

Welcome to Shanghai Guide

A GUIDE FOR LIVING
AND WORKING IN
SHANGHAI, CHINA



SHANGHAI COMMUNITY INTERNATIONAL SCHOOL



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Introduction

We wish you a warm welcome to our SCIS community in Shanghai. We've created this guide as a helpful orientation and resource for your transition to China.



^ Top view from the Ritz-Carlton Shanghai, Flair Rooftop Restaurant & Bar

< Top view of Shanghai Tower and Shanghai World Financial Center

AT THE AIRPORT

When arriving in Shanghai before entering immigration, you will be directed to machines that will take your fingerprints. Take the fingerprint receipt with you. On the way to the immigration line, complete the yellow entry card if you have not already done so on your flight. Take the yellow immigration card and the fingerprint receipt with you to the immigration desk. The immigration officer will keep the yellow card and you should keep the fingerprint receipt for future reference. You will not have to use the fingerprint machines again upon reentering China.

After receiving your luggage and going through customs, look for a sign with your name at international arrivals. A SCIS Leadership Team member will pick you up with a van, a driver, and keys to your new apartment. You will receive USD 1,000 start-up fund in local currency, so you won't have to get to a bank immediately.



LUGGAGE / SHIPPING ALLOWANCE

The Human Resources (HR) Manager will email detailed information about your shipping allowance. If you are only bringing items as extra baggage on flights, you may turn in your receipts, but if you are also

shipping other items later, you will want to wait and submit all your receipts at once. **You don't need to do this immediately, but do keep your receipts.**

Please let the HR Manager know in advance if you plan to bring extra luggage. This way, we can make sure to prepare for your pick-up accordingly.

RELOCATION ORIENTATION

During new hire orientation, we will cover sessions on living in China. Additionally, we will support you in setting up your phone, internet, and bank account. You can also expect shopping trips for household items, groceries and even a trip to IKEA.

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. We encourage you to reach out to your colleagues and school administrators to get through these tough times.

VISA AND RESIDENCY

You will be asked to turn in your passport upon your arrival. You will get it back, but will have to return it in one more time within the first month. At that point, you will also have to make a visit to the visa office in order to receive your resident visa. You will be notified ahead of time regarding the time and date of this meeting. Please be sure you bring the required number of photos and information requested by the HR Manager. **Please do not make travel plans outside of China until after the October holiday.**



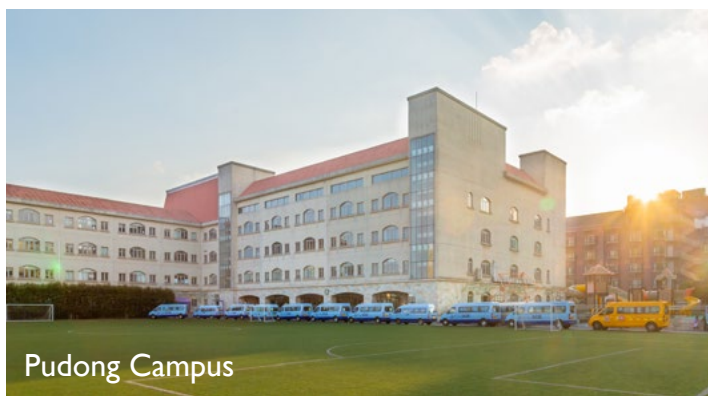
Night view of Jingan Temple surrounded by modern business buildings

Welcome to SCIS

Welcome to the SCIS Hongqiao and Pudong Campuses. The following photos should help give you a perspective of all campuses in our system.



Hongqiao Main Campus



Pudong Campus



Hongqiao ECE Campus



Hongqiao ECE Campus Classroom



Hongqiao Main Campus Theater



Pudong Campus Classroom



Hongqiao Main Campus Indoor Swimming Pool



Hongqiao Campus Classroom

Photos of the SCIS community.



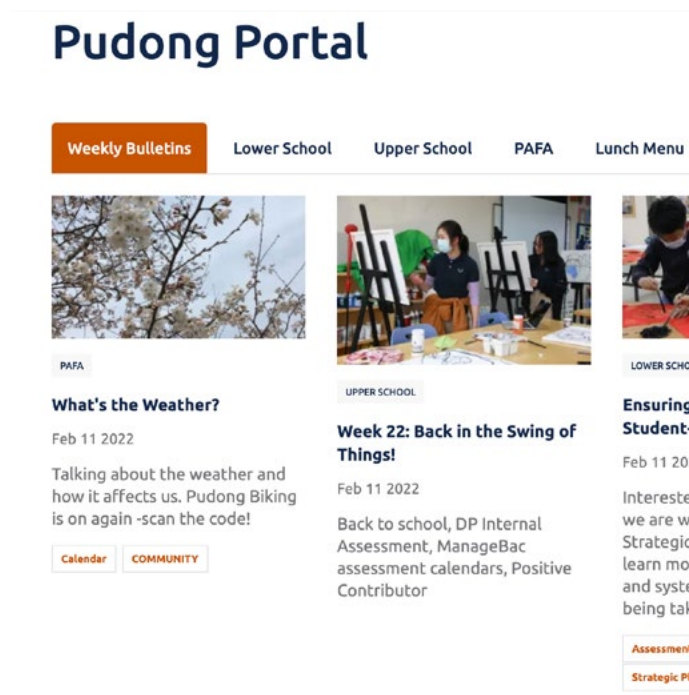
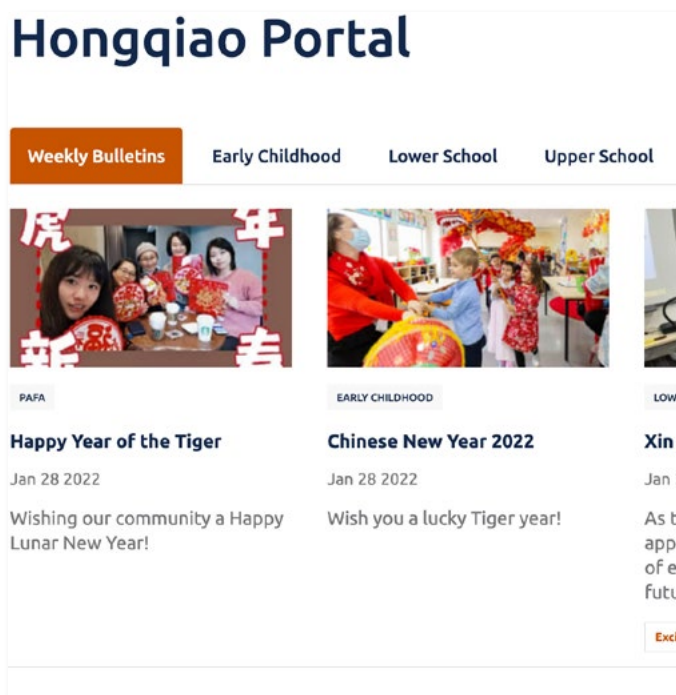
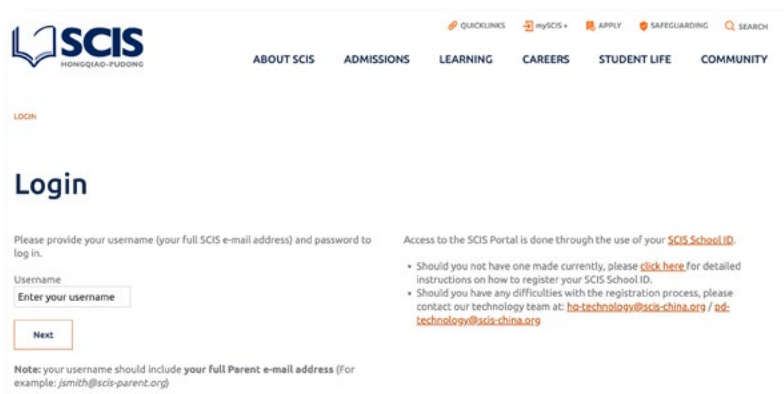
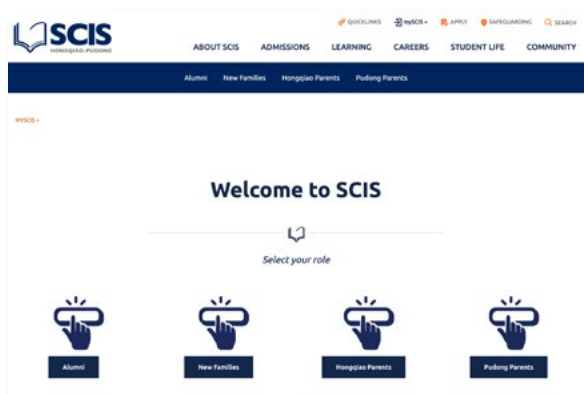
SCHOOL RESOURCES:

Check out the SCIS Website to learn more about SCIS. Login with your SCIS username and password generated for your email.

- Community Website: <https://www.scis-china.org/>

All faculty members have access to our campus portal which contains relevant information needed to stay informed of all things SCIS, in one convenient location. This includes weekly principal bulletins, key contact information, and calendar of events.

- Access to the portal can be done via the utility menu, found at the top right of any page on our website, www.scis-china.org, under the “mySCIS+” tab.
- Alternatively, you can directly type in the following URL into the address bar of your preferred browser: www.scis-china.org/hongqiao or www.scis-china.org/pudong
- To login to the portal, you will need to use your full SCIS e-mail address as your username and the same password as the one you created. If you have trouble logging in, contact us at communications@scis-china.org



HONGQIAO MAIN CAMPUS & NEIGHBORHOOD MAP



SCIS HONGQIAO HOUSING

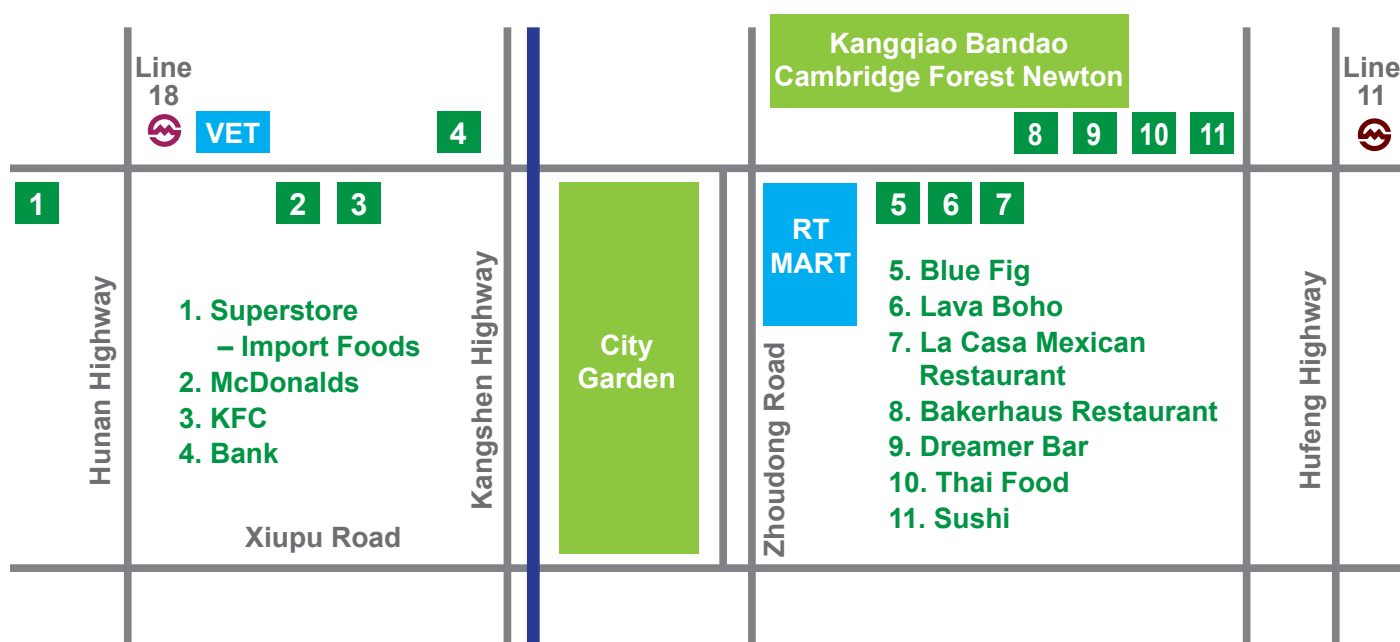
Location:

- School-provided housing is rented largely in three main complexes near the Hongqiao main campus. Apartments are usually, but not always, located in King's Court, Carnival Garden or Heng Sheng Garden. You will be provided with your home address upon your arrival to Shanghai.
- The apartments (Hongqiao/Gubei neighborhood) are located in a nice, quiet area, and both campuses, as well as city hot spots, are easily accessible. The Hongqiao/Gubei areas are very safe at all hours.
- Referencing the Shanghai metro map, most new hires live within a 5-10 minute walk to the Songyuan stop Exit #1 on line 10. From there, the ECE campus is a short 10-minute subway ride on the same line, the Longxi stop, exit #3.

- Nearby points of interest from the Hongqiao Main Campus:
 - o HuangjinCheng Dao (Golden Street) Pedestrian street with small shops, beauty services, and cafes ~ about a 10-minute walk. There is an ICBC bank located on this street as well.
 - o Takashimaya Mall (Food courts, restaurants, groceries, make-up, etc.) ~ about a 15-minute walk.



PUDONG CAMPUS & NEIGHBORHOOD MAP



SCIS PUDONG HOUSING

Location:

- School-provided housing is rented largely in three main complexes within two miles of the Pudong campus. Apartments are usually, but not always, located in City Garden, Kangqiao Bandao, or Zhouban Compund. You will be provided with your home address upon your arrival to Shanghai.
- The apartments (Kangqiao/Zhoupu neighborhood) are located in a nice, quiet area, and both campuses, as well as city hot spots, are easily accessible by metro or taxi. The Kangqiao/Zhoupu areas are very safe at all hours.
- Referencing the Shanghai metro map, most new hires live within a 10-minute walk to the Kangqiao stop Exit #1 on line 18. The SCIS Pudong Campus is about a 10-minute walk from Fanrong and Zhoupu stop on Line 18.
- Nearby points of interest from the campus housing:
 - RT Mart (For groceries and other household items ~ about a 5-10 minute walk. ○ Blue Fig, Lavo Boho, and Dreamer are western-style bars with food and servers who speak English.
 - Wanda Plaza Shopping Mall ~ Food courts, restaurants, groceries, make-up, etc.) ~ about a 15 minute walk from school.



Apartment:

We'll help you unload and get situated. You will also have a few items. . .

- Your apartment will have inexpensive bedding, pillows, towels, and place settings for all members of your family. Enough water and small food items will be included to get you through the first few days.
- You might want to buy a mattress topper for your bed right away. These are available at IKEA.
- A trip to IKEA will be included on the orientation schedule. Bring your address card and know your bed size before you go. A small tape measure will be very helpful when preparing for IKEA. IKEA can deliver your mattress topper and other items you decide to purchase.



- You will have basic furnishings. Every apartment is different.
- Don't expect an oven in your apartment. You can buy a toaster oven or countertop oven.

- There will be a washing machine, but most apartments don't have a dryer. You might want to buy a drying rack if you don't have one in your apartment. Some of these are built into the ceilings of your balcony or outdoor area.
- You will have a TV, but no cable, and all TV channels are in Chinese. Some people have ordered a satellite TV package (there are a few options.)
- You can have water delivered. Nestle Water has English-speaking service agents. The phone number near the Hongqiao campus is: 021 61 646888. Follow the directions and know your address. You pay a deposit for the bottle the first time, which is about 40 RMB. Many faculty have their housekeeper handle water orders.

• Utility Bills and Other Mail

Bills will come to your apartment mailbox. You will want to check this regularly to ensure bills get paid on time. These can be paid in a variety of ways such as your Weixin or Alipay apps, at some convenience stores, and often your ayi will be able to help with this. There is more information on mobile payment systems such as WeChat (Weixin) and Alipay later in this guide.

Life in China

As you are looking for information about what to bring, what kinds of items you may not be able to find, or how you will retain your connection to “home”, know that there are plenty of items available in Shanghai. Generally speaking, you will be able to find most items from home, but expect to pay more for many of them. Refer to the next section for items that are difficult to find, as you may want to bring them.



PACKING FOR LIFE IN CHINA

Expensive or difficult to find items you may want to bring:

Toiletries

Many people would suggest that you bring enough of your preferred toiletries to last at least a year. While many of these items are available through certain stores, it may not be your preferred brand and may be more expensive.

- Deodorant (antiperspirant is difficult to find)
- Tampons
- Toothpaste/toothbrushes
- Favorite Make-Up
- Face Wash/Hair Care Products



Medications

Over the counter medication like cold medicine and fever reducers may be hard to find. Additionally, many people feel the quality is not the same. Cold, sinus, asthma, allergy, pain relief, nighttime sleep aide, and any other commonly used over-the-counter medications have all been suggested by current teachers as items to bring from home. Stomach relief medicines (Imodium, Tums, Pepto, etc.) may also come in handy. Oral contraceptives are pretty easy to find, but may not be your preferred brand. Specific prescription medicines should be refilled before you arrive.



Clothing Items

- Large-size shoes (above 8 for women, 12 for men) are hard to find, but it is not impossible.
- Something to wear on UN day that symbolizes your home country/state might come in handy.



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, your will, banking and financial information, and driver's license. You also may want to consider items that remind you of home, such as photos of your family, hometown, etc.



ELECTRONICS AND ELECTRICITY

Electronics and small appliances are plentiful in China. The voltage in China is 220. We do not recommend the use of transformers.



SHANGHAI
PLUGS
ELECTRICITY IS
220 VOLTS

Kitchen and Other Appliances

Tea and coffee makers, blenders, etc. are very easy to find here and will be cheaper than bringing them from your home. Quality hair styling tools such as flat irons and hair dryers can be found at local stores, hair salons that cater to Western populations, or the popular websites Baopals and Taobao.

Electronics

There is a good foreign bookstore at 390 Fuzhou Road, however other stores are limited in variety. Therefore, an eBook reader can be a wonderful thing as you can download almost anything from Amazon, Apple, or other online providers.



Chargers

Most small device chargers (those with two and not three prongs) will work without a power adapter/transformers. iPhones, cameras, laptops and other devices that charge via USB are just fine. Many teachers have brought external computer hard drives and similar devices that simply plug right into the wall outlets. Plug adapters are inexpensive and easy to find.

Laptops & Computers

SCIS will provide you a school-owned Macbook for school-related business. It is highly advisable to bring your own personal computer/tablet for many reasons. Warranties may or may not be covered in China. Apple's standard warranty and extended warranties are covered by the local Apple Retail stores.

Email Configuration

iOS device setup: <https://wiki.scis-china.org/how-to-setup-email-on-your-iphone/>

Android device set-up: <https://wiki.scis-china.org/how-to-setup-email-on-your-android/>

1. Download the Outlook App from the Play Store.
2. Add your @scis-china.org email account.
3. Enter your password when prompted.
4. DONE

BANKING

The school deposits paychecks directly to Industrial and Commercial Bank of China (ICBC). The school will support you in establishing an account during orientation. The bank provides an ATM card that can be used all over China and in many other Asian countries. However, you will not be provided a credit card. It is recommended that you maintain a credit card in your home country. Transferring money to your home accounts can be done through the bank or other outlets such as Western Union and the website Swapsy. Transfer costs vary, Tax paperwork will be provided by the school to take to the bank for international transfers.

Mobile Phone Payments: Teachers can have their Alipay and WeChat (Weixin) Wallet accounts set up during their first ICBC trip as well. Both mobile phone payment systems are widely used in Shanghai and make shopping very convenient.



ICBC

中国工商银行

A Note about Transfer Timelines: **You won't be able to transfer money home using the bank until your residency and work visas are approved.** If you will have immediate payment needs back home, such as a mortgage or student loans, it is recommended to leave enough money in your home accounts to handle these payments.

INTERNET AND VIRTUAL PRIVATE NETWORKS (VPNS)

It is important to be aware that certain websites, such as Google, Gmail, Instagram, Yahoo, and Facebook, may not be accessible in China without a VPN. We do not provide personal VPN accounts, and we cannot endorse any specific VPN providers. However, you may want to consider purchasing a VPN account before your departure if you plan to access these sites. While we do have access to these sites on our campus network, we cannot provide support for personal VPNs due to legal reasons.

Internet and WIFI in Your Apartment

It typically takes about 2-3 days to get set up. the SCIS HR team will take you to the phone store, where you will pay and arrange to schedule your WIFI installation. During the store visit, ensure you bring your passport and expect to pay for a couple months minimum up front.

HELPFUL WEBSITES

If you're not excited yet to be moving to such an amazing city, watch this:

Shanghai E-motion 2012 Shanghai E-motion 2012 – Youtube video

- www.smartshanghai.com – A great expat resource for events, restaurants and other places.
- www.timeoutshanghai.com – News and events.
- www.shanghaimamas.org – A great resource, even if you're not a mama. You'll need to register.
- www.trip.com – Base in China and has great Asian airfare rates.
- <https://newsite.sherpa.com.cn/#/index> – Shanghai food delivery from hundred of restaurants.

CELL PHONES

China has three primary cell phone service providers: China Mobile, China Unicom, China Telecom. It is recommended to bring your own phone to China, though the phone should be unlocked prior to arrival. You can try to get phones unlocked here, but there are no guarantees that it won't cause damage to your phone, and it won't be free.

At the time of writing, iPhones with e-sims only (purchased in America and perhaps other locations around the world) do not work in China. If you are an iPhone user or plan to purchase one, please follow this URL to check if your iPhone is compatible to use in China: <https://support.apple.com/en-us/HT202909> and ensure that it does accept regular sim cards.

Upon your arrival, the SCIS HR team will take you to the nearest phone store to purchase a sim card. Be sure to take your passport with you, as you will need to present it to the company before you can receive phone service.

Most service plans are pre-paid and are fairly inexpensive compared to plans in the USA and elsewhere. Most teachers just top up their phone when they run out of credit. You can do this at most convenience stores, China Telecom, China Unicom or even via apps such as Alipay or WeChat (Weixin) Wallet.

Helpful Phone Apps for Shanghai Living

• WeChat (Weixin) – Texting, calling, and videos via the internet. WeChat (Weixin) also has excellent translation features. Many people also use it for WeChat (Weixin) Wallet, a mobile payment system that connects with your bank account. In order to use all functions of the app, including payment, wait until your arrival to China to download it. If



you create an account less than six months prior to your arrival in China, any connections, groups or functions you start using under your ID name will be lost upon arrival, and you will be forced to create a new account, with your new China phone number.

- SmartShanghai – If you only pay for one app in Shanghai, this is it. It is the one you will use the most for taxi cards and subway information for specific places when getting around town.
- Meituan, DiDi and Alipay (hellobike) – Bike sharing platforms.



- Google Translate – It does a pretty good job of translating what you want to say and has it in pinyin and voice.
- Baidu Translate – When VPN doesn't work for Google translate.
- Sherpa's – Shanghai food delivery from hundreds of restaurants.
- JSS-Shanghai – food delivery app.
- Air Matters by Air Matters Network. The school monitors Air Quality via the U.S. Consulate Monitor Station and campus monitors.
- Shanghai Metro apps such as Explore Shanghai – Get acquainted with the metro system in Shanghai.
- Bon App Shanghai – Dining guides in English with user reviews.
- Any currency exchange app. Many use xCurrency by Travel Tao for its real-time conversion features.
- Didi – Like Uber and you can call taxis as well. Didi also has a share bike platform. There are the white and green bikes.



- [BottlesXO Shanghai](#) – A carefully curated selection of wine, craft beer and spirits. Chilled and delivered to your home in 30 minutes (average).
- [PandaBoo-Online](#) shopping app for household items.
- [Alipay App](#) – Alipay is another E-Wallet and it is essential for Travel codes. It also links many other apps. Have the bank help you set yours up.

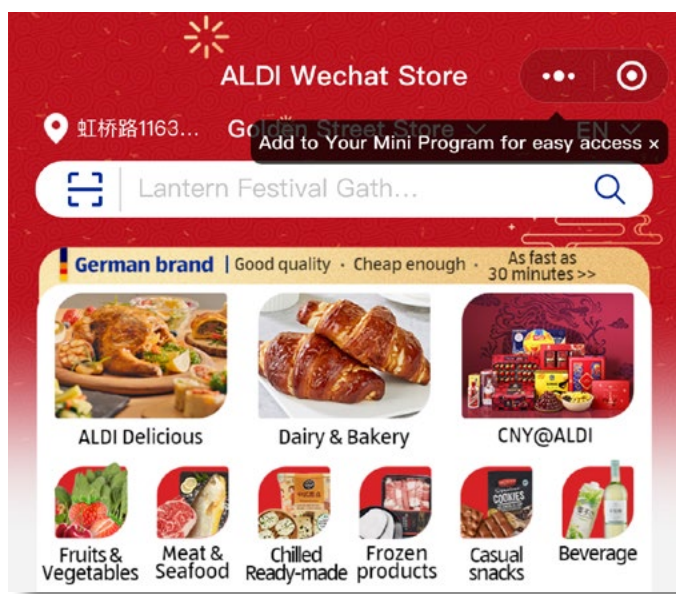
*If you are an Android phone user and do not see the app in Google's Play Store, please update Google Play Store to the latest version first and then try again. If the app is still not available, let us know and we can work with you to download it from <https://shouji.baidu.com>. Please contact us at hq-technology@scis-china.org

SHANGHAI ONLINE SHOPPING

Online shopping makes life very easy in China. Tipping is generally not expected. Many of these sites work better with VPNs turned off.

Grocery Shopping Online: Delivery

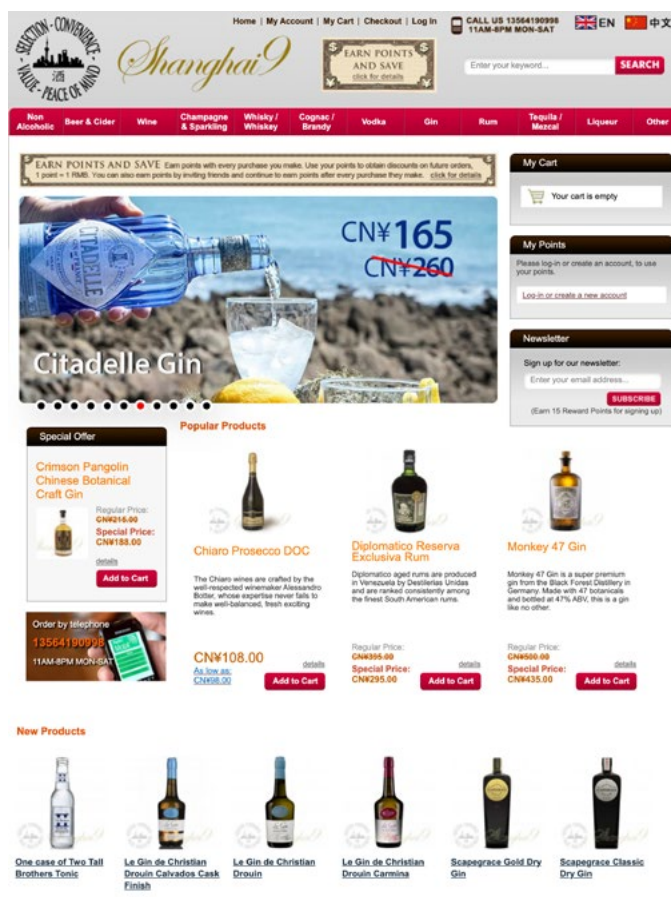
- **Aldi:** The German discount food store is thriving in Shanghai. They have a mini-program on WeChat for delivery, and a few stores around Shanghai for you to visit in person.



- **Epermarket:** Online shopping for groceries delivered to your home. They also carry toiletries and small appliances. <http://www.epermarket.com/>



- **Shanghai 9:** Wide selection of alcohol with home delivery. <http://www.shanghai9.com/>

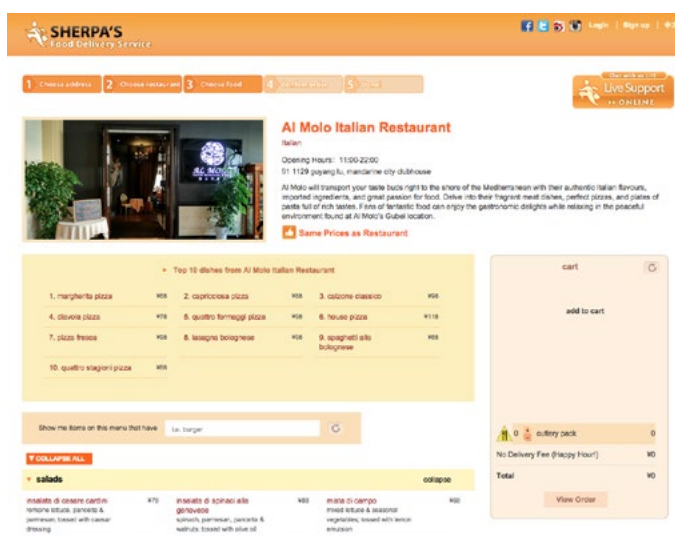


- **Costco:** Choose popular brand products on the market. Sold in larger quantities - similar to Costco around the world, but also a little bit different. <https://www.costco.com.cn/#/index>



Food Delivery Online:

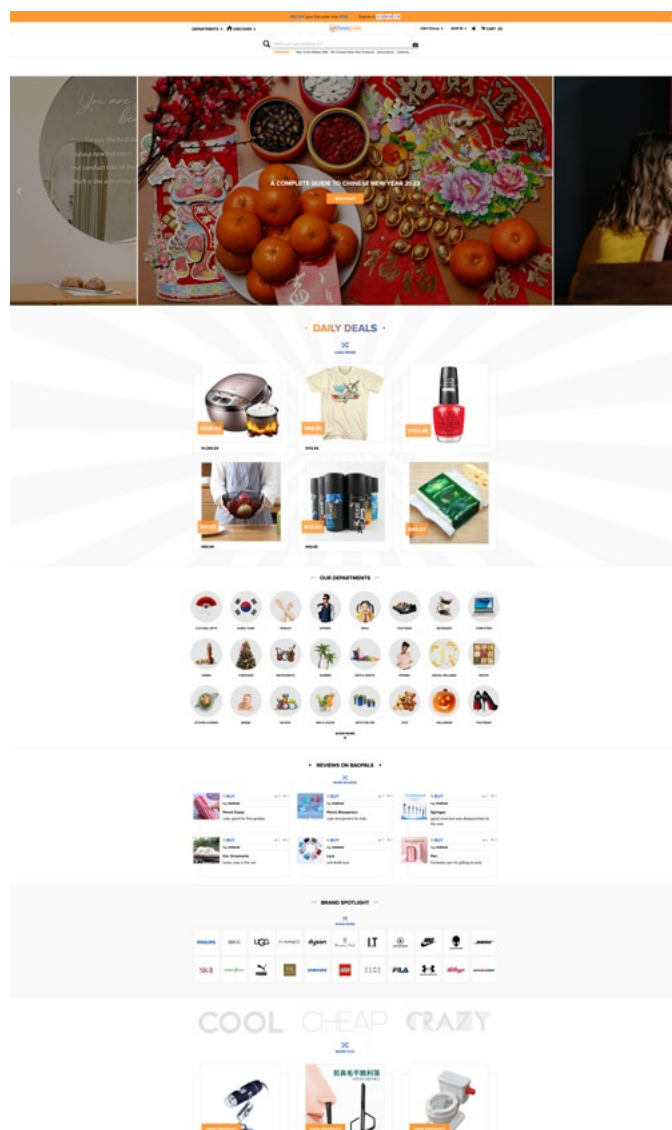
- **Sherpas:** You can access many restaurants and have meals delivered to your house within an hour. <http://www.sherpa.com.cn/index.shtml>



SHOPPING FOR HOUSEHOLD ITEMS AND OTHER THINGS ONLINE

Online purchases: If you use Google Chrome as a website, it will translate the Chinese language pages into a version of English that is acceptable.

Sometimes you need to use Safari to make the payment sites work because Firefox and Chrome won't let you access the PIN plug in.



- **BaoPals** (<http://www.baopals.com>) English version of TaoBao and was designed for foreigners. It's easier to use than the sites in Chinese.
- **IKEA:** (<http://www.ikea.com/cn/en/>) 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.

• **Tao Bao** (<http://www.taobao.com/>) This site has everything ever made in China. Expect cheap prices and cheap merchandise, delivered to your door. You can also get many imported items, but expect to pay a little bit more for them.



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



HEALTH CARE IN HONGQIAO

There will be a presentation by the health insurance company in the first few weeks. There are several expat hospitals and clinics within easy reach from the school. Below are several clinics, hospitals, and dentists that some of the SCIS faculty visit.

Dentist - Dr. Oscar Sum

Gubei SOHO 30th Floor, 188 Hongbaoshi Road, Changning District
 Nearest underground station: Line 10 Yili Road
 Phone: 61733551

New York Dental

No 129 East Fugui road, near South Yili road. It's a 10-minute walk from school.
 上海市长宁区富贵东路129号(近伊犁南路和黄金城道)
 Tel: +86 21 6278 1181 or +86 21 6278 1182



Jiahui International Hospital

689 Guiping Road, Xuhui District, Shanghai
 400-868-300
 Appointments can be booked on their Weixin mini-program.

Parkway Health Clinic

Shenton Health Clinic, Hongqiao Medical Center
 505 Gubei Road
 400-819-6622

Shanghai Renai Hospital International Division

No.127, Caoxi Rd. Xuhui District. Shanghai
 上海市徐汇区漕溪路127号
 Tel: 64688888-801/810

Global Healthcare Clinic:

Comprehensive Health, CTM, Dental & Eye care services.

ECO City, Suite 303, 1788 Nanjing West Road,
Jing An District

上海市静安区南京西路1788号国际中心303室

Tel: +86 13681888833 (24 hours)



Shanghai United Hospital

699 Pingtang Road, Changning District,
Shanghai 200336

上海和睦家医院, 上海市长宁区平塘路699号,
邮编: 200336

Tel: 021 2216 3900; Emergency 021 2216 3999



St. Michael's Hospital – closest to SCIS Hongqiao Campus

Hong Baoshi Road 388

上海市长宁区红宝石路388号

Tel: (+86) 21 5155 1858; Emergency: (+86) 21 6270 5300



HEALTH CARE IN PUDONG

Shanghai International Medical Center

4358 Kangxin Lu,

near Shenjiahu Expressway,

Pudong, Shanghai

上海市浦东新区康新公路4358号

Tel: +8621-6023-6666

(about 10 min taxi from campus)



Global Healthcare Pudong

Shanghai World Financial Center, Shop 212 100

Century Avenue, Pudong New Area,

Shanghai 200120

上海市浦东新区世纪大道100号

上海环球金融中心商场212室

Tel: +8621-6877-5093

(about 45 min taxi from campus)



Shanghai Yosemite Clinic (Pudong)

BI-1F, 1398 Fangdian Road
Pudong Shanghai



FITNESS

There are numerous fitness options in Shanghai, including opportunities at the Hongqiao Main Campus. The school's facilities are available free of charge. There are two full gyms, a weight room, cardio equipment and a pool all available within designated hours. Additionally, teachers form their own fitness groups and intramural teams.

Options near the main campus:

- Running – Yili Park/sidewalks around town
- Yoga- Alexander Yoga
- Gyms – Will's/Starlife

Additional options around town include numerous adult leagues for team sports- basketball, Ultimate Frisbee, Gaelic Football, Ice Hockey, and Softball.

Shanghai International Hospital List

Jiahui International Hospital

689 Guiping Road, Xuhui District, Shanghai

Dentists

New York Dental: <http://www.newyorkdentalchina.com> is an English-speaking dental clinic that specializes in family and pediatric dentistry. If you're looking for a comfortable first visit to the dentist for your kid this is a good option — though not cheap. In addition to preventative dental treatments for children like teeth cleanings, they also do the usual check-ups, teeth fillings, and root canal treatments as well as cosmetic, implant, and aesthetic dentistry



**Pudong 228 Hongfeng Road (Jinqiao)
Pudong District, Shanghai 201206**



10 Dentist Recommendations

TRANSPORTATION

• Shanghai by Metro

The Metro is a great way to travel in Shanghai. Fares are inexpensive, ranging from 3 to 8 RMB and are based on distance. (<https://exploreshanghai.com/metro/>) Signs are in Mandarin and English. SCIS-Hongqiao is located right next to the Song Yuan station exit #1 on line 10 and the ECE Campus is on the same line three stops down at Longxi, Exit #3. The colored signs and arrows on the floor are easy to navigate.



• Shanghai by Taxi

Taxis are a common form of transportation due to their affordable price and ease of use. The easiest way to obtain a taxi is through the Didi app or other car-hailing apps. At night the minimum fare is slightly higher. The most common and preferred way to pay for taxis is through the Alipay or WeChat (Weixin) apps. When raining and during rush/dinner hour, taxis can be difficult to find. A green light signals that the taxi is available. No light or a red light signals that the taxi is not available.

• Shanghai By Didi

Didi is Shanghai's version of Uber. Download the app. It's also helpful for calling taxis, especially when raining. Customers can also choose taxis or several different types of vehicles.



• Shanghai By Bus

There are many buses running a wide variety of routes. However, you'll soon find that most people use either metro or taxi to get around. *Please note, the buses here will not yield to pedestrians and bikers. Always plan on giving the right of way to a bus.



• Shanghai by Bicycle

Bicycles are a popular form of transportation in Shanghai. There are bike lanes and specific traffic rules for riding a bike. If you get luggage racks and baskets, it makes for easy transportation of goods from Carrefour or from getting to and from school. 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, based on your preference.

• Shanghai has three bike sharing platforms:
Meituan, Hello Bike, and Didi Bike.

Meituan (yellow bikes), Hello Bike (via Alipay, blue & white bikes), and Didi Bike, (via Didi app, green and white bikes) are three bike sharing platforms.



• Shanghai by Electric Scooter

Many people like to purchase electric scooters to get around town quickly and smoothly. You can get a scooter for about 3000 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 and require licenses. Helmets are now required by law for electric scooters. Hongqiao Main Campus provides a location in the back parking lot that has access to electricity. Electric scooters are silent when they come up behind you, so be careful and keep your eyes open, even on the sidewalks!





Tianzifang (Taikang Lu)

• Shanghai Walking Tours

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.

Areas for Wandering:

Former French Concession – Xuhui District

- Xintiandi
- Tianzifang (Taikang Lu)
- Huaihai Road and Fuxing Road area
(Shaanxi Road subway stop)

Downtown

- The Bund (Waitan) + Nanjing East Pedestrian Street
- Nanjing West Shopping Streets
- Yu Gardens (Yu Yuan)
- North Bund
- Jing'an Temple Area

Other Areas

- Hongkou
- Confucius Temple
- Jade Buddha Temple
- Moganshan Art Area (M50)
- Century Park (Pudong side)
- Historic Shanghai-<https://www.historic-shanghai.com/>- Organizes walking tours around different parts of the city sharing local history.

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 ays can offer, but typically, you will pay about 50-60 rmb per hour for her help. Most people pay a flat monthly rate. 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

It’s good to negotiate with the ayi with regard 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. WeChat (Weixin)’s translation tool provides for easy communications.

Chinese New Year Bonus – it is tradition to pay a New Year bonus payment (Hongbao) of the month salary at New Year.

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 50-60 rmb per hour worked in Shanghai.
- **Number of hours worked per week** (a typical school apartment may need 2-3 visits a week of 2-3 hours each)
- **Holiday** -- often it’s good form to pay the ayi during winter and summer holidays, but you can negotiate with your ayi individually.
- **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.

- **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.



WET MARKET

AYIS CAN DO YOUR FRESH MARKET SHOPPING

- **Ordering water** -- the ayi can often order replacement bottles of water to be delivered to your apartment, 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).

Many faculty have recommendations of their ayis who



XIAO LONG BAO

AYIS CAN MAKE SOME MEAN DUMPLINGS!

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.

RELOCATING – 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.

By Relocation Expert

May 4, 2011

Taken from the website:

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

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:



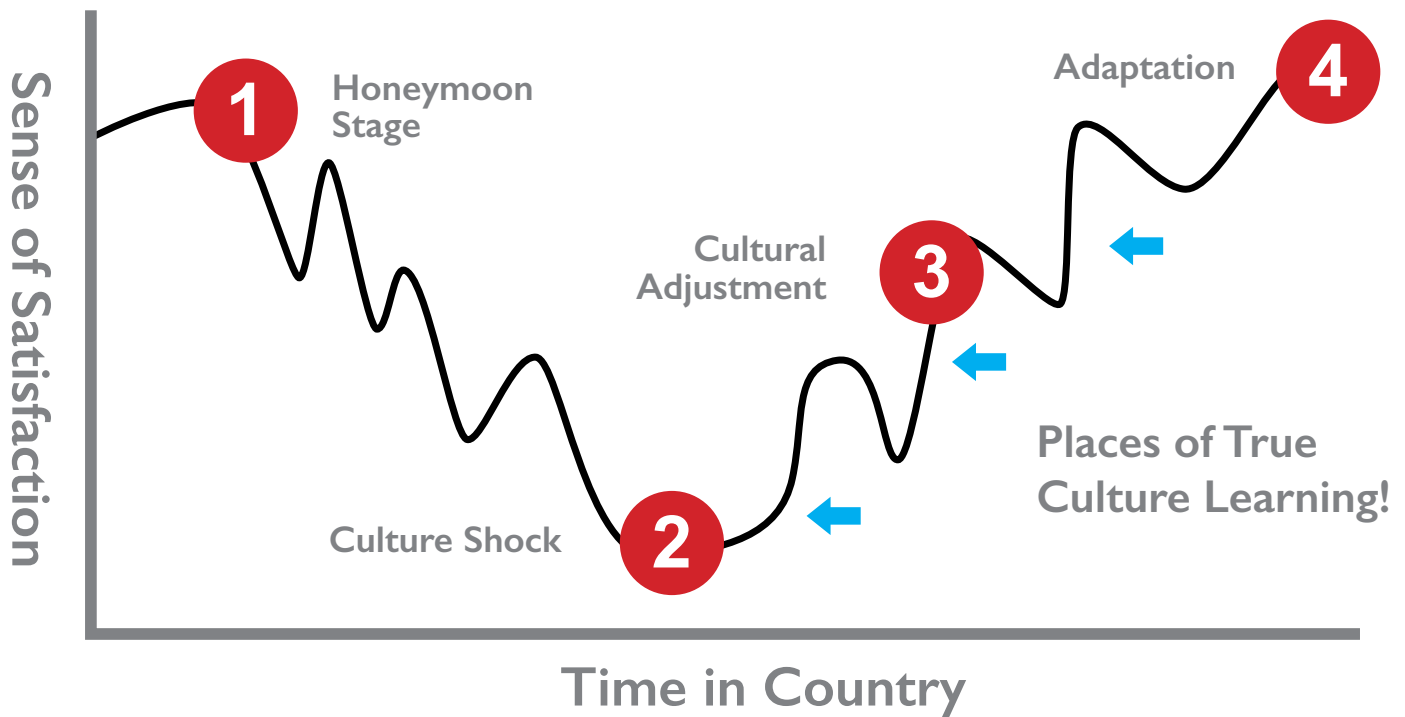
^ **LEARNING MANDARIN**
TEACHERS GETTING INITIAL MANDARIN
LESSONS IN ORIENTATION WEEK

PHASE I – 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 county, 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/>

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.

We've included a few helpful apps and websites to help you get a start on learning Mandarin.

Additionally, many teachers who are motivated to learn our host country's language hire Mandarin tutors once they arrive to Shanghai.



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)

mā	má	mǎ	mà	ma
媽	麻	馬	罵	嗎
mother	numb	horse	scold	question word
First tone (flat)	second tone (going up)	third tone (down and up)	fourth tone (going down)	neutral tone (light)

sì shì sì 四是四	shí shì shí 十是十
4 is 4	10 is 10
shí sì shì shì sì 十四是十四	sì shí shì sì shí 四十是四十
14 is 14	40 is 40
shí sì bù shì sì shí 十四不是四十	sì shí bù shì shí sì 四十不是十四
14 is not 40	40 is not 14



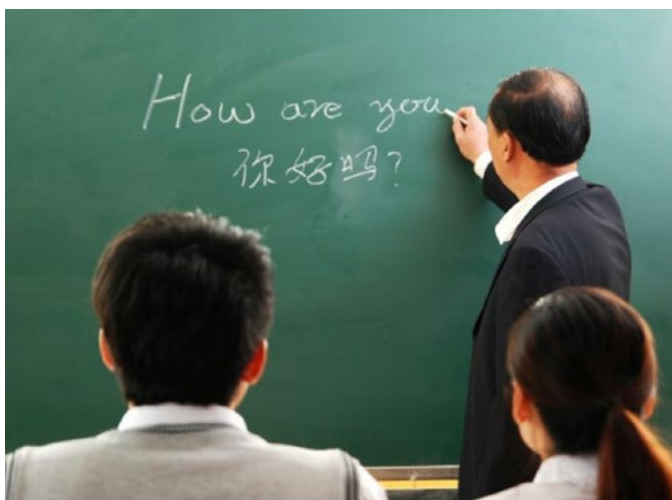
Below are some of the common phrases you will probably master in the first few weeks of living in Shanghai.

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 Smart Shanghai 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:

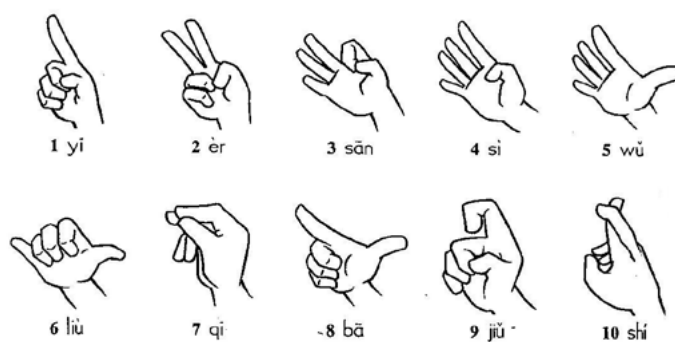


English	Chinese Characters	Pinyin Pronunciation
Where is the bathroom?	厕所在哪里?	cèsuǒ zài nǎlǐ?
Hi Driver; I want to go to...	你好师傅, 我要去……	nǐhǎo shīfu, wǒ yào qù...
go straight ahead	一直走	yìzhí zǒu
turn right	右拐	yòu guǎi
turn left	左拐	zuǒ guǎi
stop here	这里停	zhè lǐ tíng
slow down	慢一点	màn yídiǎn
can / can't (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.

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 yào mǎi / wǒ bù yào mǎi
Shopping	买东西	mǎi dōng xi
Ok / Good	好的 / 好了	Hao de / Hao le

HELPFUL WEBSITES AND APPS FOR LEARNING MANDARIN

Websites:

Chinese Pod: It has many short video lessons categorized by proficiency level and topics. It has free lessons as well as paid subscriptions. <http://chinesepod.com/dashboard/>

Yoyo Chinese: Fun, short video lessons. Check out the teacher's YouTube channel for free videos too by searching, "Yoyo Chinese". <https://www.yoyochinese.com/landing>

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/>)



Apps:

Here are some recommended apps that make learning Mandarin fun:

- Hello Chinese
- Rosetta Stone
- Hao Pinyin (Great for learning sounds)
- Chinese Skill
- M Mandarin (Magna-like stories with audio and lessons)
- HSK Online (for when you're ready to study for the HSK test to increase a proficiency level)
- Chineasy (Good for learning characters)





The Bund



SHANGHAI COMMUNITY INTERNATIONAL SCHOOL

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