websites, expat supermarkets and agencies. Most Ayis do not speak any English, and those who do will typically charge more.

Although the lack of English can be challenging at first, it makes for a good way to learn Chinese and children invariably pick up the language quickly from their Ayi. Most Ayis would expect to receive a red envelope during Chinese New Year. This is considered as their bonus at the end of the year.



## UTILITIES

### Electricity



Shanghai operates on 220-volt/50 cycle electricity. You will need a voltage adapter for any 110-volt appliances that you wish to bring with you.

### Gas



Cooking in Shanghai is generally done on gas hobs. Many Chinese people do not have ovens. However, apartments/houses will sometimes feature built-in or countertop ovens.

### Water



Drinking tap water in Shanghai is not recommended, though it is usually fine to use for brushing your teeth. Water dispensers that take large water bottles are easy to find and supplies of bottled water are not expensive. Most neighborhoods have water delivery services. A 19-litre bottle should cost roughly 25 RMB.

### Heating/Air-conditioning



Many houses and apartments use individually-controlled, wall-mounted units. Some apartment blocks have central air conditioning. The systems operate both air conditioning and heating. Some villas feature underfloor heating. If you experience any difficulty operating any of these systems, then your building's superintendent can demonstrate how they work.

### Telephone/Internet



Most apartments and houses have landlines connected, and calls and line rental are billed monthly. However, most expats tend to use their mobiles exclusively. Broadband internet access can be arranged easily. Monthly charges generally start from 175 RMB, depending on the speed of the connection, with unlimited usage. You can purchase a router easily if you need a wireless internet connection.

## COMMUNICATION

### Mobile phone

Your mobile phone is your first and main form of communication. You may want to consider using a phone which texts easily, since texts and WeChat are very popular forms of communication throughout China. Discounted rates for international calls are widely available, so investigate your options before calling home.

You will need to bring your passport with you when you go to China Mobile, China Unicom or any other phone service provider to obtain a SIM card for your phone.

You can choose either to sign up for a plan with monthly billing, or a prepaid plan that has no contract or monthly subscriptions. We recommend that you ask a secretary from your office or a friend who speaks Chinese to help expedite this process, as it can be tricky for those who don't know any Mandarin. While the main mobile service providers do offer English-language service on their hotlines, the same cannot be said for their in-person service centres.

There are many choices for purchasing minutes. You can go to any China Mobile or China Unicom store/kiosk to do this. Simply handing over your phone and phone number and indicating how much money you want to spend usually results in a successful top-up. Also, there are cards that can be purchased at many of the more popular supermarkets and mini-marts. Recharge minutes are sold in increments of 100 RMB and you can wait for the English prompt to load minutes onto your cell phone yourself. Rates for local calls and text messages are generally inexpensive. Minutes can also be purchased via electronic payment apps, such as Alipay or WeChat Pay.

### IDD/IP Cards

You can use International Direct Dial from your home landline by using the dialing codes (00+country code + city code). However, IDD charges are very expensive in China. Buying an IP card is often a much cheaper option. These can be purchased at mobile phone shops and convenience stores. There are many different types offering different rates to different countries. Do not pay the card value (100 RMB) – you should be able to purchase them for around 30-40 RMB (60 to 70% off).

### Getting online

China Telecom, China Unicom and Great Wall are the three main internet providers in Shanghai. While Telecom and Unicom are more expensive than Great Wall, they do provide more stable and generally faster networks. Please note that websites hosted outside of China can be slow to load.

## Top Mobile Apps

Your phone will quickly become a natural extension of your hand, much like it is for the vast majority of people living in China. The following mobile apps are essential for life in Shanghai.

### Alipay



Cash transactions are quickly becoming a rarity in Shanghai. Alipay links to your bank account and allows you to pay for nearly every good or service that is available in China. In addition to purchases, Alipay can be used to pay utility bills and to send and receive funds between friends. Also embedded in the Alipay app is the share bike platform Hello Bike. Simply find one of the blue and white bicycles parked on the sidewalk and scan the QR code with the app. The bike will automatically unlock, and you can ride wherever you like.

### Baidu Maps



Google Maps is blocked in China. Maps.me and Baidu maps are therefore your digital way finders. Baidu Maps is available only in Chinese, but its user-friendly layout makes it easy enough to figure out. Copy the address of your destination from SmartShanghai and paste it to the destinations, and away you go! Within moments you will know how to get to your desired location by metro, taxi, bicycle or foot.

### Baidu/ Microsoft Translator



For the same reasons stated above, Google Translate is also unavailable in China. Baidu Translate is a good enough substitute. Microsoft Translator also works well.

### Drinkuaidi / BottlesXO



These companies provide delivery of the adult beverages right to your door. They have a wide selection of beer, wine and spirits at very reasonable prices.

### Eleme/Meituan/Hema/Sherpas



These apps provide a service that delivers all the food right to your door. From fresh fruit to canned soup and freshly cooked meals.

### Meetup



Meetup is a service used to organise online groups that host in-person events for people with similar interests.

### Bon App!



This will become your guide and companion through the urban jungle of Shanghai. Bon App is dedicated to searching, sharing, rating, and reviewing local restaurants and bars in English. For Chinese speakers – Dianping.

### Didi Chuxing



Much like Uber in other parts of the world, Didi is a highly convenient way to easily travel within Shanghai and other Chinese cities even during rush hour. Share your current location, add your destination and ask for a taxi, sharing car or private car. Wait a few minutes and your car will arrive! No cash is needed as Didi will be linked to your WeChat or Alipay account. Note that this is not a standalone smartphone app. Rather, it is a mini-programme that you can access through WeChat (more on WeChat below).

### Explore Shanghai Metro



With Shanghai's metro system constantly in extension, this is probably the best app to have if you enjoy riding on the trains of Shanghai's exciting underground world! Enjoy reliable and accurate indications of all stations on all lines along with operating hours, schedules and updates on stations under construction. What makes this app special is its great visuals, pretty maps, easy usage and high resolution.

### Pleco



Pleco is a must-have companion if you are learning Chinese. It's a free dictionary app that offers paid add-ons like flash cards, document reader, and live, camera-based character recognition. It supports both simplified and traditional Chinese script, and it includes an extensive list that will do wonders for your transition into the Chinese language.

### Shanghai Air Quality Widget



Most expats in China have this widget on their phone to monitor the AQI (Air Quality Index). It's useful for planning and for peace of mind.

### SmartShanghai



Both a website and an app, this digital platform features listings of all there is to see and do in Shanghai interspersed with fun, irreverent content. If your Chinese is lacking, the app's taxi card feature will tell the driver exactly where to go.

### WeChat



WeChat is the Chinese WhatsApp/Facebook/Paypal and is the main online communication and payment app in China. It's very easy to use and extremely popular among expats, so we highly recommend that you download it at the earliest opportunity. It is easy to download and activate as well, once you get your Chinese SIM card, you will receive a message on your phone to confirm the account. Most organisations promote themselves on this platform – as do we!

Your relocation agent will help you to enable your network in your apartment. The charges for internet speed and bandwidth can differ: yearly contracts usually range from 1,200-3,000 RMB.

### VPN (Virtual Private Network)

China's Great Firewall blocks many foreign websites including Google, Gmail, YouTube, Facebook and Twitter.

For your home and on your mobile phone, you will have to subscribe personally to a VPN service in order to access these sites. Astrill is currently the most popular and reliable paid VPN service, though it pays to shop around since various networks fall in and out of favour. Subscriptions cost about 30 USD/3 months or 70 USD / 1 year. Strong VPN is another option from 4.50 USD a month and Panda Pow costs from 9 USD a month.

### Editor's Pick

#### TEK Shanghai

This small company is recognised for their electronic products, accessories and repair services to the expat community.

3F, Block A, No. 98 Yanping Lu, Jing'an (Puxi)  
Telephone: 50759737

No. 1134 Biyun Lu, Jinqiao (Pudong)  
Telephone: 5080 7398

support@tekshanghai.com  
www.tekshanghai.com

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## BANKING

The currency in China is the Renminbi, or RMB. The main unit is called the 'yuan', or colloquially 'kuai'. At the time of writing, the exchange rate for GBP is 1:8.6 and for USD it is 1:6.3. Most shops, restaurants and supermarkets accept credit cards and debit cards. Some smaller shops and markets accept cash only, but an increasing number of businesses are accepting online payment through Alipay and WeChat. Please note that many ATMs give your money before returning your card, so be careful not to leave your card in the ATM.

### Alipay and WeChat pay

Online payment platforms are widely used in China, particularly in Shanghai. With your phone and these two apps, you can basically live in Shanghai without using cash!

#### WeChat Pay

It only takes approximately five minutes to link your bank card to your WeChat wallet. This option is the most popular option in China for all kind of payments and especially for transfers between friends.

#### Alipay

The process to create an account on Alipay is a bit more complicated than the WeChat Pay, but once you have created your account, an array of possibilities are open to you. We recommend that you ask a Chinese speaker to help you open your online account and give you a quick demonstration on how to use the online retail platforms Taobao and Tmall.

### Foreign exchange

There are many obstacles regarding currency exchange in China. Foreigners are only permitted to exchange up to 500 USD's worth of RMB into a foreign currency per day without producing any documents, only the passport. For amounts over 500USD (within a certain cap), you will be required to provide a selection of documents proving you are paying tax in China (prepared by your HR department).

## HEALTH

### Medical facilities

Plenty of Western-style medical facilities with international staffing are available in Shanghai. These offer international-standard family practice services, dental health, emergency medical and clinical services, though they can be very expensive. 24-hour emergency assistance is available as well as medical evacuation services. However, these may not equate to the same level of service found in your home country. Some local hospitals provide quality care, but be aware that many require cash in advance and little to no English will be spoken.

The most comprehensive hospital catering to expats and the only full 24-hour emergency services is Shanghai United Family Hospital and Clinics (SUFH).

### Optical

Opticians and optical services are available here. Contact lens solution is also easily obtainable. Huashan Hospital in Puxi has a very competent international optical division.

### Traditional Chinese medicine (TCM)

#### TCM Techniques

##### Acupuncture

This treatment entails gently piercing the skin with hair-thin needles. It is intended to affect physical and energetic circulation, physiological functions and mood. It is believed to treat or prevent a host of different diseases.

#### Children's Hospital of Fudan University

(16 years old or below)

复旦大学附属儿科医院特需医疗中心  
No. 399 Wan Yuan Lu, near Gudai Lu  
Minhang District  
闵行区万源路399号, 近顾戴路  
Telephone: 6493 1836

#### Huashan Hospital, Foreigner's Section

(14 years old and below)

华山医院(外宾部)  
19/F, No. 12 Wulumuqi Zhong Lu, near  
Huashan Lu, Xuhui District  
乌鲁木齐中路12号19楼, 近华山路  
Telephone: 6248 3986

#### Jiahui International Hospital

嘉会国际医院  
No. 689 Guiping Lu, near Qinjiang Lu,  
Xuhui District  
徐汇区桂平路689号, 近钦江路  
Telephone: 400 868 3000

#### Jiahui Health (Jing'an)

嘉会医疗(静安)  
Suite 101, 88 Changshu Lu, near Julu Lu,  
Jing'an District  
静安区常熟路88号101室, 近巨鹿路  
Telephone: 400 868 3000

#### Jiahui Health (Yangpu)

嘉会医疗(杨浦)  
1F/2F, Suite 3, 99 Jiangwancheng Lu, near  
Minfu Lu, Yangpu District  
杨浦区江湾城路99号3幢1-2层, 近民府路  
Telephone: 400 868 3000

#### Parkway Health Gleneagles Medical and Surgical Centre

上海百汇华鹰门诊部  
4/F, Tomorrow Square, No. 389 Nanjing Xi  
Lu, near Huangpi Bei Lu  
黄浦区南京西路389号4楼南侧(明天广场裙  
房内), 近黄陂北路  
Telephone (24-hours): 6445 5999

#### Parkway Health Specialty & Inpatient Centre

上海新瑞医疗中心  
3/F, No.170 Danshui Lu, near Xingye Lu,  
Huangpu District  
黄浦区市淡水路170号3楼, 近兴业路  
Aelephone (24-hours): 6445 5999

#### Shanghai Raffles Medical Centre

上海莱佛士医疗中心  
2/F, Innov Tower, No. 1801 Hongmei Lu,  
Caohejing High-Tech Park  
漕河泾社区虹梅路1801号A区凯科大厦  
# 02-02室, 近宜山路  
Telephone: 6197 2300 (24-hours)  
or 6197 2311

#### SinoUnited Health Clinic – Shanghai Centre Clinic

上海商城门诊部  
Suite 301 & Suite 601, West Tower,  
Shanghai Centre, No. 1376 Nanjing Xi Lu,  
near Xikang Lu, Jing'an District  
静安区南京西路1376号上海商城西峰301室;  
601室, 近西康路  
Telephone: 400 186 2116

## CLINICS AND HOSPITALS (PUXI)

#### Shanghai United Family Hospital and Clinics (24 hours)

上海和睦家医院  
No. 699 Pingtang Lu, near Kele Lu,  
Changning District  
长宁区平塘路699号, 近可乐路  
Telephone: 2216 3900  
Appointment Centre: 400 639 3900  
24-hour Emergency Hotline: 2216 3999  
Email: shuptservice@ufh.com.cn

#### SinoUnited Health Clinic – Gefei Center

歌斐中心门诊部  
Room 305-306, Gefei Center, No. 757  
Mengzi Lu, near Zhongshan Nan Yi Lu,  
Huangpu District  
黄浦区蒙自路757号歌斐中心商业裙房3层  
304-307室, 近中山南一路  
Telephone: 400 186 2116

## CLINICS AND HOSPITALS (PUDONG)

#### SinoUnited Health Clinic – Century Park Center

世纪公园门诊部(上海盛和红枫康复医学  
门诊有限公司)  
No. 1717 Huamu Lu, near Fangdian Lu,  
Pudong New District  
浦东新区花木路1717号, 近芳甸路  
Telephone: 400 186 2116

#### Shanghai Children Medical Centre

上海儿童医学中心  
No. 1678 Dongfang Lu, near Beiyuan Lu,  
Pudong New District  
浦东新区东方路1678号, 近北园路  
For Emergencies (VIP): 5839 5238

#### SinoUnited Health Clinic – New Bund Medical and Surgical Center

前滩世贸门诊部(上海曜荣门诊部有限公司)  
Room 101B, 2-3/F, Building S7, No. 255  
Dongyu Lu, near Yangsi Lu, Pudong New  
District  
浦东新区东育路255弄前滩世贸中心(一期)  
S7-101B室, 2-3楼全层, 近杨思路  
Telephone: 400 186 2116

#### Huashan Pudong Hospital International Division – Managed by Shanghai United Family Hospital

上海和睦家医院华山医院东院国际部  
1/F, Area A, No. 525 Hongfeng Lu, near  
Mingyue Lu, Pudong New District  
浦东新区红枫路525号一楼A区, 近明月路  
Telephone: 5030 9907  
For Emergencies: 2216 3999

#### Raffles Hospital (Qiantan Area)

莱佛士医院  
No. 200 Yuanzhao Lu, near Tongwan Lu,  
Pudong New District  
浦东新区园照路200号, 近桐晚路  
Telephone: 6129 3000 24h Emergencies  
Email: shanghai@rafflesmedical.com

#### SinoUnited Health Clinic – Zhangjiang Center

张江门诊部(上海曜尚门诊部有限公司)  
Room 101-102/105-108, 1/F, U-Plus Building,  
No.268 Xiangke Lu, near Baiye Lu, Pudong  
New District  
浦东新区祥科路268号佑越国际1层101-  
102/105-108室, 近百业路  
Telephone: 400 186 2116

#### Shanghai East International Medical Centre

上海东方国际医院  
No.150 Jimo Lu, near Pudong Dadao,  
Pudong New District  
浦东新区即墨路150号, 近浦东大道  
For Emergencies: 5879 9999

## HEALTH

### Acupressure

Acupressure involves the physical stimulation of acupressure points by hand or using a massage device. It is primarily intended for pain relief.

### Scraping

Also known as 'gua sha', this treatment involves using a flat tool to scrape or apply pressure various parts of the body. It is intended to stimulate acupuncture meridians, which relieves tendino-muscular strain, improving circulation and clearing internal heat. It is often used to treat fevers, sunstroke and is believed to help release toxins. Be aware that this treatment often leaves bruises on the skin.

### Cupping

In this traditional procedure, heated bamboo, glass or plastic cups are placed on the skin to create a tight suction. It commonly employed to treat coughs, colds and arthritis or muscle pain. Cupping also leaves bruises on the skin.

### Manipulative Massage

A mixture of physical manipulation and massage, this treatment affects the alignment of the bones and muscles while helping to improve 'qi' (energy) flow along acupuncture meridians and reduce musculoskeletal strain.

### Moxibustion

The herb mugwort is ignited and placed on, or held over, the skin. As it smolders, it emits heat and smoke, which warms the area and improves circulation. It is intended to minimise symptoms of the common cold, such as stiff joints, cold hands and feet and slow digestion.

### Herbal Therapies

Blends of herbs are made into pills, extracts, teas or skin patches. They are meant to treat respiratory, urinary or reproductive problems. They may interfere with prescription medications, so use with extreme caution and only from reputable sources.

### TCM clinics

#### Body & Soul Medical Clinics

Room 1405, Anji Plaza, 760 Xizang Nan Lu, near Jianguo Xin Lu, Huangpu District  
黄浦区西藏南路760号安基大厦1405室, 近建国新路  
Telephone: 5101 9262

#### Shuguang Hospital

No. 528 Zhangheng Lu, near Keyuan Lu, Pudong New District  
浦东新区张衡路528号, 近科苑路

No. 185 Pu'an Lu, near Taicang Lu, Huangpu District  
黄浦区普安路185号, 近太仓路

### Mental health

The move to a new country can take its toll. Shanghai has an array of outlets for people who need to talk. In the first instance, contact a doctor as they can refer you on to someone who can help.

#### Lifeline Shanghai

Confidential Support. Talking helps  
Telephone: 400 821 1215  
[Lineline-shanghai.com](http://www.lineline-shanghai.com)

### Air

Shanghai's air quality has become a major concern for expats who work and live in China. There are days when poor air quality can pose potential health risks. Monitoring AQI with a smartphone app can help you to plan your activities accordingly and minimise exposure if necessary. Most expat families have an air purifier in their home. Ask your colleagues for their recommendations on the best brands. Facemasks are also widely available in China – 3M masks have a great reputation. Vogmask, Totobobo, 'I can Breathe' and Techno masks are slightly more expensive but boast greater longevity.

### Water

Drinking water directly from the tap is not recommended. Sticking to bottled water (barrelled water) and/or the use of a water dispenser are necessary precautions. Dispensers costs a few hundred RMB and are available in all supermarkets. Bottled water can be purchased via a phone call (English available) at a cost of around 25 RMB/19-litre bottle. Many choose to have water filters installed in their house/ apartment. However, these are more expensive and require regular maintenance and filter replacement.

### Editor's Pick

#### Shanghai Greenwave Enviro-Tech

Greenwave is dedicated to healthy home solutions — pure water, clean air, and quality food. Recognised within the expat community for their English-speaking services and commendable understanding of expat concerns, Greenwave offers specialised water and air solutions such as shower filters, water filters, air purifier and dehumidifiers.

Inquiry and Service Hotline:  
021 3331 5007  
Mobile: 136 2193 5343  
[www.greenwavechina.cn](http://www.greenwavechina.cn)

## PHARMACY GUIDE



### Common Cold

**Medicine name: 白加黑 (Bai Jia Hei)**  
Equivalent of DayQuil and NyQuil, Bai Jia Hei treats cold and flu symptoms with two types of pills, white for non-drowsy daytime relief and black for nighttime to help you sleep.

**Medicine name: 泰诺 (Tai Nuo)**  
Not only popular in the West, Tylenol remains a favourite in China as well. It can be used as a pain reliever, fever reducer and decongestant. It can also treat the symptoms of a common cold and the flu. Make sure you ask for the right kind, though – pain relief 止痛 (Zhi Tong), sinus congestion 鼻塞 (Bi Sai) or common cold 感冒 (Gan Mao). (For those who prefer aspirin, 阿司匹林 (A Si Pi Lin) is usually available too.)

### Allergies

**Medicine name: 开瑞坦 (Kai Rui Tan)**  
Claritin treats allergy symptoms like sneezing, runny nose, itchy nose, itchy eyes as well as skin itches and other skin symptoms. This US-based product is known for its decongesting and non-drowsy effects and is available in Chinese pharmacies.

### Joint/Body/Muscle Pain

**Medicine name: Red Flower Oil 正红花油 (Zheng Hong Hua You)**  
Red Flower Oil stops back, joint, and muscle pain, as well as inflammatory swelling, bleeding, and numbness of the limbs. It also helps provide relief for sprains, bruises, cuts, burns and mosquito bites.

### Bronchitis/Cough

**Medicine name: 惠非宁 (Hui Fei Ning)**  
Robitussin's Chinese brand, Hui Fei Ning, provides relief for those with a persisting cough by alleviating inflammation. The honey-flavoured syrup is a household necessity for all.

### Diarrhoea

**Medicine name: 蒙脱石散 (Meng Tuo Shi San)**  
The closest equivalent to Pepto-Bismol, this powder provides relief for an upset stomach or diarrhoea. It also helps ease the abdominal pain of various stomach illnesses.

### Heartburn

**Medicine name: 斯达舒 (Si Da Shu)**  
The closest thing to Tums in Chinese pharmacies, antacid Si Da Shu alleviates the discomfort associated with heartburn, stomachaches and bloating.

### Headache/Fever

**Medicine name: Ibuprofen Capsules 布洛芬胶囊 (Bu Luo Fen Jiaonang)**  
Handy capsule-based Ibuprofen can relieve mild to moderate pain, such as headaches, joint pain, migraine, toothaches and muscle pain. It also can be used to treat fevers caused by the common cold or the flu.

### Motion Sickness

**Medicine name: 途爽晕车贴 (Tu Shuang Yu Che Tie)**  
If you are prone to motion sickness, then the Clear Route Carsickness Patch is a must-buy. It prevents nausea or dizziness when you get carsick, airsick or seasick.

### Cuts/Scrapes/Burns

**Medicine name: Rivanol Trauma Cream 李凡诺创伤膏 (Li Fan Nuo Chuangshang Gao)**  
Perhaps the closest thing you can find in China to Neosporin is Rivanol Trauma Cream, which sterilises and disinfects skin wounds. After thoroughly cleaning the wound, grab some Band-aids, or 邦迪 (Bang Di) or 创可贴 (Chuang Ke Tie).



## FOOD

Shanghai is heaven for food lovers. China has a diverse culinary landscape, and many of the country's unique regional cuisines can be enjoyed here. International options are flourishing as well. You can find restaurants serving everything from Nepalese to Japanese to even Hungarian food. However, if you want to eat Western, be prepared to open your wallet. Such restaurants usually range from 200-500 RMB without wine (high-end ones can reach up to 1,500 RMB per head). For a cheaper way to unlock fine dining across the city, look for the bi-annual Restaurant Week in September and March – when more than 200 restaurants across the city offer special lunch and dinner deals. Reservations are usually required via Dining City's Restaurant Week website. [www.restaurantweek.cn](http://www.restaurantweek.cn)



### Shanghai foodies list

#### Chinese cuisine

Di Shui Dong (Hunan)  
Dian Shi Zhai (Shanghai)  
Hakkasan (Guangdong)  
Jianguo 328 (Shanghai)  
Rui Fu Yuan (Shanghai)  
Elixir Health Pot (hotpot)  
Xibo (Xinjiang)  
Lotus Eatery (Yunnan)  
Sichuan Citizen (Sichuan)  
Liu Tang Men (Sichuan Noodles)

#### French cuisine

Chez Jojo  
Cuivre  
Mr & Mrs Bund  
Polux  
RAC  
Suzie  
Villa Le Bec and all Le Bec locations

#### Italian cuisine

Alimentari Grande  
Frasca  
Mercato  
Pass Residence

#### Spanish/South American cuisine

Apollo  
Azul  
Bonica  
Colca (2 locations)  
Commune Social  
Maya  
Mercado 505  
Tomatito

#### Western cuisine

Bull & Claw  
Cannery  
Highline  
Raw Eatery  
Stone Sal  
The Smokehouse

#### Indian cuisine

Currify  
Klay  
Masala Art

#### Japanese cuisine

Aoki  
High Yaki  
Hundo

Ramen Mitsuyoshi  
Sushi Naoki  
Yakingtori

#### Korean cuisine

Belloco  
Benjia  
Botong Siktang  
Jeju Izakaya  
Park BBQ

#### Experience

8 ½ Otto Mezzo Bombana  
Da Vittorio  
Maison Lameloise  
Tai'an Table  
Ultraviolet (UV)

#### Bakeries

La Boulangerie de Gagnaire  
La Parisienne (several locations)  
Luneurs (several locations)  
Ma Tatin  
Pain Chaud (several locations)

### Shanghai drinking list

Shanghai Brewery Boxing Cat Brewery The Brew	locally brewed beer with good comfort food
Mikkeller Brew Dog	Import brewpubs serving quality craft beers
The Camel Cages The Rooster	Shanghai's sports bar trifecta
Ars & Delecto Bar No. 3 EPIC Flask J Boroski Laundry & Co. Senator Saloon Sober Company Speak Low The Broken Dagger Union Trading Company	The best craft cocktail bars Shanghai has to offer
The Captain Bar Fellas Wet Bar (W hotel)	Great atmosphere and even greater Bund views. Ideal for showing off the city to out-of-town visitors
Blaz Cellar to Table Kartel KRU Le Verre a Vin Soif	Wine bars offering a wide variety of varietals and vintages

### SPECIAL MENTIONS

#### The Nest

This late-night lounge features a creative menu along with a selection of outstanding craft cocktails. A great way to begin or end an evening on the Bund.

#### Funkadeli

Boistrous al fresco drinking and generous happy hour deals. Meet lots of fellow expats and have a few of their famous Aperol Spritzes.



## FOOD

### Gluten-free eating

An increasing number of people are being diagnosed with celiac disease, but it is largely unheard of in China, which can pose difficulties for those who must follow a gluten-free diet.

Eating out can be tricky, particularly when dealing with cross contamination, but an increasing number of Western restaurants are offering gluten-free options. There is an active gluten-free WeChat community who can offer up-to-date advice on restaurants and also online ordering of homemade cakes and bread, as well as apps with dietary needs written in Chinese. However, the prevalent use of soy sauce often makes Chinese food tricky, as it is thickened with wheat flour. Caution is advised, though you can always get rice and steamed vegetables or fresh fruit if you are stuck.

Online supermarkets like Epermarket offer limited (and often expensive) gluten-free items such as flours, bread mixes and cereals. The range of products on offer is growing, and Epermarket is always open to customer suggestions. Carrefour offers gluten-free items like pasta at more reasonable prices. Just be sure to avoid their online shopping platform; they sometimes accidentally deliver non-gluten-free items instead. Avocado Lady on Wulumuqi Lu often has imported gluten-free items, as does City Shop. You will find your weekly grocery run will take you to all sorts of places to get what you need!

Parkway Health and Sino United both have excellent gastroenterologists, who understand the disease, and awareness is slowly rising, but China is still very much behind the UK, US and Australia when it comes to supporting a gluten-free diet. Because of this, it's best to come prepared for your first few days, until you are able to find what you need in Shanghai and reach out to others within the Wellington community in advance to get the information you need.

Practically anything you want is available, but it often comes at a price. Dairy products are available everywhere, as is breakfast cereal. Markets and local shops have inexpensive fresh fruit and vegetables. There are some international delicatessens, bakeries and butchers selling imported foods. You may want to bring some favourite specialty goods (Marmite, breakfast tea, chocolate, baking goods, gravy granules are some items people usually miss) but be aware that the China Customs prohibits bringing fresh food into the country. If you have a particular dietary requirement or allergy, you may want to consider bringing some specialty items (diabetic, gluten or lactose free).

### Grocery shopping

There are lots of recognisably branded international supermarkets and home-grown convenience stores located on most streets. Listed below are the main places that expat communities frequent. Be aware that there is no one-stop shop where you will find all you need for a home-style cooked dinner – you may need to go to a few different places in order to purchase all the ingredients you need for dishes you are craving.

## HARD TO FIND

- Good deodorant and toothpaste – brands here may be different from those you are used to; selection here is limited, and in flavours more suited to the Asian market (Green tea-flavoured toothpaste etc.). Watsons is your best option.
- Vitamins and supplements are available but expensive.
- Good mosquito repellent (necessary in the summer), such as Jungle Formula. Effective Chinese brands can be found – but if you have a favourite, you will need to stock up.
- Good sunscreen is available but expensive and often only in small volumes. Also, the descriptions are all in Chinese and it is sometimes hard to determine what you are purchasing.
- Basic painkillers such as Nurofen, Advil, Tylenol, etc.
- Cold and flu medication e.g. Lemsip.
- Feminine hygiene products, such as tampons can be difficult to find and/or expensive.
- Other brand name medication.

	Puxi	Pudong
<b>Avocado Lady</b>	This humble street side shop offers a staggering variety of imported foods, from cheeses to – you guessed it – avocados. If you cannot find it, put in a request. They can often source it for you.	No. 274 Wulumuqi Lu, near Wuyuan Lu 乌鲁木齐路274号, 近五原路 Lines 7, 11 - Changshu Road Station
<b>Swiss Butchery</b>	Swiss Butchery stock fresh beef and veal from Australia complimented by a large assortment of pork, lamb and chicken cuts. Delivery is done all over China, and their delicatessen sells Italian hams, European cheeses, imported seafood, as well as seasonings, spices and other condiments.	No. 86 Wulumuqi Zhong Lu, near Anfu Lu 乌鲁木齐路86号, 近安福路  No. 3190 Hongmei Lu, near Hongsong Lu 虹梅路3190号, 近红松路
<b>Carrefour 家乐福</b>	Carrefour is a well-known French grocery chain that offers a good selection of domestic and imported Western products. International credit cards are accepted. There is a shopping mall on the ground floor with clothes shops, restaurants, optician, laundry, pharmacy and a Kodak shop where you can have your ID photos taken or get a photobook made. <b>Open daily from 7am</b>	No. 268 Shuicheng Nan Lu, near Yan'an West Lu 水城南路268号, 近延安西路 Line 10 - Shuicheng Road Station  No. 185 Fangdian Lu, near Dingxiang Lu 芳甸路185号, 近丁香路  No. 279 Biyun Lu, near Yunshan Lu 金桥碧云路279号, 近云山路 Line 9 - Middle Yanggao Road Station
<b>Metro Store 麦德龙</b>	This is a wholesale store, but you can buy your regular groceries here as well. First-timers, bring a copy of your passport and a photo and you will be able to register and get your membership card. For entrance and payment, you will need to use your membership card. Bring your own carrier bags or you'll have to purchase them at the cashier. <b>Open daily: 6am – 10pm.</b> <b>www.metro.com.cn</b>	No. 1425 Zhenbei Lu near Meichuan Lu 真北路1425号, 近梅川路  No. 80 Gudai Lu near Hongmei Lu 顾戴路80号, 近虹梅路  No. 111 Hongwan Lu near Jiangyang Nan Lu 虹湾路111号, 近江杨南路
<b>Cityshop Supermarket 城市超市</b>	City Shop is a popular purveyor of imported food in Shanghai. In addition to shopping in one of its brick-and-mortar outlets, customers can place orders via telephone, email or online. Home delivery, cash/card accepted. <b>Open daily: 8am – 10pm</b> <b>www.cityshop.com.cn</b>	NB1, Shanghai Centre No. 1376, Nanjing West Lu, near Xikang Lu 南京西路1376号上海商城地下一层, 近西康路 Lines 2, 7 - Jing'an Temple Station  B1/F, Film Art Center, No. 160 Xinhua Lu, near Panyu Lu 新华路160号 上海影城B1楼, 近番禺路 Lines 10, 11 - Jiaotong University Station  Novel Place, No. 131 Tianyaoqiao Lu 天钥桥路131号, 近辛耕路 Lines 3/4/9/11 Xujiahui

	Puxi	Pudong
<b>City'super Supermarket</b> <a href="http://www.citysuper.com.cn">www.citysuper.com.cn</a>	<p>LG1, lapm Mall, No. 999 Middle Huaihai Lu 淮海中路999号 lapm 环贸广场地下一层, 近襄阳路 Lines 1,10, 12 - South Shaanxi Road Station</p> <p>LG207, HKRI Taikoo Hui, No.789 Nanjing Xi Lu, near Shimen Yi Lu 南京西路789号 兴业太古汇LG207号, 近石门一路 Line 2, 12, 13 - West Nanjing Road Station</p>	<p>LG2/F, IFC Mall No. 8 Century Avenue. 世纪大道8号国金中心商场B2楼LG2室, 近东泰路) Line 2 - Lujiazui Station</p>
<b>Olé Supermarket</b>	<p>This supermarket imports over 70 percent of its products from overseas. Seafood is prepared fresh daily, and it has a cool concept kitchen where they hold regular wine tastings and cooking classes. They offer a huge array of exotic fresh fruits and vegetables, along with a diverse cheese selection.</p> <p>B2/F Kerry Centre Jing'an, 1515 Nanjing Xi Lu, near Changde Lu, Jing'an District 静安区南京西路1515号B2楼, 近常德路 Lines 2,7 - Jing'an Temple Station</p> <p>B1/F, No. 1 Hongqiao Lu, near Hua Shan Lu, Xuhui District 徐汇区虹桥路1号B1楼, 近华山路 Lines 3,4,10 - Hongqiao Road Station</p>	<p>BI08, Kerry Parkside, No. 1378 Huamu Lu, near Fang Dian Lu, Pudong New District 花木路1378号嘉里城BI08室, 近芳甸路 Line 7, Huamu Road Station</p>
<b>Costco Supermarket</b>	<p>This members-only big-box supermarket chain from the US is known for its bulk buys and deep discounts. On offer is anything from imported American beef to flat-screen TVs.</p> <p>No. 325 Zhujian Lu, near Lianyou Lu, Minhang District 闵行区朱建路235号, 近联友路</p>	
<b>Sam's Club</b>	<p>Sam's Club is Walmart's answer to Costco, and it operates on a similar business model. Membership entitles you to savings though bulk purchases. Its three Shanghai stores offer groceries, household items and much more.</p> <p>Lane 483 Yejin Lu, near Jiasong Nan Lu, Qingpu District 青浦区业锦路483弄, 近嘉松南路</p>	<p>No. 599 Wan'an Jie, near Jinjing Lu, Pudong New District 万安街599号, 近金京路</p> <p>No. 2100 Gaoke Xi Lu, near Xianan Lu, Pudong New District 浦东新区高科西路2100号, 近下南路</p>

## FOOD

### Grocery delivery

Most grocery shops offer free home delivery if you meet or exceed their minimum spend, and their pricing is competitive with usual supermarkets like Carrefour or Wal-Mart. Shopping online is entirely safe and reliable.

#### Carrefour

Originally from France, Carrefour offers with a wide range of local and imported products on their online shopping website.  
[www.carrefour.cn](http://www.carrefour.cn)

#### Cityshop

A grocery chain with several stores throughout Shanghai offering a wide range of imported products.  
[www.cityshop.com](http://www.cityshop.com)

#### Epermarket

Online supermarket with a good selection of meat, fish, bread, dairy and imported products. Delivery is free for orders over 300 RMB.  
[www.epermarket.com](http://www.epermarket.com)

#### Hema (Chinese-language only)

Despite the language barrier, Hema is image heavy and easy to navigate, with a search bar and various categories to browse. As with most delivery-based apps, you'll be prompted to plug in an accurate Chinese address and phone number before placing an order.

#### Kate & Kimi

This community-based website offers a wide selection of fresh vegetables, fruits and dairy as well as imported products and delicious products from local chefs and vendors. Delivery is free for orders over 200 RMB. They also offer a good selection of special diet products such as gluten- and sugar-free.  
[www.kateandkimi.com](http://www.kateandkimi.com)

#### Times Grocery

Originally from the northern city of Tianjin, this shop offers a wide variety of imported foodstuffs, daily sundries, health and beauty products, pet supplies and more. It has physical stores in Jinqiao and Minhang but also offers a convenient delivery service.

<http://www.timesgrocery.cn/>



## SHOPPING

### Household items and furniture

There are plenty of shops selling furniture, kitchen equipment, crockery etc., including IKEA, Wal-Mart, B&Q, Muji and Carrefour. Department stores stock a wide range of international brands, but if there are specialized yet portable kitchen items and furniture pieces that you use regularly, perhaps bring them with you.

Please note that imported furniture can attract a customs charge. If you are limited in the furniture you can bring, only bring something that is special and meaningful to you, as furniture here is generally reasonably priced. Almost any type of furniture you want is available in Shanghai. From custom-made and antique, to IKEA, whatever you need, you will be able to find it.

#### IKEA

Open daily: 10am – 10pm  
www.ikea-sh.cn

#### Jing'an

No. 1730 Nanjing West Lu,  
near Huashan Lu  
南京西路1730号, 近华山路  
Lines 2,7 - Jing'an Temple Station

#### Pudong

No. 550 Linyu Lu, near Hunan Lu  
临御路550号, 近中环沪南路出口

### Equipment and toys

Bicycles are easy to find, as are car seats and buggies/push chairs, though they are expensive. You may wish to bring these with you. Toys are easily found in department stores and markets.

### Clothes

Markets have a wide variety of children's clothes, but size and quality vary. Stock up on basics from reliable stores at home. You may find small gloves/mittens hard to find, and these are essential for winter. Good quality, reasonably priced shoes are also hard to find.

### Books/Television

The Foreign Languages Bookstore has a good selection of children's books, but original DVD favourites of TV series are hard to find, so you may want to bring them with you.

### Electronics

Electronic goods can carry a high customs fee, so it may be better to purchase many items once you are here. Most items are easy to find and are relatively inexpensive. There are many local electronic stores in Shanghai including Yole, Suning and Gome. Many supermarkets stock international brands, as do Nong Gong Shang (Chinese chain) and Carrefour.

If you bring electronics, check the voltage and bring plug adaptors: the universal adapters you can buy on aeroplanes in duty-free can be handy for travelling to lots of different countries. (Electricity here is 220 volts, similar to the UK, Australia and Europe).

### Computer equipment

Computers are not significantly cheaper here, but you can buy them from computer stores like the Apple Store, Cyber Mart, Pacific Digital Plaza and Buy Now.

### Markets

#### Yu Garden 豫园, 城隍庙

near Fuyou Lu  
近福佑路  
Line 10 - Yuyuan Garden Station

#### Pudong Fake Market 亚太新阳服饰礼品市场

Century Avenue  
上海科技馆 - 上海世纪大道2002弄  
Line 2 - Shanghai Science and Technology Museum Station

#### Hongqiao Pearl City 虹桥珍珠城

No. 3721 Hongmei Lu, near Yan'an Lu,  
Changning District  
长宁区虹梅路3721号, 近延安路

#### Hongqiao Bird & Flower Market 虹桥花鸟市场

No. 718 Hongjing Lu  
near Hongsong Lu, Minhang District  
虹井路718号, 近红松路  
Line 10 - Shanghai Zoo Station

#### Children's Market 霓虹儿童市场

No. 10 Pu'an Lu,  
near Jinling Lu, Huangpu District  
普安路10号, 近金陵路  
Line 8 - Dashijie Station

#### Lujiazang Fabric Market 南外滩轻纺面料市场

No. 399 Lujiazang Lu,  
near Zhongshan Nan Lu  
陆家浜路399号, 近中山南路南仓街  
Line 4 - Nanpu Bridge Station

#### Qi Pu Road Market 新七浦服装市场

No. 179 Qipu Lu, near Fujian Bei Lu  
七浦路179号, 近福建北路  
Line 10 - Tiantong Lu Station

#### Upholstery and Bedding Market 上海市轻纺市场

No. 1618, Cao'an Lu,  
near Qilianshan Nan Lu, Jiading District  
嘉定区曹安路1618号, 近祁连山南路

### Malls and shopping streets

Shanghai is packed with malls and department stores. Nanjing Xi Lu and Huaihai Lu are Shanghai's answers to Oxford Street, including the high prices. Buying from a chain store in Shanghai costs basically the same as it does in New York or London.

### Online shopping

Online shopping is huge in China. From classroom accessories and furniture to clothes and coffee beans. To make a purchase on the sites below you will need to have online banking activated and create an Alipay account (cf. banking) but a "pay cash on delivery" option is available on Amazon. Deliveries to Shanghai normally take 1-3 days.

#### Taobao.com

Taobao is China's largest online market. The website and mobile app host a collection of independent sellers who offer an extensive range of products at bargain prices. From books to toys and clothing to imported food

from across the globe, you can find almost anything on Taobao. Taobao is only available in Chinese. The Shanghai Community Centre offers a special course on how to use it.

#### Baopals.com

Launched by expats living in Shanghai, Baopals is a shopping platform that translates Taobao and Tmall into English so that foreigners living in China can access all of its products and services.

#### Tmall.com

Taobao's sister site, Tmall.com provides an official platform for many Chinese and international brands and outlets. While pricier, Tmall provides a higher quality standard for its products as they are sold by the brands themselves instead of third-party vendors.

#### JD.com

JD.com is the site of choice for gadgets of all shape and sizes, from electronic toothbrushes and cameras, washing machines, heaters and other household items.

#### Vip.com

Vip.com is a popular website offering deals on high-end clothes and household items.

#### Amazon.cn

Amazon hosts a China site with an interface similar to that of your home country, making it an easier option for shopping. However, its selection pales in comparison to Taobao and JD.com.





## BEAUTY

With the number of beauty salons and massage spas around the city and the prices being very affordable, pampering is a common weekend activity.

### Massage and traditional Chinese medicine

A favourite weekend treat for locals and foreigners alike is to go for a Chinese massage and a TCM treatment. There are spas on virtually every street in Shanghai. Some are less salubrious than others, though, so choose with care. Prices vary greatly – if you are happy to go into a local Chinese spa, expect to pay as little as 60RMB for a one-hour foot massage.

### Nails and beauty

Like all services in this city, you can pay very little and get a decent, functional service from one of the many salons you will see everywhere, or you can pay a little more to get a more pleasant, hygienic and relaxing service. Check out one of the branches of Flower Fingers. The prices are mid-range and they do a great job.

#### Angkor Spa

This Cambodian-style spa offers traditional massage treatments with Khmer hospitality. Few locations across town with their main location:

**No. 509 Nanchang Lu, near Shaanxi Nan Lu**  
南昌路509号, 近陕西南路

#### Browhaus

One-stop brow and lash grooming salon associated with Strip.

<http://www.browhaus.cn/shanghai/>

#### Dragonfly Retreat

Dragonfly Retreat provides busy urbanites with a nearby escape whenever needed. They are spotlessly clean, reputable and they speak good English.

[www.dragonfly.net.cn](http://www.dragonfly.net.cn)

#### Helen Nail Spa

Helen Nail Spa is a cosy venue offering spa, manicure and waxing services at reasonable prices for both men and women.

#### Strip

High-end hair removal shop. No double-dipping at this posh wax spot. The staff are highly professional as well.  
[www.strip-shanghai.cn](http://www.strip-shanghai.cn)

#### Subconscious Day Spa

Subconscious Day Spa provides guests with a true balance of mind, body and soul by providing relaxing and rejuvenating services in a fresh environment.  
[www.subconsciousdayspa.com](http://www.subconsciousdayspa.com)

#### Zen Massage

Restore balance to mind, body and spirit at this clean and modern massage centre.

**WeChat ID: ZenMassageshanghai**

### Hair

Can you get a decent hair cut in China? Absolutely! For a basic haircut – why not try one of the old gentlemen sitting on the street who will throw in a shave and ear clean for free? If you require a more technical cut or colour, we recommend the following salons:

#### 81 West Hairdressers

Emily is English and has been in Shanghai for many years – she is also great at cutting and all types of colouring. The salon is located in Jinqiao and also offers manicures, pedicures and other beauty services.  
**Telephone: 021 5030 6981**

#### Ciseaux on Anfu Lu

Jason is a master of colouring hair (including blondes). The salon is located on Anfu Lu in the heart of the Former French Concession, the

reception staff speak English, they serve good coffee and have plenty of English magazines to read. You can also have your mani and pedi done at the same time.

**Telephone: 021 3356 3188**

#### Le Salon

Tina has been cutting the hair of expats for many years – they offer a wide range of services and do a good job in their pleasant salon. WeChat ID 'lesalon-reservation'

If you don't have specific colouring requirements – try a local salon for a cut and blow dry, they are often full of young male hairstylists with very trendy haircuts, they do a good job including a fabulous head massage costing between 40–100 RMB.

#### Mirage.M

Founded and owned by a veteran hairstylist and makeup artist, Mirage.M is a full-service hair, makeup and styling studio.

**Telephone: 6152 6762**

#### Doc's Barber Shop

This retro-styled shop specialises in men's hairstyles and offers straight razor shaves as well. They have one branch in Puxi on Kangding Lu and one Pudong in the Kerry Parkside Mall. Bookings are recommended and can be made via their mini program in WeChat. Search 'DocsBarberShop'.



## ART AND MUSIC

### Art

Shanghai has a lot to offer when it comes to art. From the art seen in exhibitions, street art and old traditional art in museums and much more, Shanghai does not fail to leave you bewildered and impressed with all of its unique talent. Here is a list of some of the places to go to see what Shanghai has to offer:

#### M50

50 Moganshan Road or "M50" is a contemporary art district in Shanghai that houses a thriving community of more than a hundred artists whose studios are open to the public. It is often compared with New York's SoHo and Beijing's 798 Art Zone.

#### Shanghai Museum

The Shanghai Museum is a museum of ancient Chinese art, situated in People's Square in the Huangpu District. Rebuilt at its current location in 1996, it is considered one of China's first world-class modern museums. 201 Renmin Avenue, People's Square.

#### Yuz/Long/Tank Museum

This constellation of art museums along the West Bund features regular exhibitions of Chinese and Western contemporary art, ranging from Christian Dior design retrospectives to the works of Kandinsky.

#### Power Station Art

Housed in a former power station, this is China's first state-run contemporary art museum.

#### K11

The first art mall in Mainland China, K11 offers art and fashion in convenient location. In addition to regular exhibits of local and international artists it features retail and dining options.

#### teamLab

From the Japanese digital art collective teamLab comes this immersive and interactive visual experience. Spread across several, it features endlessly changing digital projections that take the viewer to another world.

#### HOW Art Museum

This relative newcomer to Shanghai's flourishing art scene caters to a younger crowd with exhibits of contemporary artists such as Joseph Beuys and Joan Cornellá. It also has the unique distinction of staying open until 10pm.

#### Modern Art Museum Shanghai

Once a coal storage facility, this building has been repurposed for exhibitions of contemporary greats such as the architect Zaha Hadid and designer Jaime Hayon.

### Music

Famous artists and talented musicians come and give jaw dropping performances all over Shanghai and the local talent is impressive, too. So whether you like classical Mozart movement or a Miles Davis solo, there is something for you.

#### Shanghai Symphony Hall

The Shanghai Symphony Orchestra Hall is a sleek, modern-looking 1,200-seat concert hall located in Xuhui district, and the seat of the Shanghai Symphony Orchestra.

#### JZ Club

Situated in the heart of the Found 158 development, JZ is one of the more popular jazz spots in Shanghai. They have performances all week, ranging from small combos to big band swing, Latin and more. At the weekends, stick around into the late, late hours to catch impromptu jam sessions.

#### Wooden Box

JZ Club's sister venue, Wooden Box offers a smaller more intimate setting for jazz combos and other eclectic ensembles playing anything from folk to Mongolian-bluegrass fusion.

#### Heyday

Heyday harks back to Shanghai's days as a treaty port in the 1930s. This small, cosy setting features regular performances of local musicians playing instrumental and vocal jazz.

#### Shake

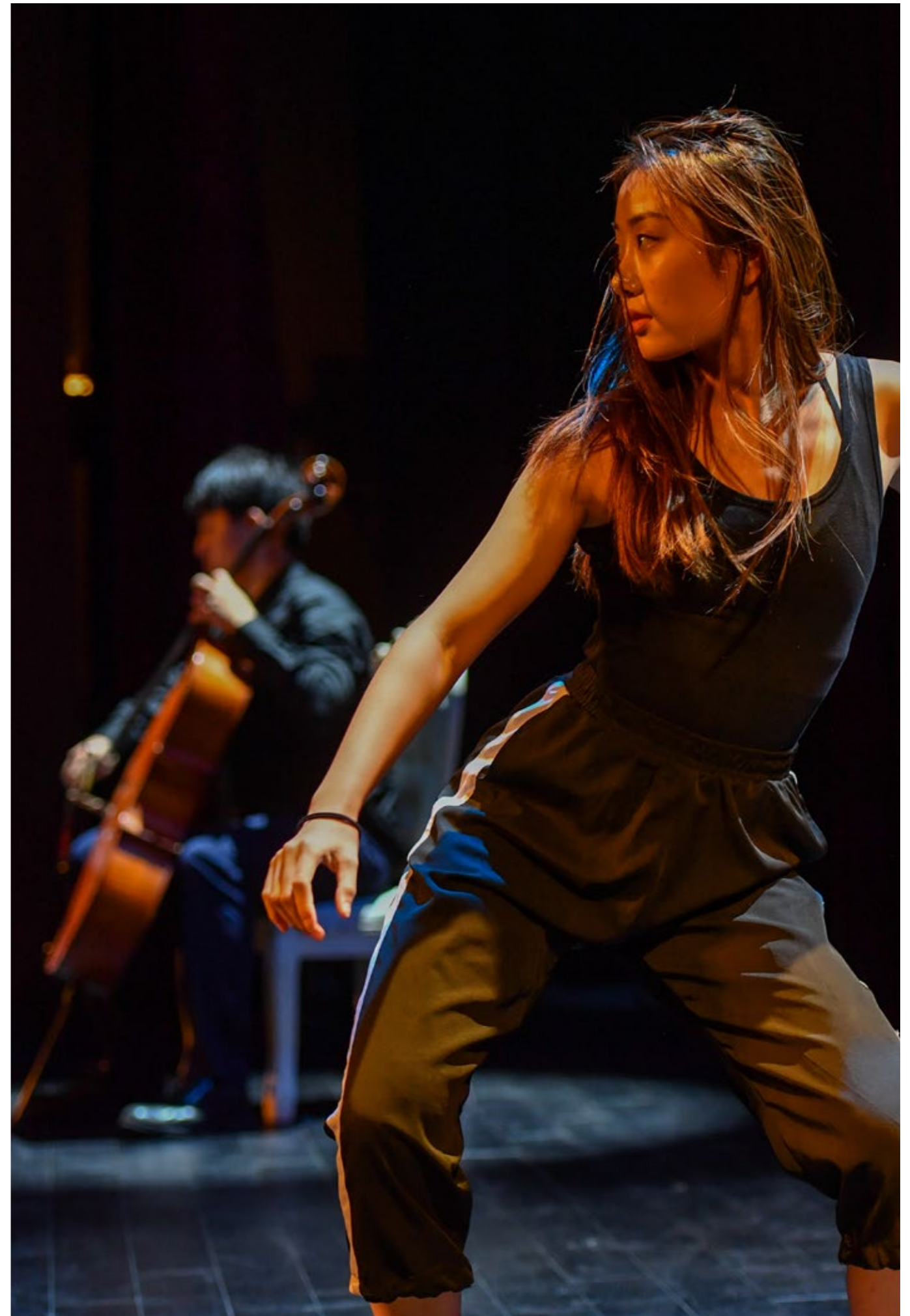
Heyday's sister venue Shake hosts live soul, funk and R&B acts every night and serves a creative menu to go with its craft cocktails.

#### MAO Livehouse

MAO Shanghai Livehouse is Shanghai's most active large-sized concert venue, hosting local, national and international acts every weekend and intermittent weeknights. Music ranges from pop, rock, raves to large-scale electronica events.

#### Yuyintang & Yuyintang Park

These sister venues in Changning District are Shanghai's home for underground music. Both host domestic and international punk, metal, electronic and avant-garde performers.



## FITNESS

The past few years have seen an incredible increase of specialised fitness centres, CrossFit gyms, yoga studios and more as wellness is now a fashion word in Shanghai.

### Fitness and yoga studios

#### Tera Wellness / Will's / Physical / Mr & Mrs Fitness

Fitness clubs offering a wide range of group exercise classes, personal training, and state-of-the-art equipment at multiple locations.

#### AFIT

Make use of an entirely customised exercise and nutrition plan, complete with a signature 'body challenge' programme.

#### F45

F45 Training is a new training technique that combines elements of high-intensity interval training, circuit training and functional training. They offer three locations in Shanghai. <http://f45training.com>

#### Style Wellness

Located in the Embassy Club, Style Fitness offers a wide range of classes such as boxing, dance, yoga, pilates, functional training and CrossFit.

WeChat: [jasminesi90](#)

#### Iron Dragon Crossfit

Offering the WOD of the day, 20 classes every week.

[www.crossfit-irondragon.com](http://www.crossfit-irondragon.com)

#### Reebok Crossfit MeWellnes

Crossfit for adults and kids and Olympic lifting classes.

[www.reebokcrossfitmewellness.com](http://www.reebokcrossfitmewellness.com)

#### Body Concept

Body Concept is a Pilates, GYROTONIC and physiotherapy studio.

[www.bodyconceptpilates.com](http://www.bodyconceptpilates.com)

#### Z&B Fitness

Z&B Fitness is a boutique fitness studio offering a wide variety of fitness classes, including MYbarre, Zumba®, ZCycle, TRX, Body Pump, Body Combat and Yoga.

[www.znbfitness.com](http://www.znbfitness.com)

#### Soul Dancing

Offers a huge variety of classes, with everything from ballet to belly dance and hot yoga to salsa.

[www.souldancing.cn](http://www.souldancing.cn)

#### Pure Yoga

Global team of instructors teaching 125+ classes a week with 20+ varieties of yoga classes.

[www.pure-yoga.com.cn](http://www.pure-yoga.com.cn)

#### RISE Strength & Conditioning

Strength camp, HIIT bootcamps, kettlebells, weightlifting, Pilates, Yoga & more!

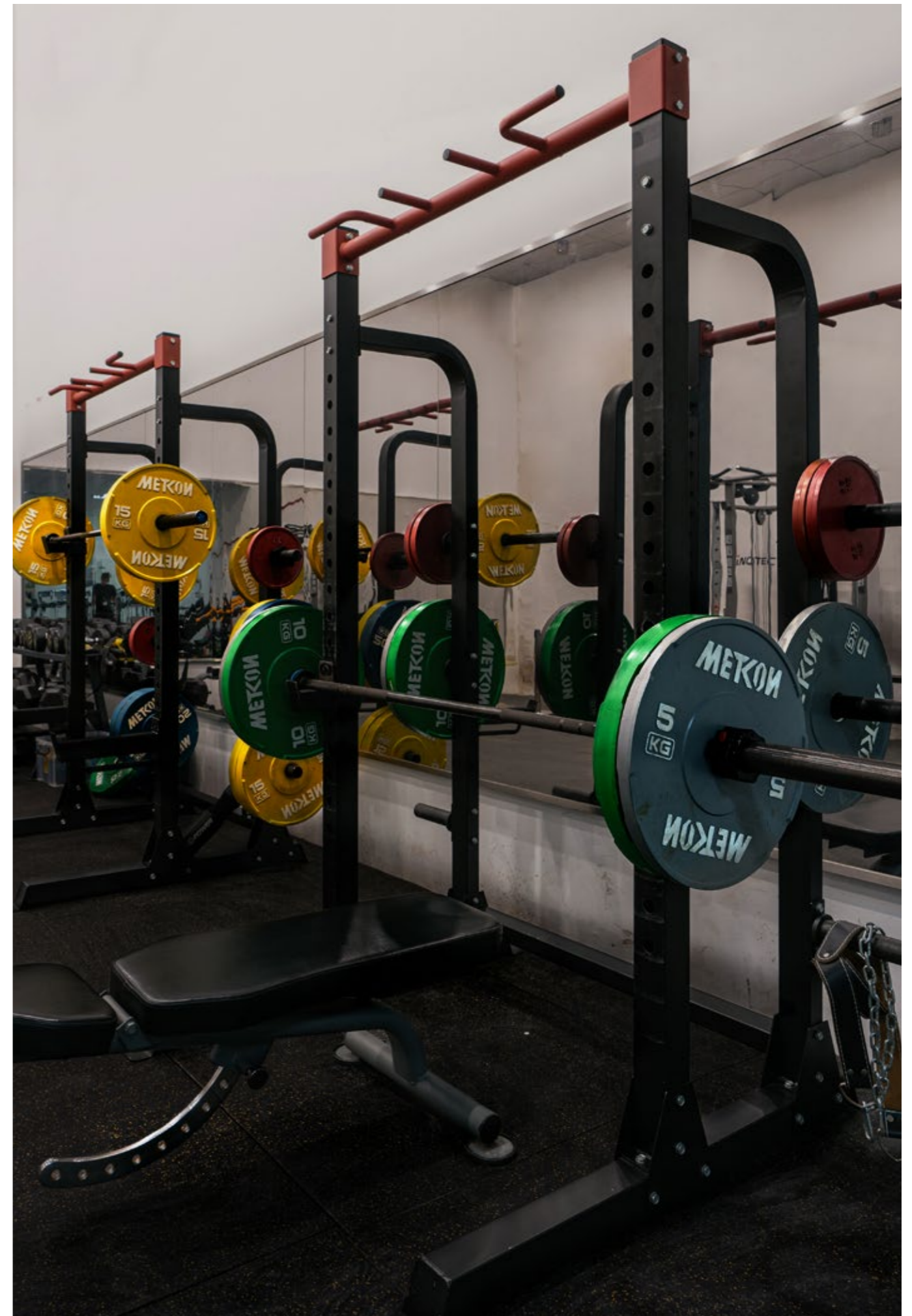
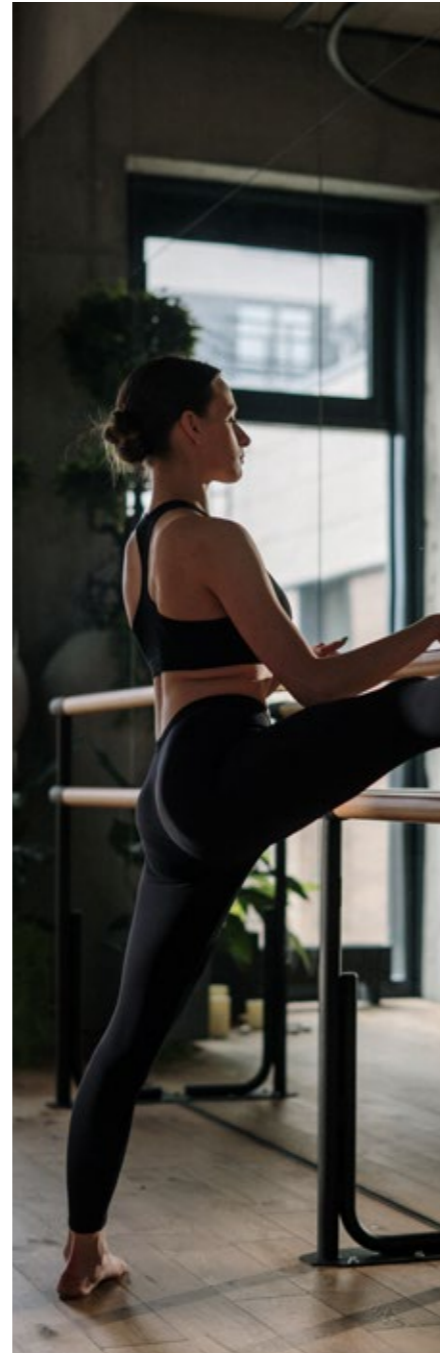
5/F, No. 41 Yongjia Lu

#### Exequite Fitness Studio XQ

Focused, high-intensity workouts with group or one-on-one classes. Monthly and daily open-gym rates available too.

425 Yanping Lu, near Changping Lu, Jing'an District

静安区延平路425号, 近昌平路



## SHANGHAI WITH CHILDREN

### Shanghai with younger children

To those with tots, basically you can buy everything you need from newborns upwards, but at a premium price if you want western brands. Consider bringing the following items to save money and to tide you over:

- Calpol
- Nappies
- Dummies and teats for bottles (very expensive in China)
- Baby milk formula
- Ready meals for toddlers are very expensive so consider buying a blender once you arrive.
- Toddler knife, fork and spoon set unless you want to begin with chopsticks from the start.

Story books – old favourites and new surprises. Every charity shop in Britain has a great stock of children's books. Buy a good selection and wrap them individually. You can open a new one every so often. Those with children already at school will be able to borrow from a fantastic range of books in all the school libraries.

Shoes – These are essential to bring for every child whatever their age. Children's leather school shoes are very difficult to find, and Clark's shoes are double the UK price. If your child is walking already, it is well worth purchasing summer, winter and school footwear before you come.

Getting around – Make good use of baby carriers both on walks and while riding your bikes. The city is flat and has designated bike lanes, so this is one of the best ways to get around even with small children. When using taxis, seat belts are not always available in the rear and car seats are too bulky to travel around with, so investigate child safe taxi options such as the 'RideSafer Travel Vest'. Using the Metro is also possible with a buggy or pram, as all stations have a designated lift from platform to station. Though do be aware that this lift can be difficult to find and access in some of the smaller metro stations.

### Disneyland

Shanghai Disney is fun day for the entire family. There are parades, pop up jazz bands, high thrill rides and easy-going rides. There really is something for everyone. If you are planning a trip to Shanghai Disney, you need to download the app. This is where you are able to see queuing times and book your fast passes. Fast passes allow you to skip a queue one ride at a time. Just be aware that the passes for the most popular rides can run out quite quickly, so plan ahead.

The cost of a ticket is cheaper on a weekday than it is at a weekend, so if you have a weekday off, this is a good option. They also offer three annual passes:

- Crystal annual pass: Subject to the Shanghai Disneyland Annual Pass Calendar and quota limits, offers a minimum of 256 Reservation Days during the pass validity period. Pass holders are required to choose a visit date from the Reservation Days menu and make a reservation before entering the park. Reservations are subject to the quota limits on each Reservation Day.

- Sapphire annual pass: Subject to the Shanghai Disneyland Annual Pass Calendar and quota limits, offers a minimum of 350 Reservation Days during the pass validity period. Pass holders are required to choose a visit date from the Reservation Days and make a reservation before visiting the park. Only those holders who have successfully made a reservation will be able to enter the park. Reservations are subject to the quota limits on each Reservation Day
- Diamond annual pass: 365 days of park access, may exclude some park hours for special events.

### About Wellington College Shanghai

Located in the New Bund area, Wellington College International Shanghai is a fully co-educational day school for children aged 3 to 18 years old. Consistent with the ethos of its prestigious partner in the UK, the College seeks to develop the 'Wellington Identity' and instill the 'Wellington Values' in every child, an educational philosophy shared by sister bilingual schools, Huili and Huili Nursery, also located in the New Bund Area. The pupils are encouraged to be Inspired, Intellectual, Independent, Individual, and Inclusive and act with Courage, Respect, Integrity, Kindness, and a sense of Responsibility. Boasting state-of-the-art campuses, Wellington has built a vibrant community where all pupils strive to achieve academic excellence and engage in a comprehensive range of opportunities in music, performing arts and sports with the mission of educating the whole of child.



## SHANGHAI WITH PETS

### Importing pets to Shanghai

It is possible to bring a pet into China. However, without fluent, spoken Chinese or a competent Shanghai-based pet relocation service it could be difficult. Pet relocation procedures are time consuming, so be sure to plan well ahead.

Vaccination and international health certificates must be arranged no more than 30 days before departure. Make sure to ask for a handful of copies of each certificate as you may be asked for the same documents by airlines and immigration departments. All imported pets are required by law to stay in quarantine for seven days. The animal will be transported to the quarantine station from Pudong Airport.

### Pets in Shanghai

Once in Shanghai, pets must be registered at the local police station. This will cost an additional annual fee of 2,000RMB (though this may vary depending on your residence's location). When walking your dog, carry your licence with you at all times in case the police ask to see it.

### Veterinary clinics (Puxi)

#### Doctors Beck and Stones

贝克和史东医生国际动物医院  
No. 66 Qingshan Lu, near Hongjing Lu,  
Minhang District  
闵行区青杉路66号, 锦虹井路  
Telephone: 6402 9226  
Emergency: 400 103 8686

No. 500 Weining Lu, near Changning Lu,  
Changning District  
长宁区威宁路500号, 近长宁路  
Telephone: 3250 6721  
Emergency: 400 103 8686

#### Paw Veterinary Clinic

No. 99 Dongqinglian Lu, near Dajing Lu,  
Huangpu Lu  
东青莲路99号, 大境路  
Telephone: 6733 7866

### Veterinary clinics (Pudong)

#### Paw Veterinary Clinic

上海佩兹动物医疗有限公司  
No. 1-11, Lane 1755 Donglu Lu, near  
Jingao Lu  
东陆路1755弄1-11商铺, 近金高路  
Telephone: 5043 5620

#### St Anthony Animal Recovery Hospital

圣安东尼龙舞康复医院  
No. 440 Hami Lu, near Quankou Lu  
哈密路440号, 近泉口路  
Telephone: 3208 2880

### Pet boarding

Pet care and kennelling services are available in Shanghai while departing Shanghai for either short or long holidays. It is important to note that during Chinese national holidays, most of the kennels are oversubscribed and expensive, therefore booking in advance is highly recommended.

#### BuddyDog

No. 2898 Xiayan Gong Lu, near Nanliu Lu,  
Pudong New District  
浦东新区下盐公路2898号, 近南六路

No. 1249 Haisi Lu, near Nanhai Gong Lu,  
Fengxian District  
奉贤区海思路1249号, 近南海公路  
Telephone: 158 0210 0791

#### Lovely Paws Lakeside Pet Resort

No. 88 Wanyuan Lu, near Caobao Lu, Xuhui  
District Lu  
徐汇区万源路88号, 近漕宝路  
Telephone: 136 6181 1849

#### Jia-Liang Pet Shangrila

No. 1858 Sanlu Gong Lu, near Minrui Lu,  
Pudong New District  
浦东新区三鲁公路1858号, 近闵瑞路  
Telephone: 3411 0089, 6411 0049

#### Spare Leash Shanghai

Spare Leash is dedicated to making life easier for pets and pet owners by providing loving and trustworthy pet sitters in Shanghai.  
[www.spareleash.com](http://www.spareleash.com)

### Useful link

#### Second Chance Animal Aid (SCAA)

Second Chance Animal Aid is dedicated to improving the health and welfare of companion animals and foster care as a healthy and cost-effective alternative to traditional shelters.

[www.scaashanghai.org](http://www.scaashanghai.org)



# TRAVELLING

## Local Shanghai tours

There are many exciting and highly interesting places to visit within and around Shanghai.

### Culture Shock Tours

Culture Shock offers off the beaten path tours allowing guests to enjoy Chinese history / culture and food with an experienced foreign tour leader speaking Mandarin.  
[www.culture-shock-tours.com](http://www.culture-shock-tours.com)

### Historic Shanghai

Founded in 1998, Historic Shanghai raises awareness of Shanghai's fascinating heritage with an offering of tours that explore the city's architecture, history and colourful cultural landscape.  
<https://www.historic-shanghai.com/>

### Shanghai Flâneur

One of the more well-known tour services, this provider calls its offerings 'walking workshops' or a combination of 'a guided urban field trip, an in-depth discussion and professional development'.  
[www.shanghai-flaneur.com](http://www.shanghai-flaneur.com)

### Newman Tours

This tour company is one of Shanghai's best known for good reason. Their sheer creativity and innovation mean that in any season, you can choose from a wide range of different walks.  
[www.newmantours.com](http://www.newmantours.com)

### Shanghai Walking Tour

For a pleasant promenade with a 'passion about walking'.  
[www.shanghaiwalkingtour.com](http://www.shanghaiwalkingtour.com)

### UnTour Shanghai

Dive into China's colourful culinary culture with guided food tours of restaurants, noodle shops and dumpling stands.  
[www.untourshanghai.com](http://www.untourshanghai.com)

### Wheely Bike Tours

Cycling is a Shanghai tradition and the thrill of uncovering new areas of this city on two wheels never dies.  
[www.wheelybiketours.com](http://www.wheelybiketours.com)

## Around Shanghai / China tours

Shanghai is a busy metropolitan city and most newcomers, at some point, will want a change of scenery and to experience the diverse Chinese provinces surrounding Shanghai – with a different take on nature, culture and style. Here are a few travel agencies and organisations that can help you to enjoy a great weekend outside of Shanghai.

### Dragon Adventures

Dragon Adventures is an outdoor travel provider organising creative outdoor trips and extreme excursions to off the beaten path destinations across Asia.  
**WeChat: DragonAdventure**

### Hiking Lovers

Hiking Lovers Outdoor Club organizes hiking excursions and rustic weekend trips for any level of skill and difficulty.  
[www.hikinglovers.com](http://www.hikinglovers.com)

### M2 Adventure

M2 Adventure organise a wide range of outdoor weekend trips and activities around Shanghai.  
**WeChat: M2adventure**

### Ok Deal Club

This company offers opportunities to get away and enjoy nature while having fun and meeting people who share common interests.  
[okdealclub@gmail.com](mailto:okdealclub@gmail.com)

### Travelers Society

This organisation offers alternative weekend and weeklong trips around the more secluded parts of China and Asia.  
[www.travelers-society.com](http://www.travelers-society.com)

### Wanna Travel

This travel agency focuses on trips for foreigners around Shanghai and China.  
[www.wanna-travel.com](http://www.wanna-travel.com)

## Top five holiday destinations from Shanghai

This section focuses on the top five touristy havens from Shanghai and it suggests both national and International destinations. There are many domestic airlines such as Juneyao, Dragon Air and Spring Airlines that can take you to most cities within China and many routes in Southeast Asia for a modest price. On top of this, almost all major airlines worldwide fly to and from Shanghai, so you will be well connected to the world.

### Mainland China

Many expats spend their free time traveling around Asia without considering what China has to offer. Do not let the skyscrapers of Shanghai deceive you; you are now living in an immense country with a vast history and cultural heritage. Chengdu is one of many long weekend destinations you can visit. From there, you have access to Leshan, with the biggest Buddha statue in the world, or the sacred Mount Emei, with stunning views and temples. Also, for a bit of nature, you could go to Zhangjiajie Forest, a breathtaking National Park where the movie Avatar was filmed. Even though language can be a difficulty, it is worth it to immerse yourself in Mainland China.

### Hong Kong China

Perfect for a long weekend, Hong Kong has a lot to offer. Whether you want to spend time in the city enjoying the numerous Michelin-starred restaurants, wander the streets of Downtown Disney in the Disneyworld HK Resort or take a dip in the South China Sea off Lantau Island, Hong Kong will not let you down. Macau, the Las Vegas of Asia, is also just an hour's boat trip away.

### Taiwan China

Taiwan is an intriguing combination of steel and nature, traditions and innovation. It is also very budget-friendly. Taipei has the perfect blend of East and West and from there you can springboard to anywhere else on the island.

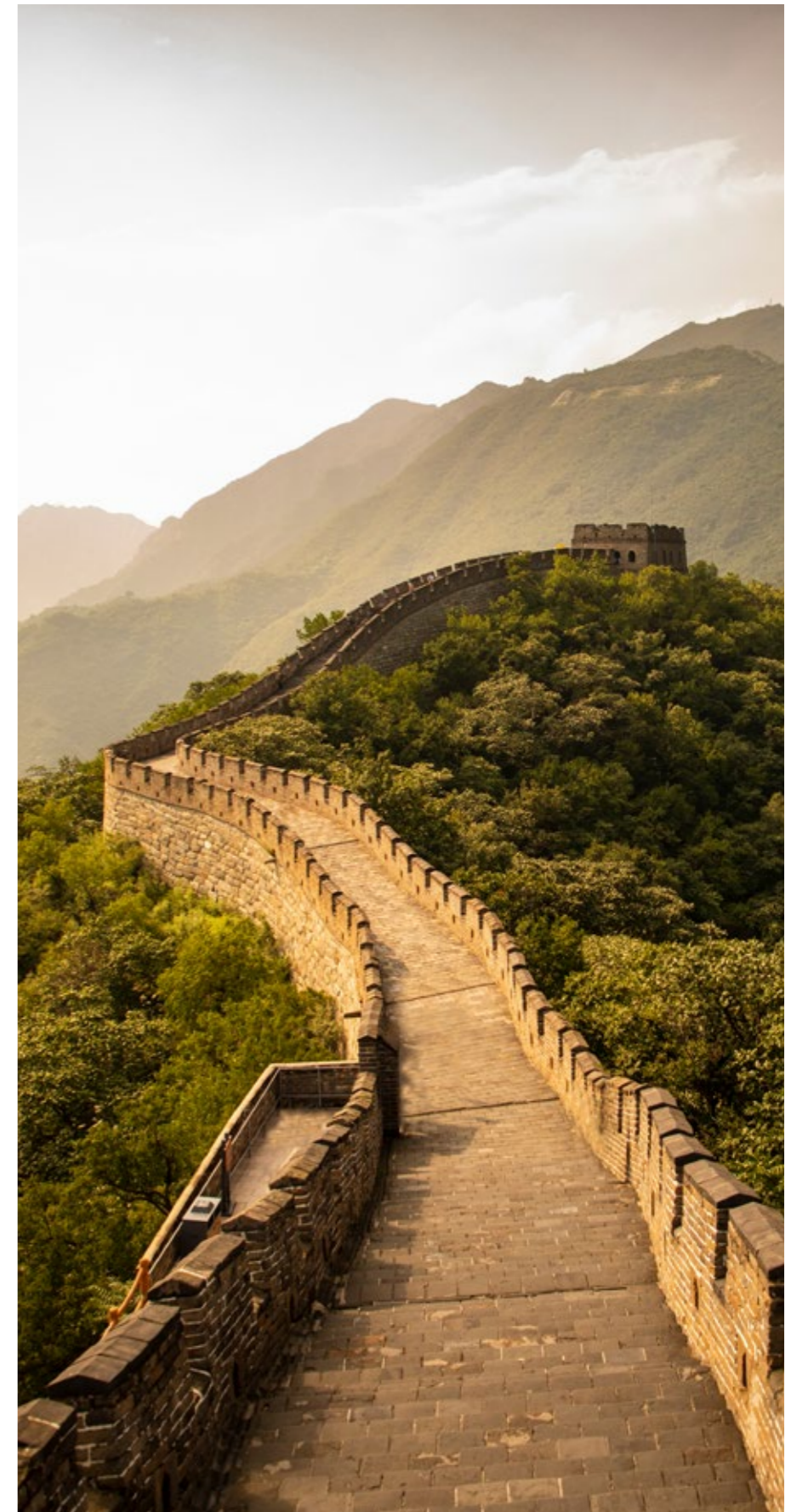
### Japan

From the modern neon metropolis of Tokyo to the cultural heaven of Kyoto, Japan is an astonishing destination to visit. Prepare your pocket, because it is expensive but worth every penny. The cherry blossom season starting in March is the best time to visit. Flights are available from Shanghai to Tokyo (Narita and Haneda), Osaka, Hiroshima, Okinawa and Sapporo.

### South East Asia

We all deserve a beach break every now and then, and Thailand is a beachy paradise on Earth. With direct flights from Pudong to all major resort destinations, including Krabi and Phuket, you can choose whether to go budget or stay in a top-notch hotel. If you want to make the most of South East Asia, there are many possibilities, for instance you can start your trip in Bangkok and finish it in Cambodia or Vietnam.

*There are, of course, many other destinations that have direct flights only you would need a longer break, India, New Zealand and Australia are among the top picks. No matter what your preferences are, Shanghai offers enough options to satisfy every preference and budget.*



## PART FIVE

# MORE RESOURCES

Shanghai provides a wealth of options to get involved with a community of interest.



## MORE RESOURCES

### Relocation Services

#### Allied Moving

Allied can ship goods to over 600 locations worldwide and offers a full-suite of relocation services, including packing and moving, insurance, pet transportation, long- and short-term storage and more.

[www.alliedmoving.com.cn](http://www.alliedmoving.com.cn)

#### Crown Relocations

Crown offers domestic and international relocation services, including transporting household goods, insurance and storage.

[www.crownrelo.com](http://www.crownrelo.com)

#### Pure Relocation

This China-based relocation service provider offers comprehensive moving services as well as visa services for corporate accounts.

[www.purerelo.com](http://www.purerelo.com)

#### Santa Fe Relocation Services

Based in London, Santa Fe has offices across the globe and specialise in international relocation services for both consumers and corporate accounts.

[www.santaferelo.com](http://www.santaferelo.com)

### Property Agencies

#### Ambassador Relocation

Ambassador Relocation has helped expatriates find homes in Shanghai since 2005. In addition to managing a wide database of properties, they provide a 24/7 tenancy management service with a 30-minute call back response time.

[www.ambassadorchina.com](http://www.ambassadorchina.com)

#### Joanna Real Estate

One of China's best-known international property agencies, Joanna Real Estate helps clients find properties for rental or purchase and offers a comprehensive suite of relocation services.

<https://www.joannarealestate.com.cn/>

### Lively House Agency

Lively House Agency specialises in high-rise properties in Shanghai's downtown area and services a number of corporate clients.

Telephone: 13795207168

### Nanny / Housekeeping Services

#### CC Shanghai

CC Shanghai has been providing a comprehensive suite of expat services since 2007. In addition to housekeeping and nanny services, they offer car rentals and drivers as well as relocation services.

[www.ccshanghai.com.cn/#/en/home](http://www.ccshanghai.com.cn/#/en/home)

#### Shanghai MD Maid Service

This agency provides expat families with full-time and part-time domestic help, childcare services and more. They ensure that customers are matched with suitable help through interviews and one-week trials.

[www.md-shanghai.com](http://www.md-shanghai.com)

#### Xinmu Domestic Service

Xinmu has a database of over 40,000 active profiles of domestic helpers who can provide nanny, babysitting, senior care, housekeeping and even tutoring services in Shanghai.

[www.ayi-shanghai.com](http://www.ayi-shanghai.com)

#### Yinuo Home Service

This company matches families with nannies, babysitters, housekeepers, caregivers, family drivers and even car rental services.

[www.shanghai-nanny.com](http://www.shanghai-nanny.com)

## ASSOCIATIONS

### Brits Abroad

A popular group for British and other expats with regular social events, quizzes and popular walks around Shanghai.

[www.britsabroadshanghai.com](http://www.britsabroadshanghai.com)

### Shanghai Expatriate Association

The SEA is a non-profit, multinational, membership-based organisation. It was established to provide a social and cultural network for expats and their families in Shanghai and is one of the largest groups of its kind in China.

[www.shanghaisea.com](http://www.shanghaisea.com)

### Community Centre Shanghai (CCS)

The mission of Community Centre Shanghai is to build a community among expatriates living in Shanghai so that families and individuals maximise their potential both as citizens living abroad and as residents of and contributors to Shanghai. CCS offers classes in art, wellness, cooking and more. It also has a team of qualified mental health professionals that offer therapy services on both an individual and group basis.

[www.communitycentershanghai.com](http://www.communitycentershanghai.com)

### PUXI

#### Hongqiao Centre

N5B, No. 201, Sheng Lun Lan Building, Lane 3215, Hongmei Lu, near Chengjiaqiao Zhi Lu Lu 虹桥虹梅路3215弄201号圣伦大厦5楼B座城, 近程家桥支路  
Line 10 - Longxi Road Station

#### Minghang Centre

2/F, No. 360 Xingle Lu, near Jinfeng Lu, 幸乐路360号2楼, 近金丰路

### Downtown Counseling Centre

B1 – Embassy Club, 1500 Huaihai Lu, near Hunan Lu 淮海中路1500号 鸿艺会会所B1层, 近湖南路  
Line 10 - Shanghai Library

### PUDONG

#### Pudong Centre

3/F, No. 65 Huangyang Lu, Building 3, near Biyun Lu 黄杨路65号3号楼3层, 近碧云路

### International Professional Women's Society

IPWS is an informal, membership-based group established to provide a professional, social and cultural network for expatriate working women.

[ipws.com](http://ipws.com)

### Green Initiatives

This group promotes worthy environmentally oriented causes and hosts regular social events, lectures and talks.

[www.greeninitiatives.cn](http://www.greeninitiatives.cn)

### Rotary Club Shanghai and Rotaract

Shanghai Rotarians are involved in various worthy causes in the community, such as

raising funds that provide heart operations for the underprivileged through Gift of Life Shanghai. It is a platform for networking and socialising among expat professionals.

[www.rotaryshanghai.org](http://www.rotaryshanghai.org)

### Royal Asiatic Society

First founded in 1857 by a group of British and Americans seeking intellectual engagement, this organisation's chapter in Shanghai has enjoyed a long history and holds regular lectures and discussions.

[www.royalasiaticsociety.org](http://www.royalasiaticsociety.org)

### Shanghai Mamas

This is an online community for international families living in Shanghai. Their forum provides helpful information, support and encouragement for families as well as a platform for making friends.

[www.shanghaimamas.org](http://www.shanghaimamas.org)

### Guy Tai

Guy Tai is a group of expatriate stay-at-home dads and spouses (or what we call Guytais) located in Shanghai. Members are from all over the world and meet regularly. The purpose of this group is to build partnerships, share experiences, support each other and have fun.

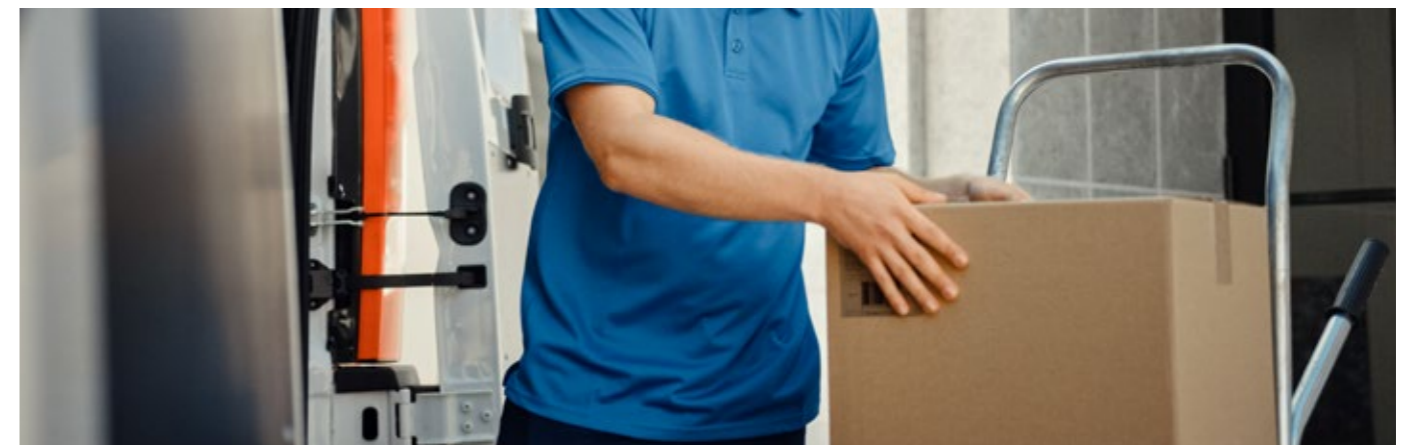
[www.guytai.net/](http://www.guytai.net/)

### Editor's Pick

#### CCS Shanghai 123

A free half-day Shanghai orientation with information on air/water/food plus 'Fun in Shanghai' sections.

See [communitycentershanghai.com/events/shanghai-123](http://communitycentershanghai.com/events/shanghai-123) for a full schedule, including online registration.





## EXPATRIATE MAGAZINES AND WEBSITES

Main websites for information on Shanghai events, restaurants and entertainment:

**That's Shanghai**  
[www.thatsmags.com/shanghai](http://www.thatsmags.com/shanghai)

**Time Out Shanghai**  
[www.timeoutshanghai.com](http://www.timeoutshanghai.com)

**SmartShanghai**  
[www.smartshanghai.com](http://www.smartshanghai.com)

Shanghai-based magazines for information on family matters:

**Shanghai Family Magazine**  
**Urban Family**  
**Time Out Family Shanghai**

General Information on China and Shanghai:

**The Economist**  
[www.economist.com/countries/China](http://www.economist.com/countries/China)

**Lonely Planet**  
[www.lonelyplanet.com/china/shanghai](http://www.lonelyplanet.com/china/shanghai)

### SCAN TO FOLLOW US ON WECHAT



Wellington College International Shanghai

**Main Campus**  
No.1500 Yao Long Lu  
(near the Oriental Sports Center)  
Pudong Shanghai 200124

[shanghai.wellingtoncollege.cn](http://shanghai.wellingtoncollege.cn)

**Early Years Centre**  
No.195 Tong Wan Lu  
Pudong Shanghai 20016



Huili Nursery Shanghai

No.215 Tong Wan Lu  
Pudong Shanghai 20016

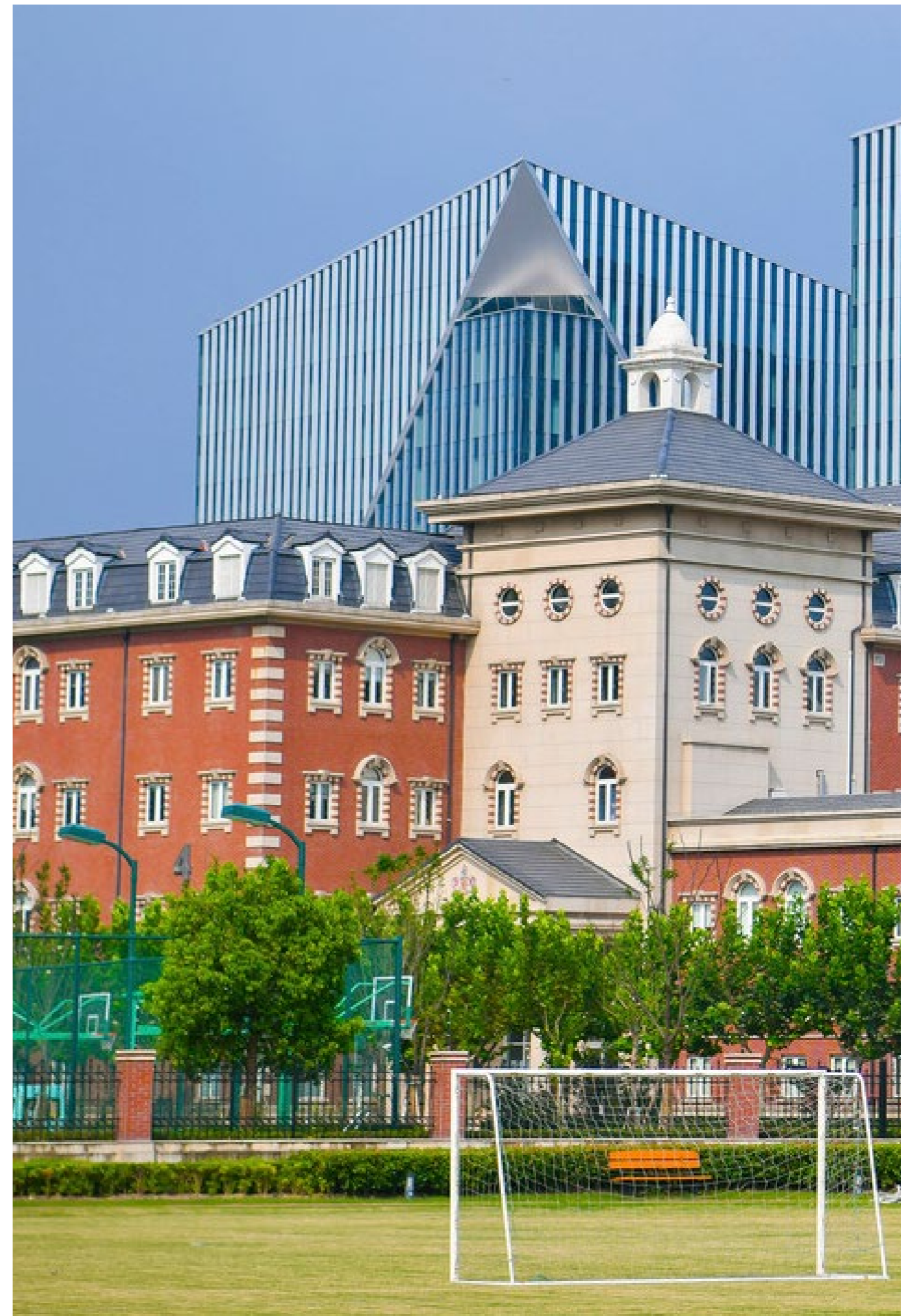
[shanghai-nursery.huilieducation.cn](http://shanghai-nursery.huilieducation.cn)



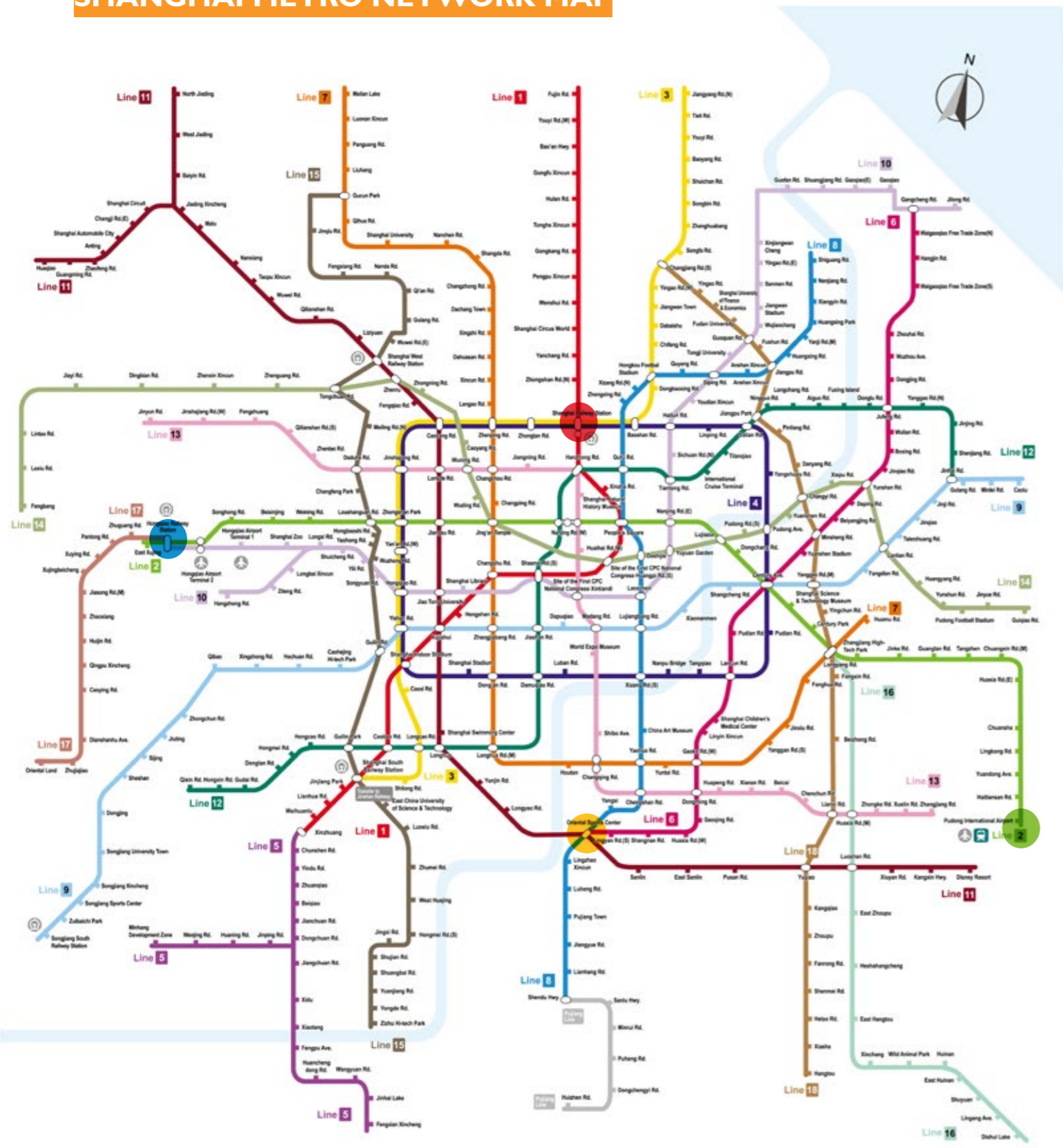
Huili School Shanghai

No.235 Lin Yao Lu  
(near the Oriental Sports Center)  
Pudong Shanghai 20016

[shanghai.huilieducation.cn](http://shanghai.huilieducation.cn)



# SHANGHAI METRO NETWORK MAP



- The Oriental Sports Center Station(Huili Nursery Shanghai, Huili School Shanghai and Wellington College International Shanghai)– Line 6, Line 8 and Line 11
- Shanghai Railway Station– Line 1, Line 3 and Line 4
- Hongqiao Airport Terminal 2– Line 2 and Line 10
- Pudong Airport– Line 2 and Maglev Line

**Jinshan Railway Sketch Map**

Shanghai South   Chundun   Xinqiao   Chendun   Yexie   Tanglin   Jinshanyangpu   Jinshanwei

Attention: Transfer passengers out of Shanghai South Railway Station are not entitle to uninterrupted concession billing and need to pay for new tickets




WELLINGTON COLLEGE  
CHINA

