

Welcome to Hangzhou International School

A GUIDE FOR LIVING IN
HANGZHOU, CHINA

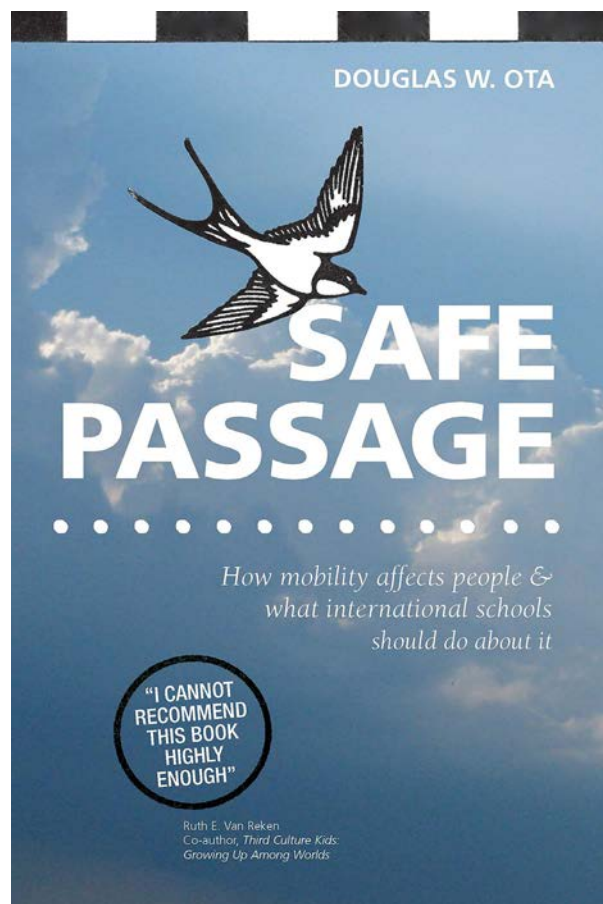




^ HANGZHOU WESTLAKE

NATURE AND HISTORY COMBINED

HIS members have been working through a book study of Douglas Ota's book, *Safe Passage* over the last year. It provides information about students, teachers, and community members' roles in arriving, staying, and leaving international communities. "Moving is one of life's greatest challenges. Firmly grounded in psychological theory and cutting-edge neuroscience, *Safe Passage* maps the challenges and charts a course for individuals, schools, and accrediting bodies to navigate them. Although primarily focusing on international schools, the hopeful message within this book reaches into any school, university, or organization where human beings come and go." We encourage you to read this book and begin the transition process before you join us in China.



PRODUCED BY HANGZHOU INTERNATIONAL SCHOOL

Introduction

We are excited to meet you in person, and look forward to a great year to come! As you are preparing for your new adventure in China, here are a few bits of information that you can use to help you adjust.

Use this guide as the beginning point of your orientation.



^ **STUDENTS IN THE GYMNASIUM**
WHETHER ON CAMPUS WITH THE COMMUNITY OR EXPLORING THE CITY, HANGZHOU HAS MUCH TO OFFER.



< **GARDENS IN HANGZHOU**
HANGZHOU HAS MANY BEAUTIFUL GARDENS, HIKING TRAILS, AND TEMPLES TO EXPLORE.

ARRIVING IN HANGZHOU

We request that you book your flight to land in Hangzhou, not nearby cities. Please refer to the information from the secretary regarding arrival date. Early arrivals are discouraged because we won't have staff on hand to welcome you or get you settled. Upon arrival, one of the HIS Leadership Team members will meet you at the airport to welcome you to your new home in Hangzhou.



Inform the secretary how many suitcases or luggage items you will be bringing with you on the plane, so that we can have a large enough vehicle to accommodate your needs. We will need your boarding passes to complete your registration process soon after you arrive. Please keep these handy.

ORIENTATION PROGRAMS

New faculty members will be paired with a returning faculty member in order to develop positive connections, encourage new experiences, and help bridge the gaps in understanding life in China.

We invite you to join the 2023-24 Hangzhou New Hire WeChat Group to get to know each other and ask questions in advance of your move to China.

In the first week, during orientation, we'll cover a variety of topics designed to get you ready to enjoy your adventure in China, so that it becomes home to you quickly. You'll be able to ask questions via the new-hire WeChat group as well.



Group: 2023-24 HIS
New Faculty



Valid until 3/27 and will update upon
joining group

It's important to remember that you are going to experience a bit of culture shock upon arrival. This is natural, and to be expected. Embrace it, plan for some times where you may miss home, or have some difficulties, but be prepared to interact with your colleagues to get through these changes.



Welcome to HIS

Welcome to Hangzhou International School. The following photos should help give you a perspective of the facilities you will be using.



Photos of the HIS community.



HIS STUDENTS COME FROM MANY DIFFERENT COUNTRIES, BUT MAKE FRIENDS ACROSS THESE BORDERS.





< The God of Money shares hongbao with the students at the Chinese New Year Ceremony



Grade 10 Advisory class



Lower School Chinese Fan Dance at the Chinese New Year Assembly



Upper School Music class



TOK talk with Grade 12



Hangzhou International School

杭州国际学校

SEMESTER ONE

JULY				
M	T	W	TH	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
31				

AUGUST				
M	T	W	TH	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	

SEPTEMBER				
M	T	W	TH	F
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OCTOBER				
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NOVEMBER				
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DECEMBER				
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18	19	20	21	22
25	26	27	28	29

School Calendar 2023-2024

IMPORTANT DATES:

SEMESTER ONE

AUGUST

9-11 New Faculty Inservice (no school for students)

14-21 All Faculty Inservice (no school for students)

22 New Family Orientation/Open House

23 First Day of Semester One

SEPTEMBER

29 Mid-Autumn Festival (no school)

OCTOBER

2-6 National Day Holiday (no school)

20 Mid-Semester Progress Reports

24 Parent-Student-Teacher Conferences

NOVEMBER

24 Professional Inservice (no school for students)

DECEMBER

15 End of Semester One and Semester Reports

SEMESTER TWO

JANUARY

8 Professional Inservice/New Family Orientation (no school for students)

9 First Day of Semester Two

FEBRUARY

9-16 Chinese New Year Holiday

MARCH

11 Professional Inservice (no school for students)

19 Student-Led Conferences

22 Mid-Semester Progress Reports

APRIL

3-5 Spring Break and

Qingming "Tomb Sweeping" Festival Holiday (no school)

19 Professional Inservice (no school for students)

MAY

1 Labor Day Holiday (no school)

JUNE

10 Duanwu "Dragon Boat" Festival Holiday (no school)

21 End of Semester Two and Semester Reports

22 Professional Inservice (no school for students)

SEMESTER TWO

JANUARY				
M	T	W	TH	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		

FEBRUARY				
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12	13	14	15	16
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MARCH				
M	T	W	TH	F
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4	5	6	7	8
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18	19	20	21	22
25	26	27	28	29

APRIL				
M	T	W	TH	F
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15	16	17	18	19
22	23	24	25	26
29	30			

MAY				
M	T	W	TH	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31

JUNE				
M	T	W	TH	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28

Total Student Days: 180

New Family Orientation Day/Open House
Beginning/End of Semester
New Staff Inservice (no school for students)

Legal Holidays (no school)
School Holiday (no school)
Professional Inservice (no school for students)

Conferences
Saturday/Make Up Day (if needed)

Life in China

As you are planning what to pack, remember that there are plenty of items available in Hangzhou. It's a good idea to bring enough items to get you through the first month, so you don't have to go searching immediately for your preferred brand of items. This will give you some time to shop around, get a feel for what you will need, and where you can buy it.



PACKING FOR LIFE IN CHINA

2013 © Stuart & Barbara Strother, from Moon Living Abroad in China, 1st Edition. Used by permission of Stuart & Barbara Strother, and Avalon Travel. All rights reserved.

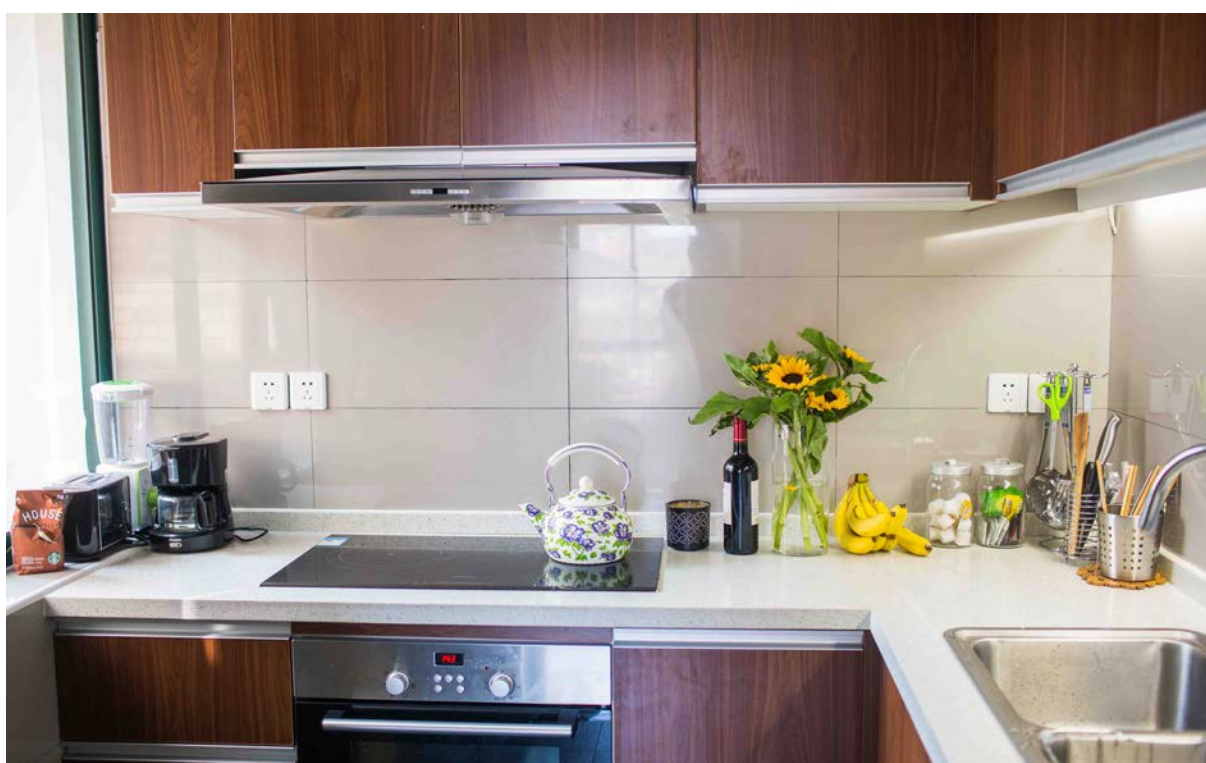
Deciding what to take will, of course, depend on personal preference and what sort of experience you hope to gain from your time in China. There are three broad categories to consider when packing: Personal Needs, Local Availability, and Creature Comforts. For everything else, try to leave it behind. Many of the essential items can be found in stores or online in China, so you will be able to purchase items that will make your home more comfortable and convenient for you.

LOCAL AVAILABILITY

China is a shopper's paradise: cheap clothes, handbags, watches, and scarves; gorgeous Chinese antiques and trendy Ikea-style furniture; elegant Asian art and funky Chairman Mao tchotchkes. Most items you might need to make your home comfortable can be found in the following sites: Baopals, Amazon.cn, or yhd.com. Check these sites before you start packing to see if certain items are available. It can be cheaper and easier to purchase things on arrival rather than pack them to bring with you. But even with the great deals and amazing finds, there will be some items you'll want that, no matter how hard you search, you just won't find in China, or that are prohibitively expensive. Here are a few examples.

BATHROOM ITEMS

- Particular brands and kinds of deodorant, dental floss, tampons, hygiene products and cologne/perfume are good bring with you.



BATHROOM ITEMS

- Make-up—it is available at department stores but is expensive and often of the “whitening” variety. *Sephora* does carry western brands of make-up..
- Prescription and over-the-counter medications -- preferred medicines for colds, headaches, or stomach bugs can make self-treatment easier when you don't feel well. If you have a prescribed medicine, check with your physician to obtain enough to get you through the first few months until you find a new doctor here in Hangzhou. Staff members recommend bringing your own Nyquil, Alka-Seltzer, Tylenol cold medicine, or other similar items.

CLOTHING ITEMS

- Clothing in large and tall sizes can be hard to find. Asian sizes tend to be smaller.
- Large-size shoes are difficult to source. Above 8.5 US (40) for women, or 11 US (44) for men are not readily available. If high-quality shoes are important to you, bring your own.

*Note: Refer to the HIS Policy for work dress requirements

PERSONAL ITEMS

The few personal items that you will need to keep



with you are mostly documents, such as birth certificates, immunization records, diplomas, marriage certificates, extra résumés, your will, banking and

financial information, drivers license, health insurance documentation, and so on. There are also personal items you'll want for their sentimental value; you never know when— or how hard—homesickness will hit you. One of the best ways to get yourself through is to have a stash of items that make you feel those good “home” feelings again, things that celebrate who you are and where you come from, such as photos of your family, house, pets, and hometown.

ONE-MONTH'S SUPPLY

There are a few things you will need to use immediately before you've had time to source them. Items that you may find embarrassing to shop for (i.e. feminine hygiene products,) are better brought with you in the beginning to help minimize the stress of the transition. If you are moving with a small child or pet, think through what you will need for the first month and be sure to bring enough diapers, wipes, rash ointment, formula, pet food, etc..



WHAT TO BUY IN CHINA

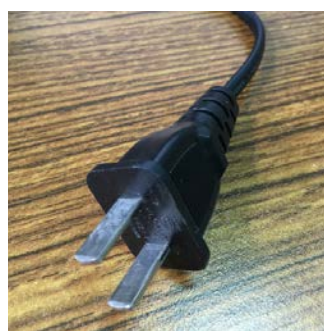
- Hair-dryer or flat irons run on a 220v in China, so get these once you arrive. Hangzhou has lots of humidity in the summer, so you'll want to make this purchase early on.
- Kitchen Appliances such as coffee makers, blenders, and food processors are easily accessible in China, so you won't need to try to fit these into your suitcase.



ELECTRONICS AND ELECTRICITY

Electronics are plentiful in China. It is easy to pick up digital cameras, music players, computer components, and more. The prices, however, are no cheaper and often considerably more expensive than in the US/UK, even for items manufactured in China. According to Chinese law, all foreign-branded items that are made for export but consequently sold in China must include an import tax. As a general rule, if you're only going to use the item in China, buying it here ensures the proper electrical components. But if you will be using the item long term, even after you've left China, then you're better off buying it before your move.

The voltage in China is 220v. Most buildings will have outlets that will fit several configurations of plugs; adapters are easy to pick up at local markets if you have a plug that does not fit. Transformers are available for converting the voltage on small appliances, though it is not always easy to find the one you need. Plugging a 110 volt appliance into a 220v plug can be an unpleasant and shocking experience! Using a transformer can often be hard on the appliance, so we suggest you purchase your kitchen, cosmetic, and other appliances here in China. There are plenty available.



CHINESE PLUGS
ELECTRICITY IS
220 VOLTS



Local supermarket near the school campus with variety of foods and household items.

TRAVELING WITH PETS

Bringing a pet to China can be costly and time-consuming. If your pet will be joining you, remember that you will be living in an apartment, and probably traveling for several weeks over the course of the year. While an aiy might be able to watch your pet for some of the time, you may need to afford a good kennel as most do.

Check out the China pet quarantine requirements or try to book flights with a pet transportation company to help decrease the requirements and stress of traveling with a pet. Some airlines allow pets to travel in the plane with you, but others will require the pet to be in a kennel in the cargo hold. Depending on your pet type and size, season, airline, ticket level, and originating location, the rules may be different.

Pet Movers: <http://www.petmovershk.com>



HANGZHOU SHOPPING AT THE POWERLONG MALL

Advice from an HIS faculty cat owner: *Finding an airline that will take an animal and does not fly into Beijing or Shanghai can be a challenge. Some airplanes do not have climate controlled areas in the cargo hold and might not transport animals during certain times in the summer, due to the heat. Check schedules for different days, as one day may have a type of airplane that can take a pet, but another day a different type of plane that cannot. I used Asiana, but EVA also flies into Hangzhou. I got a large 30-50 pound animal kennel, as the airlines did not charge more! Ask what the airline will and will not allow and what you must have in the kennel, in terms of size and weight!*

From the US: you will need to get a form from APHIS for your veterinarian to fill out 10 days before you leave; send it to the USDA and get it back to take it with you to China. Let your veterinarian with enough advance warning so they can contact APHIS with any questions. <http://www.aphis.usda.gov/aphis/pet-travel/by-country/pettravel-china>



LUGGAGE VS. SHIPPING

Peggy Pan will share information detailing the shipping allowance and extra luggage. If you are only bringing items as extra baggage on flights, you may turn in your receipts upon arrival, but if you are also shipping other items later, you will want to wait and submit all your receipts at once.

With the extra baggage allowance, you are allowed up to \$1500 USD for bringing in items you will need to start your new experience in Hangzhou. It's often best to pack as much as possible and pay the airline fee for additional suitcases when you come, as opposed to shipping containers from a location.

Advice from faculty: *We do not recommend using a shipping company as you won't be able to get your items through customs until your visa receives final clearance. This means that you most likely will not receive your shipment for up to a year. Although shipping companies can store your items for a year, that may be an expensive option. If you can pack or post items directly to Hangzhou, this is a better option because of expense and time.*



SHOPS IN HANGZHOU OFFER A WIDE VARIETY OF GOODS.



HIS MANAGED APARTMENTS -- ONE or TWO BEDROOMS AND BATHROOMS



KITCHENS COME WITH REFRIGERATOR, OVEN & WASHING MACHINE



CULTURE SHOCK



What is Culture Shock? How Expats Learn to Cope with Cultural Differences

A foreign country may prove uncomfortable at the beginning,
until one learns more about the new culture, people and social rules

A great website to find more information about moving, adjusting, and connecting as a cultural expat:

<http://www.thecultureblend.com>

By Relocation Expert

May 4, 2011

Taken from the website:

<https://www.moveoneinc.com/blog/relocations/what-is-culture-shock-how-expats-l>

One of the most stressful aspects of moving to another country is facing a completely new culture. Regardless of how prepared you might be, the change of culture and environment is something that affects everyone. The experience of culture shock, especially for first-time expats, is quite normal.

'Culture shock' also includes the stress of being separated from the important people in life—family, friends and colleagues that we would normally talk to at times of uncertainty. Coping with culture shock is one of the more challenging aspects of moving overseas. Some people don't talk about it at all because they feel they should adapt instead of feeling uncertainty or anxiety.

The truth is that every traveler feels this way to a certain extent, but for first timers, it is particularly acute. It gets pretty confusing when we have to cope with a new language, which we may not be able to speak; new foods with unfamiliar flavors and textures or from unfamiliar sources. The relative welcome or exclusion by local residents, new and different social rules, laws and taboos all contribute to this feeling. Other practical issues can also cause stress such as temperature, weather and climate, or the relative reliability of services such as electricity, water, telephone, internet connection, garbage pick-up and countless other small issues. Culture shock can be severe, especially if you move from a completely different cultural background, for example from Switzerland to Saudi Arabia.

The good news is that everyone adapts after a while. It can be hard at times, but it is truly such a valuable life experience that no one would ever regret going through. It gives us the opportunity to learn about others and ourselves, to accept and appreciate differences. Being able to integrate and participate instead of just observe is a precious life skill. Here are the five most common phases of adjustment to a new culture and environment:



^ **LEARNING MANDARIN**

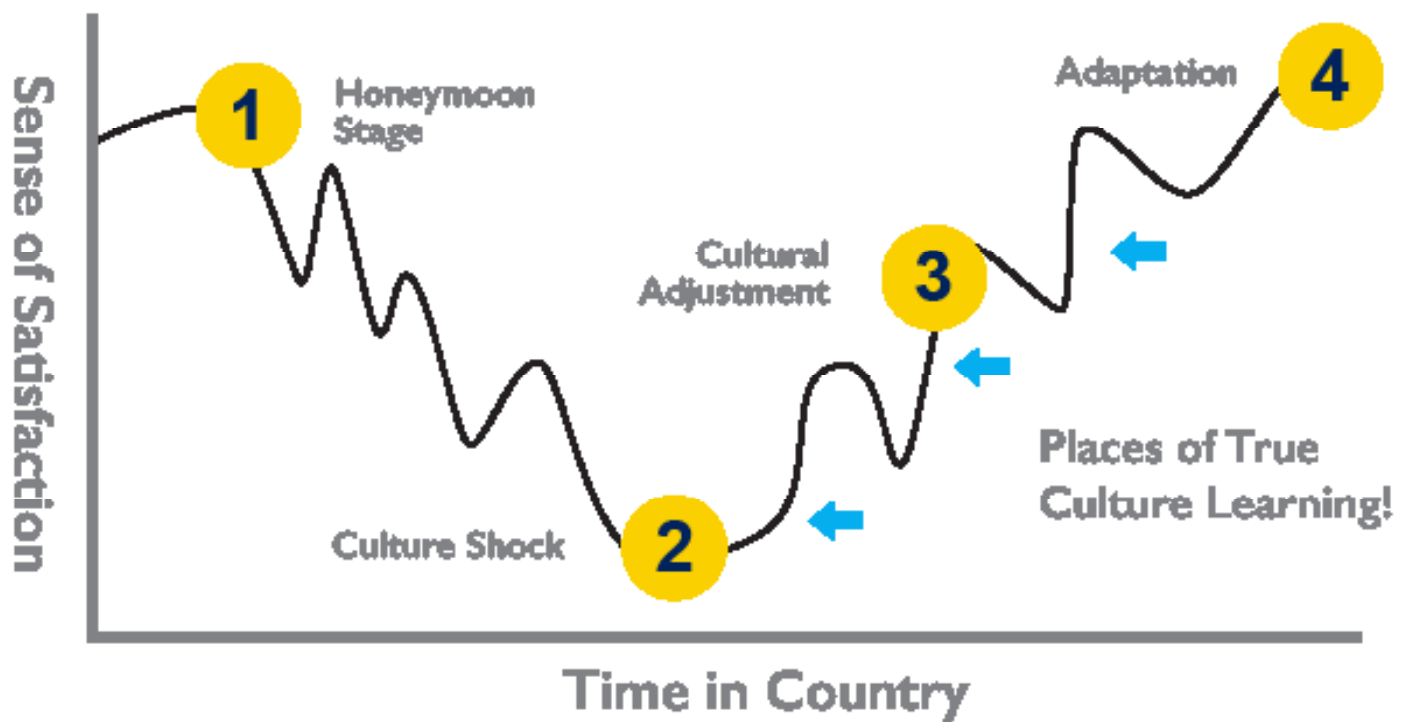
TEACHERS GETTING INITIAL MANDARIN LESSONS IN ORIENTATION WEEK

Phase 1 – HONEYMOON

This phase usually lasts two to six weeks. During this period, expatriates are usually excited to be in the new country and are fascinated by its sights. Those who relocate to emerging countries will experience a relative increase in status and standard of living. In the beginning, everything is so new and exiting. For these reasons, or perhaps some other reasons, freshly relocated assignees often feel very good in a situation of the first brief period of expatriation.

Phase 2 – CULTURE SHOCK

After a month or so, the initial phase ends and expats usually face the barriers in performance of their jobs or in everyday life. They may even realize that methods they used in their careers are either useless or counter-productive in their different cultural environment. It can become even worse if they have brought their families with them and realize that their loved ones are stressed and confused by the new circumstances. Due to such difficulties, expats may feel culture shock symptoms such as confusion, anger and frustration. This phase usually lasts six to eight months.



Adapted from "Maximizing Study Abroad", University of Minnesota

Phase 3 – GRADUAL ADJUSTMENT

In this phase, expats begin to adjust to their new situation and slowly regain their self confidence. Through relationships they build with other expats and locals, they begin to understand the new environment better and start to integrate into society. This phase can last one to two years, during which they begin to appreciate and understand local habits, language, lifestyle and business practice. This is the phase in which foreigners adapt to local culture, with much less anxiety.

Phase 4 – BASIC COMPETENCE

It could take another year or two for expats to gain basic competence in another country's business practices. This period could be even longer in the emerging countries where business rules are not clearly set and depend greatly on personal relationships. Still, as relationships build up, it becomes easier for an expat to develop functional proficiency in a foreign environment.

Phase 5 – MASTERY

It takes a total of five to seven years (according to some studies) for an expatriate to fully develop appreciation and understanding of the host country and its culture. Those on high managerial positions need firm relationships with people in positions of influence within their own organizations and outside of it. It may be the only way to achieve sustainable progress. But it takes time and patience as, before getting close to people, we need to accept and appreciate their culture, habits and language.

Culture shock is normal, and the feeling of confusion, disappointment and stress will dissipate. What each expat can do to make the transition easier is to prepare by reading about the host country, its people, rules, habits, taboos and business practices.

Copied from:

<https://www.moveoneinc.com/blog/relocations/what-is-culture-shock-how-expats-learn-to-cope-with-cultural-differences/>

Settling into Your New Home

ACCESSING TECHNOLOGY

Internet in China can be tricky. Many websites or platforms are blocked in China, but can be reached with a Virtual Private Network (VPN). Blocked sites include Facebook, Youtube, Twitter, Google Sites, *New York Times*, Dropbox, etc. However, there are many Chinese versions of these sites such as Youku, Weibo, Renren, QQ, that will be as much fun to explore once you gain access to Chinese language. A VPN remains the best bet for expats looking to connect with others back home.

TECHNOLOGY CHECKLIST PRIOR TO ARRIVAL IN CHINA

- o Log in to school website:
<http://www.his-china.org>
- o Log in to school email
<https://login.microsoftonline.com/>
- o Log in to ManageBac
<https://his-china.managebac.cn/teacher>
- o Join WeChat Group “HIS New Hires”

GLOBAL ACCESS

HOW TO STAY IN TOUCH WITH EVERYONE



TECHNOLOGY CHECKLIST AFTER ARRIVAL IN CHINA

- o Sign up for a cell phone plan (most use China Unicom)
- o Sign up for an internet modem service (most use China Telecom)
- o Purchase a VPN Router (most use OneNet routers <http://www.netfreerouter.com/>)

It is not recommended to purchase a Virtual Private Network (VPN) plan for your personal computer or phone prior to your arrival in Hangzhou. VPN software such as ExpressVPN and Astrill can be purchased and installed after arriving in China. Many staff choose to rent a VPN router through Netfree Router instead of VPN software though.

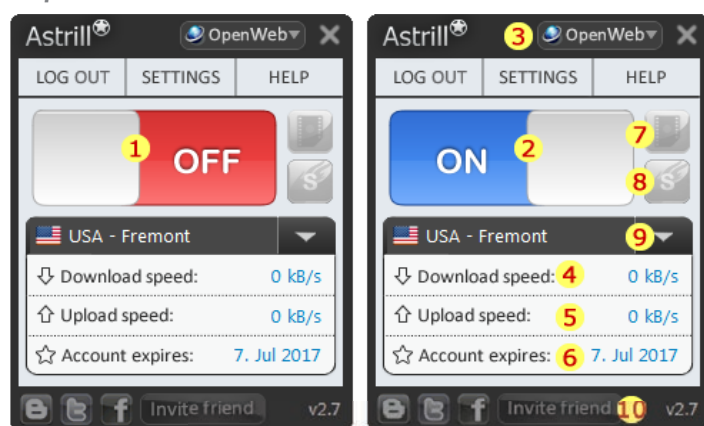
Having a VPN on your phone or computer means that you can access blocked sites outside of the school or home VPN router networks, but is an additional expense.

Several companies allow for VPN access for phone or computers:

Astrill
Strong
Express



STRONG
VPN



Protected
by StrongVPN



INTERNET AND WIFI IN YOUR APARTMENT:

We usually recommend China Telecom to set up internet within apartments. The prices and speeds below are for a one year contract. You will need to have your passport to apply for this upon arrival. It typically takes about 2-3 days to get set up, so this should be a priority so you can have internet at home quickly. You will be able to access the internet at school anytime, so that will help you transition.

*Internet is very fast for websites not blocked in China. The maximum speed is 100 mb/s within Hangzhou.

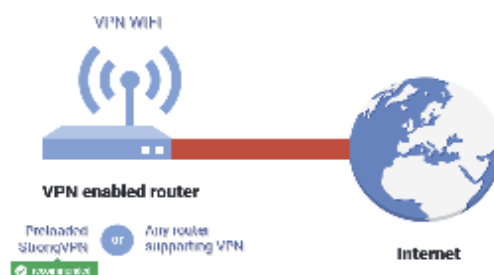
**For sites blocked in China, VPN speed of 5 mb/s is fast enough to stream sites like Netflix.

Prices shown are paid in advance per year. A standard router and password can be set up for roughly 450 rmb (150 rmb router + 300 rmb labor = ~75 USD). We can suggest a vendor to help you set up the router at your apartment if you are interested.

Line + Modem to Apartment	2200 RMB for 1 year (100 mb/s*)
OneNet VPN Router in Apartment	2300 RMB for 1 year (around 5 mb/s**)



世界触手可及



MOBILE PHONES

Check that your phone (phone plan) is unlocked before you come to China. Be sure that your phone can have a new SIM card added, so you can immediately have access to communication. You will be able to obtain a sim card shortly after arriving to Hangzhou and can apply for 5G services through a cellular network service. You can buy minutes each month to add money to your phone in order to call, text, or use data. It's pretty simple to access and update your phones upon arrival. Again, this is probably something you will want to do in your first days in China, so you can access information online and let people know you have arrived.



A mobile phone SIM card is free at sign up. Plans are available for phone and data usage. The recommended China Unicom monthly cell phone plan is 100 rmb for 500 minutes of talk time and 10GB of data a month. Another option is 200rmb for 500 minutes talk time and 20GB data.



IPHONE APPS FOR HANGZHOU LIVING:

These are solely Iphone apps, but there are often the same apps available for Android phones. China's appreciation of the Apple platform means that many people find it easier to use Apple rather than Samsung or Android products. The Google Play store is not available without a VPN.



- **WeChat** — The most popular app for communicating, transferring money, paying bills, and generally everything else in China. You will use WeChat to join a variety of groups to keep up to speed on social and schoolwide events. Install this app as soon as possible, but know you might change it for a China-based one later.



- **Alipay** -- The second most popular app you will use in China. It is primarily an app for paying or purchasing items, but allows you to top up phones, pay your utilities, add money to metro cards, transfer funds, buy train tickets, call taxis, and so much more!
- **Hangzhou Metro** — Good app for knowing the Hangzhou metro system. As the subway creeps closer to HIS, we'll be using this app more effectively.



- **MORE Hangzhou** — great for finding restaurants, events, or various venues. Check out the website: <http://www.morehangzhou.com>
- **Ni Hao** -- This app is a newcomer, but provides excellent access to events, restaurants, train tickets, movie tickets, chat forums and translation -- all accessible in English. Look for this app to improve your life.

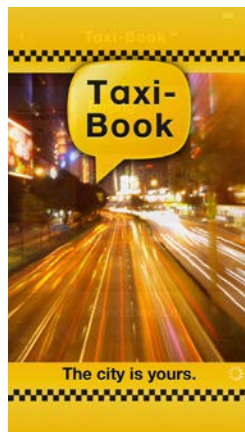


HELPFUL APPS IN ENGLISH

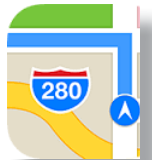
- **Translator** — This Microsoft Translator app allows you to copy and translate text messages in Chinese. It has camera and microphone functions to allow for easy translation and communication techniques.
- **Air Matters** -- This app is the one we use to track air issues at school. Add Hangzhou as the city and then use the Binjiang and the Xixi Wetlands locations to triangulate our location and AQI. It measures the index of PM 2.5, 10, and other particulates.
- **SkyScanner** -- This app is used to compare flight prices and to find arrival times of incoming flights.
- **Chinese Pod** -- This app provides great conversations, vocabulary, and lessons for learning Mandarin on the go.



- **Ullmon Maps** — offline map of Hangzhou and surrounding areas. Easy to use with GPS
- **Taxi-Book Hangzhou** -- This app provides locations of restaurants, airports, train stations, and other venues. Helpful to use to copy the address in Chinese over to the Didi Taxi app for location of the place you want to travel to. Not necessarily updated regularly though.



- **OneDrive** — This Microsoft app allows you to access files saved on your school computer from your mobile device.
- **Astrill** — This app lets you access the internet with a VPN, regardless of your location. Usually costs about \$50 a year. It does slow your internet access down a bit, but allows access to blocked sites.
- **Apple Maps** -- Since Google is hard to access without a VPN, and the VPN often slows down the speed of your mobile device, Apple Maps can be accessed without the VPN. It provides directions for transit, bus routes, and bike paths. Easy to use in English.



HELPFUL APPS IN CHINESE

- **Didi Taxi** — This app functions like Uber. However, it's all in Chinese. You have to use the GPS location finder to request a taxi. When you want to add a location, go to More Hangzhou, Taxi Book, or NiHao apps to copy and paste the Chinese address. You will receive a phone call from the taxi driver picking you up. Just say, "Dui, dui, dui" and eventually he'll find you. When you get in the taxi, show him where you want to go. You can access this app in WeChat Wallet, Alipay or as its own app.

- **Ele.me** -- This app delivers hot and tasty food to your door. Although it's all in Chinese, you can get your address set up early, so the delivery guy knocks on your door. Food can be ordered as a picture.



- **Baidu Maps** -- This app provides good bus routes and locations, but it's all in Chinese.



Mei Tuan -- This app also delivers foods. It as the yellow kangaroo logo and the drivers are quick to bring you tasty foods. Uses GPS for delivery location. All in Chinese though.



- **Youku** -- This app allows you to watch videos in English and Chinese. Can be downloaded onto your mobile device as well. Some recent episodes need access via a purchased code. Can be viewed on mobile device or computer.



Didi Taxi purchased Uber China, so uses some of the same technology to help riders connect with drivers.

- **Bike Sharing Apps** -- e.g. *Mo-bike* -- These apps allows you to rent and return bicycles around Hangzhou. There are many stations and individual bikes for access, because Hangzhou prides itself on the green lifestyle.

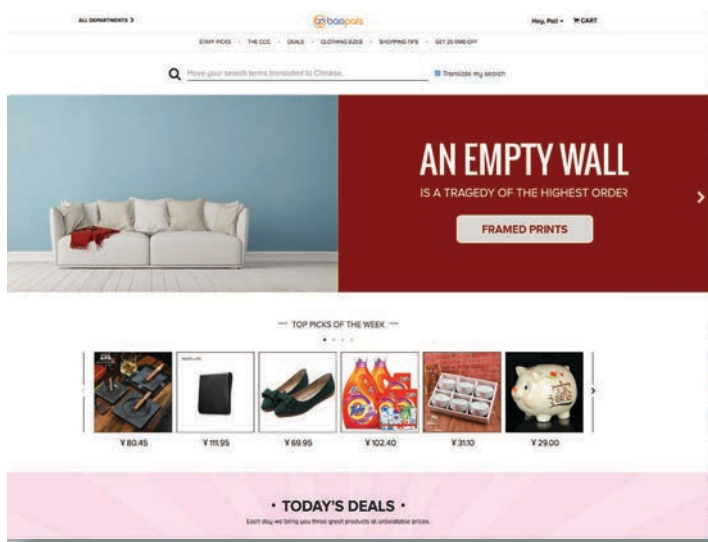


CHINA ONLINE SHOPPING

Online shopping makes life very easy in China. Home delivery is a great option for busy people, and you see delivery scooters all over Hangzhou with boxes piled high. You don't need to tip, unless you really see the same person again and again. This is an affordable and positive benefit of living in China!

BAOPALS

Take advantage of Baopals to order the items that you need. You can shop the major delivery sites in English, find great deals, and almost anything your heart desires. Get your phone and bank card synced with Alipay so you can easily purchase or transfer funds as necessary.



SETTING UP ALIPAY FOR SHOPPING

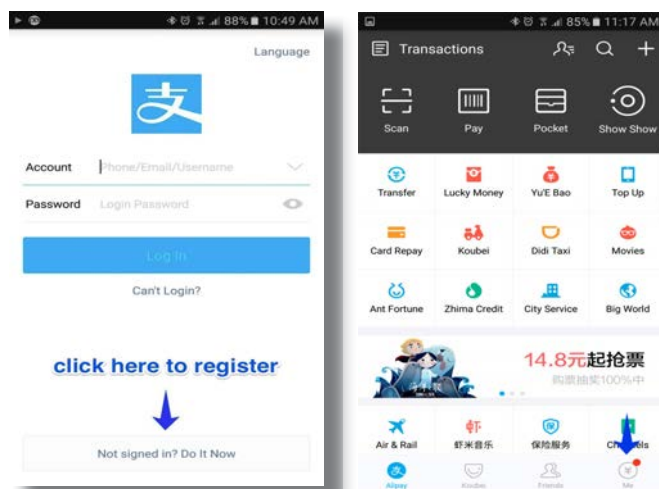
To make best use of China, set up your Alipay account by linking it to your bank card. As an expat, it used to be quite difficult to set up Alipay, but the process has gotten a whole lot easier recently, not least because the interface now has English!

Setting Up Your Account

First you must download Alipay from the the Android or iOS app store. It will automatically set to English if your phone is set to English. Once downloaded when you first open the app you will be presented with the sign in screen.

Next you'll add a bank card so that you can actually pay for things. To do this, first select the Me tab. Once in the Me tab, select Bank Card to add a new card.

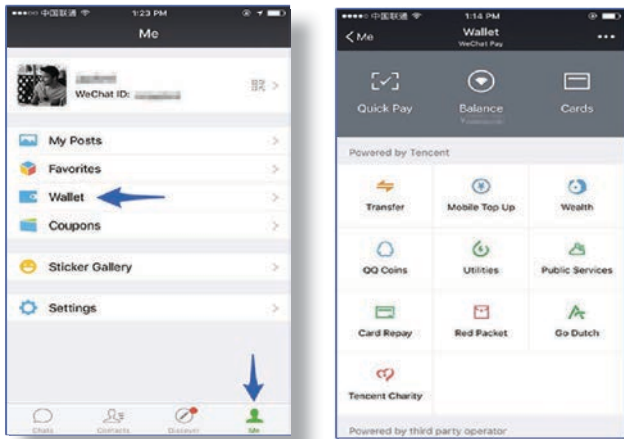
Note: To proceed you must have a valid Chinese bank account with a UnionPay debit card.



After entering your bank card number, fill in the details for your account, and identification. Make sure the name you enter exactly matches your name that is registered on your bank account. Then select the ID Type field and you will receive a popup - these options are in Chinese. You'll want to select the passport option (we're guessing you don't have Chinese ID), so select the option highlighted above, then enter your passport number:

Finally, enter the phone number that is registered with your bank account. Once all details are filled in, Click the blue Next button at the bottom of the page, and it will take a few seconds to link your bank account to your Alipay account. That's it, you're all set up!





MAKING WECHAT WALLET WORK

As an expat in China, there's no easier way to transfer money to friends, pay the bill at a restaurant, or shop on baopals.com than to use WeChat Wallet. If you haven't set your own WeChat Wallet up yet, here's how:

Getting Started

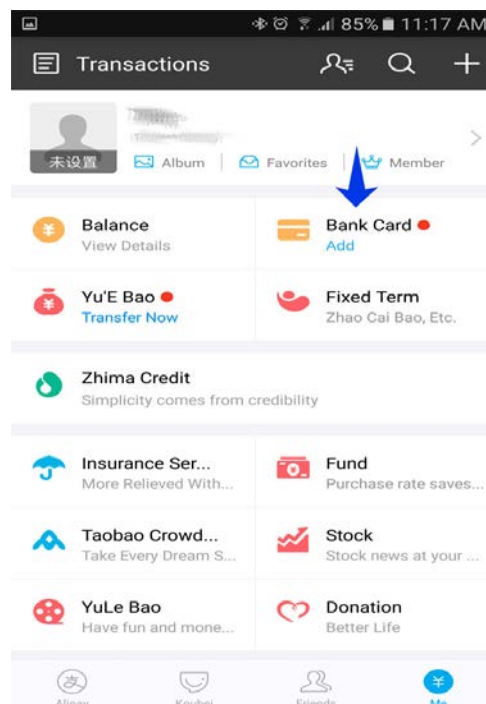
If you downloaded WeChat in China, or installed the Chinese version of WeChat then you've got access to WeChat wallet. Head over to your home screen (or "Me" on the menu at the bottom) and a tab for your Wallet awaits. If you downloaded WeChat outside of China, you might need to wait until you get here to reload the app.

Find the steps here; <https://blog.baopals.com/shopping-tips/set-wechat-wallet/>

If you don't see the Wallet icon, either update to the most recent version of WeChat or uninstall and reinstall the Chinese version of WeChat. Once that is sorted, you will need to have a friend transfer you a small amount of money just to ensure that your wallet is in place and ready to receive or send money.

Add your bank card by clicking on the Cards section in the upper right corner. Create a 6 digit password. Put in your number and WeChat automatically detects your bank and type of card. You will then need to add your name and ID type. At current, the bank card will allow you to link your account with the WeChat wallet.

*Note -- It is a good idea to set up a secondary account into which you can transfer funds periodically for shopping or online purchasing. This decreases the opportunity for theft from your account.

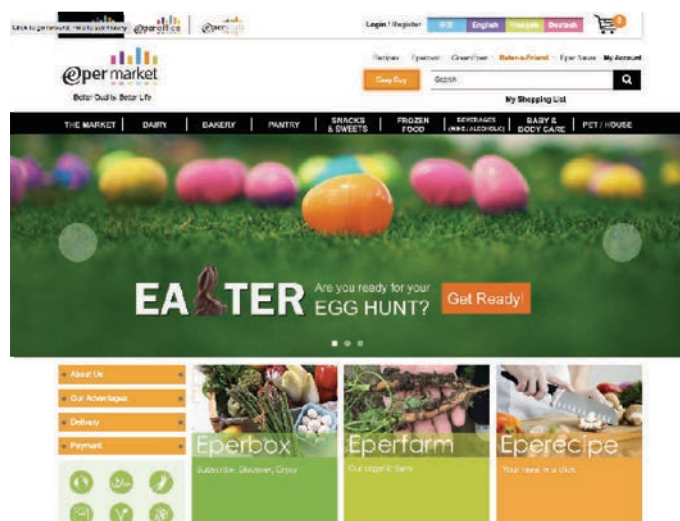


Grocery Shopping Online: Delivery

There are plenty of ways to have food or items delivered to your door. Many companies located in Shanghai will deliver quality and fresh vegetables within one day, so you can be assured of getting good foods. Check out the options below.

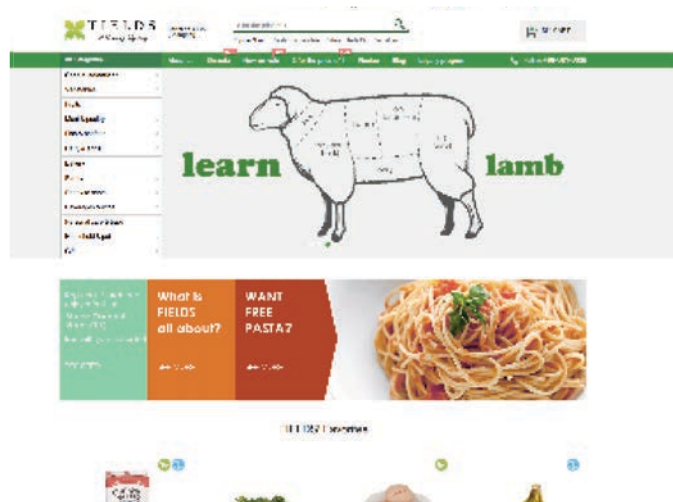
- **Epermarket:** Online vegetables, fresh or packaged meats, seafood, canned goods, etc. Fresh and organic food also accessible. Delivery next day for 70rmb per delivery. Great to share with a faculty group for larger orders.

<http://www.epermarket.com/>



- **Fields China:** Online vegetables and fresh organic foods delivered to your home. Great quality foods and delivery times. Can get expensive.

<http://www.fieldschina.com/en/>



- **Shanghai 9 --** Alcohol delivery of various international origins. Takes 1-2 days for delivery of up to 10 kg. <http://www.shanghai9.com/en/>



SHOPPING ONLINE IN CHINA

With the advent of Baopals.com as an English language interface for Taobao, you truly can find just about anything. Packages arrive regularly at the school campus or apartments for faculty who need specific items delivered. Once your banking system is sorted, and you get your Alipay and WeChat wallet set up, you'll be able to order, purchase, pay, and top-up just about anything you need in China. We'll set up online shopping sessions in your orientation week.



• **Yi Hao Dian** (<http://www.yhd.com>) is a website to purchase items that can be delivered to your house and you pay cash on delivery. Simple home appliances, food, and other items can be paid for in cash or with a debit card.

• **Amazon.cn** (<http://www.amazon.cn/>) This is the same Amazon you are used to back "home" but allows you to access other items from within China. They will deliver and you can pay cash on delivery if you prefer, or you can use your US/International credit card as you do for Amazon.com. If you type in "Amazon Global Shipping" you can access almost anything on Amazon from other countries shipped to you in China for just a bit more.



• **Tao Bao** (<http://www.taobao.com/>) has everything ever made in China. Expect cheap prices and cheap merchandise, but it's great if you don't want to have to go out and bargain.



Follow "IKEA-CN" on WeChat
FAMILY OFFER
anytime, any where
Scan QR code or search "IKEA-CN" on WeChat to follow us.

IKEA: (<http://www.ikea.com/cn/en/store/hangzhou>)

Ikea is a great place to go when you first arrive. We'll schedule a visit with a bus to take you there, so you can purchase mattress toppers, extra dishes, etc.



• **Jing Dong**: (<http://www.jd.com/>) offers a seamless online shopping experience for customers around the globe. This means providing authentic products from a more trusted manufacturers and designers in a timely and reliable fashion.

HEALTH CARE:

There will be a presentation by the health insurance company in the first two weeks. There are several expat hospitals and clinics within easy reach from the school, so it will be convenient if you want to set up a personal health check early. Below are several clinics, hospitals, and dentists that some of the HIS faculty visit.

Sir Run Run Shaw Hospital

3 East Qingchun Road

浙江杭州庆春东路3号

Tel: +86-571-86006118 / ISC@srrsh.com



American Sino OB-GYN & Pediatrics Hospital

No. 558, Zhongshan Road Middle,

Shangcheng District, Hangzhou

杭州市中山路558号

Tel: 400-855-9888 / (86)0571-8659 8888



Hangzhou Aima Maternity Hospital

No.666 GudunRoad,

West Lake District ,Hangzhou

杭州市西湖区古墩路666号

Tel: +86 (571) 56818818



Anchor Health Clinic

No.12 Lingyin Rd, Westlake district, Hangzhou

浙江省 杭州市 西湖区 灵隐路12号浙江医院外宾诊疗 中心心

Tel: +86 571 8807 2705

enquiry@myanchorhealth.com



Ivy Dental Clinic

Booth 4-102, Xiaoxiang Yuan, Chunjiang Huayue, Fei-yunji- ang Rd. (Close to Zhijiang Rd.)

飞云江路春江花月月潇湘苑商铺4-102

Phone: 0571 8681 7799, 0571 8681 7798

AYI



JUGGLING EVERYTHING

IT CAN BE TOUGH TRYING TO MAKE IT WITHOUT SOME HOUSEHOLD HELP!

HOUSEHOLD HELP

Many teachers hire a maid or “ayi” to help clean, do laundry, shop, pay bills, order water, watch children, cook, etc. There are a variety of services that ayis can offer, but typically, you will pay about 30-40 rmb per hour for her help. You will have to negotiate days, times, and expectations directly with the ayi, but you can look through several online sites to help you get a sense of what is available.

Having household help helps to ensure that the transition to living in a new country runs smoothly because she can make certain that things at home are clean and sorted for you. Returning teachers will have recommendations for you.

FINDING AND NEGOTIATING WITH AN AYI

Some families with children might hire an ayi and pay a salary per month as opposed to keeping track of hours.

Typically, it's good form to negotiate with the ayi with regards to your expectations on salary, working days, items to be cleaned, and/or cleaning items. Be aware

that she may have a preferred method of doing things, so you may need to work out some compromises throughout your time together.

Likely the ayi will not speak English, so phones are a good way to communicate because you can translate your instructions into Chinese (and then retranslate them into English to see if they make sense) and share with the ayi if necessary.

Items to discuss with your ayi as you are introducing her to your house:

- **Salary** -- may be negotiated each year, but typically will run about 30-40 rmb per hour worked in Hangzhou.
- **Number of hours worked per week** (a typical school apartment may need 2-3 visits a week of 2-3 hours each). Will you pay a fixed rate per month or an hourly accounting based on each visit?
- **Chinese New Year Bonus** (it is tradition to pay a Chinese New Year bonus payment of the month payment before the holiday).

- **Holiday** -- will you pay the ayi over the holidays?
- **Public Holidays** -- understand that these are national holidays, so negotiate if the ayi will come on those days or not.
- **Cleaning duties**
 - What do you want the ayi to accomplish each time?
 - What is your level of “clean”?
 - Do you want items thrown away or merely put neatly into piles?
 - Cleaning kitchen, bathroom, making beds, washing laundry, hanging clothes to dry, ironing, cooking, etc.
- **Purchasing cleaning items** -- the ayi might be willing to purchase the cleaning items she prefers. You can leave her money, and she can get the items cheaply at markets around your apartment.
- **Paying bills** -- it's often easy if you leave money for the ayi to pay the bills, but you will need to request that the ayi do this feature.
- **Shopping at the wet markets** -- the ayi can often purchase vegetables, meat, and other items cheaply at the wet market, but if you prefer specific types of food, then be sure to communicate your preferences.



- **Ordering water** -- the ayi can often order replacement 5KL bottles of water to be delivered to your apartment when she cleans, so this is an efficient way to ensure that you never run out of water.
- **Cooking** -- Some ayis are willing to cook, but may not feel comfortable making “western” dishes. They prefer to make simple Chinese food, and can

often leave it in your refrigerator to heat up later. Sometimes, the ayi will use quite a lot of oil, so be sure to explain your cooking preferences, and work out which meals you do like and which you don't. Not all ayis are willing to cook for a family (or they may charge you extra). Additionally, there are cookbooks that are in English and Chinese to share with the ayi if you are interested in having her cook certain dishes. Dumplings that can be frozen and cooked later are a great item for your ayi to make!



We'll set up some ayis for you to meet with in the first weeks, and many faculty have recommendations of their ayis who would be willing to work for other new families. This is a good way to learn about what you can expect from an ayi -- and provides a quality referral.

SAFETY

Most ayis are capable and reliable. You won't have to put away cash, passports, valuables, etc., but it does pay to be responsible and keep your valuables safely secured just in case. Remember though, that your interactions with the ayi can certainly influence their practices.



LEARNING MANDARIN

HOW TO COMMUNICATE

When you first come to China it can be difficult to know how to communicate with your *ayi*, the local vegetable sellers, taxi drivers, etc. However, with a few words, you can find that things can begin to work smoothly.

There are plenty of websites to help you learn Mandarin. Use the next few pages to help you get started, and then you can begin lessons when you arrive.

CHINESE CULTURE

HIS STUDENTS GET TO LEARN ABOUT CHINESE CULTURE

NI HAO MA?

Chinese uses tones to help communicate their meanings. Even though the number of words are not infinite, the use of tones means that each word has multiple meanings because pronunciation of the tone can change the meaning.

- First Tone (ā)-- even sound (like a vowel that says its name)
- Second Tone (á)-- the sound goes up like a question in English (think uptalk where each sentence ends with a question)
- Third Tone (ǎ)-- this is a variable tone that begins high, goes down, and comes back up. It takes the longest to stay
- Fourth Tone (à)-- a harsh sounding downward tone (dismissive)

Try this silly tongue twister to practice the tones:

妈妈骑马，
马慢妈妈骂马。

mā mā qí mǎ,
mǎ màn, mā mā mà mǎ.

sì shì sì 四 是 四 4 is 4	shí shì shí 十 是 十 10 is 10
shí sì shì shí sì 十四 是 十四 14 is 14	sì shí shì sì shí 四十 是 四十 40 is 40
shí sì bù shì sì shí 十四 不是 四十 14 is not 40	sì shí bù shì shí sì 四十 不是 十四 40 is not 14



Below are some of the common phrases you will probably master in the first few weeks of living in Shanghai.

GREETINGS

English	Chinese Characters	Pinyin Pronunciation
Hello	你好	nǐ hǎo
Good-bye	再见	zài jiàn
Thank you	谢谢	xiè xiè
No thanks	不用了，谢谢 没有谢谢	bú yòng le, xiè xiè méi yǒu xiè xiè
You are welcome	不客气	bú kè qì
Yes	是的	shì de
No	不是	bú shì
Excuse Me	对不起	duì bu qǐ
I don't understand	我听不懂	wǒ tīng bù dǒng
I	我	wǒ
you	你	nǐ
he, she	他，她	tā, tā
I already have	我有	wǒ yǒu
I don't have	我没有	wǒ méi yǒu
Do you have a wifi password?	Wifi密码是什么?	Wifi mì mǎ shì shén me

QUESTIONS AND DIRECTIONS

Using the MORE HANGZHOU app will help you get where you want to go in a taxi, but it also helps to know a few words and directions when communicating with the driver.

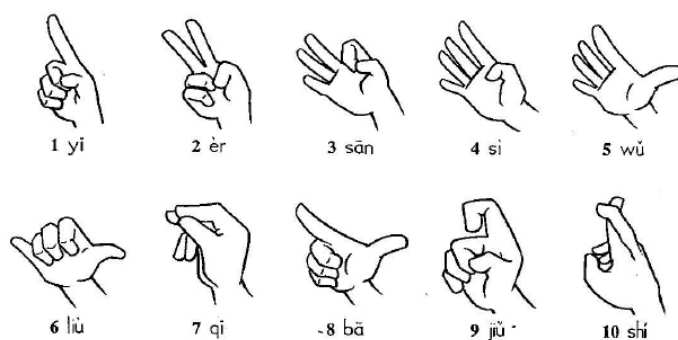


English	Chinese Characters	Pinyin Pronunciation
Where is the bathroom?	厕所在哪里?	cèsuǒ zài nǎlǐ?
Hi Driver, I want to go to...	你好师傅, 我要去.....	nǐhǎo shīfu, wǒ yào qù...
go straight ahead	一直走	yìzhí zǒu
turn right	右拐	yòu guǎi
turn left	左拐	zuǒ guǎi
stop here	这里停	zhè lǐ tíng
slow down	慢一点	màn yídiǎn
can / can't (is it possible or ok?)	可以/不可以	kě yǐ / bù kě yǐ
Do you have / not have?	有没有?	yǒu / méi yǒu
want / don't want?	要/不要	yào / bù yào
like / don't like?	喜欢/不喜欢	xǐ huan / bù xǐ huan
Bill please	买单	mǎi dān
May I have a bottle of...?	麻烦给我一瓶	má fan gěi wǒ yí píng
water	水	shuǐ
beer	啤酒	píjiǔ
I want it cold / hot	冰的/热的	bīng de / rè de

NUMBERS:

You should learn your numbers because it can help in so many different areas. There are hand gestures that are useful as well. We'll go through these in the first week.

English	Chinese Characters	Pinyin Pronunciation
0	零	líng
1	一	yī
2	二	èr
3	三	sān
4	四	sì
5	五	wǔ
6	六	liù
7	七	qī
8	八	bā
9	九	jiǔ
10	十	shí
11	十一	shí yī
20	二十	èr shí
21	二十一	èr shí yī
100	一百	yī bǎi
1000	一千	yī qiān





SHOPPING MANDARIN

It's helpful to learn a few phrases below so you can bargain smoothly in the markets, the shops, and just to get around. Good luck with your purchases!

English	Chinese Characters	Pinyin Pronunciation
How much does it cost?	这个多少钱?	Zhè ge duō shǎo qián?
That is too expensive!	太贵了!	Tài guì le!
Can you make it cheaper?	便宜一点?	pián yi yī diǎn?
It's too big	太大了	tài dà le
It's too small	太小了	tài xiǎo le
This one	这个	zhè ge
That one	那个	nà ge
A lot (very much)	很多	hěn duō
I want ...	我要	wǒ yào
I don't want	我不要	wǒ bù yào
I want to buy / I don't want to buy	我要买 / 我不要买	wǒ yāo mǎi / wǒ bù yāo mǎi
Shopping	买东西	mǎi dōng xi
Ok / Good	好的 / 好了	Hao de / Hao le

HELPFUL WEBSITES FOR LEARNING MANDARIN AND CULTURE

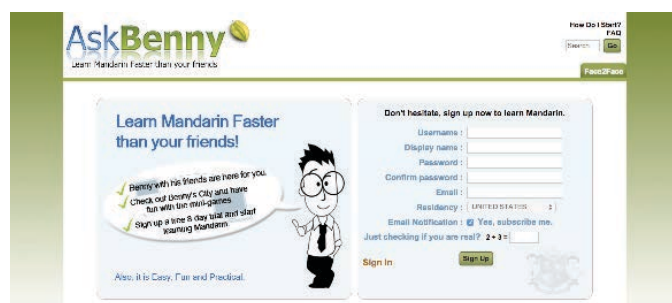
Sapore di Cina: Tales, Images, and Flavors of China

This website provides a variety of blogs regarding living in China, but also has links to 51 excellent resources for learning Mandarin. These range from conversion to actual online programs that help you learn the language. See their e-book for **Living and Working in China** for more information.



Ask Benny is a good site for situational specific vocabulary lessons. They also have podcasts and lessons with dialogues for newbies. Plus, they have some lessons that center on life in Shanghai, so it's a good way to learn the area as well.

(<http://www.askbennychinese.com/>)



When you are trying to translate from characters to pinyin to English, you can use a pinyin translator like **Pin1yin1** to help you communicate. It also has a dictionary to find words or phrases from English as well. (<http://www.pin1yin1.com/>)

There are many more sites out in cyberspace, but these are just a few that might help you learn the language.

Good luck on your journey!

Transportation



HOW TO GET AROUND IN HANGZHOU

Once you arrive in Hangzhou and get settled in, you'll want to explore a bit. There are many ways to explore, so you'll have a chance to try your fancy. HIS provides a transportation card that can be used in the metro, to rent bicycles, and in some taxis, so you'll have easy access to all ways to explore Hangzhou. On the coming pages, you'll see different options for getting around the city you will soon call home. Likely, you will want to purchase a bicycle or electric scooter right away, so you can begin your exploration of the area.

- Subway -- Metro
- Bus
- Taxi
- Taxi apps -- Didi Taxi
- Bicycle
- Scooter
- Walking tours
- Hiking





HANGZHOU BY METRO / SUBWAY

The Hangzhou metro is an easy to maneuver system. HIS is currently located about 15 minutes bike ride from the Xianghu stop of Line 1. You will be given a transportation pass that will give you rides on the subway or bus and we'll take you on at least one metro ride during the orientation week to familiarize you with the system. In many cases, the subway is faster than taking a taxi because traffic in Hangzhou can get congested in the afternoons/evenings (especially when it rains). However, getting to the subway entrance can take some time. Our current campus is better served by bus routes or bus/metro combos. Subway fares range from 3rmb per ride to 5 rmb to the outer areas of Hangzhou. Routes are posted in Chinese and English, and the Hangzhou Metro App makes it easy to map out your trip.

HANGZHOU BY TAXI

If you know where you are going or have a taxi card / taxi app, taxis are an easy and relatively simple way to get around Hangzhou. The Metro is cheaper, but taxis will take you directly to your location. Taxis are plentiful in Hangzhou, but at a certain time of day or if it's raining, it can be difficult to find a free taxi. You'll notice the available taxis because they have a green light on top that indicates they are willing to pick you up. If they wave you off or don't stop, it might be because it's their shift change, or they have a fare waiting for them via a taxi app. Taxi rides cost about 14 rmb for the first 3km, and then raise by about 1.3 rmb per kilometer thereafter.

Many people use apps to help them hail a cab. Didi Taxi is good if your Chinese is excellent, but you can figure out how to make yourself understood even if you don't speak the language. You can use the GPS signal to indicate your current location, then they will call you to ensure that you are willing to ride with them. At that point you can say yes and wait, or decline and cancel the ride. We'll give you a lesson in the first few days about this.



HANGZHOU BY BUS

Once you get used to Hangzhou, you might want to try a bus or two. There are plenty of buses, but you'll have to get acquainted with their routes as you go. Use Apple Maps Transit or Baidu Maps to find bus routes.



HANGZHOU BY BICYCLE

Bicycle is a popular form of transportation in Hangzhou. There are bike lanes and specific traffic rules for riding a bike. If you get the luggage racks and baskets, it makes for easy transportation of goods from the grocery stores. Most bike riders don't wear helmets, but it is a safety feature that is considered helpful in China. You can purchase bikes ranging in quality from a one speed pedal bike to top end racing bikes or mountain bikes, based on your preference. There are quite a few great mountain biking trails across the river, so you may want to come prepared for some outdoor biking. The school has a secure parking location for you to leave your bike during the day if you prefer.



HANGZHOU BY ELECTRIC SCOOTER/BICYCLE

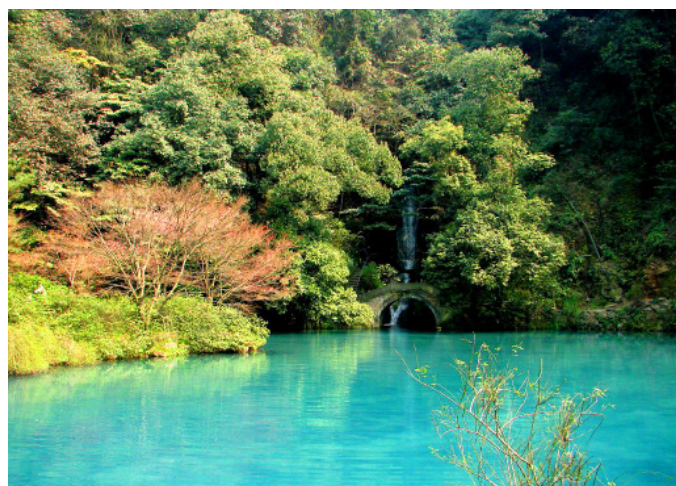
Many people like to purchase electric scooters to enable them to get around town quickly and smoothly. You can get an electric scooter for around 3250 rmb (\$500 USD). You need to charge it about every 50 km or so, but that decreases over time, so depending on the distance you ride it, you will be able to charge about once or twice a week. These will need to be registered with the government, but that's an easy process. Helmets are highly suggested. The school provides a location at the side parking lot that has access to electricity, so it is convenient to ride your electric scooter to work and plug it in! There is also a new form of electric bicycle coming into favor recently. The electric bicycle is easy to get further around town with a little less effort. Safety with Electric scooters: They are silent when they come up behind you, so be careful that you keep your eyes open (even on the sidewalks!)



EXPLORING HANGZHOU

There are plenty of areas that you will enjoy wandering slowly with a camera at hand. We'll take you to a few of these places early on, but leave you to find others on your own. **Frommers Guides** have more information about Hangzhou attractions.

Areas for Hiking:



- **Nine Creeks Meandering Through a Misty Forest (九溪烟树)**
- **Meiling Road (梅灵路) to Lingyin Temple and Meijiawu Village (梅家坞)**
- **Qixia Hill (栖霞岭)**

Areas for Wandering:

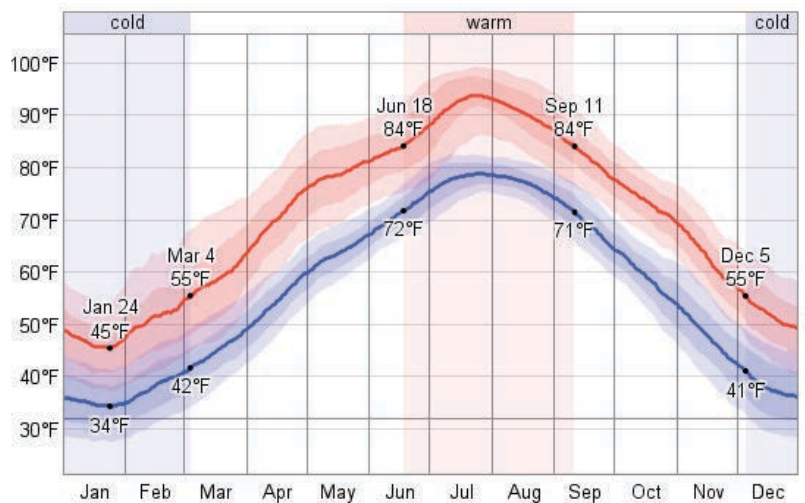
- **Qiantang River Paths** -- 25 kms of paths
- **Westlake Paths** -- Plenty to explore
- **Leifeng Pagoda** -- beautiful views
- **Baochu Pagoda** -- historic sights
- **Qinghefeng Pedestrian Street** -- good shopping

Weather

HANGZHOU'S CLIMATE

HANGZHOU HAS A SUBTROPICAL CLIMATE, WITH LONG, HOT AND HUMID SUMMERS AND COOL, DRY WINTERS. THE PRETTILY NAMED PLUM RAINY SEASON COMES IN JUNE AND JULY, WHILE AUGUST AND SEPTEMBER CAN SEE HEAVY RAINS AND TYPHOONS.

HANGZHOU YEARLY WEATHER SUMMARY



HANGZHOU IN SUMMER

WHEN LOTUS FLOWERS ARE IN FULL BLOOM

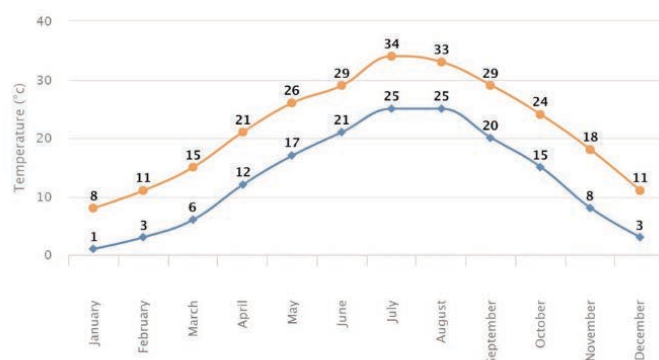


HANGZHOU WEATHER

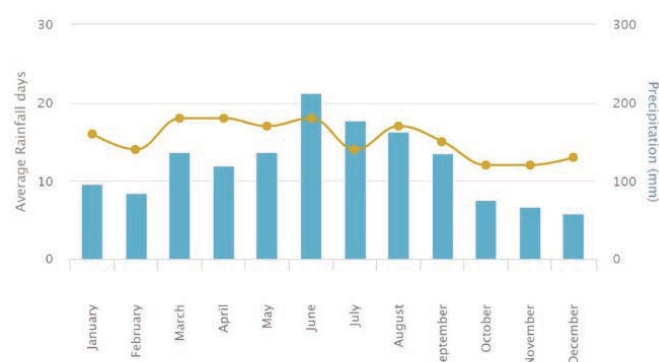
Hangzhou in the Summer

June, July and August are the hottest months in Hangzhou. At this time of year, you can expect daily average highs of around 28-30°C, but temperatures can climb as high as the low 40s Celsius. Nights don't bring much relief with temperatures in the mid 20s Celsius, and the high humidity makes it an uncomfortable experience for some visitors.

June is one of the wettest months of the year, with rain on as many as 14 days in the month - bring an umbrella, but you'll find it much too hot for waterproof clothing. Don't forget sunscreen and insect repellent if you're visiting Hangzhou in the summer, and be prepared for crowds around Xi Hu and its lake attractions.



TEMPERATURE CELSIUS INDICATIONS



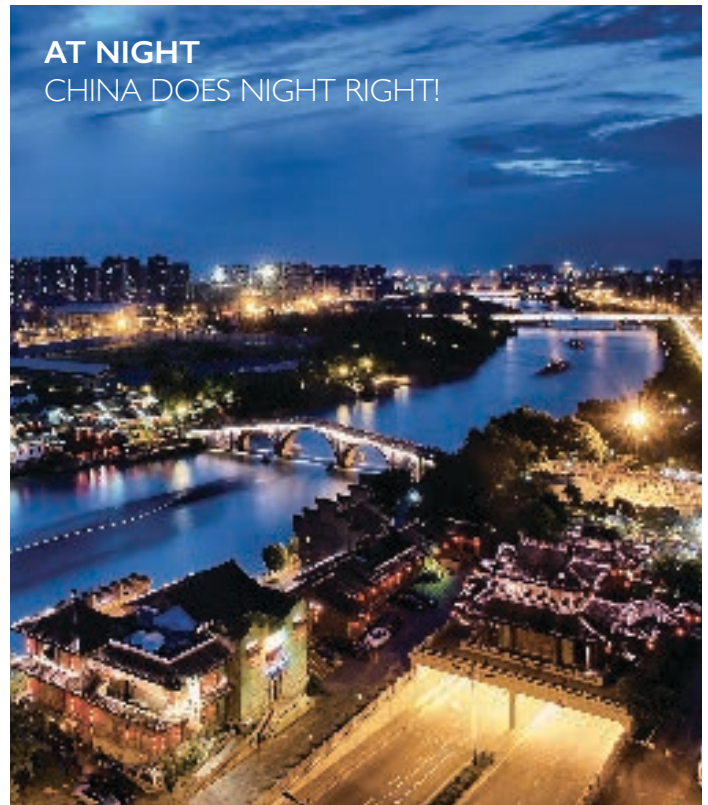
AVERAGE RAINFALL HANGZHOU RAINFALL BY MONTH

HANGZHOU IN THE AUTUMN

Autumn can be a beautiful time to visit Hangzhou, especially in November when the autumn foliage changes colour around the lake. In September and October, Hangzhou is occasionally affected by typhoons, bringing stormy winds and torrential rain, but November is a much drier and clearer month.

September is still very warm, with daily highs of around 28°C and overnight lows of 17°C but by the time November arrives the temperature is beginning to drop. Nights in November can be a chilly 9°C with temperatures reaching around 15°C during the day.

During the “Golden Week” public holiday period in October, Hangzhou can be exceptionally busy, so many tourists prefer to avoid that time.



HANGZHOU IN THE WINTER

Hangzhou's winters are chilly and dry, with occasional light snowfall. If you're visiting Hangzhou in the winter, take some warm clothing with you. Daily highs range from 8-11°C but nights in December and January are close to freezing.



HANGZHOU IN WINTER
IT CAN SNOW IN HANGZHOU



HANGZHOU IN SPRING
WHEN THE TREES BLOSSOM

HANGZHOU IN THE SPRING

March sees the start of spring in Hangzhou and the city gradually awakens from its long winter. Daily highs start at only around 14°C in March, but will have risen to 26°C by the end of May. Overnight, it can be chilly in early spring, with temperatures as low as 7°C, but again by May the city is considerably warmer with overnight temperatures of around 17°C.

It often rains in the spring in Hangzhou, so if you are visiting at this time you should take layered clothing and an umbrella.

Around The Neighborhood



LIFE AROUND HIS

HANGZHOU INTERNATIONAL SCHOOL IS LOCATED IN BINJIANG DISTRICT. IT'S ACROSS THE RIVER FROM THE WEST LAKE DISTRICT, BUT WITH THE NEW SUBWAY LINES, IT'S EASY TO EXPLORE.

SEE THE COMING PAGES TO LEARN ABOUT SOME OF THE NEARBY RESTAURANTS AND FAVORITE PLACES OF CURRENT HANGZHOU FACULTY.



FOOD IN BINJIANG

1. **Blue Mountain Cafe** -- Near the school with a western & Chinese menu.
2. **Bao Zi Stands** -- Around metro/bus stations.
 - Rou bao (Meat), Cai bao (veggie), La Cai Bao (spicy veggie), Tu dou bao (curry potato)
3. **Slims** -- Western food. Great burgers and steaks with good service. Will deliver.
4. **Angelo's** -- Italian food and good drinks. Play space for the kids. Will deliver.
5. **Pita's & Tika's** -- Indian food for eating in or taking home. Great samosas, wraps, or curries.
6. **Starbucks Coffee** -- a tasty cup of 'joe waits for you
7. **McDonalds/KFC** -- the Golden Arches and Colonel are familiar. They can be found all over the city.
8. **1701** -- Chinese food along the river; the food is similar to Grandma's
9. **Papa John's Pizza** -- franchise pizza. Delivers
10. **Power Long Mall Restaurants** -- Many Chinese and international restaurants and stalls to choose from.
11. Restaurants at Star Avenue
12. **Me Too Cafe** -- Near Starbucks on Dongxin Road. Western and Chinese food,
13. **CucKoo Wasp** -- pretty good western food and drinks



MALLS IN HANGZHOU

Hangzhou has a healthy retail culture, with more malls and shopping areas opening nearby. These are listed by order of proximity to HIS campus.

1. **PowerLong Mall** -- about 5 km from the school, directly on the subway line, this mall opened has shops, restaurants, IMAX and movie theaters, and a bowling alley/games venue.



2. **Star Avenue Mall** -- approximately 6 km from HIS campus, this was the first and largest mall in Binjiang. It still has a variety of restaurants and shops. It's also home to a very cool bookstore. Bus 107 goes here.



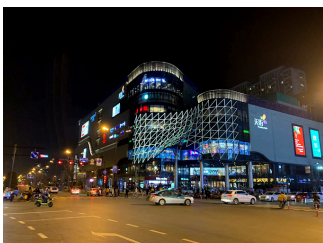
3. **Mix-C Mall** -- a sprawling complex with several large chain restaurants and department stores, this is another go-to place to shop and explore. Restaurants include Din Tai Feng and many others, including Ole, the grocery store. Located across the river, 12km from campus, it can be reached by bus or subway. An Apple store is located next to this mall. Ice-skating.



4. **Kerry Center Hangzhou** -- Home to many restaurants, hotels, and interesting shops, the Kerry Center has music, food, art, and entertainment as its focus. Located in the center of town, across the river, this is a place you will want to visit often. You can get here by taxi or subway primarily. Restaurants here include Mid Town Brewery and Element Fresh, as well as a Grocery Store.



5. The newest mall to be added to this list is called **Paradise Walk**



GROCERY STORES, SHOPS, AND MARKETS

1. **Lian Hua** -- has some western products
2. **Fruit and Veggie Markets** -- many locations. Great and fresh selection
3. **City Life** -- Some western food, a nicer grocery store that is nearby. Two locations



4. **Vanguard** -- Basic home appliances and products
- Grocery store downstairs
5. **Wu Mart** -- right beside Vanguard and has nice restaurants in the same building
6. **Epermart** -- Quality online supermarket



7. **Sams Club** -- Great for bulk buying. Great prices for wine & cheeses
8. **Ole in MixC Mall** -- Lots of western food varieties
9. **Freshippo Hema** -- Excellent groceries from all over the world. Delivers



BARS AND PUBS

While Binjiang is a growing area, many of the bars and pubs listed below are located across the river in the West Lake area. They may take some time to access, based on time of day.

1. **JZ Club** – Jazz music and drinks



2. **Angelos Restaurant** on Dongxin – good food and drinks

3. **Mint Bar** – Salsa Club, good blueberry mojitos and nice patio for warm evenings.

4. **Reggae Bar** – a fun night out- can be quite smoky

5. **Maya bar** – Some Mexican food as well



FOOD AROUND THE LAKE

1. **La Pedrera** – Spanish – Good sangria and tapas, the paella is not great. @XiXi Wetlands

2. **Louwailou restaurant** --famous Chinese food on the lake

3. **Brunch @ Four Seasons or the Hyatt**

– Free flow champagne :)

4. **Jason's Library** -- Xixi Wetlands. British fare with secret entrance. Slow service so order drinks first

5. **Osteria Pelecanus** -- small place with great food

6. **Pizza Marzano** – Good pizza and selection of drinks

7. **Green Tea Restaurant** – Great Chinese food up in the tea hills

8. **Wade's and Vineyard** – Both owned by the same person – offering good western food- pasta, pizza, burgers, salads and chicken paramgana. Vineyards shows lots of sports, including Australian Football. Great pub atmosphere

9. **Sawasadee Thai** -Thai and Chinese mix

10. **Panchos** -Mexican food

11. **Flamingoes** -Great food and open air seating

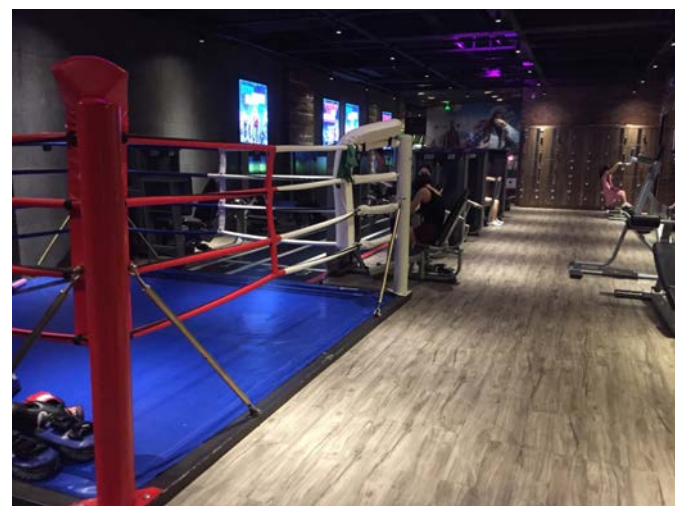


12. **Wochinger at Intercontinental Hotel**--

German food and beer and hosts a fun Octoberfest

13. **EATA Steakhouse & Bar** – Western Food with a nice ambiance





WORKING OUT

There is a Fitness Center and swimming pool (The Wave) at HIS that faculty can use at specific times. And there are several modern gyms and fitness centers within biking distance. They all have group classes for yoga, zumba, aerobics, etc as well as free-weights, treadmills and ellipticals, or other exercise equipment. Many of the nearby gyms also contain an indoor heated pool if members want to swim. HIS provides a Wellness Stipend for teachers to apply toward gym memberships, bicycles, or other exercise equipment that lead to healthy life choices.

Furthermore HIS faculty have formed walking/running/biking groups, afterschool zumba classes, yoga classes, and other activities. Be sure to bring your favorite workout gear. Decathlon is a sporting goods store that stocks a nice variety of athletic gear and equipment if you couldn't get it all to fit into your suitcases on the way over.

JUST GYM 杭州贺田尚城店

JUST GYM Hang Zhou He Tian Shang Cheng Club
Group Exercises Schedul 2016/07
咨询电话(Hotline):0571-86730613

团操课程教室 GROUP EXERCISE STUDIO

时间 TIME	星期一 MONDAY	星期二 TUESDAY	星期三 WEDNESDAY	星期四 THURSDAY	星期五 FRIDAY	星期六 SATURDAY	星期日 SUNDAY
18:45PM- 19:30PM	BOOYSTEP 踏板操 ★★ 俞均燕						
19:40PM- 20:25PM	基础肚皮舞 ★ 凡劝劝	尊巴 ★★ 王文亮	腰腹核心 ★★ 吴勇强	LIKEMILLIE BODYPUMP 壶型杠铃 ★★ 丁群超		LIKEMILLIE BODYCOMBAT 搏击 ★★ 吴勇强	有氧操 ★★ 凡劝劝



单车课程教室 SPINNING STUDIO

18:45PM- 19:30PM	重磅炸弹 ★★ 俞均燕	翻山越岭 ★★ 吴勇强	欢乐骑行 ★★ 丁群超	汗流浹背 ★★ 吴勇强	单车维护
19:40PM- 20:25PM	动感单车 ★★ 吴勇强			燃脂单车 ★★ 张玉蒙	

瑜伽课程教室 YOGA STUDIO

18:30PM- 19:30PM	理疗瑜伽 ★ 凡劝劝	瑜伽 ★ 王文亮		哈他瑜伽 ★★ 张玉蒙	普拉提 ★ 俞均燕	基础瑜伽 ★ 凡劝劝
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- ◎ 请穿着合适的运动服装参加团体课程，所有课程都适合男生参加。
- ◎ 参加预约课程请于课程当天前台预约，课程开始前十分钟内停止预约。
- ◎ 课程前请您提前五分钟进场，手机调震动或关机，保持课堂安静。
- ◎ 本中心对所有课程保留的更改或取消权利。
- ◎ 下午课程不满三人(单车房不满五人)不予上课。
- ◎ ★为初级课程，★★为中级课程，★★★为高级课程。



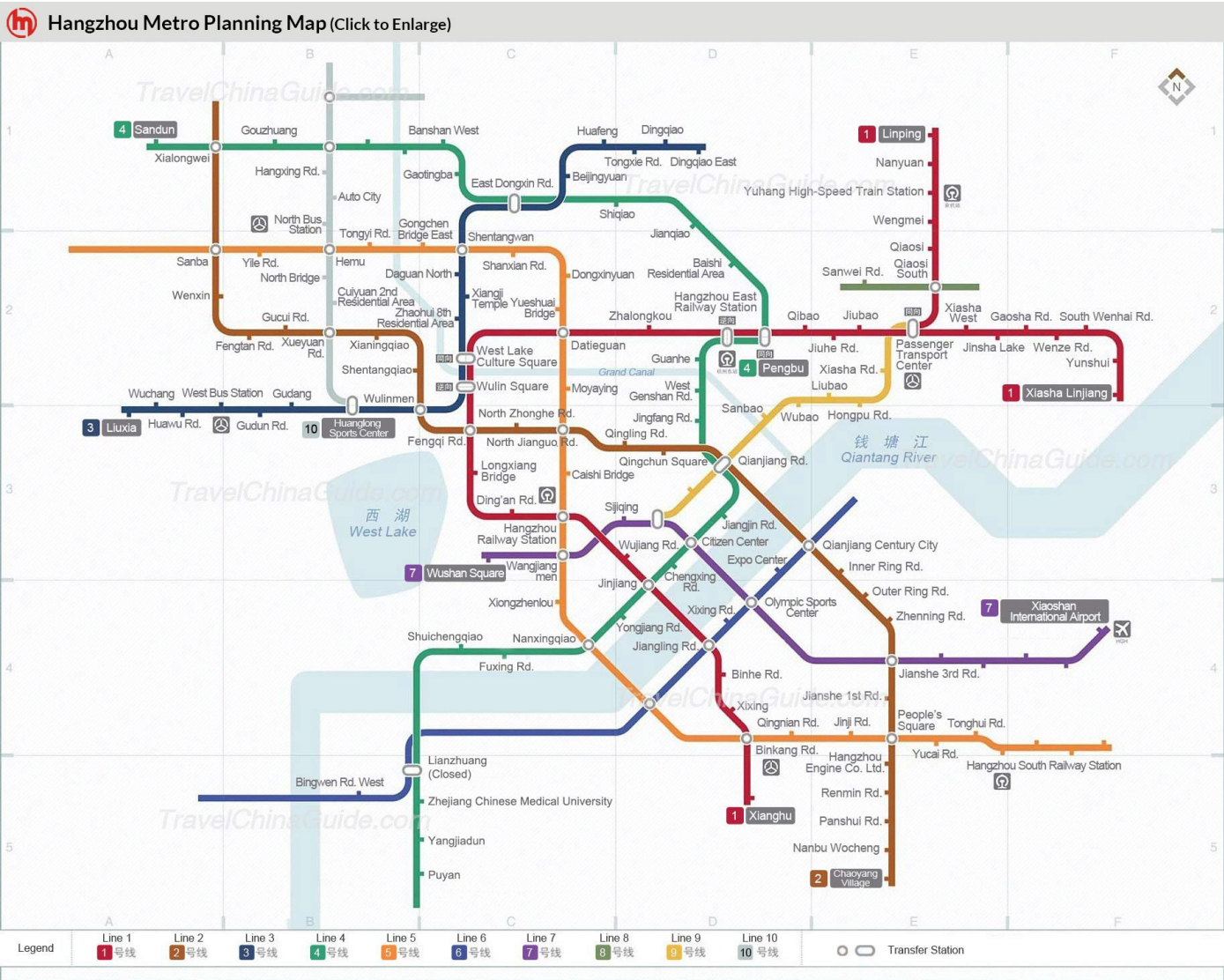
扫一扫关注
我们在健身官方微信

微信: JUST-GYM

IN THE NEIGHBORHOOD

Binjiang is a growing neighborhood with increasing access to restaurants, shopping, transportation, and grocery stores. The housing areas immediately adjacent or within the vicinity of the school provide easy access to school-community life. While it may take some time to get “into town”, there are many amenities nearby. Whether you choose to have a western meal or a bowl of noodles for a quick snack, you can find a good variety nearby or can have it delivered to your door via mobile apps. You’ll find that it’s an enjoyable area with opportunities to explore.

The launch of many new subway lines below makes it easier than ever to get out and about Hangzhou, and we look forward to more developments to come.



HIS Community Welcome

YOU'RE A DRAGON NOW

We're excited that you will be joining us soon. We've got plenty of exciting events and activities in place for the first few weeks of your time in China. As you acclimate to Hangzhou and HIS, you'll feel like one of the community.

We know you have plenty of questions, so hopefully this book will give you a jump start on the process of understanding how to prepare for your new adventure. Connect with your buddy teachers, your division leaders, and ask lots of questions.

We'll see you soon!



GETTING HUGS FROM GRADE 1 (above)
ORIENTATION VISIT TO SONG DYNASTY
PARK (below)



REFERENCES:

Many websites were consulted in the quest to give you a wide variety of information. Most of them were linked throughout the book, but here they are grouped by types of information

Culture Shock:

<https://www.moveoneinc.com/blog/relocations/what-is-culture-shock-how-expats-learn-to-cope-with-cultural-differences/>

Living Abroad in China:

http://www.transitionsabroad.com/listings/living/livingabroadin/living_abroad_moving_to_china_what_to_take_shtml

Healthcare for Expats:

<http://www.allianzworldwidecare.com/hospital-doctor-and-health-practitioner-finder?+China&PROV-TYPE=HOSPITALS&CON=Asia&COUNTRY=China&CITY=Hangzhou>

Internet and Phone:

- **China Telecom:** <http://sh.189.cn/en/products/prepaid-e-home-30M.html>
- **VPN Reviews:** <http://www.bestvpnchina.net/>

Learning to live in China: <http://www.saporedicina.com/english/>

Images:

- Flickr:
- Tumblr
- Bing Images
- Munyee Choo -- SCIS Marketing photographer
- Andrea Stubbs -- HIS Admissions and Community Relations

•Ayi Information:

http://www.whatsonxiamen.com/ifm_infobank.php?titleid=327

<http://www.cityweekend.com.cn/shanghai/blog/how-to-find-and-manage-an-ayi-in-shanghai/>

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HANGZHOU INTERNATIONAL SCHOOL