

Contemporary China Studies Programme

School of Social Development and Public Policy
Fudan University
Shanghai, China

Study Guide

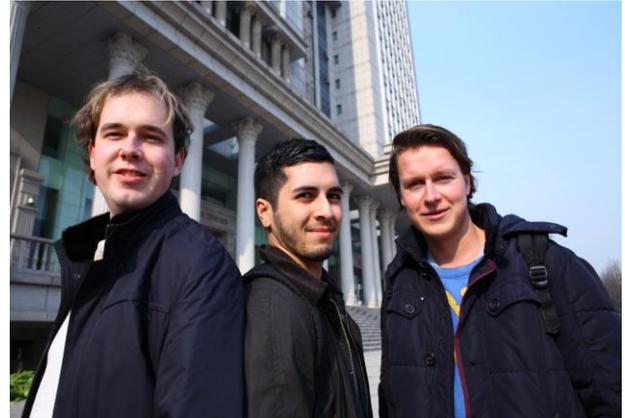
Spring 2012





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CCSP Spring 2012 Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
8:55-9:40	Chinese Language Class (Wenke Building)		Chinese Language Class (Wenke Building)		
9:55-11:35				Introduction to Chinese Society and Culture (ROOM 208,GHX)	
13:30-15:10				Political Economy in China (ROOM 309,GHX)	
15:20-17:00	Practicing Business in China (RM1004,Wenke Building)			Marketing placement in China (ROOM 201,GHX)	

Note: GHX refers to West Sub-Building, Guanghua Tower(光华楼西辅楼)



CCSP Spring 2012 Schedule Orientation Programme

Time	Mon 20-Feb	Tue 21-Feb	Wed 22-Feb	Thur 23-Feb	Fri 24-Feb	Sat 25-Feb	Sun 26-Feb
AM	Arrival Day	Arrival Day	First Meet-up Self Introduction & Fudan General Information (10:00-12:00)	Opening Ceremony By Faculty Professor and IE&D Staff (10:00-12:00)	IKEA visit & Get Familiar with Public Transportation	JiangWan Campus Tour	City Tour & Visit to Yu Garden(豫园)
Noon			Lunch with Language Partner				
PM			Guided Campus Tour (13:30-15:00)	Placement Exam of Chinese Language (TBA)			
			Neighbourhood Introduction & Life Support (Transportation, Supermarket, Sim card for MP, etc) (15:00-17:00)				
Evening			Welcome Reception Dinner				

CCSP Spring 2012 Semester Calendar

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1 Orientation	20 February Arrival Day	21 Arrival Day	22 Orientation	23 Orientation	24 Orientation	25 Orientation	26 Orientation
Week 2 Class	27 Smester Starts	28 Internship Interview	29	1-Mar	2 -Student ID Card photo taking -Visit Exhibition Hall of University History -Library Tour and Info. Session	3 Day Trip to old town in Shanghai(TBD)	4
Week 3 Class	5	6 Internship Interview	7	8	9	10	11
Week 4 Class	12	13	14	15	16日 Visit Shanghai Museum & Shanghai Urban Planning Exhibition Center -	17	18
Week 5 Class	19	20	21	22	23	24	25
Week 6 Class	26	27	28	29	30 Kunqu Concert (昆曲) -Traditional Opera with 600ys history	31	1-Apr
Week 7 Class	2	3	4	5	6	7	8
Week 8 Class	9	10	11	12	13	14 Trip to Hangzhou (TBD)	15 Trip to Hangzhou
Week 9 Class	16	17	18	19	20	21	22
Week 10 Class	23	24 Internship Midterm Seminar	25	26	27 Spring Welcome -Visit Chenshan Botanical Garden -Kite flying (风筝) competition	28	29
Week 11 Class	30	1-May	2	3	4	5	6
Week 12 Class	7	8	9	10	11	12 Visit the school of Migrant Workers' Children	13
Week 13 Class	14	15	16	17	18	19	20
Week 14 Class	21	22	23	24	25 Learning Paper-Cutting or Taijiquan (TBD)	26	27
Week 15 Class	28	29 Internship Report Meeting	30	31	1-June	2	3
Week 16 Class	4	5	6	7	8	9	10
Week 17 Exam	11 Exam	12 Exam	13 Exam	14 Exam	15 Graduation Ceremony & Farewell Dinner	16 end of semester	17

Note: This is a preliminary schedule. Some activities might be adjusted according to circumstances.



Guide to Daily Life

shēng huó zhǐ nán
;生 ;活 ;指 ;南

■ CLIMATE AND CLOTHING qì hòu yǔ chuān yī ;气 ;候 ;与 ;穿 ;衣

Shanghai weather can be described as moderate, but each season has its peculiarities. **Winters** are not particularly cold, temperatures are seldom below zero and it hardly snows in Shanghai. However, many buildings south of the Yangtze River, including Shanghai, do not have heating systems, and winter temperatures combined with humidity may cause chilly circumstances in some homes. Consider this when you plan to rent your own apartment. **Summers** are hot and humid, with temperatures easily reaching 35 degrees Celsius and more. Most of Shanghai's rain falls at this time. **Spring** brings warm temperatures and is the best time of the year in Shanghai alongside **Autumn** when the weather is nice and cool.

In the **warmer months**, T-shirts, light pants, shorts and summer dresses are practical. In the **colder months**, dressing in layers is best: long underwear, jeans, shirts and sweaters. Wool, cashmere, down jackets and overcoats are most useful and can easily be purchased in Shanghai.

■ ELECTRICITY yòng diàn ;用 ;电

Electricity in China is 220 volts, 50 Hz AC. Plugs come in different designs, but generally come in two types: three-pronged angled pins (Australian style) and two flat pins (American style but without the ground wire).

Adaptors, power converters (diàn yā tiáo jié qì ;电 ;压 ;调 ;节 ;器) and extension cords (chā xiàn bǎn ;插 ;线 ;板) can be purchased at most supermarkets and department stores.



■ **FOOD** yǐn shí ;饮 ;食

Shanghai is no doubt one of the food capitals of the world. There are literally tens of thousands of registered restaurants that offer food from every corner of the country and the world, ranging from cheap noodle shops to lavish banquet halls. Meals in restaurants can range from twenty to hundreds and even thousands of RMB per person. But at the student canteens and hole-in-the-wall eateries that dot the streets and neighborhoods, meals can cost as little as 5 RMB per person.

Various English language magazines contain restaurant and bar listings and reviews. Most menus are in Chinese only, but increasingly menus are in English and/or contain tasteful pictures of the dishes on offer. It is also not uncommon to look around what is on the neighboring tables and point at delicious-looking dishes other customers are eating. Eating out is much more common in China than it is in most Western countries. We know that some CCSP students every day eat their breakfast, lunch and dinner outside! Good restaurants fill up rapidly during lunch and dinner time, and most take reservations. Make sure you bring cash, because many restaurants do not take (international) credit cards. The Appendix contains a long list of Chinese dishes and drinks in English and Chinese.

Of course you may also decide to cook for yourself. All apartments at the Tohee International Students Dorms are equipped with a full kitchen, including gas stove and fridge. Please note that articles of daily use, such as cups and plates, cutlery, pots and pans etc. etc. are not provided. These are considered items of personal use and these are not transferred from one person to another. All of these articles can be purchased easily and cheaply at the WalMart store – which is adjacent to Fudan – or one of the many other department stores in the vicinity of your student dorm. In addition there are numerous supermarkets where you can buy all of your food and drinks. Large supermarkets have special sections for imported foods. All supermarkets sell different types of bread, but usually these are somewhat sweeter and not as fresh as most European bakeries would sell. Western hotel chains often have shops that sell fresh, Western-style breads and cheeses.



■ HEALTH ^{jiàn kāng} ;健 ;康

Common Reasons for Health Problems ^{cháng jiàn jiàn kāng wèn tí} ;常 ;见 ;健 ;康 ;问 ;题

It is important to be aware of some of the reasons why students sometimes get sick more often than normal while in Shanghai.

- **Climate & Weather Conditions** ^{qì hòu tiān qì} ;气 ;候、 ;天 ;气

Temperatures in Shanghai can swing within days or even within 24 hours. Layers of clothing during the colder months are recommended. Even during some of the warmer months the day can be nice and sunny but temperatures can then drop dramatically by the evening. Shanghai has a subtropical climate and therefore can be quite humid in the summer. Temperature differences between warm and humid outdoors and air-conditioned office buildings and shopping malls may also cause colds. It is easy to get dehydrated especially during winter. Drink a lot of water to counteract this. Remember that even when the body does not sweat, it still loses water. Coughs, colds, sore throat are some of the most common ailments. Shanghai has 20 million inhabitants, so you will never be alone and a cold is easily caught from people in your direct vicinity. Don't be surprised to see people with mouth masks in busy locations, such as the underground. If you have the flu yourself, you may consider using a mask to avoid spreading the disease to your friends and fellow students!

- **Food & Water** ^{yǐn shí yǐn shuǐ} ;饮 ;食、 ;饮 ;水

Different people have different tolerance levels for bacteria. Those with delicate stomachs should take extra precautions. **Please note: water from the tap is not drinkable, boil water for a few minutes before drinking it. Bottled water is available everywhere.** Eat in places that look relatively clean and which have plenty of customers. Allow your stomach to get used to the local food and flavors as well. Let your digestive system to get used to newly-acquired eating habits in China. If you cook, wash everything thoroughly. Do not leave food out in the open. Minimize food contamination by keeping leftovers in the refrigerator.

■ Medical Care ^{yī hù} ;医 ;护

The Chinese number for medical emergencies is 120. You can call this number all over China. An ambulance should arrive within a few minutes, traffic conditions permitting.



The Chinese medical system does not know the practice of General Practitioners, who cater to your daily medical needs and who refer you to specialists at the hospital if needed. For every ailment, you will have to go to the hospital directly. Most hospitals are public institutions, although in major cities, including Shanghai, you will find more and more private hospitals and clinics. In Shanghai and Beijing, you will find various medical facilities and dentists that cater specifically to foreigners, such as the Shanghai United Family Hospital. If you have purchased an international health insurance, we recommend that you consider an international hospital or clinic if you need to see a doctor.

Visiting a Chinese hospital can be a confusing experience, especially if you are ill. Make sure you bring someone who speaks Chinese to help you register, get a number at the right counter, find the right doctor and interpret for you, because English is hardly spoken by nurses or doctors. Privacy and hygiene seem to have another meaning in most Chinese hospitals than you are used to. Do not be surprised that you share a consulting room with more than one patient. Most hospitals practice Western medicine. Traditional Chinese medicine (TCM) is usually practiced in specialized hospitals, although more and more hospitals practice a mix of Westerns and traditional Chinese medicine.

Please refer to the Appendix for addresses of some hospitals.

■ Pharmacies yào diàn ;药 ;店

There are many pharmacies and drug stores in Shanghai, including the surroundings of Fudan University. They are marked by a green cross. Finding a pharmacy is easy, finding English speaking staff at pharmacies is not! Some pharmacies may have a bi-lingual medical directory, and most Chinese medications have the generic name in English on the box. If you have already used a certain medicine, please make sure you bring the box next time you visit a pharmacy. Western clinics usually have pharmacy stocked with Western medicine that you may not find in Chinese pharmacies, but at considerably higher price. The Shanghai United Family Hospital offers imported prescription medicine.

Chinese pharmacies do not recognize prescription from Western doctors or hospitals. To get prescription drugs in China, you will have to get a prescription from a Chinese doctor or hospital. You are recommended to bring a small stock of often used medicine, like pain killers.



Many Western over-the-counter medicine can also be found at the Watsons chain of drugstores. Watsons is located in many of Shanghai's shopping malls. It is useful for toiletries as well. Medicines considered prescription drugs in most European countries, including certain antibiotics, may be readily available over-the-counter in China. Those who are allergic or sensitive to certain medications should take extra care when buying medicines.

■ INSURANCE bǎo xiǎn ;保 ;险

International students at Fudan University are obliged to purchase a local medical insurance upon arrival in China, at the time of registration at the International Students Office of the university. The price of the local insurance is 300 CNY (appr. 35 Euros). The policy of the local medical insurance has only limited coverage, including in-patient care and emergencies at local hospitals, but it does not cover treatment in international health clinics, assistance by international health services, or the cost of repatriation.

Prior to departure for China, you are therefore **strongly recommended** to purchase an International Student Health Care Insurance in your home country, with coverage for the duration of their program. For a complete list of medical and dental emergencies that are covered by this policy, please refer to the Policy Brochure of your insurance. Please make sure you read the fine print and thoroughly understand your insurance policy!

You may want to consider choosing a medical insurance that gives access to International SOS Clinic (ISOS) membership throughout the duration of their program. SOS International operates a 24-hours emergency hotline and maintains relationships with hundreds of hospitals in China which they have approved for treatment of foreigners, and with international airlines to arrange for medical evacuation and repatriation if you need it.



Beijing International SOS Clinic
Suite 105, Wing 1, Kunsha Building
16 Xinyuanli, Chaoyang District
Beijing 100027
China
Tel +86 10 6462 9100
Fax +86 10 6462 9111

In case of any medical condition or emergency, call the ISOS 24-hour Alarm Centre (+86 10) 6462 9100 (Quote your ISIS membership no.)

IF MEDICAL ASSISTANCE IS REQUIRED, FOLLOW THE GUIDE BELOW:

- 1) Call the **ISOS 24-Hour Alarm Center in Beijing at (+86 10) 6462 9100** to consult a doctor and to determine the necessity of visiting the ISOS Clinic.
- 2) If a visit to the ISOS Clinic is advised, the student can decide to visit the ISOS Clinic or to consult another doctor at another facility.
- 3) Before going to see a doctor at any medical facility, please read through the Policy brochure of your insurance to know exactly **what medical and dental emergencies the policy covers**.
- 4) When visiting a clinic/hospital, bring the following documents:
 - Student Insurance Certificate Number
 - Indemnification Form
 - Enough money to cover expenses or credit card (VISA, Master Card, Diner's Club, Yin Lian Debit)
- 5) During the visit to the clinic/hospital, make sure the following procedures are followed.
 - Fill in the necessary information including your Insurance Certificate Number and sign the Indemnification Form.
 - Ask the attending physician to complete and sign the Indemnification Form.
 - Keep all receipts for consultation fees, medical tests, and medications purchased.



■ INTERNET hù lián wǎng ;互 ;联 ;网

There are around 500 million internet users in China. Indeed, the Chinese belong to the most active internet users in the world and most Chinese students are active in various social networking sites. While very widespread, the Chinese government tries to control the use of internet, and a number of foreign websites have been blocked including popular news sites such as CNN and social networking sites like Facebook, YouTube and Twitter. To access these sites, you will have to purchase and install a VPN. For Chinese internet users, this hardly is a problem, because they have their own Chinese language versions of such sites. Please also note that internet connections may not be as fast as in most European countries, and downloading movies and files with large contents may be slower than you are used to.

■ Fudan University

As officially registered international students of Fudan University, all students of the Contemporary China Studies Programme will receive free access to the Fudan University intranet. Usernames and passwords will be issued during registration at the International Students Office.

■ Tohee Apartments gōng yù ;公 ;寓

All apartment at the Tohee International Students Apartments are furnished with internet connections. Upon check-in on the day of your arrival, you will receive instruction on how to operate the internet in your room.

■ Shanghai

Many bars, café's, tea houses and restaurants in Shanghai, including popular chains such as Starbucks and UBC Coffee, provide free wireless internet to their customers. Most Chinese telecom operators, such as China Mobile, offer wireless internet connections through USB-driven SIM cards, which gives you mobile internet access wherever you go in Shanghai and in China.



■ **LAUNDRY** xǐ yī ;洗 ;衣

All apartments at the Tohee International Students Apartments are equipped with washing machines. However, dryers are not readily available in Shanghai, so clothes have to be line-dried.

■ **Laundry & Dry-cleaning Services**

zhuān yè gān xǐ yùn tàng fú wù
;专 ;业 ;干 ;洗 ;熨 ;烫 ;服 ;务

There are many laundry and dry cleaning shops in the Fudan University area – please speak to the front desk at Tohee International Students apartments for directions and further information.

■ **MAIL/POST** yóu zhèng ;邮 ;政

CCSP students are advised to have their mail sent to their apartment’s address.

For packages that have been sent to you and cannot be delivered to you, the Post Office sends a package claim slip and directs the receiver to go to a particular post office. **The Package Claim Slip and Receiver’s Passport are necessary for claiming the packages.**

Note that to send letters **WITHIN CHINA**, the **Receiver’s Address & Name** is written on the upper left hand side of the envelope while the **Sender’s Address & Name** is written at the Center of the envelope.

■ **Domestic Mail** guó nèi xìn jiàn ;国 ;内 ;信 ;件

□	□	□	□	□	□
RECEIVER’S ADDRESS (shou xin ren)					
City					
Address					
Name					
			SENDER’S ADDRESS (ji xin ren)		



The postal code must be written inside the red boxes on the **upper left hand** side of the envelope. Omitting the postal code may result in undeliverable mail.

■ **International Mail** ^{guó jì xìn jiàn} ;国 ;际 ;信 ;件

SENDER'S ADDRESS (ji xin ren)

City

Address

Name

RECEIVER'S ADDRESS (shou xin ren)

Name, Address, Country in Chinese Characters

When sending letters **ABROAD**, internationally accepted standards apply with the **Sender's Name & Address written** on the upper left hand side of the envelope and the **Receiver's Name & Address** written at the Center of the envelope. To ensure faster delivery to the receiver's mailing address, write the COUNTRY of destination in CHINESE CHARACTERS.

■ **MONEY MATTERS** ^{huò bì} ;货 ;币

Money in China has three different names. It is known as Ren Min Bi (RMB or People's Money), (Chinese) Yuan (CNY) and Kuai. The basic unit of Chinese currency is the **Yuan** 元 but in spoken language, it is called **Kuai** 块. Ten **Jiao** 角 (for written language) or **Mao** 毛 (for spoken language) make up one Yuan/Kuai. Ten **Fen** 分 make up one Jiao/Mao.

Paper notes come in three different denominations. The **biggest** denomination represents 1 kuai, 2 kuai, 5 kuai, 10 kuai, 20 kuai, 50 kuai and 100 kuai. The **medium-sized** ones represent 1 mao (brown), 2 mao (green) and 5 mao (pink/purple). The **smallest** ones represent 1 fen (yellow), 2 fen (blue) and 5 fen (green).



Coins come in the following denominations: 1 kuai, 5 mao, 1 mao, 5 fen, 2 fen, and 1 fen.

Fake bills are in circulation throughout China. To minimize receiving fake bills, get change for RMB100 bills in legitimate stores. For instance, use RMB100 bills when buying groceries at supermarkets to get an ample supply of smaller bills and loose change. It is handy to keep small bills especially when taking a cab. Try not to use a RMB100 bill when purchasing RMB5 worth of goods from a small street vendor and risk getting change in fake bills

■ **Changing Money** huàn qián ;换 ;钱

There are several places to change money in the Fudan University area. There is no need to shop around for the best rates because they are uniform throughout China. Note that your passport must be presented at all times when changing money at a bank. The same goes for all other bank transactions. Please note that not all banks accept traveler's checks.

■ **ATMs** tí kuǎn jī ;提 ;款 ;机

Most Automatic Teller Machines (ATM) in Shanghai are plentiful and most accept foreign-issued cards. Stickers on every ATM indicate which domestic and international cards are accepted (Cirrus, American Express, Visa, MasterCard, etc.). Most ATMs operate in various languages, including Chinese, English, Japanese and Korean. When a foreign-issued card is inserted into an ATM that does not accept foreign cards, the machine may keep the card. When this happens, a request must be made to bank personnel for retrieval of the card. Your passport needs to be presented for purposes of identification.

Note that ATMs only dispense RMB. At most ATMs, the maximum cash withdrawal is RMB 2,500 per retrieval, with a maximum of RMB 10,000 per day.

■ **Credit Cards** xìn yòng kǎ ;信 ;用 ;卡

Although internationally issued credit cards are now accepted in Shanghai, they are accepted at a limited number of establishments, mostly better hotels and selected restaurants, malls and shops. The most frequently accepted credit cards are Visa and MasterCard. The predominant mode of payment in most parts of Shanghai is still cash.



■ Opening a Bank Account kāi hù ;开 ;户

To open a bank account in China is easy and swift. There is no minimum deposit in Shanghai for opening a savings or checking account. Your passport must be presented to the bank when opening a bank account, and please bring a copy of your passport as well. The Bank of China (BoC) is highly recommended as in case of remittances from abroad, this bank has the fastest processing and shortest lead-time. You may choose a RMB account or a multi-currency account, at which you can also receive Euros. When you open a bank account, you can also apply for various types of bank cards or credit cards. The BoC's Great Wall Debit Cards is the most often used card. It allows you to withdraw money from most ATM's and pay in most shops and restaurants with a (6-digit) pin code.

■ Money Transfer to Bank of China yín háng zhuǎn zhàng ;银 ;行 ;转 ;账

Money can be transferred from international bank accounts to China. It will take up to 1 week for the money to go through. You may take your bank book to the bank teller at any Bank of China and have the teller update your bank book to see if the money has gone through. The money will appear in the currency transferred.

You may give the following information to those transferring international money to your Bank of China account.

Beneficiary's Name: Your Name as it appears on your Account Application

Account Number:

Swift Code:

Bank Name and Address:

■ Western Union xī lián huì kuǎn ;西 ;联 ;汇 ;款

Western Union money transfers can be sent and received at all Agricultural Banks of China and many post offices throughout Shanghai. You need only to bring your passport to collect money transfers. Please note that the maximum amount collected at a time is USD 2000.



■ **PHONES** ^{diàn huà} ;电 ;话

■ **IP Card** ^{kǎ} IP ;卡

IP (Internet Protocol) cards are phone cards used for long distance and international phone calls. Making phone calls from China to Europe by IP card only costs a few cents per minute. IP cards are sold with face values of RMB50, 100 and 200, **BUT** are normally sold for about **half price**. For instance, an IP card with a face value of RMB 100 is usually sold for RMB 30-50. IP cards can be bought at kiosks and phone shops almost anywhere in Shanghai.

The procedure in using an IP card is outlined at the back of the card.

- 1) Dial the 5 digit phone number stated on the card
- 2) Press 1 for Chinese or 2 for English
- 3) Dial the card number, then, “#”
- 4) Dial the pin then “#” (the pin is found under the grey box on the back)
- 5) Dial 00, country code, area/city code, telephone number and “#”

■ **Mobile Phones** ^{shǒu jī} ;手 ;机

Mobiles phones can be purchased in Shanghai starting from around RMB 400. SIM cards start from RMB 50 depending on the digits in the phone number. SIM cards that include phone numbers with a lot of 8s and 6s are bound to be more expensive because these numbers are believed to bring good luck. Those with 4s, on the other hand, are bound to be cheap as the Chinese avoid the number 4, which has the same pronunciation as the word “death” in Chinese (similarly, you will find that the 4th, 13th and 14th floor are often “missing” in tall buildings).

Note that mobile phone numbers that start with 134, 135, 136, 137, 138 and 139 (China Mobile) can send SMS messages to mobile phone numbers that start with 130, 131 and 132 (Unicom) and vice versa. However, SMS messaging between different companies may be more expensive.

In order to get credit for mobile phones, a subscription with a mobile phone company is **not** necessary. Prepaid rechargeable cards with face values of RMB 100 and RMB 50 are sold at the same places where phone cards and IP cards are sold and may be bought simply as the need arises. Note that when the prepaid value on a mobile phone has been completely used up, it can no longer receive calls.



China adopts the two-way billing system for mobile phones. Depending on the telephone plan you chose, usually both incoming and outgoing calls incur charges.

■ **Coin & Card Phone Booths** ^{tóu bì diàn huà} ;投 ;币 ;电 ;话

Coin phone booths take one mao, five mao and one kuai coins. IC cards (public phone cards) come with face values of RMB100, RMB50 and RMB30 and can be purchased at the same places as all other phone cards. Insert the card into the phone and dial.

■ **Public Phones** ^{gōng yòng diàn huà} ;公 ;用 ;电 ;话

Some private shops also offer phone services. Watch out for a white board with a red phone and Chinese characters that read “^{gōng yòng diàn huà} ;公 ;用 ;电 ;话 gongyong dianhua.” A brief local phone call usually costs about four mao. For international calls, look out for a sign that reads “^{cháng tú diàn huà} ;长 ;途 ;电 ;话.” The shopkeeper determines the phone fees.

■ **PUBLIC HOLIDAYS** ^{gōng gòng jià qī} ;公 ;共 ;假 ;期

In 2012, the Chinese New Year starts on January 23. According to Chinese astronomy, it will be the Year of the Dragon!

During the Spring 2012 semester, there will be a number of Chinese public holidays. Among them are Tomb Sweeping Day on April 5, when the Chinese remember their ancestors, and International Labour Day on May 1. Please note that public holidays that fall during working days are often compensated for during the preceding or following weekend. So you may be expected to go to class on Saturdays or Sundays! Upon your arrival in China, you will be informed in detail about the public holidays schedule.

■ **SAFETY** ^{ān quán} ;安 ;全

Shanghai is a relatively safe place to live and study. Reported crime is very low, in particular against foreigners. Generally speaking, women feel safe in public places also at night. Should you encounter any problems, there is a local police bureau near the campus and apartments.



Please see Appendix I for the addresses. Inform Fudan University immediately if you incur any problems and require police assistance.

To protect yourself, take the following normal precautions:

- Don't invite trouble.
- Watch out for your handbag.
- Don't flash money around. Keep doors locked.
- Try not to walk alone in dark, secluded areas at night.

■ **SHOPPING** ^{gòu wù} ;购 ;物

Shanghai's shopping areas can now rival that of major cities in the world. Upscale shopping malls, exclusive designer shops, as well as cheap open air markets are located in every district. Of course, there is still much that can be purchased from the small stores/kiosks (xiao mai bu 小卖部). See Appendix VII for list of shopping districts, malls, department stores, markets and foreign language bookstores. Please note that shopping malls and department stores sell their goods at fixed prices, but that you are expected to bargain hard for a good price at open markets!

■ **TOILETS** ^{wèi shēng jiān} ;卫 ;生 ;间

Squat toilets are most common in Shanghai though sitting toilets (water-flushed bowl and seat) can be found in most large hotels, selected restaurants, malls, and shopping centers. **Toilet paper is not readily available in public toilets, so carry some at all times!** Unlike most sitting toilets, toilet paper must be disposed in the garbage bin beside a squat toilet as the flush system is not always as efficient.



■ TRANSPORTATION ^{jiāo tōng} ;交 ;通

Shanghai is a highly mobile city. Traffic is busy and chaotic, so look both ways before crossing any road even if it is a one-way street! Be aware of the bicycle-riding population as they dart through traffic. Small accidents are not uncommon.

There are several forms of transportation available in Shanghai.

■ Bicycle ^{zì xíng chē} ;自 ;行 ;车

The cheapest way to get around Shanghai aside from walking is by bike. New bikes cost between RMB350 to RMB2.000; however, stores sell used bikes at a cheaper price. Bike theft is common, though, and newly purchased bikes can be stolen within 24 hours. Secure your bike with at least one good lock. Buy the bike and bike locks at different shops. It is strongly recommended that expensive bikes NOT be purchased, as they are the ones most prone to theft. Get the most ordinary looking bike.

■ Bus ^{gōng gòng qì chē} ;公 ;共 ;汽 ;车

Buses are aplenty in Shanghai and next to bikes, are the most common form of transportation. They are cheap and accessible from many points in the city although travel time is longer compared to when taking a taxi. Bus fares are as low as RMB1 but can increase depending on such factors as the distance traveled and whether or not the bus is air-conditioned.

■ Subway (^{dì tiě} ;地 ;铁) and Light Rail (^{qīng guǐ} ;轻 ;轨)

Commuting by the Shanghai Metro is fast, easy and cheap. The base fare for most lines is RMB 3 for journeys under 6km and then 1 RMB for each additional 10km. The Shanghai Metro currently runs 5 lines with additional lines under construction. The city is well connected with the Shanghai Metro's 90 stations.

There is a Metro station near Fudan University. For the Shanghai Metro map, see Map 3.

■ Taxi ^{chū zū chē} ;出 ;租 ;车

Taxi is the most expensive but most convenient and comfortable way to get around Shanghai. There are many different taxi companies operating in Shanghai. The two most popular and recommended companies are Dazhong (turquoise taxi) and Qiangsheng (yellow taxi).The flag-down fee for all cabs is RMB11 except after 11PM when it increases to RMB14. This means it is



RMB11 for the first three kilometers; thereafter, RMB2.00 per kilometer. A taxi ride from Fudan University to the city center will probably set you back RMB 30 to 40, which is roughly 3 to 4 Euro. Take note of the driver's ID number and look for the meter. Make sure you ask for a receipt “^{fa1}发^{piao4}票” when you exit the cab. In case of disputes in cab fares and items that may be inadvertently left behind, a receipt facilitates a trace.

■ **TRAVEL** ^{lǚ yóu} ;旅 ;游

■ **Train** ^{huǒ chē} ;火 ;车

Traveling by train can be a wonderful experience to see the countryside of China. The country is rapidly expanding its system of high-speed trains, that run 300 km per hour. Train numbers that begin with “T” (i.e. T515) are the fastest; “K” trains (i.e. 515) are a bit slower; and trains without a letter in front (i.e. 515) are the slowest and stop at every train station. Please note that if you buy a train ticket on your own, you can only purchase the ticket 4 days before the train departure. For a surcharge, you may buy your train tickets at the travel agency at the Tohee Apartments.

When buying a train ticket there are usually five options: hard seat (^{yìng zuò}硬 ;座), soft seat (^{ruǎn zuò}软 ;座), hard sleeper (^{yìng wò}硬 ;卧), soft sleeper (^{ruǎn wò}软 ;卧) and standing (^{wú zuò}无 ;座). The standard for these options depends on the train class.

Train stations are very busy places. Be careful of your belongings at the station as well as on the train. All trains will have a security guard who patrols the train.

For long distance trains, there will be a food carriage as well as train attendants who come through with food carts containing instant noodles, snacks, and drinks including bottled water. Each train carriage has a bathroom and hot water dispenser.

Be sure to hold on to your train ticket until you exit the train station of your destination. Many train stations will check to be sure every passenger holds a ticket before exiting the station.



■ **Airplane** fēi jī ;飞 ;机

Shanghai has two international airports, Hongqiao in the west of the city, and Pudong on the most eastern outskirts of the city. Most international flights from and to Europe and the Middle-East use Pudong. For domestic flights, Hongqiao is more popular and more convenient, because it is located much closer to the city center.

There are many airlines in China. Air China is the national carrier. China Eastern Airlines and Shanghai Airlines are both operated from Shanghai. Travelling by air is safe and cheaper than in Europe. The standard airfare for an air ticket Shanghai to Beijing is RMB 1,000, but on many flights discounts to up to 30% are available. When traveling by air, be sure to bring your passport. For domestic flights, please make sure you arrive at the airport one hour before your flight and two hours for international flights.

There is a student travel agency within the grounds of the Tohee International Students Apartments, where you can buy air, train and long-distance bus tickets and make hotel reservations. You may also make reservations online. The most popular travel websites are C-Trip and E-Long, both websites operate in both Chinese and English.

C-Trip

Airplane and Hotel Bookings

www.ctrip.com (English and Chinese)

Tel: 800-820-6666

E-Long

Airplane and Hotel Bookings

www.elong.net (English and Chinese)

Tel:400-810-1119

■ **VISA** qiān zhèng ;签 ;证

The Fudan University International Students Office provides the international students of the CCSP with an official Invitation Letter and a Visa Application Form, to be presented to the Chinese Embassy or Consulate General when applying for an F-type visa to enter China. A valid passport and passport photo must also be presented. Students of the CCSP will be issued a single-entry F Visa with a validity of six months from the date of entry into China. Please make sure to check the website of the Chinese Embassy or Consulate General in your country or city for detailed information about application requirements and procedures as well as for opening times.



Fudan University is not responsible for the costs involved in extending an existing visa. Fudan provides assistance and advice on how to extend the visa; however, the university is not responsible for arranging the extension of visas for students. Students will have to arrange for their own extension of visas, and the costs involved. In the event you wish to stay longer in China in connection with an internship, you must request your internship organization to issue an invitation letter to support your new visa application.

If you wish to leave mainland China for a short trip during the period of your studies at Fudan University, a re-entry visa is necessary to return to China. Please note a re-entry visa is also necessary when entering China from Hong Kong and Macau. The re-entry visa and fees are the responsibility of the student. The university will advise the student how to change or extend the visa, but the fees that may incur are the responsibility of the student. If you wish to apply for a double-entry visa, you are often requested to show air ticket reservations for both entries into China.

■ **Public Security Bureau** gōng ān jú
;公 ;安 ;局

To extend, change, or apply for a re-entry visa, the student must go to the Public Security Bureau (PSB). It is necessary to bring the student's **passport, Registration Form of Temporary Residence** from the Police Station nearest to the student's accommodation, and 2 passport photos. Please note that the passport will be held for at least 1 week. Be sure to make plans accordingly and have a copy of your passport and visa on you at all times. **The applicant must be present to apply, extend, or change the visa.** The PSB will not process the application unless the applicant is there in person to submit it.

Exit-Entry Administration Department of Shanghai Public Security Bureau	出入境管理局
Shanghai Pudong District 200080	上海市浦东区
Minsheng Road 1500	民生路 1500 号, 邮政编码: 200080
Tel: (86 21) 2895 1900	电话: (86 21) 2895 1900
Office hours: Monday – Saturday (except public holidays) 9:00am – 11:30am; 1:30pm-4:30pm	工作时间: 周一至周六 早上 9:00 至上午 11:30; 下午 1:30 至 4:30

Appendix I fù ; 附 ; lù ; 录 ; yī ; 一

Useful Addresses & Phone Numbers

shí yòng dì zhǐ jí diàn huà lù
; 实 ; 用 ; 地 ; 址 ; 及 ; 电 ; 话 ; 录

➤ USEFUL PHONE NUMBERS

Police Hotline	110
Local Telephone Information	114
Directory Assistance (Domestic)	114
Directory Assistance (International)	115
Time Check	117
Fire	119
Ambulance	120
Weather Information	121
Foreigners Section of the Beijing Public Security Bureau (PSB)	2895 1900

➤ POLICE STATION

Hong Kou District Police Station	上海公安局虹口分局
Minhang Lu 260	上海市虹口区闵行路 260 号
Hong Kou District, Shanghai	
Tel: (86 21) 6324.2200	电话: (86 21) 6324 2200
Operating hours: 8.00am-8.00pm	工作时间: 8.00am-8.00pm

Appendix II 附 录 二

Medical Services/Facilities

yī liáo fú wù jī gòu
;医 ;疗 ;服 ;务 ;机 ;构

- **Shanghai United Family Hospital (PRIVATE)**
1139 Xian Xia Road
Changning District, Shanghai
北京和睦家医院
中国上海市长宁区仙霞路 1139 号
Tel: 5133 1900-Hour Emergency Hotline: 5133 1999

- **World Link Medical Center – Hong Qiao Clinic (PRIVATE)**
2258 HongQiao Road
上海瑞新医疗中心
虹桥路 2258 号
Hour Emergency Hotline 6445 5999

Appendix III 附录三

Selected Consulates

dà shǐ guǎn
;大 ;使 ;馆

For details of other Embassies please ask the FUDAN UNIVERSITY Office.

Name	Address		Telephone
Australia	22/F, CITIC Square, 1168 No.1168 Nanjing Xi Lu	南京西路 1168 号中信泰富广场 22 楼	5292 5500
Canada	Suite 604, Shanghai Center, No.1376 Nanjing Xi Lu	上海南京西路 1376 号上海商城西峰 604 室	6279 8400
Republic of France	2 F, Hai Tong Securities Tower, No. 689 Guang Dong Lu	上海市广东路 689 号海通证券大厦 2 层	6103 2200
Federal Republic of Germany	181 Yongfu Lu	永福路 181 号	3401 0106
Ireland	Room 700A, Shanghai Center, No.1376 Nanjing Xi Lu	南京西路 1376 号上海商城 700A 室	6279 8729
Japan	No.8 Wanshan Lu	万山路 8 号	5257 4766
New Zealand	15F, Qihua Tower, No.1375 Huaihai Zhong Lu	淮海中路 1375 号启华大厦 15 楼 A 座	64711127
Norway	Room 321, No.12 Zhongshan Dong Yi Lu	中山东一路 12 号 321 室	6323 9988
Russia	No.20 Huangpu Lu	黄浦路 20 号	6324 8383
Spain	No.12 Zhongshan Dong Yi Lu	中山东一路 12 号	6321 3543
Sweden	Room 1530-1541, Shanghai Central Plaza, No.381 Huaihai Zhong Lu	淮海中路 381 号中环广场 1530-1541 室	6391 6767
Switzerland	22F, Building A, Far East Internaitonal Plaza, No.319 Xianxia Lu	仙霞路 319 号远东国际广场 A 幢 22 楼	6270 0519

United Kingdom of Great Britain and Northern Ireland	Suite 301, Shanghai Center, 1376 Nanjing Xi Lu	南京西路 1376 号上海商城西峰 301 室	62798103
United States of America	No.1469 Huaihai Zhong Lu	淮海中路 1469 号	6433 6880

Appendix IV ^{fù} ;附 ^{lù} ;录 ^{sì} ;四

Shopping Guide

^{gòu wù jiē qū}
;购 ;物 ;指 ;南

➤ Shopping Districts 购物街区 Gòu Wù Jiē Qū

Name	Price Range	Public Transport Access
Nanjing West Road 南京西路	Cheap to Expensive	Subway – Line 1
Huaihai Road 淮海路	Cheap to Expensive	Subway – Line 2

➤ Shopping Malls 购物商厦 Gòu Wù Shāng Shà

Name	Chinese Name	Location	Public Transport Access
CITIC Square	中心泰富广场	Nanjing Xi Lu by Jiangning Lu	Subway – Line 2 (Nanjing Xi Lu)
Dimei Plaza	迪美时尚广场	Nanjing Xi Lu by Jiangning Lu	Subway – Line 2 (Nanjing West Lu)
Email Fashion	伊美时尚广场	Jin'an Temple by Nanjing Xi Lu	Subway – Line 2 (Jin'an Temple)
Grand Gateway	港汇广场	Hongqiao Lu by Zhaojiabang Lu	Subway – Line 1 (Xiujiahui)
Hongking New World Department Store	巴黎春天	Huaihai Zhong Lu by Shaanxi Nan Lu	Subway – Line 1 (Shaanxi Nan Lu)
Plaza 66	恒隆广场	Nanjing Xi Lu by Shaanxi Lu	Subway – Line 2 (Nanjing Xi Lu)
Shanghai Time Square	大上海时代广场	Huaihai Zhong Lu	Subway – Line 1 (Huang Pi Nan Lu)

➤ Markets 市场 Shì Chǎng

Popular Name (Merchandise Carried)	Chinese Name	Location	Public Transport Access
Fengyang Market (Brand name clothing, bags and shoes)	凤阳礼品城	Nanjing Xi Lu by Shanghai TV Building	Subway – Line 2 (Nanjing Xi Lu)
Fuyou Lu Market (Arts, crafts, antiques)	福佑路市场	Fuyou near Yu Garden	Lu
Dongtai Lu Antiques Market (Arts, crafts, antiques)	东台路古董市场	Dongtai Lu near Ji'an Lu	Subway – Line 1 (Huang Pi Nan Lu)

Yuyuan Garden Market	豫园市场	Anre inside Yuyuan Garden	Lu
South Bund Fabric Market (Fabric)	面料市场	399 Lujiabang Lu	

➤ **Foreign Language Bookstores 外文书店 Wài Wén Shū Diàn**

Name & Phone Number	Chinese Name	Location	Public Transport Access
Shanghai Foreign Languages Bookstore Tel. 6323 3200	上海外文书店	Shuicheng South Road By Yan'an Xi Lu	Subway – Line 1/2 (Shaanxi Nan Lu)
Shanghai Foreign Languages Bookstore Tel. 6323 3200	上海外文书店	Fuzhou Lu, by Fujian Zhong Lu	Subway – Line 2 (Nangjing Dong Lu)
Shanghai Book Mall Tel. 6352-2222	上海图书城	Fuzhou near Guangxi Lu	Lu Subway – Line 1/2 (Shaanxi Nan Lu)
CNPIEC Foreign Language Bookstore Tel. 6448-0977	中图书店英语书店	Grand Gateway Hongqiao Lu	Subway – Line 1 (Xiujiahui)
Garden Books Tel. 5404-8728	韬奋西文书局	Changle Lu by Shaanxi Nan Lu	Subway – Line 1 (Shaanxi Nan Lu)

Appendix V 附 录 五

Subway Guide

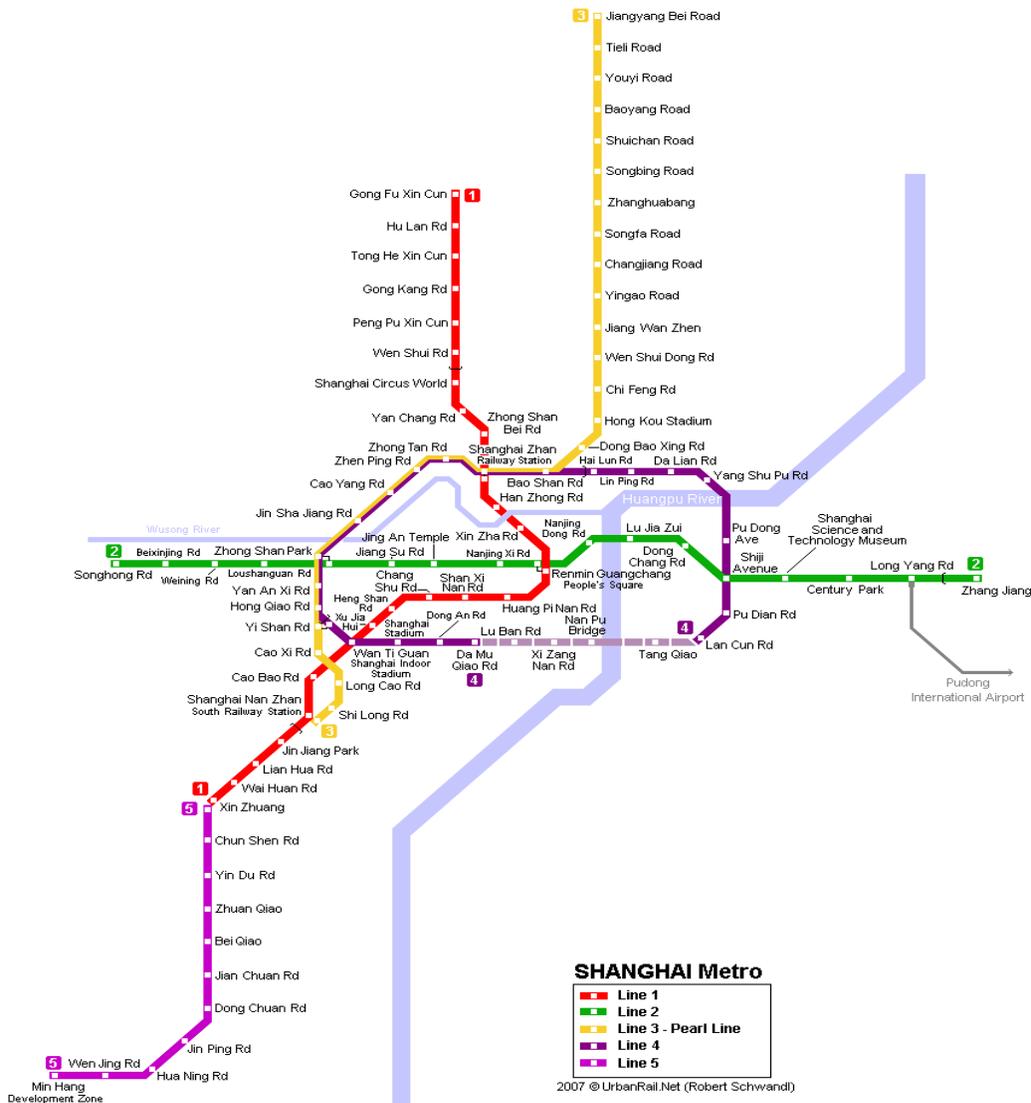
地 铁 指 南
;地 ;铁 ;指 ;南

The Shanghai subway operates daily from 5:30 am to 10:30 pm. It currently runs on four routes: Line 1, Line 2, the 'Pearl Line' referred to as Line 3 and Line 4.

Line 1 runs from north to south on 25 stops, Line 2 runs from west to east on 17 stops, the Pearl Line runs from north to south on 29 stops and Line 4 runs designed as a ring line on 22 stops.

The main interchange stations are at Zhongshan Park 中山公园 between Lines 2, 3 and 4, People Square 人民广场 between Lines 1 and 2 and the Shanghai Railway Station 上海火车站 between Lines 2, 3 and 4.

The charge is proportional to mileage with a ceiling price of RMB9. To spot a subway station, look for the subway symbol which is an English capital "M" with a red circle around it.



Appendix VI 附录六

Useful Websites

shí yòng wǎng zhàn
;实 ;用 ;网 ;站

shāng huì

■ *Chambers of Commerce* ;商 ;会

China-Australia Chamber of Commerce
www.austcham.org

Germany Industry and Commerce
www.china.ahk.de

American Chamber of Commerce
www.amcham-china.org.cn

Hong Kong Chamber of Commerce
www.hkccc.com.cn

British Chamber of Commerce
britcham.org

China-Italy Chamber of Commerce
www.cameraitacina.com

Canada China Business Council
www.ccbc.com

Japanese Chamber of Commerce
www.cjcci.bi

Denmark Chamber of Commerce
www.dccc.com.cn

Singapore Chamber of Commerce
www.singcham.com.cn

EU Chamber of Commerce
www.euccc.com.cn

Swedish Chamber of Commerce
www.swedishchamber.com.cn

French Chamber of Commerce
www.ccifc.org

Swiss Chinese Chamber of Commerce
www.bei.swisscham.org/bei

■ *Useful Business Organizations*

shí yòng shāng wù jī gòu
;实 ;用 ;商 ;务 ;机 ;构

China-Britain Business Council
www.cbcc.org

www.ccpit.org

British Council

www.britcoun.org/China

China Council for the Promotion of International Trade/China Chamber of International Commerce

US-China Business Council
www.uschina.org

■ *Law and Regulations*

fǎ lǜ fǎ guī
;法 ;律 ;法 ;规

China Court
www.chinacourt.org

Law Info in China
www.lawinfochina.com/index.asp

zá zhì lùn tán

■ **Magazines and Forums** ;杂 ;志 ;论 ;坛

That's Shanghai

www.thatssh.com

Shanghai Expat

www.shanghaiexpat.com

City Weekend

www.cityweekend.com.cn

The China Business Review

www.chinabusinessreview.com

Expatriate Shanghai

shanghai.asiaexpat.com

Shanghai-ed

www.shanghai-ed.com

Appendix VII fù ; 附 lù ; 录 qī ; 七

Departure Guide

chū xíng zhǐ nán
; 出 ; 行 ; 指 ; 南

- **Airline Ticket Reconfirmation** què ; 确 rèn ; 认 jī ; 机 piào ; 票
Some airline companies require reconfirmation of tickets. Do this at least one week before scheduled departure date. A list of airline companies and their phone numbers is posted on the Exchange Notice Board.
- **Airport Tax & Excess Baggage Fees** jī ; 机 chǎng ; 场 shuì ; 税 jí ; 及 xíng ; 行 lǐ ; 李 tuō ; 托 yùn ; 运
Airport Tax is no longer required in China. Prepare enough money for possible excess baggage fees. Check with the airline as to baggage allowance limits and excess baggage rates.
- **Airport Procedures** jī ; 机 chǎng ; 场 liú ; 流 chéng ; 程
Upon arrival at the Departure Terminal of Shanghai Pudong International Airport, be guided by the following procedures:
- Pass through **LUGGAGE X-RAY**. Present **Passport & Plane Ticket**.
 - Proceed to **AIRLINE CHECK-IN COUNTER**. Present **Passport & Airline Ticket**. Check luggage in and collect **Boarding Pass**. Pay **Excess Baggage Fee** if in excess of luggage allowance limits.
 - Proceed to **IMMIGRATION COUNTERS**. Before queuing up for Immigration, first fill out a **Departure Card** found in the vicinity of the Immigration Counters. Present **Passport, Departure Card** and **Boarding Pass** at Immigration Counters.
 - Pass through **CARRY-ON LUGGAGE X-RAY** and **SECURITY CHECK**. Proceed to **BOARDING GATE** for boarding.

International Airlines

guó jì háng kōng gōng sī
;国 ;际 ;航 ;空 ;公 ;司

Aeroflot Russian International Airlines

Suite 203A, West Tower, Shanghai Centre, 1376 Nanjing Xi Lu (6279 8033)

www.aeroflot.com

Air Canada

Rm 3901, United Plaza, 1468 Nanjing Xi Lu (6279 2999)

www.aircanada.com

Air China

1088 Yan'an Xi Lu (5239 7227)

www.airchina.com.cn

Air France

Rm 3901, Ciro's Plaza, 388 Nanjing Xi Lu (4008-808-808)

www.airfrance.com.cn

法国航空，南京西路 388 号仙乐斯广场 3901 室

Austrian Airlines

Unit 2904, Raffles City Office Tower, 268 Xizang Zhong Lu (6340 3411)

www.aua.com

British Airways

Suite 703, Central Plaza, 227 Huangpi Bei Lu (800 810 8012)

www.britishairways.com/travel/home/public/en_cn

China Southern Airlines

2011 Nanjing Xi Lu (6249 4918)

www.cs-air.com

Dragon Air

21/F, Shanghai Plaza, 138 Huaihai Zhong Lu (6375 6375)

www.dragonair.com

Finnair

Rm 2406, Citic Square, 1168 Nanjing Xi Lu (5292 9400)

www.finnair.com

Japan Airlines

Rm 435, Plaza 66, 1266 Nanjing Xi Lu (6288 3000)

www.jal.com.hk/zhcn

KLM Royal Dutch Airlines/ Northwest Airlines

Rm 3901A, Ciro's Plaza, 388 Nanjing Xi Lu (4008 808 222)

www.klm.com.cn/Chinese

荷兰航空，南京西路 388 号仙乐斯广场 3901A 室

Korean Air

1/F, Yangtze New World Hotel, 2099 Yan'an Xi Lu (40065 8888)

www.koreanair.com.cn/Ae

Lufthansa Airlines

Unit 14-21, 3/F. Building 1, Corporate Avenue, 222 Hubin Lu
(5352 4999 shanghai-lh@dlh.de)

www.lufthansa.com.cn

Qantas Airlines

Rm3202, KWAH Center, 1010 Huaihai Zhong Lu (800 819 0089)

www.qantas.com.au/international/cn/index.html

SAS

Rm 3901, Nan Zheng Building, 580 Nanjing Xi Lu (5228 5001)

www.sas.se

Shanghai Airlines

212 Jiangning Lu

www.shanghai-air.com

Singapore Airlines

Rm 606, Kerry Centre, 1515 Nanjing Xi Lu (6289 1000)

www.singaporeair.com

Swiss Air

Rm 314A, Building One, Corporate Avenue, 222 Huibin Lu (6218 6810)

www.swiss.com

Thai Airways International

Unit 105, Shanghai Kerry Centre, 1515 Nanjing Xi Lu (5298 5555)

www.thaiair.com

United Airlines

Rm 3301-3317, 33/F, Shanghai Central Plaza, 381 Huaihai Zhong Lu (3311 4567)

www.cn.united.com

Appendix VIII ^{fù} ;附 ^{lù} ;录 ^{bā} ;八

Food Guide

shí wù zhǐ nán
;食 ;物 ;指 ;南

Chinese Dishes

zhōng guó cài
;中 ;国 ;菜

APPETIZERS	KĀI WÈI PǐN	开胃品
Cold bean curd	Xiǎo cōng bàn dòu fu	小葱拌豆腐
Cold platter	Lěng pán	冷盘
Cold rice noodles	Lěng fěn	冷粉
Fried peanuts	Yóu zhá huā shēng mǐ	油炸花生米
Jellied Egg	Sōng huā dàn	松花蛋
Mixed cold platter	Pīn pán	拼盘
Pickled cucumber	Yān huáng guā	腌黄瓜
Sausage	Xiāng cháng	香肠
Sesame chicken	Zhī ma jī	芝麻鸡

VEGETABLE DISHES	SÙ CÀI LÈI	素菜类
Asparagus	Lú sǔn	芦笋
Bean curd	Dòu fu	豆腐
Bean curd and chili	Má là dòu fu	麻辣豆腐
Bean curd and scallions	Dà cōng chǎo dòu fu	大葱炒豆腐
Bean curd casserole	Shā guō dòu fu	砂锅豆腐
Bean curd, chili w/ minced meat	Má pó dòu fu	麻婆豆腐
Broccoli and oyster sauce	Háo yóu xī lán huā	蚝油西兰花
Deep fried chili pepper	Hǔ pí jiān jiāo	虎皮尖椒
Dry fried baby corn	Gān shāo yù mǐ sǔn	干烧玉米笋
Eggplant with garlic	Yú xiāng qié zi	鱼香茄子
Eggplant, potato, green pepper	Dì sān xiān	地三鲜
Fried eggplant	Shāo qié zi	烧茄子
Fried sliced bean curd	Guō tā dòu fu	锅塌豆腐
Garlic sautéed wood ear	Suàn róng mù ěr cài	蒜茸木耳菜
Green vegetable and mushrooms	Xiāng gū yóu cài	香菇油菜
Home-style bean curd	Jiā cháng dòu fu	家常豆腐
Lettuce and oyster sauce	Háo yóu shēng cài	蚝油生菜
Mixed vegetable	Shí jīn shū cài	什锦蔬菜

Mushrooms and bamboo shoots	Chǎo èr dōng	炒二冬
Slices bean curd	Dòu fu sī	豆腐丝
Snow peas and white fungus	Bīng xuě yín ěr	冰雪银耳
Stir fried mushrooms and green beans	Xiān mó biǎn dòu	鲜蘑扁豆
Stir-fried bean curd	Chǎo dòu fu	炒豆腐
Stir-fried sour bean sprouts	Chǎo dòu yá	炒豆芽
Stir-fried spinach	Sù chǎo bō cài	素炒菠菜
Stir-fried tomato and egg	Xī hóng shì chǎo jī dàn	西红柿炒鸡蛋
Sweet and sour eggplant	Táng cù qié zi	糖醋茄子
Vegetables on sizzling rice	Shū cài guō bā	蔬菜锅巴
Vermicelli w/ spicy minced meat	Mǎ yǐ shàng shù	蚂蚁上树

SEAFOOD	Hǎi xiān lèi	海鲜类
Crispy-skin fish	Cuì pí yú	脆皮鱼
Deep friend fish	Gān shāo yú	干烧鱼
Deep-fried shrimp balls	Zhà xiā qiú	炸虾球
Eel	Màn yú	鳗鱼
Fish braised in brown sauce	Hóng shāo yú	红烧鱼
Jelly fish	Hǎi zhé	海蜇
Korean pan-friend fish	Míng tài yú	明太鱼
Carp	Lǐ yú	鲤鱼
Mandarin Fish	Guì yú	鳊鱼
Mussel	Yí bèi	贻贝
Oysters	Háo	蚝
Pan-fried shrimp	Liū xiā rén	溜虾仁
Prawn balls with vegetables	Shí cài xiā qiú	时菜虾球
Prawns	Duì xiā	对虾
Salmon	Sān wén yú	三文鱼
Sea cucumber	Hǎi shēng	海参
Shark Fin	Yú chì	鱼翅
Shrimp	Xiā zi	虾子
Steamed fish in soy sauce	Qīng zhēng yú	清蒸鱼
Stir-fried fish	Huá liū yú piàn	滑溜鱼片
Sweet and sour fish	Táng cù quán yú	糖醋全鱼

POULTRY	Jī ròu lèi	鸡肉类
Beijing roast duck	Běi jīng kǎo yā	北京烤鸭
Chicken and orange peel	Chén pí jī	陈皮鸡
Chicken in wine	Zuì jī	醉鸡

Chicken nuggets	Ruǎn zhá jī dīng	软炸鸡丁
Chicken w/ five spice seasoning	Wǔ xiāng zhá jī	五香炸鸡
Chicken w/ soy sauce	Jiàng bào jī dīng	酱爆鸡丁
Diced chicken and cashew nuts	Yāo guǒ jī dīng	腰果鸡丁
Diced chicken and peanuts	Gōng bào jī dīng	宫爆鸡丁
Diced chicken cut like a lotus	Hé huā jī dīng	荷花鸡丁
Dried fried chicken w/ onion	Cōng kǎo jī ròu sī	葱烤鸡肉丝
Fried chicken	Zhá jī pái	炸鸡排
Fried chicken in slices	Liū jī piàn	溜鸡片
Fried sliced chicken w/ scallions	Cōng yóu jī	葱油鸡
Lemon chicken	Níng méng jī	柠檬鸡
Sheers in garlic and sauce	Guài wèi jī	怪味鸡
Stewed chicken and chestnuts	Lì zǐ shāo zǐ jī	栗子烧子鸡
Water chestnut, eggs, soybeans	Fú róng jī piàn	芙蓉鸡片
White marinade chicken	Bái zhǎn jī	白斩鸡

PORK	ZHŪ RÒU LÈI	猪肉类
Sweet and sour pork	Gǔ lǎo ròu	古老肉
In brown sauce on spring onions	Jīng jiàng ròu sī	京酱肉丝
Braised pork	Kòu ròu	扣肉
Braised in soy sauce	Hóng shāo ròu	红烧肉
Braised with chestnuts	Bǎn lì shāo ròu	板栗烧肉
Large meatball stewed + cabbage	Shī zi tóu	狮子头
Pork chop in casserole	Huǒ guō zhū pái	火锅猪排
Double-cooked pork	Huí guō ròu	回锅肉
Spicy shredded pork	Yú xiāng ròu sī	鱼香肉丝
Stir-fried +egg +black fungus	Mù xū ròu	木须肉
Stir-fried, pickled mustard greens	Zhà cài chǎo ròu sī	榨菜炒肉丝
Sizzling pork	Tiě bǎn zhū ròu	铁板猪肉

BEEF	NIÚ RÒU LÈI	牛肉类
Beef braised in five spices	Wǔ xiāng niú ròu	五香牛肉
Beef in brown sauce	Shā chá niú ròu	沙茶牛肉
Beef in oyster sauce	Háo yóu niú ròu	蚝油牛肉
Beef meatball	Niú ròu wán	牛肉丸
Beef ribs with black beans	Dòu chǐ pái gǔ	豆豉排骨

Beef with onion	Cōng tóu chǎo niú ròu	葱头炒牛肉
Braised fatty pork	Kòu ròu	扣肉
Braised pork in soy sauce	Hóng shāo ròu	红烧肉
Braised pork w/ chestnuts	Bǎn lì shāo ròu	板栗烧肉
Curried beef	Gā li niú ròu	咖喱牛肉
Deep fried beef and onion	Cōng bào niú ròu	葱爆牛肉
Double-cooked pork	Huí guō ròu	回锅肉
Fried beef in sesame sauce	Má jiàng niú ròu	麻酱牛肉
Hot pot pork chop	Huǒ guō zhū pái	火锅猪排
Pork w/ brown sauce in bean curd wraps and spring onions	Jīng jiàng ròu sī	京酱肉丝
Sautéed shredded beef	Gān biān niú ròu sī	干煸牛肉丝
Sizzling beef	Tiě bǎn niú ròu	铁板牛肉
Sizzling pork	Tiě bǎn zhū ròu	铁板猪肉
Sliced beef w/ green vegetables	Jiè lán niú ròu	芥兰牛肉
Spicy shredded pork	Yú xiāng ròu sī	鱼香肉丝
Stewed large meatball w/ vegetables	Shī zi tóu	狮子头
Stir-fried beef and snow peas	Hé lán dòu niú ròu	荷兰豆牛肉
Stir-fried pork w/ egg and black fungus	Mù xū ròu	木须肉
Stir-fried pork w. pickled vegetables	Zhà cài chǎo ròu sī	榨菜炒肉丝
Sweet and sour pork	Gǔ lǎo ròu	古老肉

SOUP	TĀNG LÈI	汤类
Chicken soup	Jī tāng	鸡汤
Hot and sour soup	Suān là tāng	酸辣汤
Pickled vegetable soup	Zhà cài tāng	榨菜汤
Prawns/meat/vegetable soup	Sān xiān tāng	三鲜汤
Soup with spinach and vermicelli	Bō cài tāng	菠菜汤
Vegetable and egg soup	Jī dàn tāng	鸡蛋汤

CARB DISHES	ZHǔ SHÍ LĚI	主食类
Bread	Miàn bāo	面包
Chinese pancake	Jiān bǐng	煎饼
Deep fried bread stick	Yóu tiáo	油条
Dumplings	Jiǎo zi	饺子
Fried noodles	Chǎo miàn	炒面
Fried rice in an omelets	Dàn bāo fàn	蛋包饭
Fried rice with egg	Dàn chǎo fàn	蛋炒饭

Hamburger	Hàn bǎo bāo	汉堡包
Noodles	Lā miàn	拉面
Onion pancake	Cōng yóu bǐng	葱油饼
Rice noodles / Vermicelli	Fěn sī	粉丝
Sesame pancake	Shāo bǐng	烧饼
Steamed roll	Mán tóu	馒头
Steamed stuffed pork buns	Bāo zi	包子

BBQ Shishkebab	RÒU CHUÀN'R	肉串
Beef	Niú ròu	牛肉
Chicken	Jī ròu	鸡肉
Chicken Heart	Jī xīn	鸡心
Chicken Wing	Jī chì	鸡翅
Lamb	Yáng ròu	羊肉
Potato	Tǔ dòu piàn	土豆片
Squid	Yóu yú	鱿鱼
Steamed Bread	Mán tou	馒头

DESERTS	TIÁN SHÍ LÈI	甜食类
Bean paste fritters	Shuǐ jīng qiú	水晶球
Cake	Dàn gāo	蛋糕
Cake with pine nuts	Sōng bǐng	松饼
Chocolate	Qiǎo kè lì	巧克力
Dried fruit	Gān guǒ	干果
Eight treasure rice	Bā bǎo fàn	八宝饭
Frosted cake	Nǎi yóu dàn gāo	奶油蛋糕
Hawthorne Popsicle	Dà hóng guǒ	大红果
Honey	Fēng mì	蜂蜜
Hot candied apples	Bá sī píng guǒ	拔丝苹果
Ice Cream	Bīng jī líng / Bīng qí lín	冰激凌 / 冰淇淋
Jelly, jam	Guǒ jiàng	果酱
Magnum ice cream	Mèng lóng bīng jī líng	梦龙冰激凌
Moon cake	Yuè bǐng	月饼
Sweetened bean paste	Xī lì dòu shā	西粒豆沙
Vanilla ice cream	Xiāng cǎo	香草

VEGETABLES	SHŪ CÀI LÈI	蔬菜类
Broccoli	Xī lán huā	西兰花
Cabbage	Yuán bái cài	圆白菜
Carrot	Hú luó bo	胡萝卜
Cauliflower	Cài huā	菜花

Celery	Qín cài	芹菜
Cucumber	Huáng guā	黄瓜
Golden needle mushrooms	Jīn zhēn gū	金针菇
Green pepper	Qīng jiāo	青椒
Kelp	Hǎi bái cài	海白菜
Lotus	Ōu	藕
Mushroom	Mó gū	蘑菇
Onion	Yáng cōng	洋葱
Potato	Tǔ dòu	土豆
Pumpkin	Nán guā	南瓜
Rape	Yóu cài	油菜
Scallion	Cōng	葱
Snow pea	Hé lán dòu	荷兰豆
Spinach	Bō cài	菠菜
Spring onion	Xiǎo cōng	小葱
Sweet potato	Bái shǔ	白薯
Tomato	Xī hóng shì	西红柿
Turnip	Luó bo	萝卜
Zucchini	Sī guā	丝瓜

FRUITS	SHUǐ GUǒ LÈI	水果类
Apple	Píng guǒ	苹果
Apricots	Xìng	杏
Banana	Xiāng jiāo	香蕉
Date	Zǎo	枣
Fig	Wú huā guǒ	无花果
Grape	Pú táo	葡萄
Lemon	Níng méng	柠檬
Lychee	Lì zhī	荔枝
Orange	Gān zi	柑子
Peach	Táo zi	桃子
Pear	Lí	梨
Persimmon	Shì zi	柿子
Pineapple	Bō luó	菠萝
Plum	Lǐ zi	李子
Strawberries	Cǎo méi	草莓
Tangerine	Jú zi	橘子
Watermelon	Xī guā	西瓜

NUTS	Jiǎn GUǒ LÈI	坚果类
Almonds	Xìng rén	杏仁
Chestnuts	Lì zi	栗子

Hazelnuts	Zhēn zi	榛子
Peanuts	Huā shēng	花生
Walnuts	Táo rén	桃仁

DRINKS	Yǐn Liào Lèi	饮料类
Apple juice	Píng guǒ zhī	苹果汁
Beer	Pí jiǔ	啤酒
Champagne	Xiāng bīn	香槟
Coca cola	Kě kǒu kě lè	可口可乐
Coffee	Kā fēi	咖啡
Fruit juice	Guǒ zhī	果汁
Lemonade	Qì shuǐ	汽水
Mao tai spirit	Máo tái jiǔ	茅台酒
Milk	Niú nǎi	牛奶
Milkshake	Nǎi xī	奶昔
Mineral water	Kuàng quán shuǐ	矿泉水
Orange Juice	Jú zi zhī	桔子汁
Pepsi	Bǎi shì kě lè	百事可乐
Red wine	Hóng pú táo jiǔ	红葡萄酒
Sprite	Xuě bì	雪碧
Tea (black)	Hóng chá	红茶
Tea (green)	Lǜ chá	绿茶
Tea (jasmine)	Mò lì huā chá	茉莉花茶
White wine	Bái pú táo jiǔ	白葡萄酒

CONDIMENTS/SPICES	TIÁO LIÀO	调料
Aniseed	Dà huí xiāng	大茴香
Chili	Là jiāo	辣椒
Clove	Dīng xiāng	丁香
Cooking wine	Liào jiǔ	料酒
Curry	Gā li	咖喱
Fennel	Huí xiāng	茴香
Garlic	Dà suàn	大蒜
Ginger	Jiāng	姜
Mayonnaise	Dàn huáng jiàng	蛋黄酱
MSG	Wèi jīng	味精
Mustard	Jiè mò	芥末
Nutmeg	Ròu dòu kòu	肉豆蔻
Cinnamon	Ròu guì	肉桂
Oyster sauce	Háo yóu	蚝油
Peanut oil	Huā shēng yóu	花生油
Pepper	Hú jiāo	胡椒

Rice vinegar	Qǔ xiāng mǐ cù	曲香米醋
Roast duck paste	Tián miàn jiàng	甜面酱
Salt	Yán	盐
Sesame oil	Xiāng yóu	香油
Soy bean paste	Huáng jiàng	黄酱
Soy sauce	Jiàng yóu	酱油
Sugar	Táng	糖
Vinegar	Cù	醋

DAIRY PRODUCTS	Rǔ zhì pǐn	乳制品
Butter	Huáng yóu	黄油
Cheese	Nǎi lào	奶酪
Cream	Nǎi yóu	奶油
Milk	Niú nǎi	牛奶
Yogurt	Suān nǎi	酸奶

CEREALS	Gǔ lèi	谷类
Congee	Zhōu	粥
Maize	Yù mǐ	玉米
Millet	Xiǎo mǐ	小米
Oatmeal	Yàn mài zhōu	燕麦粥
Rice	Dà mǐ	大米

FLAVORS	Wèi dào	味道
Bitter	Kǔ	苦
Hot	Là	辣
Salty	Xián	咸
Sour	Suān	酸
Sweet	Tián	甜

COOKING METHODS	Pēng rèn fāng fǎ	烹饪方法
Boil	Zhǔ	煮
Cold vinegar and garlic sauce	Liáng bàn	凉拌
Fried in shallow oil	Jiān	煎
Fry	Zhá	炸
Garlic sautéed	Suàn róng	蒜茸
Grill	Kǎo	烤
Hot and sour	Suān là	酸辣
Light fried, stir-fried	Qīng chǎo	清炒
Oyster sauce	Háo yóu	蚝油
Quick-deep fry	Liū	溜

Quick-fry	Bào	爆
Roast	Shāo	烧
Sizzling iron plate	Tiě bǎn	铁板
Steam	Zhēng	蒸
Stewed	Lǔ	卤
Stir-fried	Chǎo	炒
Sweet and sour	Táng cù	糖醋
Vinegar marinade	Cù liū	醋溜