

Shanghai Travel Guide



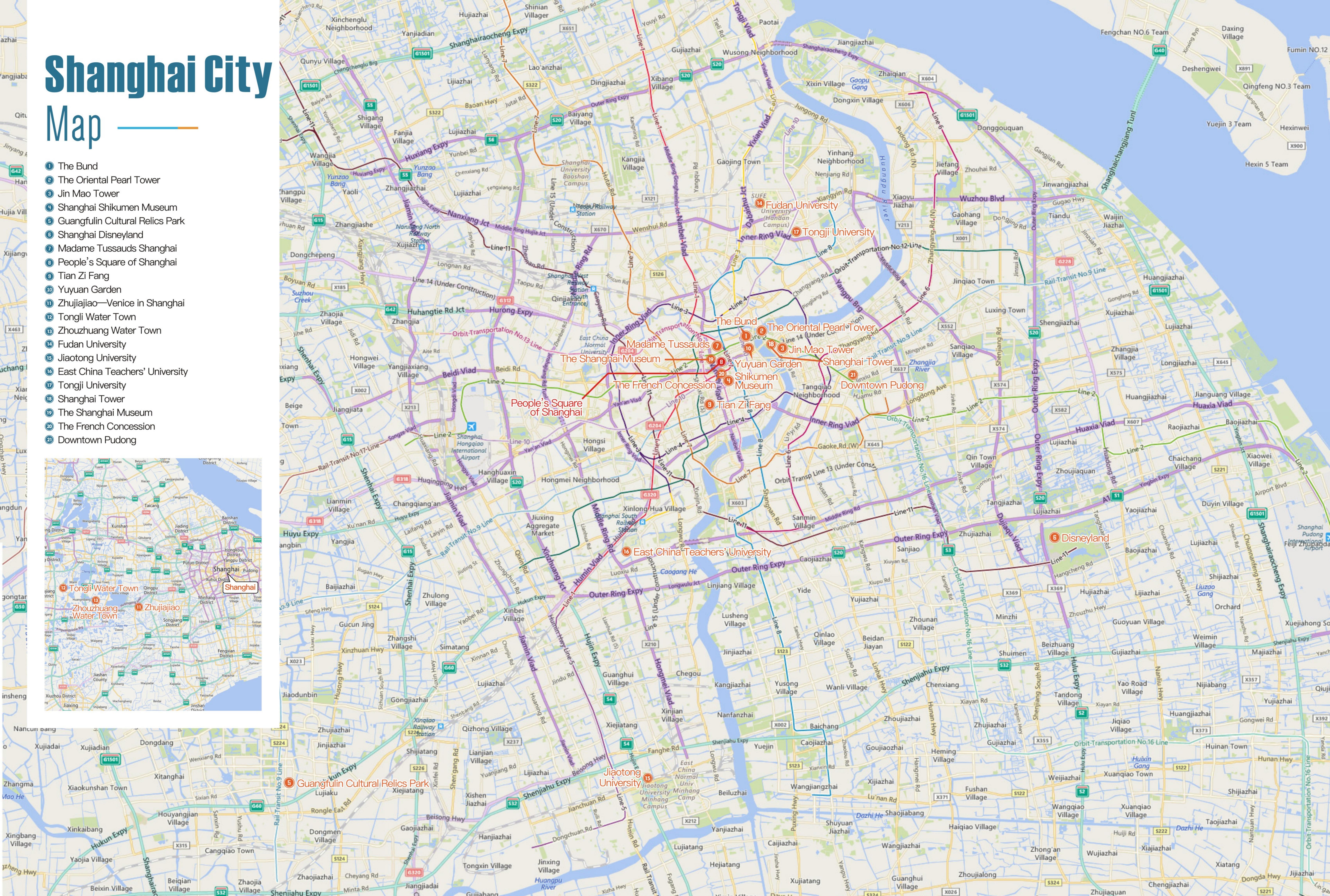
CONTENTS



Shanghai City Map	02
Best Time to Visit	04
Top Things to do	06
Top Recommended Tour	10
Shanghai Attractions	11
Eating in Shanghai	29
Top 10 Recommended Dishes	29
■ 5 Best Streets for Great Eats	32
Shopping	34
■ Top Items to take back Home	34
■ Top Places for Shopping	35
Transportation	36
Top Hotels	40
Before you Go	42



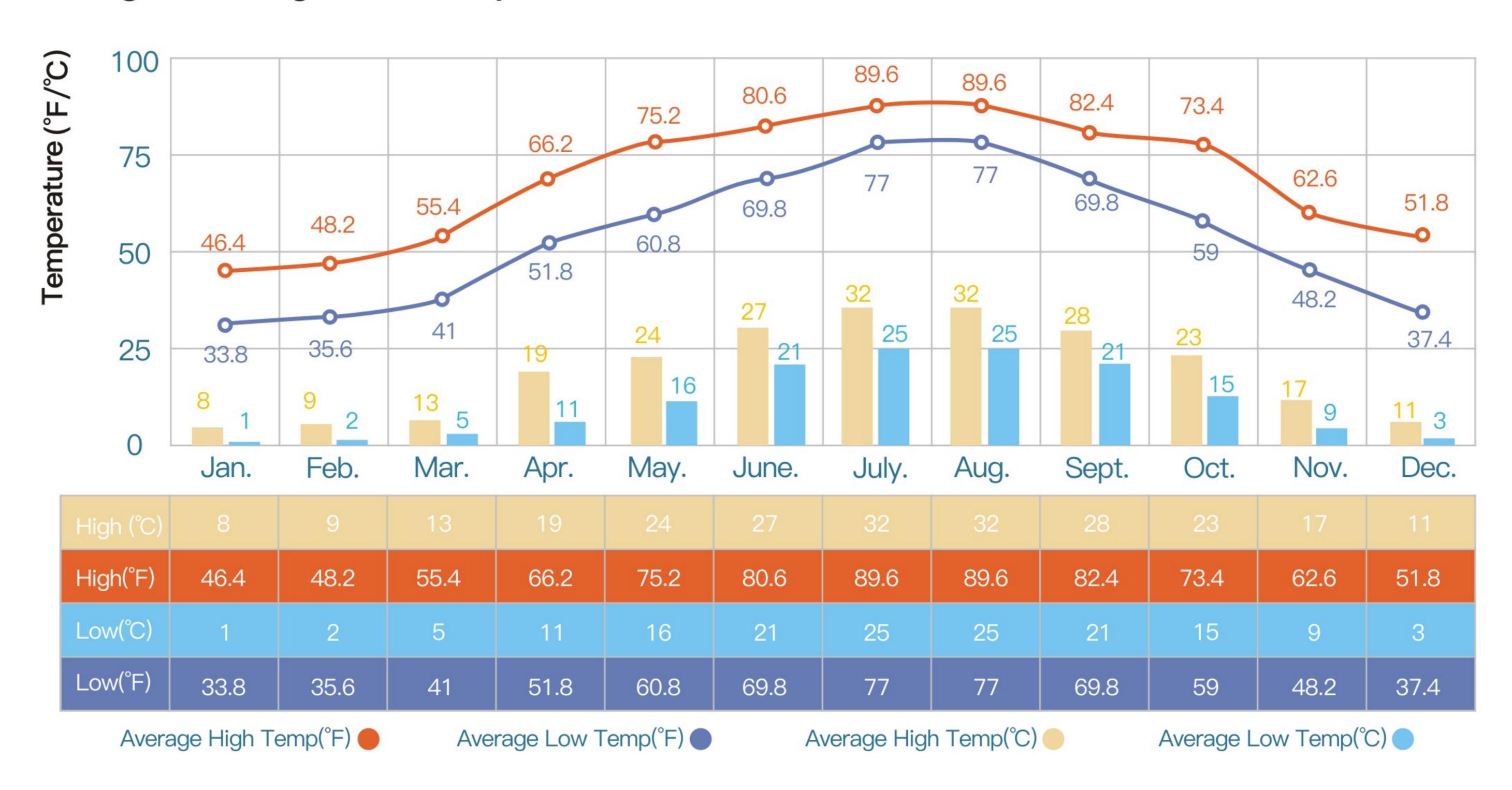


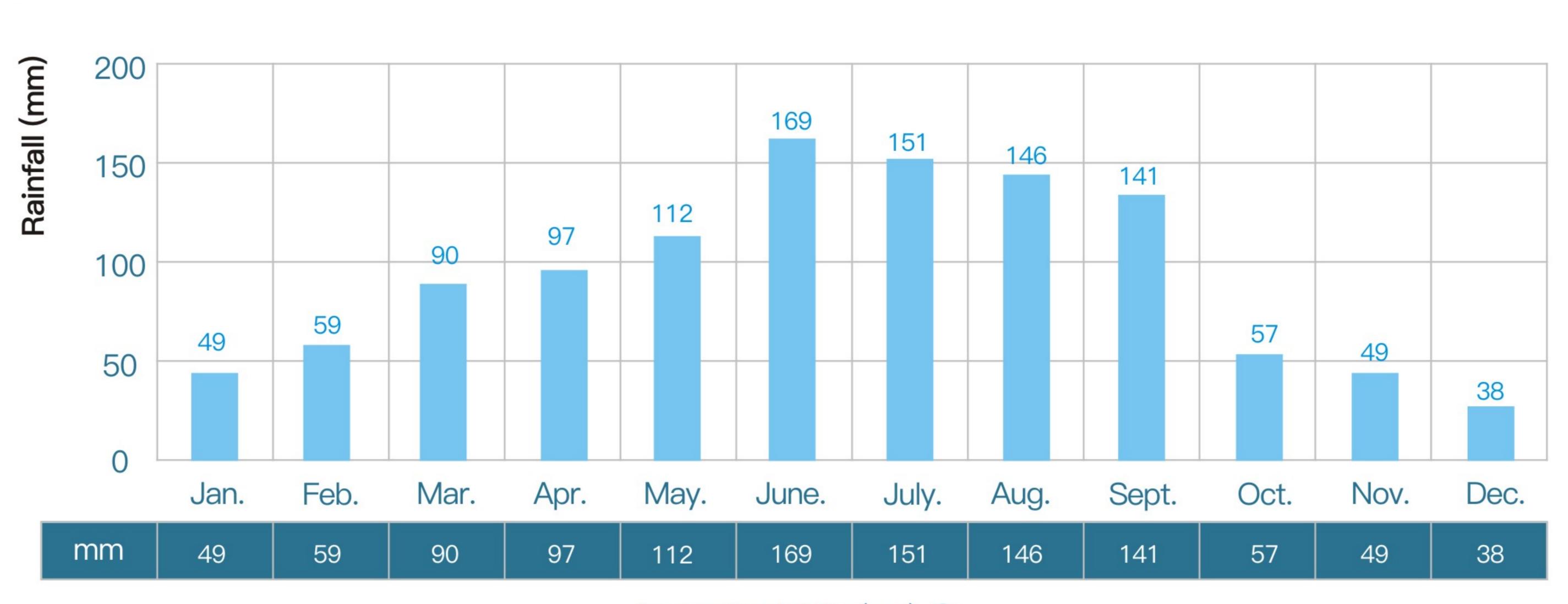


Best Time to Visit

Shanghai is located is a temperate zone of China — far enough north that it's not usually hot and humid and far enough south that it rarely gets below freezing. Even more importantly, it's located on the coast which further moderates the weather and temperatures. So, there's really no "bad" time to visit. Spring and autumn are slightly more optimum for the absolute best temperatures, fewer tourists than during summer, and blooming flowers in the spring. Visitors should keep in mind that visiting during China's two biggest holidays, National Day in October and Spring Festival in January/February, the city will be much emptier of people than usual which can be a fantastically peaceful time to visit; however, more businesses will be closed and travel (air, train, bus, and car) will be exceedingly more hectic during the beginning and end of these holidays. (see our article on China's biggest holidays here https://www.chinaeducationaltours.com/guide/article-china-public-holiday-calendar.htm). There are several ancient towns nearby (mostly quaint, charismatic, charming little canal towns often compared to being the Venice towns of China) are worth visiting all year round (even wintertime can be pleasant). Mid July to late August is the typhoon season, so it is wise to check the weather before traveling to Shanghai during this time.

Shanghai Average Climate by Month





Clothing



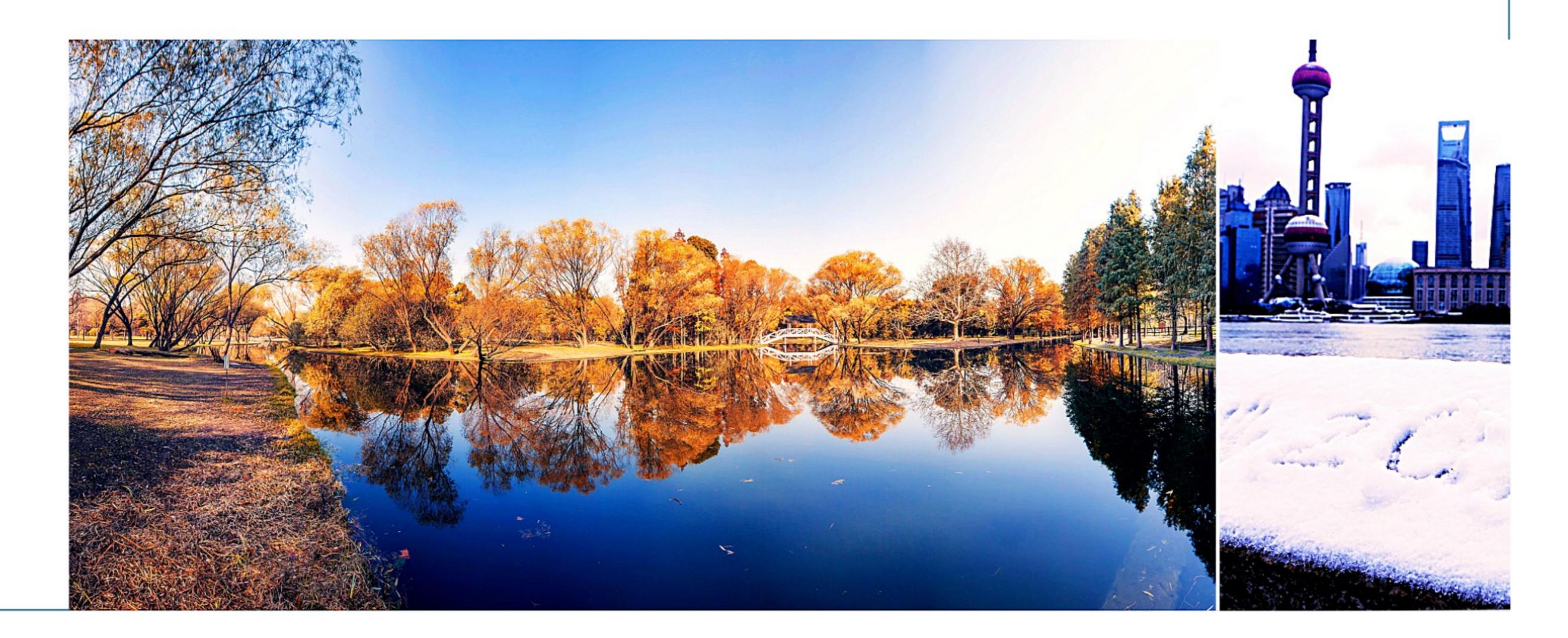
Spring — Expect normal springtime weather with mornings and evenings cooler than during the day and the average temperature hitting 50–60oF (10–15°C). Jackets, sweaters, and windbreakers are necessary, but so are shorts and short sleeve shirts.

Summer — Normal summer wear — shorts, short sleeve shirts, sandals, tank—tops, etc. Rain gear is especially important if traveling during July and August (including rain gear for your pack). Waterproof shoes are also helpful. Bring beachwear if you plan on hitting any beaches or going to the pool — Shanghai has many of both. Don't forget the sunscreen too.

Autumn - Expect normal autumn weather

with mornings and evenings cooler than during the day and the average temperature hitting 50-60oF (10-15°C). Jackets, sweaters, and windbreakers are necessary, but so are shorts and short sleeve shirts. Raingear and waterproof shoes may also be helpful in autumn.

Winter — While it rarely gets below freezing, it can occasionally do so and the daytime highs can be quite chilly, so it's necessary to have 1 medium to heavy coat, a couple heavy sweaters, long pants, and long sleeve shirts for the days while hats, gloves, and scarfs can be helpful at night — especially for those spectacular evening skyline shots of the Bund.



Top Things to do









Walking along Nanjing road, or wandering through Yuyuan Garden, you will find enormously diverse street food including the Naxiang Steamed Bun, Pan-fried Bun, and Crab Shell Cake. With a little more research, you can find a treasure trove of fantastic culinary gems throughout Shanghai. In fact, the food in Shanghai is some of the best you'll find in China, and throughout the world. For tourists, Shanghai can be especially refreshing as you can easily find wonderful European cuisine (French, British, German), American, Japanese, Southeast Asia, Central Asian, Middle Eastern, Indian cuisine and more! So, if you're hankering for some fresh baked European bread, or fluffy, golden brown waffles with coffee, Shanghai is your best bet.









speckled throughout the city; live western music bars, K-pop bars,

romantic upscale restaurants, KTVs, and other tempting entertainment

options are all available in a city famous for is cosmopolitan personality.

Check out Maoming Road, Xintiandi, and South Yunnan Road.

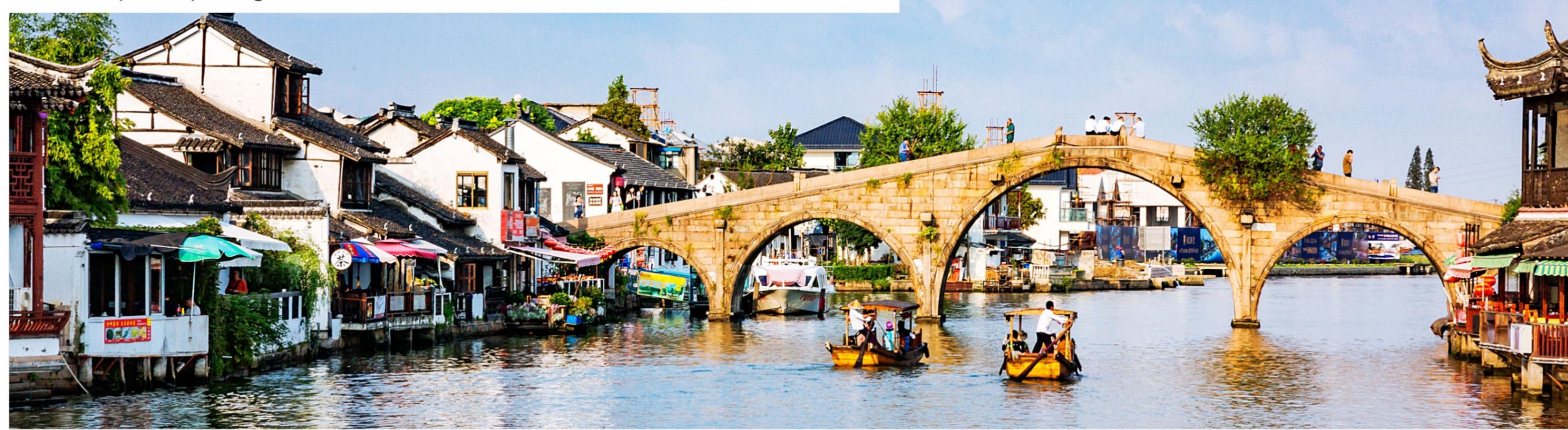


Get a Bird's-eye view of the entire city

Many skyscrapers downtown offer elevator rides up to observation decks often located higher than 60 floors up! At these heights, you can see the entire city ... and it is gorgeous! Possibly the most famous of these decks is located in the Oriental Pearl Tower (the reddish building designed with two large spheres). Each sphere has its own deck (the upper one has the best views and a glass-bottom floor!) Other towers that offer views are the Shanghai World Financial Center, Jin Mao Tower, and mother of all views — the brand spanking new Shanghai Tower. Tip: try to arrive at your chosen observation deck approximately 1 hour to 30min before sunset to see both the daytime and nighttime view. Which is better? That's up to each person, but for those with severe fear of heights, the nighttime view is much easier to stomach. Keep in mind, the wait times can easily approach 2 hours.

Canal town boat trip

The ancient water towns of Zhujiajiao (on the outskirts of Shanghai) and Tongli Water Town (located about an hour outside of Shanghai) are perhaps the most famous, arguably the most gorgeous, and definitely the most touristic of several beautiful water towns within a 3-hour radius. It's important to avoid trips during the weekends, but even with the crowds, these towns are a wonderful China experience. Tip: come on your own and stay until after 4pm when the day trippers leave. These towns around sunset become amazingly peaceful and give visitors that "I've-traveled-back-in-time" feeling (especially Tongli).



Top Recommended Tour

This 4-day/3-night package gives you two full days of exploring the very best of Shanghai.

Day 01: Shanghai Arrival

A private car will pick you up from airport or train station and take you to your hotel.

Day 02:

Highlights in Downtown Shanghai

Set off on a walking tour with your guide in the picturesque Yuyuan Garden complete with reflecting pool. Continue on to the Jade Buddha Temple, located outside the city center. Next, we'll stop at the Shanghai Urban Planning Exhibition Hall which features fascinating exhibits of future Shanghai, including science, transportation, architecture, and education exhibits. (This stop is especially recommended during hot or rainy days). Finally, we'll head up The Oriental Pearl TV Tower — the most iconic building in Shanghai. Go to the upper large sphere, an elevator ride to 258—meters, for an awe—inspiring view of the city while walking on a glass—bottomed floor!





Day 03: A little new, a little old

Built in 1951, the Caoyang New Neighborhood is now a typical middle-class, non-descript neighborhood. We'll visit a family here to give visitors a sense of what middle-class Chinese life is like. You can also make dumplings in a local restaurant afterwards. Once we leave the village, we'll continue on to The Bund, hands-down the most iconic spot in Shanghai and one of the most iconic of the country. After, we'll finish up on the exciting, bustling Nanjing Road to eat, shop, and admire the lights — kind of like the Times Square of Shanghai.





Day 04: Departure

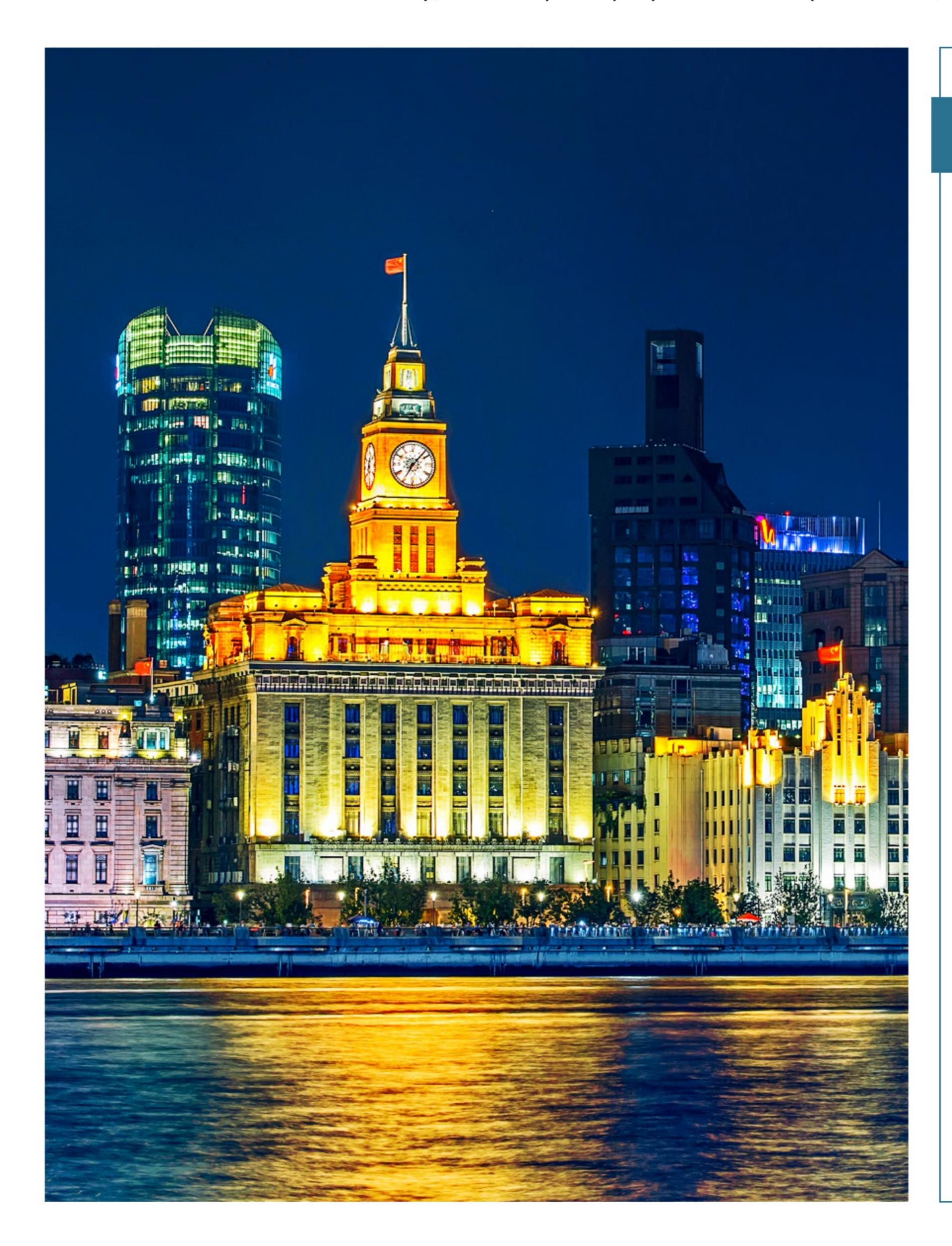
After breakfast, your guide will help you to board your train or plane to your next destination.

Shanghai Attractions

The Bund- One of the World's Top 10 Skylines, surrounded by a Museum of World Architecture

The Bund, located on the bank of Huangpu River in Huangpu District in downtown Shanghai, namely the Outer Huangpu Bund, was originally part of the territory leased to Britain in1844. The 1-mile (1.5km) long Bund stretches from East Yan'an Road in the south to the Garden Bridge on the Suzhou River in the north, with the Huangpu River to the east and dozens of beautifully designed, European-styled buildings to the west. In1943, the Bund was officially renamed East Zhongshan No.1 Road, although it's still referred to as "the Bund" today.

- 1. With the emergence of many banks between 1854 and 1941, it became the financial center of Shanghai and was thus dubbed the "Wall Street in the East";
- 2. Home to a number of architectural styles from many countries (mostly European) and built over different periods, it has a reputation for being a 'museum' of international architecture.
- 3. A sightseeing tunnel was recently built as the first under-river tunnel in China and it connects the Bund to the city center. You won't have any underwater views, but you'll be treated to a light show and music in a mostly glass train car.
- 4. "The" selfie shot of the city, or even perhaps your whole trip to China, in front of the mesmerizing Shanghai skyline.

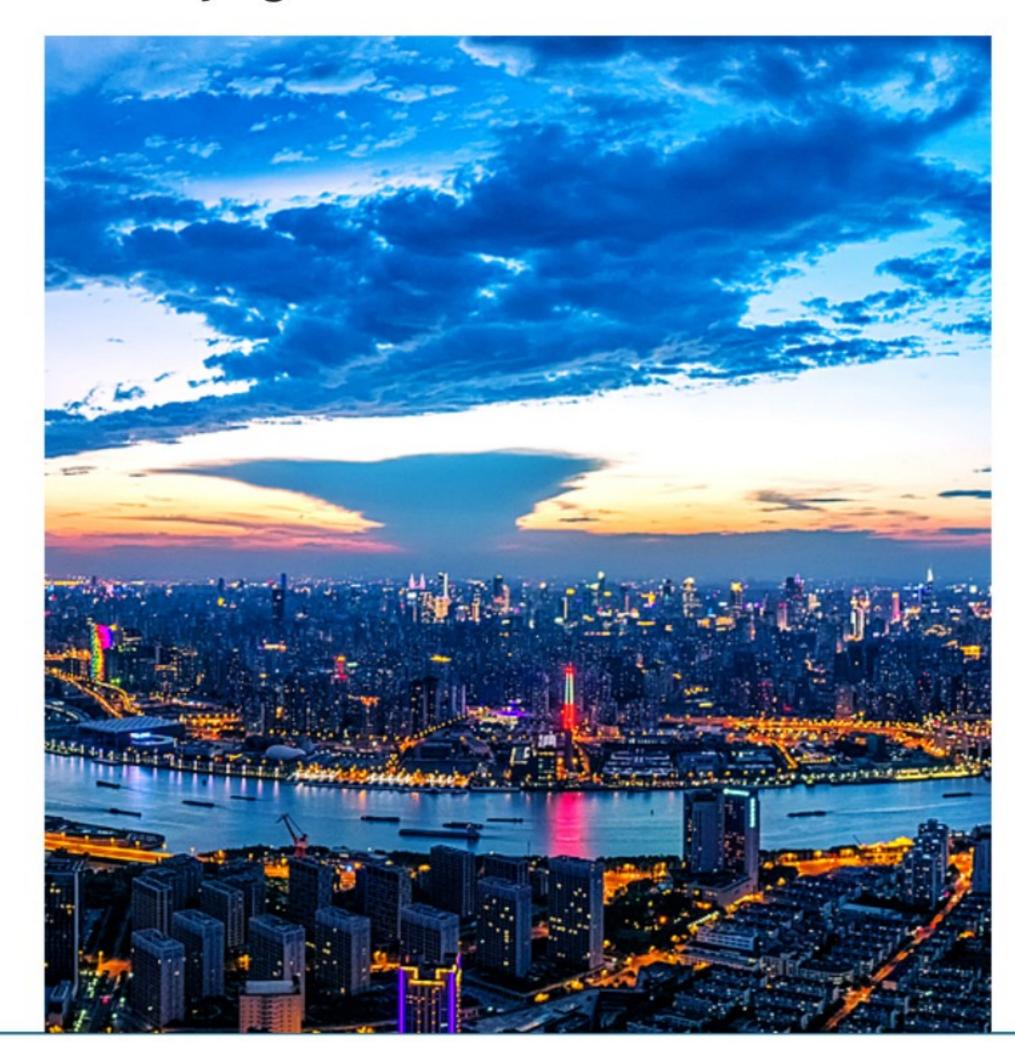


QUICK FACTS

- Chinese name: 外滩 wài tān
- Duration: 2–3 hours
- Entrance fee: Free
- Opening hours: 24 hours (the downtown building light display is turned off at 11pm)
- Best time to visit: All year round
- How to get there:

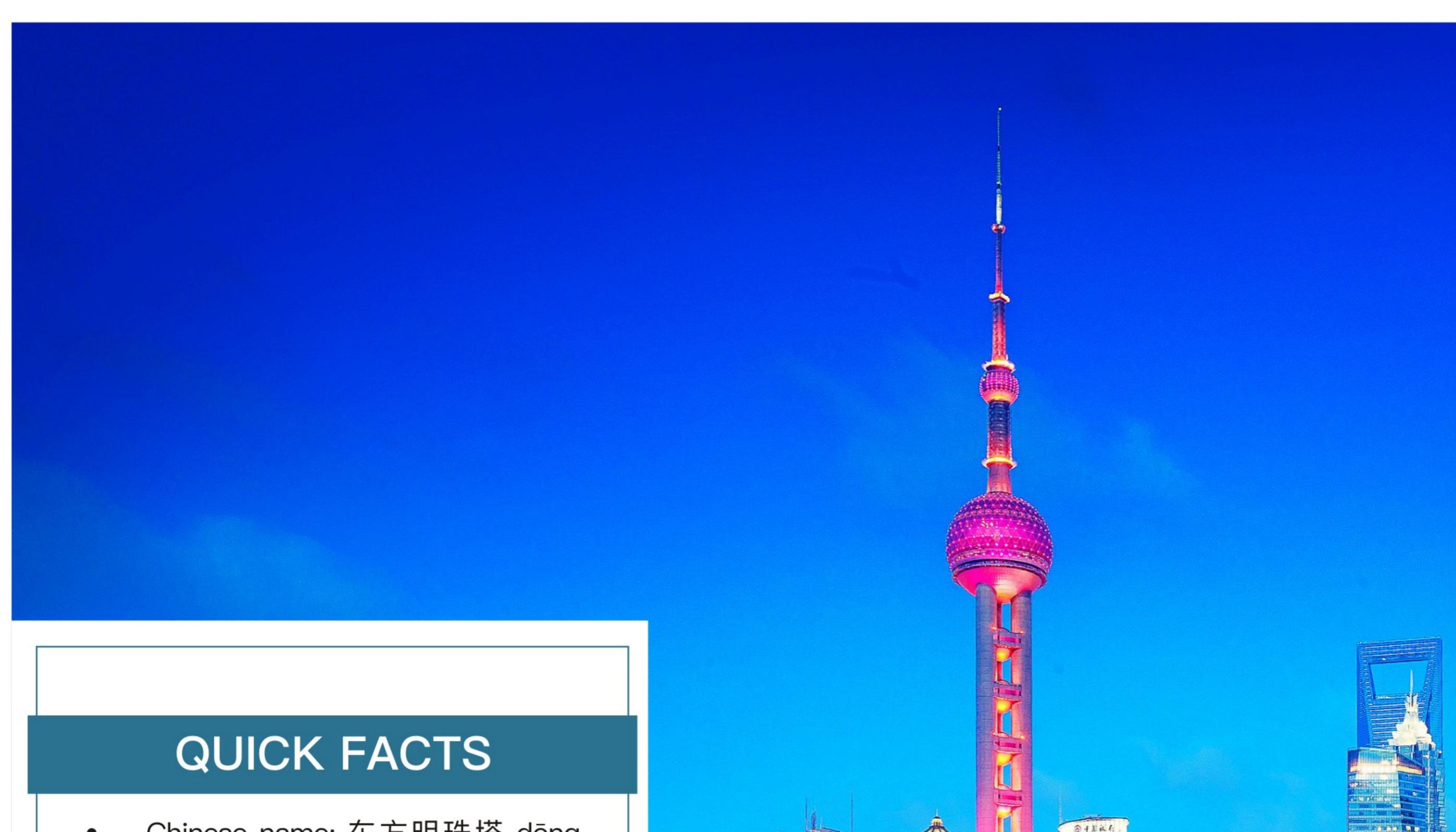
Bus: Take 576, 317, or 868 and get off at the Guangdong Road Station on the East Zhongshan No.1 Road.

Subway: Take Line 2 or 10 and get off at Nanjing East Road Station.



The Oriental Pearl Tower – Mind-blowing views with a heart-pounding experience

Resembling a red beaded, or pearl, necklace, the 1,500ft (470m) tall Oriental Pearl Tower is one of the world's most recognizable buildings. Many people are surprised to hear that the building is primarily used as a giant radio/TV tower. Tours up to, and into, the two large spheres are permitted and highly recommended. The view from the top sphere is one of the best of the city and the experience is made even more heart pounding as you walk "on top" of the city via a glass bottom floor. The tallest deck sits at around 850ft (260m) which is only half as high as the Shanghai Tower, but the experience of walking "on top" of Shanghai as your wobbly legs gingerly move around the glass-bottom floor, taking selfies lying down with the city below you, and watching your nervous friends freak out ... is incomparable fun!



- Chinese name: 东方明珠塔 dōng fāng míng zhū tǎ
- Duration: 2 to 3 hours (Tip: go 1 hour to 30min before sunset to see the day and night view)
- Entrance Fee: 220 RMB (includes both the lower and upper sphere plus exhibition hall)
- Opening hours: 8:00-21:30
- Best time to visit: All year round (except on cloudy/foggy/misty days)
- Average wait time in line: 30min to 3 hours (1–2 hours is typical)
- How to get there:

Bus Lines: Take bus 81, 82, 85, 583, 774, 795, 798, 799, 870 or the Lujiazui sightseeing tour line and get off at Lujiazui station.

Subway lines: Take Line 2 and get off at Lujiazui station.



Jin Mao Tower

- the 3rd tallest building in Shanghai

Built in 1999, Jin Mao Tower has 88 floors, totaling 93 when including the spire and three basement floors, and boasts more than 130 elevators and 555 guestrooms. It flawlessly integrates Chinese and Western architectural styles. Their observation deck offers 360° panoramic views of the city.





QUICK FACTS

• Chinese name: 金茂大厦 jīn mào dà shà

Duration: 1–2 hours
Entrance fee: 120 RMB

Opening hours: 8:30–21:30

 Best time to visit: All year round (except on cloudy/foggy/misty days)

• Address: No.88, Century Avenue, Pudong New Area, Shanghai

• How to get there: Take Metro Line 2 to Lujiazui station and walk about 300 meters; take bus 82, 85, 314, N795, 798, 799, 971, 922, or Lujiazui Financial City No. 4 to the Lujiazui subway station and walk about 300 meters eastward along Century Avenue; or take Urban Tourism Line 2 or Lujiazui Financial City No. 2 to the Jin Mao Tower station.

Shanghai Tower – the mother of all views

You...can't...imagine...just...how...tall...this...building...is.

Standing at over 2,000ft (+600m) and with over 120 floors, the recently opened (2016) Shanghai Tower is at the time of this writing the second tallest building in the world (behind the Burj Khalifa in Dubai 2,700ft/822m) and by far the tallest building in China. Thankfully, they opened two observation decks — and these decks literally sit at the very top of the building, floors 118 and 119, which at 1,800ft (550m) above terra firma, is over a ½ kilometer high! In fact, at the time of this writing, the 119 floor sits only 9ft (3m) below the height of Burj's observation deck and there are plans to open the 121st floor — which would make the observation deck at the Shanghai Tower the tallest deck in the world.

If you're wondering which building in Shanghai gives the best viewing experience, it's hard to beat the glass bottom floor of the Oriental Pearl, but it's also hard to pass up a $\frac{1}{2}$ km trip to the top of the city. With good weather, try both and decide for yourself. If you are sure you don't want the glass bottom experience, then the Shanghai Tower is probably better for you.

QUICK FACTS

- Chinese name: 上海中心大厦shàng hǎi zhōng xīn dà shà
- Duration: 30 min—2 hrs observing,
 1–3 hrs waiting in line
- Entrance fee: 180 RMB
- Opening hours: 8:30–22:00 (ticket window closes at 21:30)
- Best time to visit: All year round
- Address: No. 501 Middle Yincheng
 Road, Pudong New District, Shanghai
- How to get there:

Take metro Line 2 to Lujiazui Station and walk about 700 meters

Take bus 791, 870, 961, or 985 to Dongtai Road Station.





Shanghai Shikumen Museum

Unlike most historical museums, Shanghai Shikumen Museum is an authentic restoration of 1920s Shanghai residence which has been transformed into a museum. It tells the story of a family who sued to live there and gives a wonderful glimpse into ordinary Shanghai life from the early 20th century. Gorgeous inside and out, this is a unique and educational way to take a large step back in time.



QUICK FACTS

報金主義題·始

Chinese name: 石库门 shí kù mén

Constructed: 1920s

Duration: 2–4 hours

Entrance fee: 20RMB/person

Opening hours: Sunday to Thursday
 10:30–22:30, Friday and Saturday
 11:00–23:00

Address: No. 25, Lane 181, Taicang
 Road, Huangpu District, Shanghai

Best time to visit: All year round

• Bus: 146,109, 781, 932, or Huhai Special Line.

Metro: Line 1, get off at Huangpi
 Nan Lu Station and Exit from No. 3.



Shanghai Museum

For those interested in art, history, and culture, this is a must-see in Shanghai. It's the premier museum of the city and one of the most renowned in China. It boasts one of the best collections of ancient Chinese culture and art anywhere in the world — and, incredibly, it's free!



QUICK FACTS

Chinese Name: 上海博物馆 shàng hǎi bó wù guăn

Constructed: 1952 Duration: 2-6 hours Entrance fee: Free

Opening hours: Tuesday to Sunday 09:00-17:00

Address: Shanghai Museum No. 201 Renmin Da Dao, Shanghai

How to get there: Take metro Line 1 to People's Square station or take metro Line 8 to Dashijie station and walk about 700 meters.

Take bus 18, 318, 451, 537, or 930 to People's Square station and walk about 800 meters.



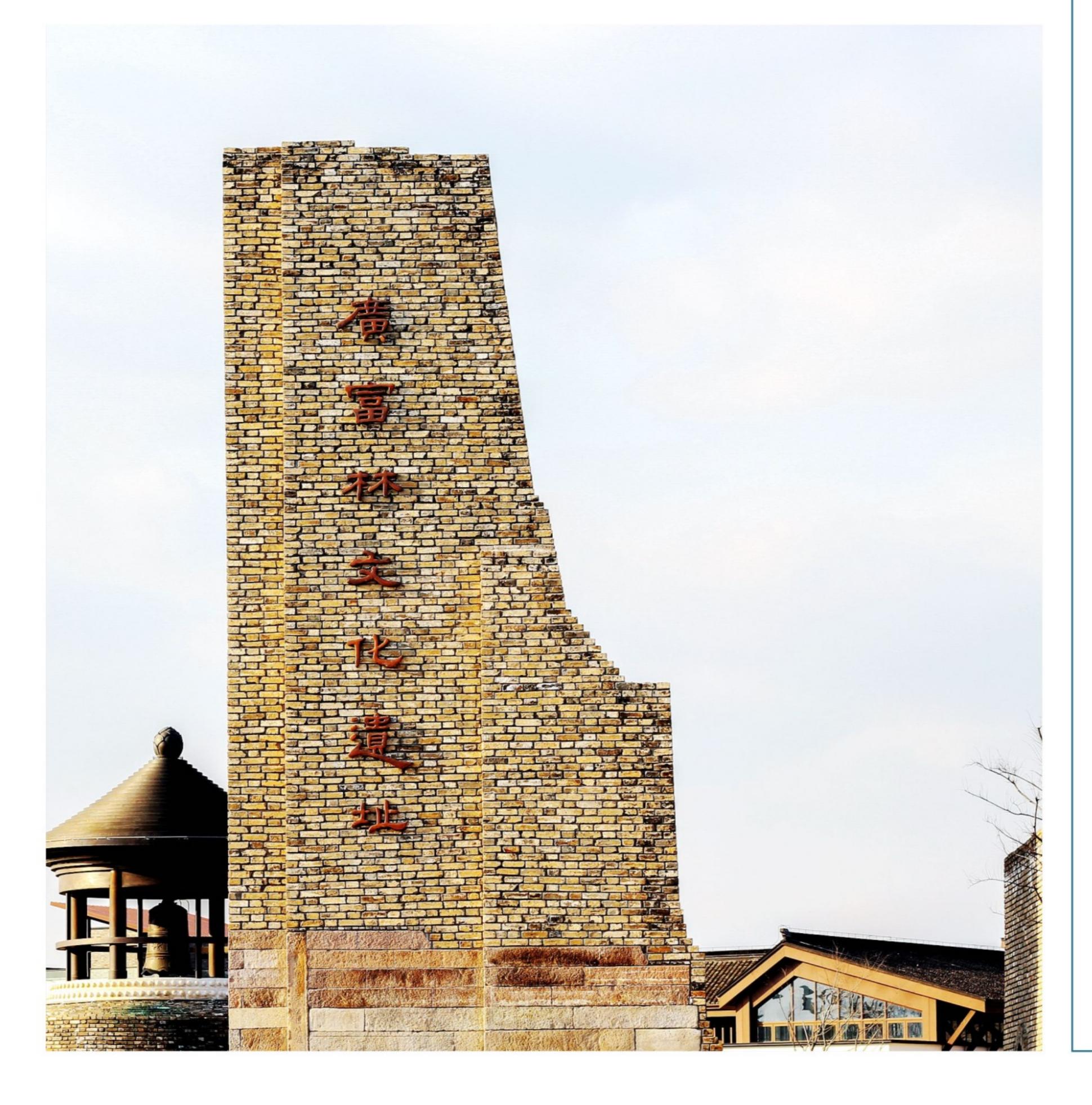


Guangfulin Cultural Relics Park

From the outside, the park looks like several wooden A-frame houses mostly submerged under water — a truly unique modern architectural marvel.

Inside, there are archeological marvels. Guangfulin is an estimated 5,000 year old site which dates it back to the New Stone Age. It was discovered in 1958 and has seen 4 major excavations until now.

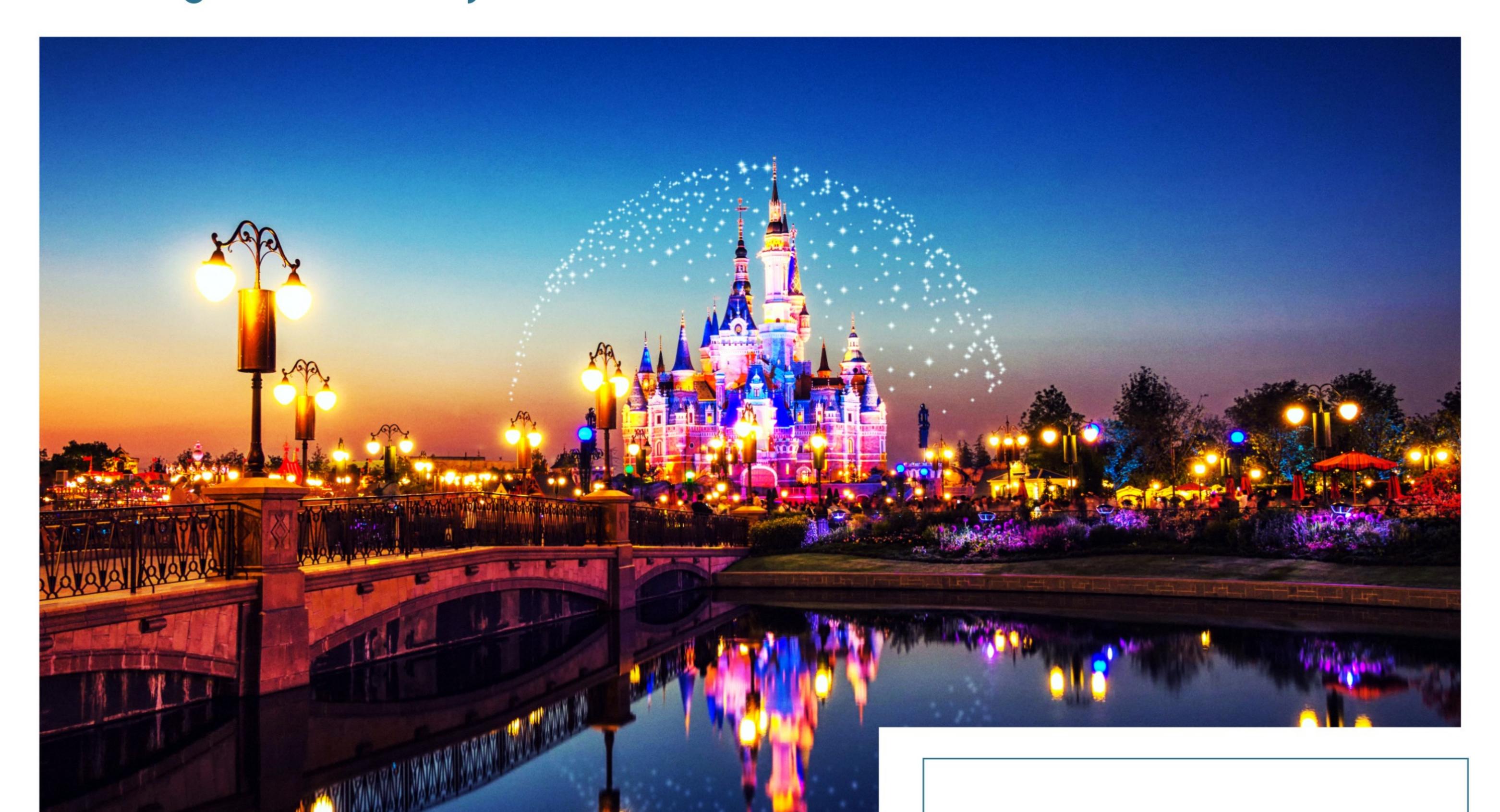




- Chinese Name: 广富林文化遗址 guǎng fù lín wén huà yí zhǐ
- Constructed: 2014
- Duration: 2–4 hours
- Entrance fee: 40 RMB M–F, 50 RMB Sat–Sun
- Opening hours: 09:00–17:00 (last entrance admitted at 16:00)
- Address: Guangfulin Relics Park,
 Qiubo Road, Fangsong Avenue,
 Songjiang District, Shanghai
- How to get there: Take bus 15, 24, 1801, or 99 and get off at the East China University of Political Science and Law Station. Walk about 200 meters westward.
- Website: http://www.gflpark.com



Shanghai Disneyland



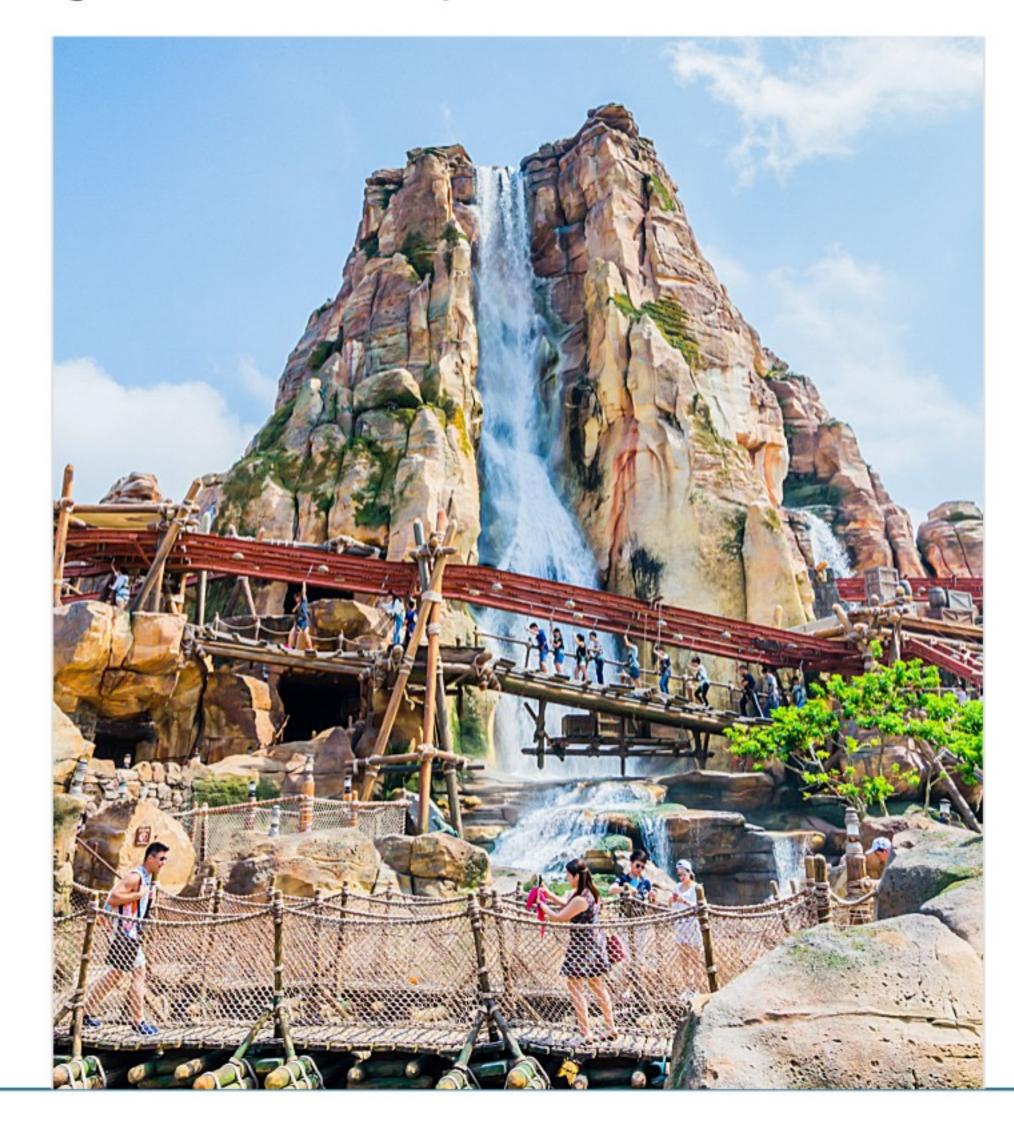
For those too far away from Orlando, Los Angeles, Paris, or Hong Kong, your trip to Shanghai can now include a visit to one of the world's most famous amusement parks. Opened on June 16, 2016, this Disneyland offers seven theme parks within the resort: Mickey Avenue, Gardens of Imagination,



Adventure Isle, Treasure Cove, Tomorrow Land, Dream World, and Toy Story Land. There are two theme hotels inside too, Shanghai Disneylansd Hotel and Toy Story Hotel.



- Chinese name: 上海迪士尼乐园 shàng hǎi dí sī ní lè yuán
- Duration: Full day
- Opening hours 8:00–22:00
- Best time to visit: All year round
- Price: 400 RMB off-peak time and M-F, 575RMB peak season, holidays, weekends
- Subway lines: Take Line 11 and get off at Disney Station.



Madame Tussauds Shanghai

The world's most famous wax museum has its sixth branch in Shanghai. The other five are in London, Amsterdam, New York, Hong Kong, and Las Vegas.





- Chinese name: 上海杜莎夫人蜡像馆 shàng hǎi dù shā fū rén là xiàng guǎn
- Duration: 1–3 hours
- Entrance Fee: 190 RMB
- Opening hours: 10:00–21:00
- Best time to visit: All year round
- Address: 10th floor of New World Tower, No.2–68 Nanjing West Road, Shanghai City
- How to get there: Take Line 1, 2, or
 to the station of Renminguangchang
 and then walk for 1 minute.



People's Square of Shanghai



QUICK FACTS

- Chinese name: 上海人民公园 shàng hǎi rén mín gōng yuán
- Duration: 20 minutes–2 hours
- Entrance fee: Free
- Opening hours: 24 hours
- Best time to visit: All year round
- How to get there: Subway: Take Line 1, 2, or 8 and get off at People's Square Station.
- Bus: Take 46, 49, 112, 112
 (inter-zone), 123, 123 (inter-zone), 145, 312, 916, or 925 and get off at People's Square Station.



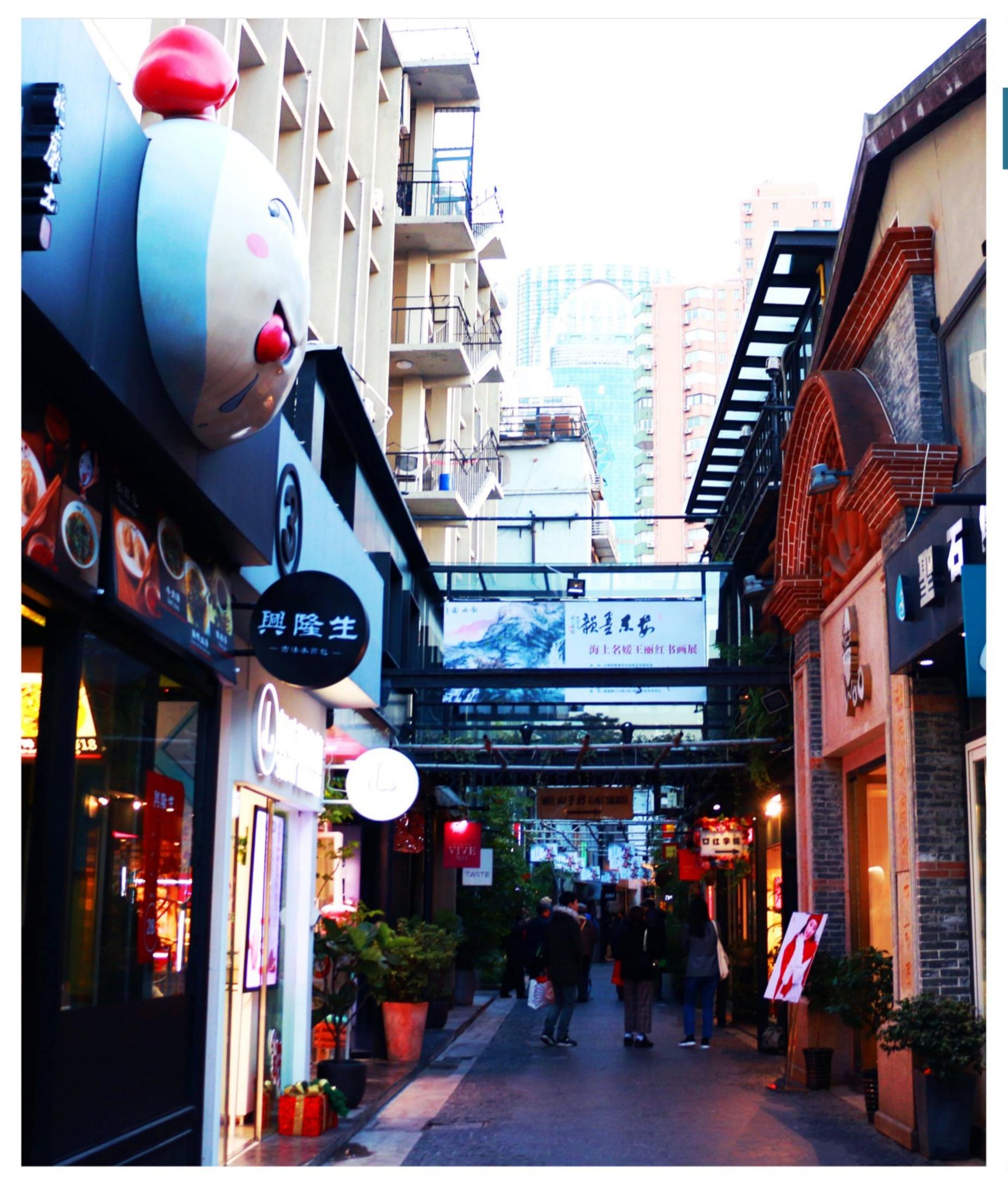
If you want to see a large Chinese city's main square, this is Shanghai's best example. Large and well landscaped, this is a decent quick stop if you're not planning on visiting Tiananmen in Beijing. The Shanghai Municipal People's Government building is located on the north of the square, the Shanghai Grand Theater on the northwest, the Shanghai Urban Planning Exhibition Hall on the northeast, the Shanghai Museum on the south, and the expansive People's Avenue running through the middle.

Tian Zi Fang-the quaintest street in Shanghai

If you're looking for a quaint step back into ancient Shanghai, this is the one of the best streets to find it. Come during the week and you'll have a much more peaceful, relaxing experience. Fairly narrow and lined with plants and old shops, this is a perfect street to take a stroll. Arts and crafts are commonly sold here so a trip here can double as a gift shopping trip (a great way to end a trip to China if you're flying out of Shanghai headed back home).







QUICK FACTS

- Chinese name: 田子坊 tián zǐ fǎng
- Duration: 1–2 hours to stroll, an extra 1–2 hours to shop.
- Entrance fee: Free
- Opening hours: 24 hours
- Best time to visit: All year round
- How to get there:

Bus: Take Bus 17, 41, 146, or 786 Subway: Take Line 9, get off at Dapu Road Station and get out at Exit 1.



The French Concession

- a tiny taste of France in Shanghai

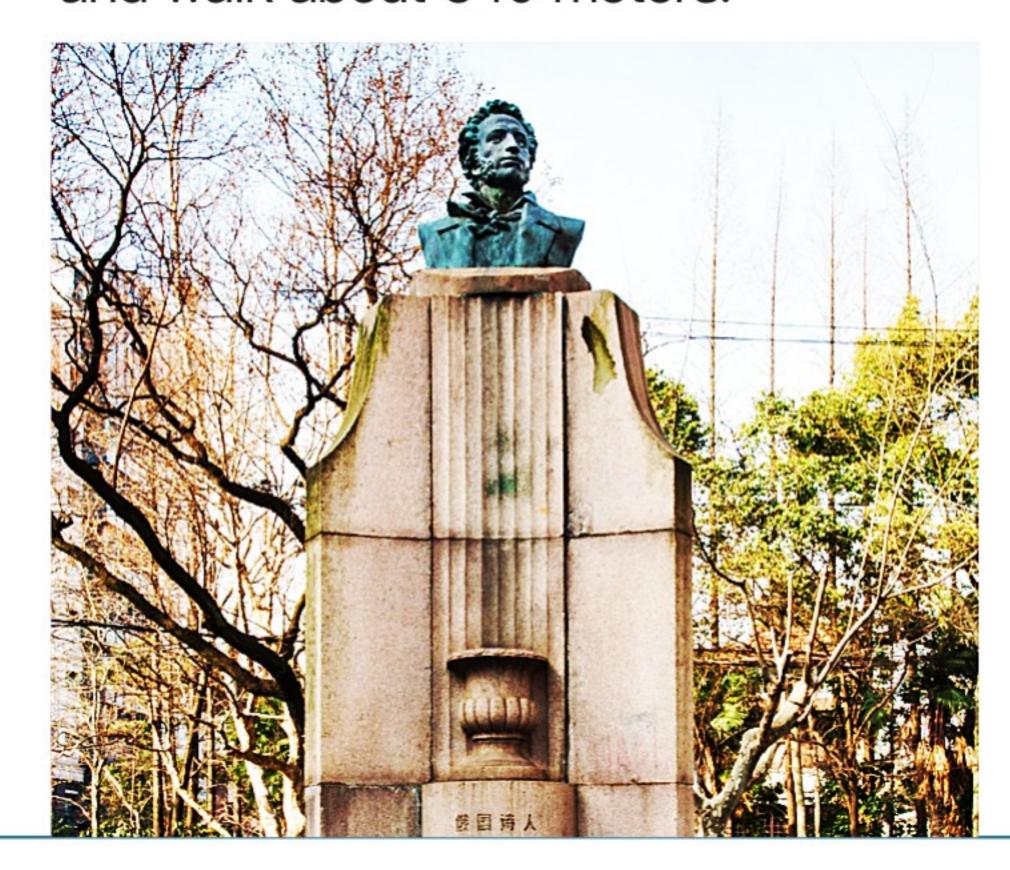
French baked goods, French pastries, French coffee, French food, French buildings, budget hotels, quiet-ish streets, and foot/body massages — the French Concession is an oasis in the middle of Shanghai. It's very conveniently located to the rest of the city and chances are, your hotel may already be located here. If not, the area is worth a trip — if not to see a very laid-back, picturesque, tree-lined section of this Chinese metropolis, then for the food itself. Breakfasts don't get any better in all of China than right here!

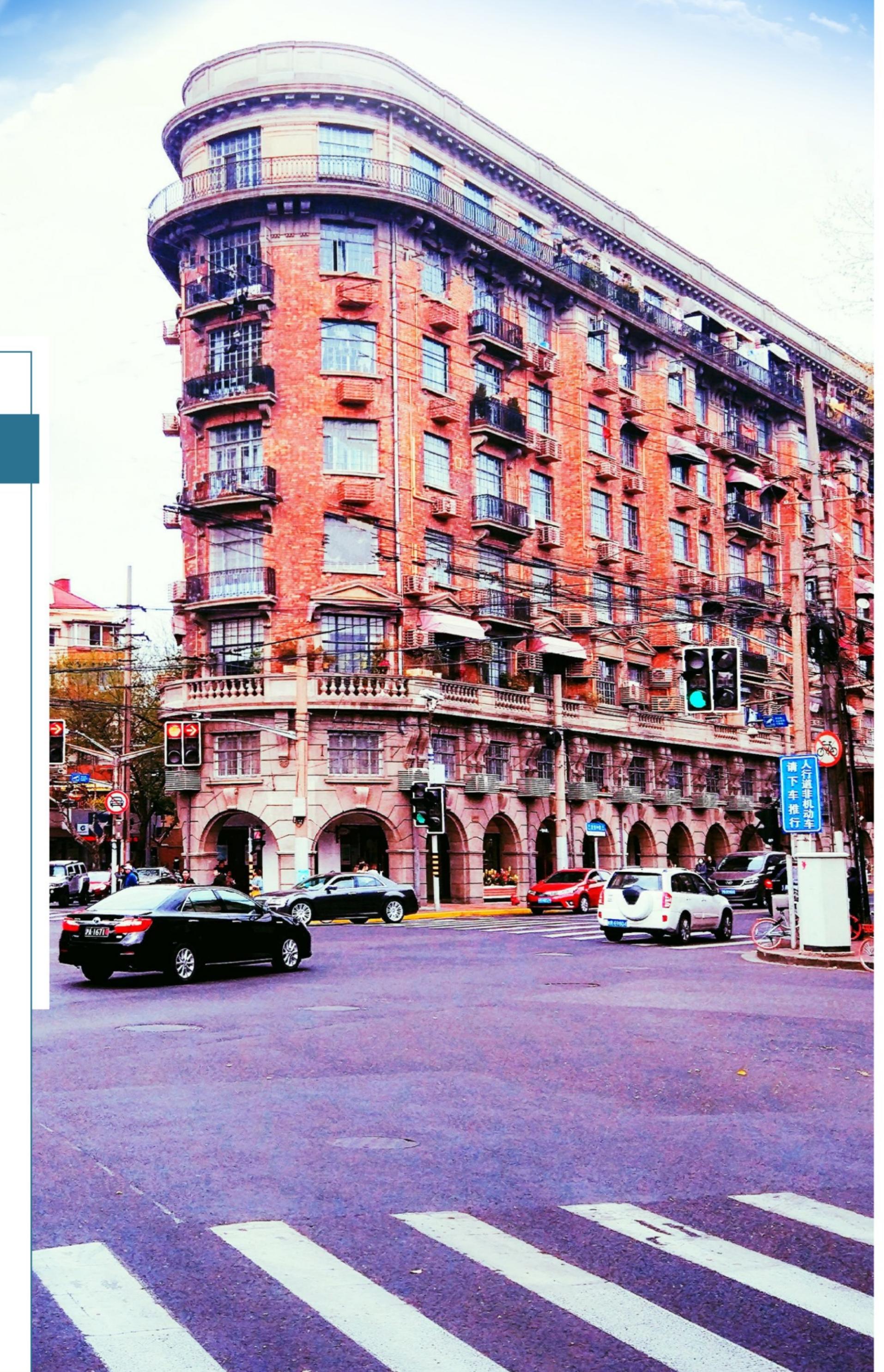


Chinese name: 上海法租界 shàng hǎi fǎ zū jiè

- Duration: 1–2 hours to casually explore, 1 full day to see all the highlights
- Entrance fee: Free
- Opening hours: 24 hours
- Best time to visit: All year round
- How to get there: Take metro line 13 to the Madanglu station and walk about 1km.

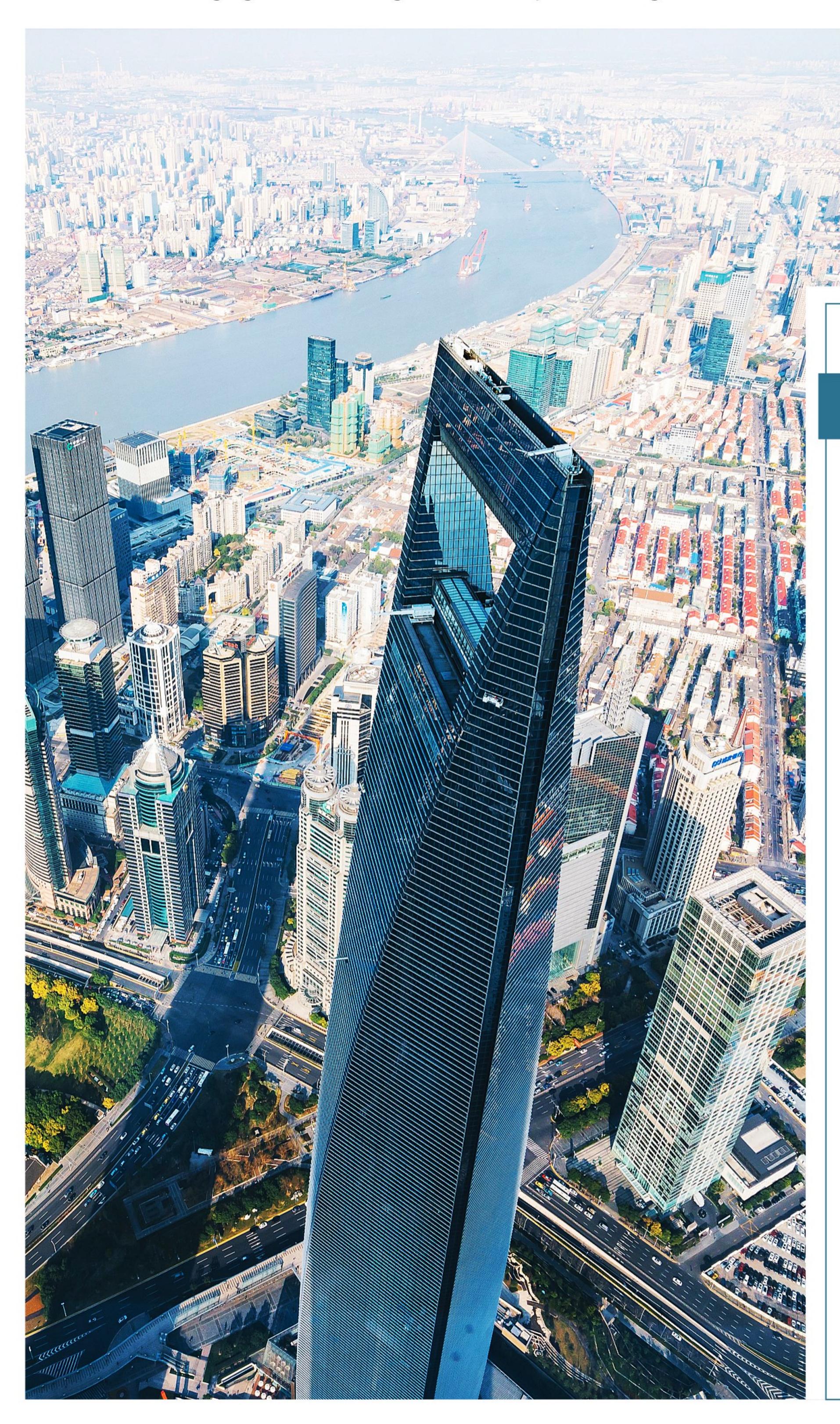
Take bus 986, 933, or 869 to Middle JianguoChongqingnan Road station and walk about 340 meters.





Downtown Pudong

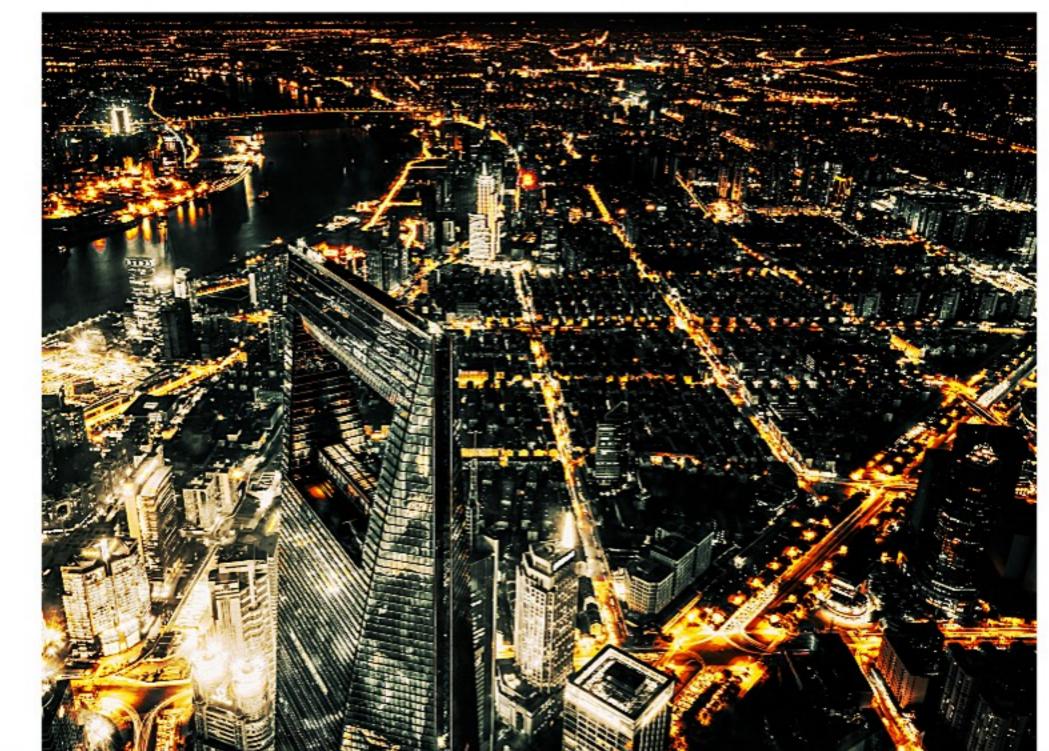
So many books only focus on the observation decks in the skyscrapers of downtown Pudong. But this completely ignores the beauty and mind-blowing experience of strolling around the bases of these mega giants. "Pudong" can simply be referred to as "downtown" Shanghai — it's the skyline you see from the Bund. While it looks magically from the Bund, it feels magical when walking around — especially at night. In fact, a stroll around downtown Pudong at night is one of the best experiences of being in Shanghai and is one of the most awe—inspiring skyscraper experiences a person can have in the world — with every building lit up and putting on its own light display. Few cities can boast the sheer number of skyscrapers nor the sheer combined height of these mammoth steel wonders. NYC, London, Paris, Dubai, can't even come close. With a cool ocean breeze constantly blowing in between the buildings, it's a Disneyland of its own during the day and a mesmerizing light show at night. Bonus — just walking around doesn't cost a thing.



QUICK FACTS

- Chinese name: 浦东新区 pǔ dōng xīn qū
- Duration: 2 hours to casually explore, 3–5 hours to soak it up
- Entrance fee: Free
- Best time of day to come: Come an hour or so before sunset to see the buildings during the day and at night.
- Best time of year to visit: All year round (winter can be chilly with the constant breeze)
- How to get there: Take metro Line
 2 to Shanghai Science and Technology
 Museum station and walk about
 500meters.

After strolling around the Bund, take the tourist-focused Shanghai Bund Sightseeing Tunnel.



Yuyuan Garden – Some of the city's best ancient Chinese architecture

Shanghai isn't the best city in China to go to for seeing ancient architecture, aka "old China". For that, Beijing and Xian are much better destinations, along with a number of famous villages scattered throughout the country. However, for those wanting to see some of the best ancient architecture Shanghai has to offer, Yuyuan Garden is a must-see.

Yuyuan Garden is a classical garden dating back to the Ming Dynasty — over 400 years ago. The well-preserved (rebuilt) buildings all represent traditional Chinese architecture, but the main draw of the garden is in the gorgeous pond around which everything is centered, the well-designed layout, and the wonderful landscaping. It is the only one of the five classical gardens located in downtown Shanghai (the other four are Guyi Garden, Zuibaichi Garden, Qiuxia Garden, and Qushui Garden).

As most other popular tourist destinations in China, Yuyuan Garden is best avoided on the weekends and during holidays as the crowds can be quite overpowering. It's located in the "Old Town" section of the city and is nearby a famous shopping street that, although often busy and loud, is an interesting experience in and of itself. The garden is also located within walking distance of the Bund.



Chinese name: 豫园 yù yuán

• Duration: 30min–2 hours

Entrance fee: 30 RMB

Opening hours: 8:30–17:30

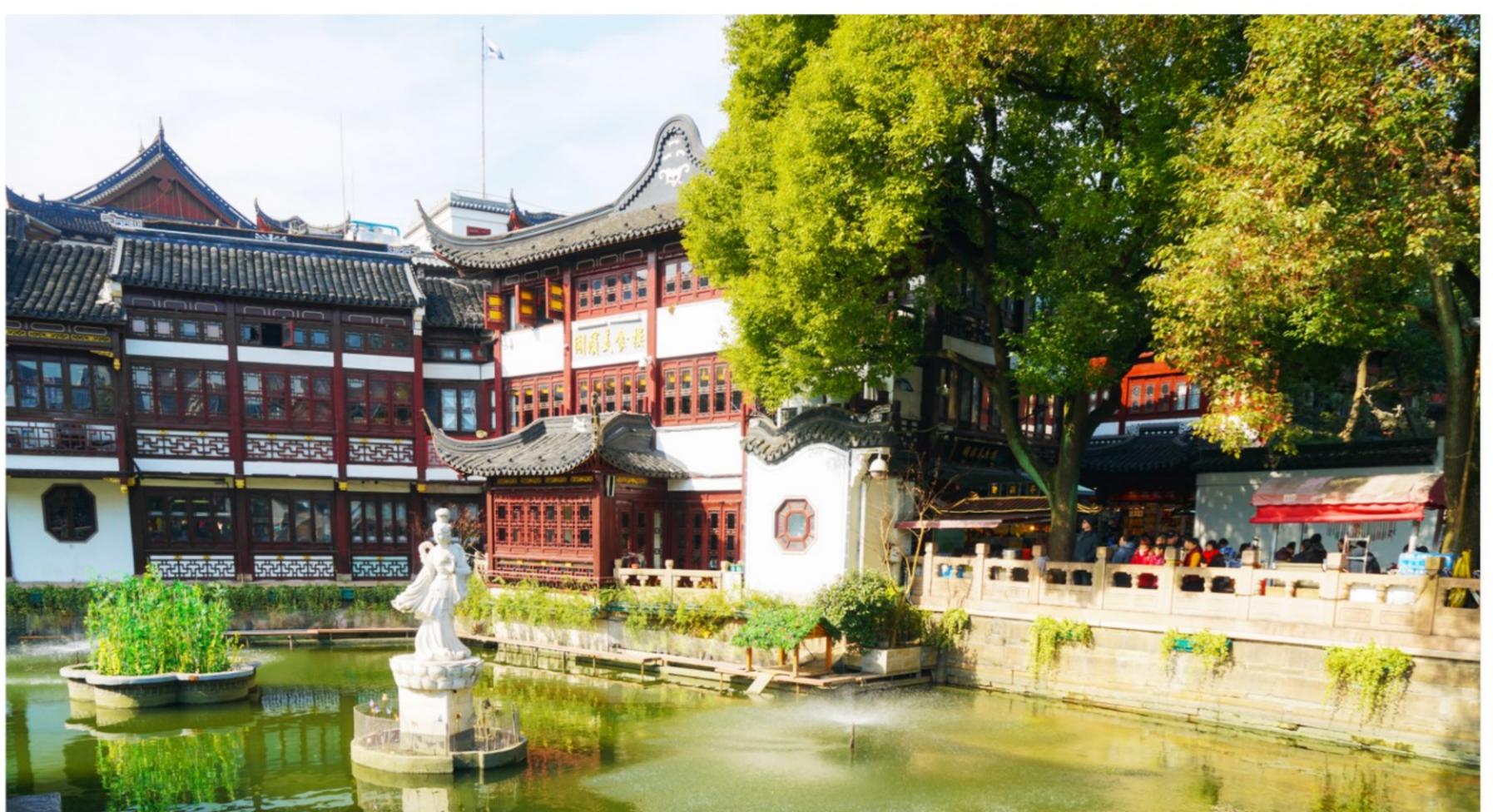
Best time to visit: All year

round

How to get there: Take bus
11, 26, 64, 71, 145, 581, 715,
730, 736, 801, 926, 929, 932,
969, or 980, or Fangchuan
Designated Line and get off at
Yuyuan Garden Station.







AROUND SHANGHAI

Nearly as worthwhile, interesting, and gorgeous as Shanghai itself, the area's canal towns (often referred to as the Venices of China) make excellent additions to any Shanghai trip. The two closer towns to Shanghai can easily be visited in one day (although as you'll read, you may not want to), but if you have to make a choice between all the ones mentioned here, Tongli is usually considered the best experience outside the major rush times of 9:00–16:00. However, we've listed many that are good day–trip options from Shanghai here so you may want to do your own research and decide which best fits your interests, budget, and time.

Zhujiajiao-Venice in Shanghai



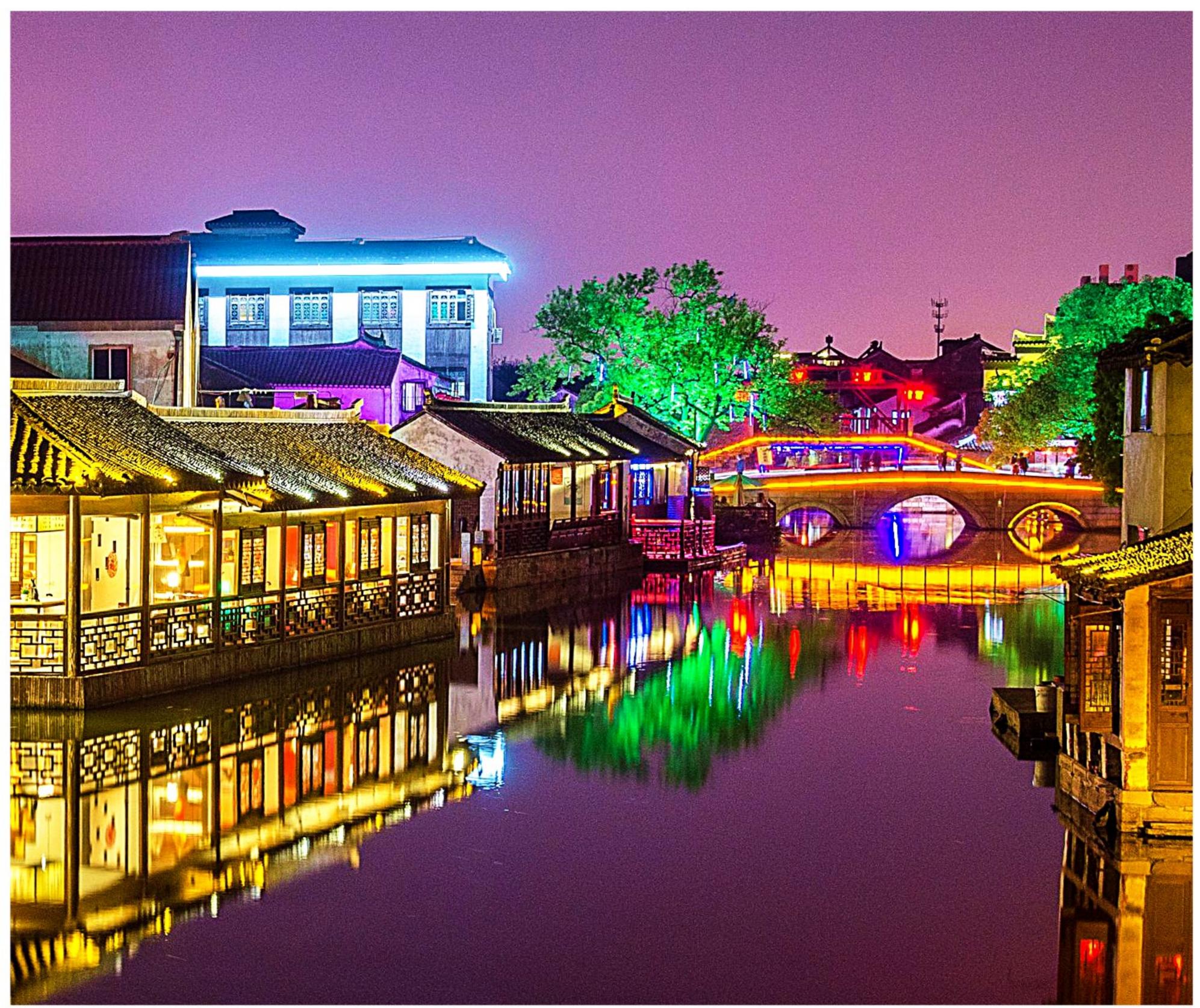
Zhujiajiao ancient town is located on the outskirts of Shanghai and is serviced by the subway. Being so close to the city does increase the crowds and while it's great to see if you don't have the time to venture 1-hour further to Tongli, you'll want to avoid weekends and from 9:00–16:00. The main areas have typical, ancient Chinese architecture complete with arching, stone bridges and a visit is worth it to take some unique pictures of "old China" intertwined with canals. This is the closest water town to Shanghai and is in the same general direction of Tongli and many other towns so it can be combined in a one-day trip (however, if you're going to the further towns, you can skip Zhujiajiao without missing much).

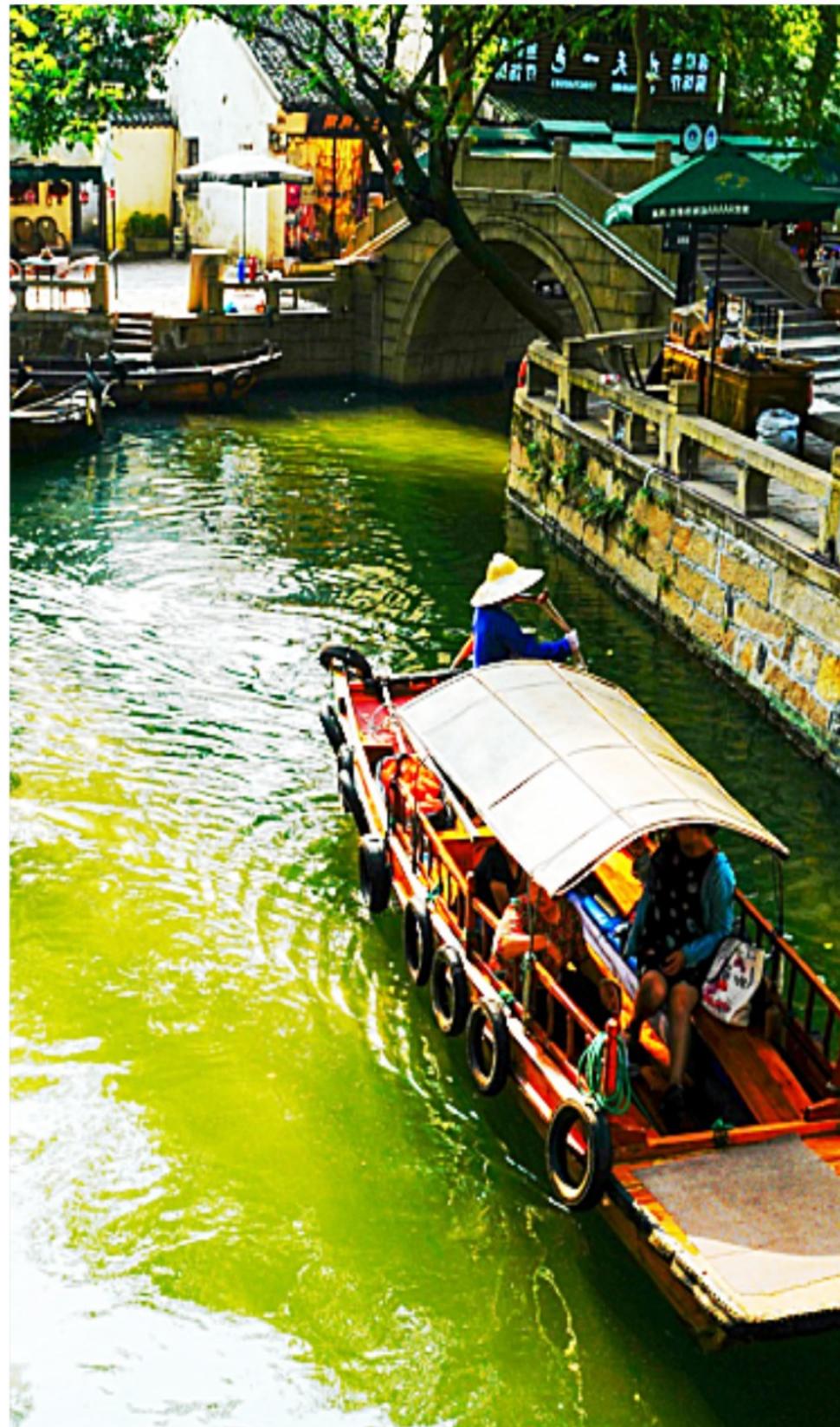


- Chinese name: 朱家角 zhū jiā jiǎo
- Duration: 30min–3 hours
- Entrance fee: Free
- Opening hours: All day and night
- Best time to visit: All year round
- Address: No. 36, Meizhou Road,
 Zhujiajiao town, Qingpu District,
 Shanghai
- How to get there: Line 4 from Shanghai Stadium leads directly to Zhujiajiao; special vehicles (Dagu junction of old Chengdu Road) from People's Square lead directly to Zhujiajiao; Line 17 (under construction) will go there.



- Chinese name: 同里 tóng lǐ
- Duration: an overnight is best, but 2–3 hours in the morning or late afternoon is minimum.
- Entrance fee: There is a 100 RMB entrance fee charged to everyone who enters from 7:30 to 17:30 and tickets can be easily purchased at the ticket office located at the main entrance to the town. The ticket (valid for two days) also allows entrance into nine of the town's most popular sites including a UNESCO garden, several ornate halls, three bridges, etc. While some travelers dislike buying a ticket to explore towns, please keep in mind the following:
- 1) This is a fairly common practice in many worthwhile destinations in China.
- 2) The tickets actually help slightly decrease the number of visitors, which are already at high numbers.
- 3) Is there any way to enter Tongli during the day and avoid paying the entrance fee? Aren't there many entrances to Tongli besides the one directly in front of the ticket office? Due to Tongli being a water town, there are only around a half dozen ways to enter the town (all bridges). There MAY be hard—to—reach, out—of—the—way entrances to the town where nobody will be checking tickets but finding them may be difficult. In our experience, police don't usually walk around asking people to show their tickets once inside the town, so if visitors want to try to be sneaky, we doubt you'll encounter major problems, but if you are "caught", you may be asked to leave and/or pay a fine. Is the hassle worth \$15USD (10EU)? That's up to each visitor.
- 4) Don't forget, if you want to enter after 17:30 and spend the night, there is no ticket required . . . until 7:30 the next morning. As mentioned above, evenings in Tongli are very much worth it (if not outright better than during the daytime) because it's ... soooo ... quiet.
- Opening hours: The town is accessible all day, the sites covered by the ticket are open 7:30–17:30, Mon–Sun.
- Best time to visit: All year round
- Address: Tongli Town, Wujiang District, Suzhou City
- How to get there: If you have time, it's cheapest to travel via train or bus from Shanghai to the city of Suzhou, and then from Suzhou take a bus, subway, or taxi to Tongli. The trip from Shanghai to Suzhou takes around 45min and then it's another 30–60min to get to Tongli (but add extra time for waiting in line, buying your transport tickets, traffic, etc.) Taking a taxi from Shanghai can be the best option for those wanting to maximize their time, especially if split between a couple of people. The direct trip takes around 1 hour and usually costs 250–300RMB each way (you can bargain especially during the week but have some patience as not every driver will be willing to make the trip for much less).





Six more Canal Towns

While the two towns mentioned above are usually the best options for most travelers to Shanghai, those with a little more time can venture slightly further from Shanghai for arguably an even better experience. We've listed the best of the best here.

Nanxum — 80 miles (150km) from Shanghai, absolutely one of the quietest, least visited of the list.

Xitang — 50 miles (80km) from Shanghai, +2,000 years old, Mission Impossible III's final chase scene was filmed here.

Wuzhen — 90 miles (140km) from Shanghai, 1,300 years old, sits on the "Grand Canal" which runs to Beijing, overall less visited than the others and divided into 4 sections — north, east, west, south — with the north and east being the most crowded and the west being the least.

Qibao -15 miles (25km) from the Bund (so actually inside Shanghai), just to give you a taste of what you'll find further away (extremely touristy, commercialized, and crowded).

Luzhi — 45 miles (75km) from Shanghai, 2,500 years old, more manageable crowd sizes, many original (not rebuilt) buildings and bridges

Zhouzhuang — 50 miles (80km) from Shanghai, the most famous town for Chinese tourists, it's now overly commercialized and extremely touristy. If you follow the visiting tips for Tongli here (come early morning or late afternoon), you can get a glimpse of its beauty — and it's still extremely beautiful.





Eating in Shanghai

Top Recommended Dishes

Ladies and Gentlemen ... start your engines! Shanghai is one of the top cities in the world for its cuisine — equally for its quality, variety, and creativity and easily ranked (along with Hong Kong) as hands-down the best city in China for cuisine. There are so many culinary options in Shanghai and many western tourists will gleefully smile at Shanghai's greater-thanusual selection of western style food — not "touristy food" mind you; we're talking about high quality, authentic, and absolute mouth-watering dishes from all over Europe. If it's Chinese food that you're after, Shanghai of course does that extremely well too - offering unending selections of traditional Chinese dishes, plus those hard-to-get-right unique Shanghainese cuisines (yes, Shanghai has its own unique cuisine different from all other Chinese cuisines). It's referred to in China as 'Benbang' and is abranch of traditional Chinese Han cuisine in the Jiangnan region (which includes Zhejiang, Jiangsu, and Shanghai). Benbang cuisine uses unique sauces lightly stir-fried to give dishes intense flavor. Many dishes may seem slightly "sweeter" than other Chinese cuisine because Shanghaiese food often uses slightly more sugar in their cooking while using less salt and oil. It's a delicate balance that takes generations to perfect.

So get ready. Shanghai is a culinary wonderland. Can your pallet keep up?

We're listing only ten, out of hundreds of, great dishes below and we're only selecting Shanghainese, or other Chinese, cuisines here. We'll forewarn readers that the following contains some of the more adventurous dishes — meant for a truly unique, exotic, and completely-outside-your-normal-culinary-box experience; for those wanting less adventure on their lunch and dinner plate, rest assured there are plenty of options outside of what we've listed here. Now then, to find that perfect French croissant, you're on your own (hint: it won't be too hard).



1. Shanghai Braised Duck

Striking a balance between sweet and salty, this version of duck differs slightly from its famous Beijing cousin. It would be a mistake to visit China without trying both at least once. Shanghai duck is often juicier with more sauce than Beijing Orange duck due to how it's prepared.

Characteristics: Dark, fragrant, juicy, tender while still crisp.

Recommendation:

Guangmingcun Restaurant

Address: No. 588, Huaihai Middle Road, Huangpu District, Shanghai



2. Sweet and Sour Pork Ribs (Tángcùxiǎopái)

Ohhh, such a reward after a long day of exploration. One of Shanghai's best, these pork spare ribs are cut into smaller chunks, tossed in their famous soy based sauce, and then braised to a deep brown, charcoal-like color. Often served cold, but can be requested served warm.

Recommendation:

Xin Bai Lu (white deer) Restaurant

Address: 9F, Building C, No. 1 Shopping Center, No. 800,

East Nanjing Road, Huangpu District, Shanghai

3. "Bran Puff" / "Shanghai Sponge" (a wheat gluten dish) "Sì xǐ kǎo fū"

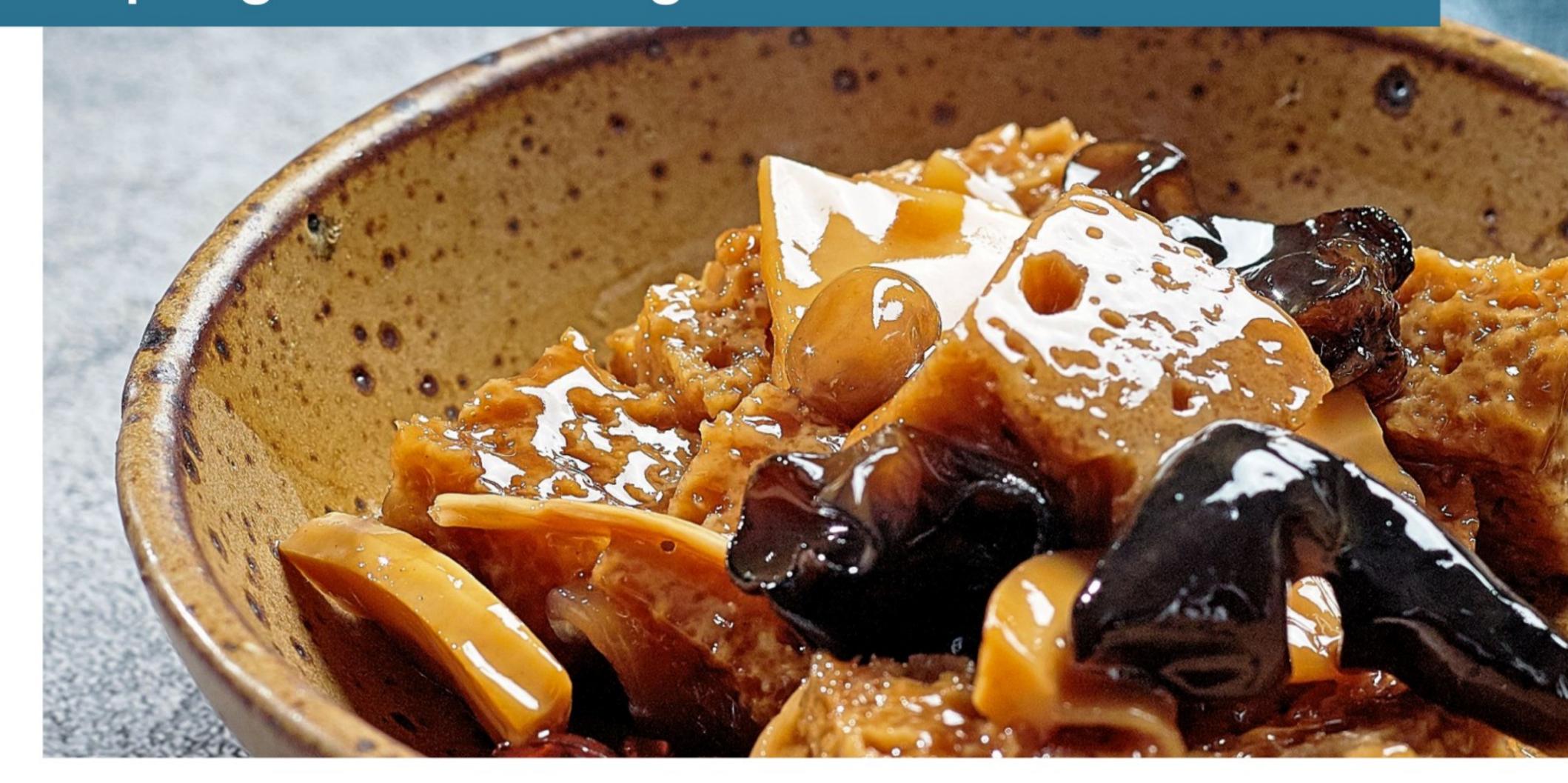
If you're not familiar with wheat gluten, it's a traditional type of vegetarian dish in China, similar to tofu, but not tofu. This specific dish has a strong soy sauce flavor that's both sweet and salty. The dish also contains shiitake and wood-ear mushrooms, and peanuts.

Characteristics: Rich and full of tender, juicy wheat gluten, with a nice earthy taste of mushrooms and nutty richness of peanuts.

Recommendation: Lanxin Restaurant

Address: No. 130, Jinxian Road, Huangpu

District, Shanghai



4. Babao Spicy Sauce (Bā bǎo là jiàng)

A true Shanghai classic and absolutely delicious. Babao Spicy Sauce is the name of a traditional dish rather than just a sauce. It has a slightly reddish hue and is somewhat spicy. Definitely worth a try.

Characteristics: Usually contains peanuts and walnuts, that are sometimes ground so they're not always whole and obvious (which means you sometimes can't pick them out if you don't want/can't eat them). The dish is usually made with shrimp, chicken, or pork and also contains shiitake mushrooms, tofu, and bamboo shoots. Lots of flavor with a wonderful mix of different spices.

Recommendation:

MingchuBenbang House

Address: No. 118, South Runan Street, Huangpu

District, Shanghai

5. Deep-fried Shrimp (Youbàoxiā)

These sweet and salty river shrimp are deepfried and then stir fried. Simple, delicious, and taste like shrimp. Recommendation: Laotou YouzhaXia (Papa's Fried Shrimp House) Address: Stores 18 and 26, 5F, Building 1, No. 939–949, Huaihai Middle Road, Xuhui District, Shanghai



A classic Shanghainese dish composed of steamed shredded ham, bamboo shoots, and chicken in a rich broth. The three ingredients are shredded, steamed,

and then added to the broth.

Recommendation:

SanliBenbang House – Zhoupu Branch Address: No. 4399, Chuanzhou Road, Chuansha-Zhoupu Highway, Pudong

New Area, Shanghai Zhonglin Street Branch

Address: No. 65, Zhonglin Street,

Pudong New Area, Shanghai





7. Smoked Fish (Wŭxiāngxūnyú)

Grass Carp is seasoned with salt, MSG, pepper, cloves, and other spices. It comes out either golden or soy sauce red, depending on the cooking method. The skin is crisp and the meat is tender.

Recommendation:

Zhenlaoda Store

Address: No. 137, Changli Road, Pudong

New Area, Shanghai

8. Crab Tofu (Xièfěndòufu)

While not particularly appealing visually, with its yellow and white, soupy appearance, the taste is quite nice. Crabs are steamed and then blended with tofu, then mixed in a creamy, thick liquid. For pescatarians, this is a great dish to try — or anyone who likes crab.

Recommendation:

ChenglonghangXieWangfu (Crab King House) Address: No. 216, Jiujiang Road, Huangpu District, Shanghai





Bamboo shoots and salted pork are cooked in a thick white broth with a touch of spring onions. Simple, warm, filling, and delicious.

Recommendation: Xishi (Food) Restaurant Address: South-east corner of the intersection of South Shaanxi Road and Julu Road, Huangpu District, Shanghai

5 Best Streets for Great Eats

If restaurants aren't your thing, or if you want a more affordable, even more delicious, culinary experience, head over to these streets for some of the best street food in Shanghai!

(Street food? Is it safe to eat? If you're unsure whether or not to try the food sold in street stalls, see our article on "Street Food" https://www.chinaeducationaltours.com/guide/article-interesting-snacks-and-street-foods.htm. It will greatly put your mind at ease, if not get those saliva glands working right away.)

1. South Yunnan Road - the classic cuisine street

South Yunnan Road food street is conveniently located and offers dozens of choices — from popular skewers, and noodle bowls, to spring rolls and dumplings. Along the 750ft (250m) street, there are also long standing Shanghai–style restaurants. The whole street, especially the entrances, resembles the old Shanghai of the 60's and 70's.

Recommendation: Xiandelai Ribs Sticky Cakes, Abao Pork Cutlets, Xiao Shaoxing Sliced Cold Chicken, Jinling (Nanking) Salted Duck, and Wufangzhai Rice Dumplings

Address: No. 343, East Yan'an Road (close to South Zhejiang Road), Huangpu District, Shanghai

How to get there: Take metro Line 8 to Dashijie Station

Nearby attractions: Madame Tussaud's, Shanghai Urban Planning Exhibition Hall, and the Bund

2. Huanghe Road -Popular and nostalgic Shanghai style foodstreet

Close to both Nanjing Road and the Bund, this street also includes a variety of restaurants which are renowned for their home cooking. Very popular with an excellent reputation, it can get busy.

Recommendation: Park Hotel Butterfly Crisp, Jiajia Soup Buns, and Moon Star Suzhou Mutton Noodle Restaurant Address: No. 11, Huanghe Road, Huangpu District, Shanghai

How to get there: Take metro Lines 1, 2, or 8 to People's Square Station

Nearby attractions: Madame Tussauds, Shanghai City Planning Exhibition Hall, People's Square, and the Bund

3. East Nanjing Road -A more modern

A hundred years ago, the opening of four department stores here ushered in an era of commercialism. The increased popularity won East Nanjing Road the title of being the "first commercial street" in modern Shanghai, and its popularity has never ceased. Over the years, old Shanghai gourmet shops gradually opened which attracted more people, and in turn, lured more restaurants and food stalls to open. Today, it is one of the most pedestrian streets in Shanghai, and also one of the more modern streets which boast excellent food stalls.

Recommendation: Shendacheng Pastries, Zhenlaodafang Smoked Fish, and Yanyun Mansion Fried Duck

Address: East Nanjing Road, Huangpu District, Shanghai

How to get there: Take metro Line 2 to East Nanjing Road Station

Nearby attractions: Yuyuan Garden, People's Square, and the Bund



4. Jinxian Road -a "tiny" essence of Shanghai

One of the best streets in all of Shanghai, this short 900ft (300m) street is packed with flavor and personality. Well prepared, nearly gourmet-styled food is served in quite ordinary looking restaurants. And the food is not limited to Shanghai Benbang cuisine; in fact, all sorts of Chinese food can be found here. Additionally, you'll find lots of specialty shops, popular restaurants, elegant cafes, and even time-honored antique shops. This is a classic part of Shanghai.

Recommendation: HOUSE198, Lanxin Restaurant, Maolong Restaurant, La Maision Shanghai (Ye Lai Xiang), and Jinxian Private Kitchen

Address: Jinxian Road, Jing'an District, Shanghai

How to get there: Metro Line 1, South Shaanxi Road Station Nearby attractions: Jing'an Temple and Shanghai Museum

5. Huaihai Road

- a flawless fusion of East and West, vintage and modern

Lined with European-style buildings next to gorgeous modern skyscrapers and dating back wellover 110 years, Huaihai is quintessential Shanghai — a little old, a little new, a little East, and a little West. You can find the same in the food here, with some places offering traditional Shanghai dishes, others offering a more modern interpretation of Shanghai cuisine with creative fusions, yet other places offer a western mix of cuisine.

Recommendation: Guangmingcun Restaurant, Laodachang Harbin Food Factory, and Red House Restaurant (originally Chez Louis)

Address: No. 780, Huaihai Middle Road, Jing'an District, Shanghai How to get there: Take metro Line 1 to South Shaanxi Road Station

Nearby attractions: Shanghai Museum



Shopping

If you feel your suitcase is being underutilized bringing back nothing but dirty clothes, think about bringing friends and family some of these traditionally Shanghainese items.

Top Items to take back Home



Butterfly Cookies

Shanghai was the first Chinese city to be introduced to western-style pastry making. The Park Hotel's bakery is one of the first and only to continue serving up delicious pastries since its opening. Butterfly Cookies, deliciously golden crisp and ever slightly sweet, often produce lines around the block. Anything this popular is probably worth taking home.



Shanghai Vanishing (moisturizing) Cream

A traditional moisturizing cream that dates back over 100 years, this cream at its inception was used exclusively by wealthy ladies wishing for the ever-elusive magic elixir that would vanish away the wrinkles. We can't confirm this effect, but it's supposedly to be very good at moisturizing your skin and comes in a very attractive, Shanghai-looking container.



Cheongsam

The Cheongsam is the traditional style of Shanghai dresses and their colors, designs, patterns, and cuts are seemingly endless — so enjoy shopping to find that perfect one. The main challenge for many people may be that the Cheongsam is made to fit snug and is usually made in small, non-western friendly sizes. If you're in love with this style of dress and can't find your size, be thankful you're in China because ... (continue to the next suggestion)



Tailor-made clothes

... it is very affordable to get your own tailored made dress (or any type of clothes) stitched up and ready to go within a day or two. Seriously, it's one of the most affordable, high-quality items you can get while in China. Guys, want a tailored made suit? That's affordable too. How affordable? It depends on where you go and how hard you bargain (yes, bargain), but a suit should easily be less than 1000RMB (\$150USD) and a Cheongsam should be slightly less than that, perhaps as little as 500RMB (\$80USD). Want a mind-blowing gift? Take someone's measurements and have something tailor made for them. How many people have anything tailor—made?



Silk Products

Shanghai is "Silk Heaven". How awesome would it be to give someone a 100% real silk scarf, bought directly in China? China, by the way, invented silk fabric and dates back to around 2600BC. Shanghai is one of the best places in China to shop for all sorts of silk products. If you stay out of the luxury brand stores, and go to the local markets, you can find 100% real silk at 50–75% cheaper than back home. Another great option for the sewing–inclined is to visit one of the thousands of fabric stores, buy some silk by the meter, and then make something yourself once you get back home.

Top Places for Shopping



Shanghai Asia - Pacific Market

This is a shopping paradise for silk, tea, pearls, clothing, tailored-made cheongsams (traditional, knee-high dress), and many different styles of restaurants. Bargaining is necessary here so bring your best bargaining skills (hint: don't be afraid to start over 50% lower than the asking price and keep the negotiating mood light — don't come across too serious or aggressive).

Advisory — cheap markets like this one (and there are many all over Shanghai) are great for finding very inexpensive items, but it's extremely likely that the "high end" items — like the jewelry, pearls, Nike shoes, etc. — will be knock—offs. So, if you want a fake Coach bag or pair of Nike shoes for \$15 USD, you might find it here — but at these kinds of prices, it's guaranteed not to be real.

Address: No. 2002, Shijidadao, Pudong District, Shanghai

Changle Road – tasteful old Shanghai

This road is known for its high-end tailored-made Cheongsams. It's also a very historical street with lots of old buildings, small restaurants, and cafes. It is a great place for shopping, or just wondering and looking.

Address: Huangpu District, Shanghai





K11 Art Mall

A beautiful, artistically designed high-end shopping mall. If you want to see a modern mall in China, or are looking for some of your favorites restaurants from back home, this is a great option among the many high-end malls around Shanghai.

Address: 300 Huaihai Middle Road, Huangpu District, Shanghai.

Transportation



Taxi

Taxis in Shanghai are plentiful, colorful, safe, and by Western standards quite affordable. Cross town trips taking over a half hour are rarely more than \$20USD (you can go over 25 miles (40km) for this price). Different companies use different colored taxis: Turquoise, yellow, white, green, blue, red, and dark red, but they all charge the same rates so it doesn't matter which one you take. The daytime base rate is 16 RMB, and the night rate (charged from 23:00 to 05:00) is 18 RMB. The per km charge is 2–3RMB. Waiting fare is around 36RMB/hour.

Legitimate taxis have a logo light on top (which will have different Chinese characters), a meter inside, and an illuminated vacancy sign on the dashboard. Without these three items, the taxi is likely private (often referred to as, and considered, "illegal") and is not recommended because without a major company backing the taxi, you as a rider have no protection if there is a problem. However, usually private taxis are simply private citizens trying to earn a living — they're not exactly "Uber" or "Lyft" because again there is no company support or protection — but they are also not inherently bad. Most taxi drivers are professional and will use the meter; however, if you do get in a taxi and the meter (with bright red LED numbers) is not turned on within the first few seconds of the trip (very rare), just point to it and the driver will turn it on.

If you would like to use an "Uber" type of app, China has several (although they are all in Mandarin). The most popular, and arguably best one, is the Apple backed app "Didi Chuxing", simply called "Didi".

Special Note: Taxis to and from the airport charge their own fee which often changes each year. Currently, it averages 200RMB during the day to downtown and 250RMB during the evenings; however, it can be more or less depending on where exactly in Shanghai you're headed.

Bus:

Shanghai has more than 1,400 bus routes. Buses are as cheap as the subway (usually only 1–3 RMB). Most bus routes start running from 05:30 to 06:30 and stop at 19:30 to 21:30.

The Shanghai Sightseeing Bus offers visitors a convenient service that includes all major tourist destinations. These red, double-decker buses come with audio guides that provide information and explanations in languages. Tickets start around 180RMB and then go up. They are valid for an entire 24, or 48, hours during which ticket holders can hop on and off as many times as they like and ride the bus for as long as they like. Some tickets also include entrance to top destinations. Check online for tickets and more information.

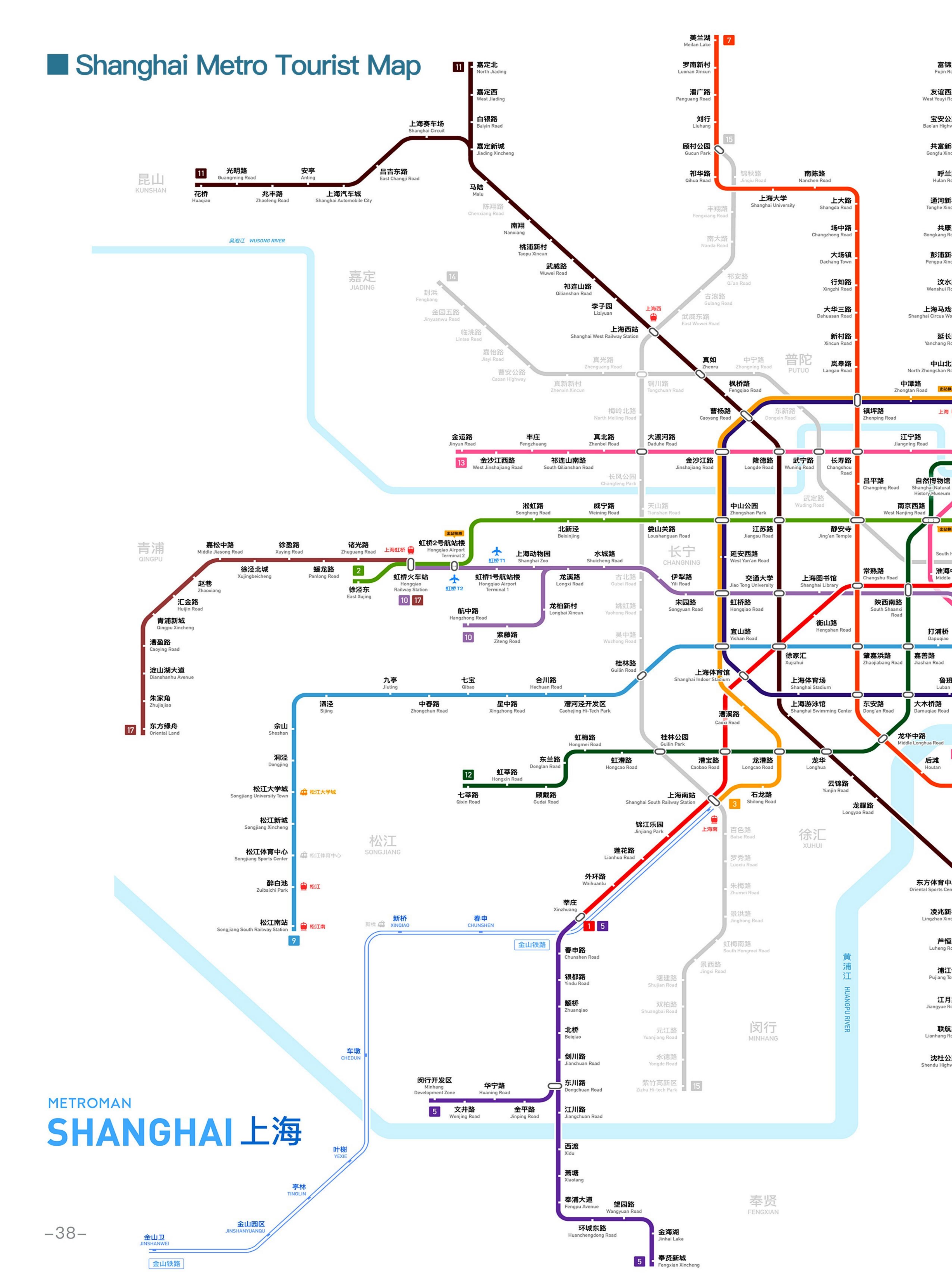


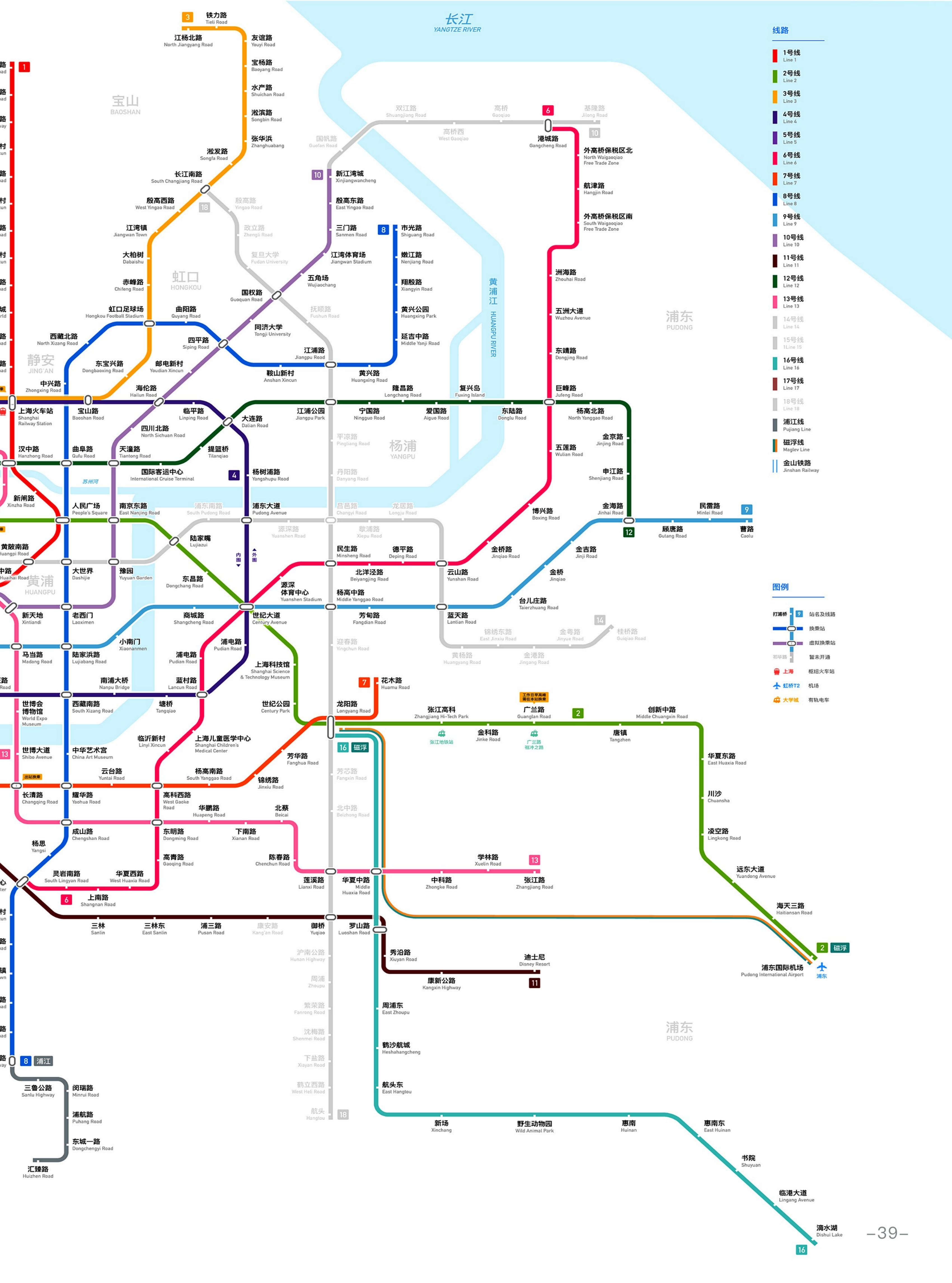
Subway/Metro:

Shanghai's subway system is clean, fast, and efficient with Chinese and English everywhere including ticket machines. The morning rush is from 07:00–09:00, and the afternoon rush is from 17:00–19:30. Expect the trains to be extra full during these times and unless you look over 70, don't expect a seat (most people around China do observe the common practice of giving up their seat for senior citizens). Lines 3, 4,& 10 stop running at 22:30 and all the rest stop at 23:00. Notes and Tips:

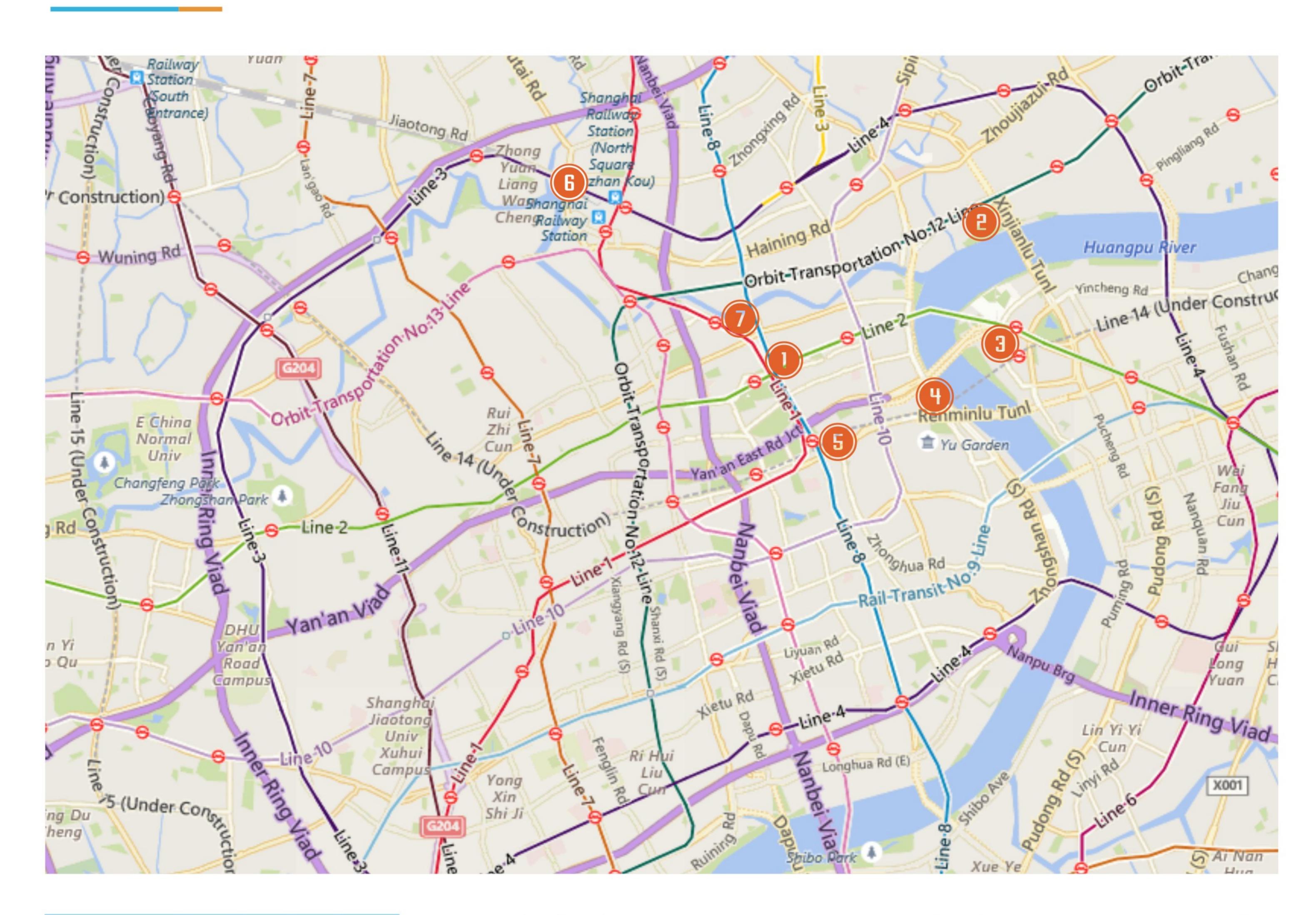
Taking the subway, even at night, is extremely safe. All stations are well lit and have security guards. Westerns who are used to doggy, dingy, or poorly lit subways with no security are in for a treat. China's subways are the complete opposite. Subway maps, found inside the trains and all over the stations, use both Chinese characters and their Pinyin counterparts (Pinyin is Chinese written using the Roman alphabet). For those not familiar with riding subways, the following is important: before boarding a train, find your destination on a map and then look at the FINAL DESINTATION going in that direction. The name of the final destination is important in order to find which train you need.

While built somewhat out of numerical order, these are the current open lines: Line 1 to 13, 16, 17, the Pujiang Line, and the Maglev. The Shanghai subway has a great map with fare calculator. Trips under 6km cost only 3RMB or less, over 6km 6–7RMB, and all the way to the airport, only 9RMB. If you plan to use the subway frequently, there are single and multi–day passes available. Inquire at any subway station to buy one (where most workers will speak basic English or be able to find someone who speaks really good English). The entire subway system is well equipped to handle the millions of tourists Shanghai receives each year.





Top Hotels



Le Royal Meridien Shanghai Luxury



Le Royal Méridien Shanghai is surrounded by the city's most popular bars, restaurants, and shops. It's strikingly modern design embraces award winning views of the city and the nearby Bund. Explore a medley of innovative cuisines and signature drinks at the hotel's many restaurants and bars or enjoy in the ultimate urban escape

in the hotel spa. Every minute of your stay is infused with a new level of mindful service that is unsurpassed. The hotel's 761 guest rooms feature floor—to—ceiling windows that frame dazzling views of the Bund and the city's skyline. Located on the 44th floor and above, Le Royal Club floors cater to travelers with exclusive privileges luxury conveniences.

Address: No.789 Nanjing East Road, Shanghai, China

2. W Shanghai — The Bund

Luxury

Unveiling views of the Huangpu River, 374 supremely chic guestrooms and suites fuse sophisticated Mandarin designs with playful contemporary twists. They have 4 social and dining options including The Kitchen Table, a modern New York City style bistro with international cuisine, YEN, a two-story destination restaurant that creates authentic Cantonese dishes with a twist, Liquid at YEN, a golden age inspired cocktail bar and WOOBAR, an energized lounge which often brings in world-renowned DJs and offers unique, crafted drinks. They also offer a



well-equipped gym, spa, and — perhaps most exciting of all — an exclusive indoor/outdoor pool with front row, unobstructed views of the iconic Shanghai skyline. Even if you don't stay here, you may want to take a tour just for this spectacular view.

Address: No.66,Lvshun Road, Hongkou, Shanghai

3. The Ritz-Carlton Shanghai

Deluxe

Nestled in the heart of Shanghai's financial district and offering sweeping views across the vibrant Huangpu River and historical Bund, The Ritz-Carlton Shanghai Pudong guarantees guests an unforgettable Shanghai visit. Situated on the upper floors of a stylish, 58-floor tower in Lujiazui, the 5-star luxury hotel offers stunning views of the iconic Oriental Pearl Tower, overlooks The Bund, and is just minutes from the historic Yu Gardens. The hotel's location also affords fairly rapid access to both Hongqiao International and Pudong International airports.



Address:No.8 Century Avenue, Lujiazui, Pudong New Area, Shanghai IFC, Shanghai

4. Les Suites Orient

Deluxe

Les Suites Orient Shanghai is a unique Shanghai boutique hotel ideally situated right on the Bund. From the 5th to 20th floor, each room boasts a panoramic view of downtown Shanghai, including the glamorous Bund, the futuristic Pudong CBD area, and the classical

Yu Garden. All rooms of Les Suites Orient are decorated in a palette of delicate earth tones with wood accents. Guests receive complimentary breakfast and rooms come with an Apple universal dock. Les Suites Orient also offers 24-hour multilingual concierge service, a 24-hour business center, a library, free all-day refreshments such as tea& coffee in Le Lounge, and a fitness center equipped with free weights, treadmills, cross training machines open 24-hours.



Address: No.1 East Jinling Road, Huangpu District, Shanghai

5. SSAW Boutique Hotel Shanghai Bund

Comfortable

A nice boutique hotel with great rooms and reasonable priced for Shanghai. The location is close to the subway and People's Square, Xintaindi, and Nanjing Road — all within 5–10 minutes walking distance. All guests receive complimentary "midnight" snacks between 10pm and midnight. Gym access is provided and massage services are available upon request.

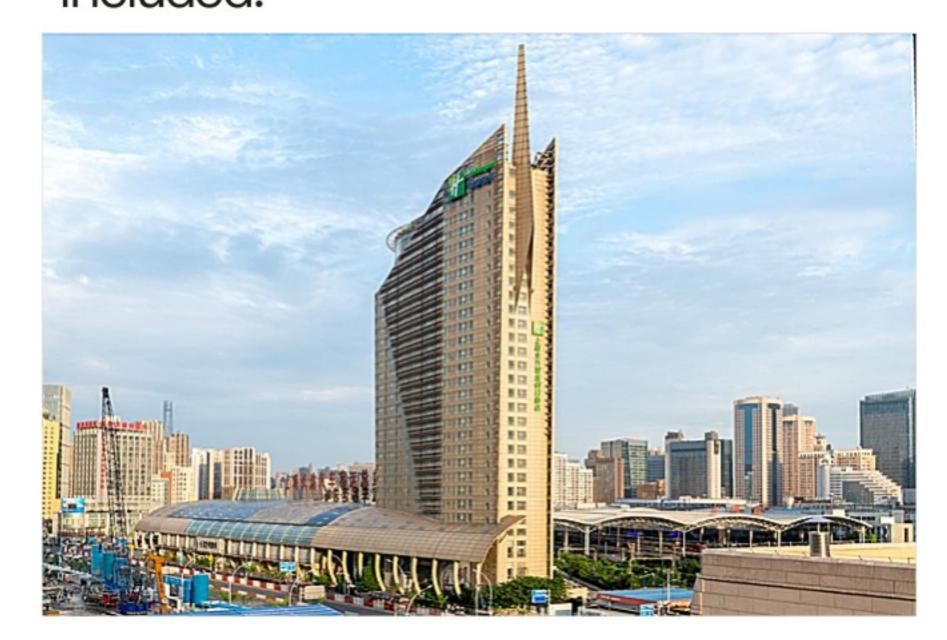


Address: No. 839 Renmin Road, Huangpu District, Shanghai

6. Holiday Inn Express Zhabei Shanghai

Comfortable

Holiday Inn Express Zhabei doesn't look like your typical Holiday Inn on the outside. It's a large, beautifully designed tower that could easily pass for a 5-star establishment. However, their prices are much more comfortable. It's a 5-minute walk from the Shanghai Train Station and offers new, neat, and clean rooms that are typical for Holiday Inns. Breakfast and internet included.



Address: No. 1738 Zhongxing Road, Jing'an, Shanghai

7. Kingtown Hotel Plaza Shanghai Comfortable

Kingtown Hotel Plaza Shanghai is a short 500m walk from People's Square, the Shanghai Museum, and Nanjing Road Pedestrian Street. Rooms are very comfortable and clean, with modern furnishing. Rooms should easily be up to the standards of most travelers. The hotel also rents cars and can get tickets for you (a handy service since buying tickets online are often cheaper and easier to get than in person, but usually requires the ability to read/speak Mandarin).

Address: 126 Xinzha Road, Huangpu, Shanghai



Shanghai Facts

Chinese name: 上海Shànghǎi

Location: Eastern China

Population (city): about 25 million

(with the metropolitan area having over 40 million)

Main Language: Mandarin

Dialect: Shanghai dialect (aka Shanghainese, aka Hu)

Zip code: 200000 Tel code: +86 (021)

Time zone: China standard (UTC+8)

Before you Go

Bank

There are ATMs all over Shanghai that easily accept foreign debit and credit cards. Keypads and screens all have English options and almost all ATMs are located in well-lit, very safe areas often with their own security guard. Almost all hotels (except for some very basic hostels) accept western debit and credit cards.

Internet

All hotels, most youth hostels, coffee shops, shopping malls, train stations, the airport provide free wifi. Check out this link for a map of free wifi hotspots in Shanghai.

https://www.wifimap.io/639-shanghai-free-wifi

Hospitals/Medical Care and Emergencies

As one of the most modern and cosmopolitan cities in the world, Shanghai has many modern international hospitals and medical centers which provide medical care on par with international, western standards. The best hospitals are: "Shanghai East International Medical Center", "Huashan Hospital International Medical Center", "Shanghai United Family Hospital", and "Fudan University Affiliate Hospitals". All have cutting-edge medical equipment, modern infrastructure, and more Englishspeaking medical professionals than most other hospitals in China. Don't expect all doctors to speak English though or be prepared for many doctor's English to be quite basic, but these four hospitals will provide much better language services than others in the city.

Safety

Both violent and non-violent crime is rare in China. Streets are mostly safe to walk down at all hours of the night. Taxis are mostly safe too. China has extra strict, forcefully applied, laws protecting foreigners which discourages most crime against them.

Nevertheless, travelers should always observe good common sense. While even dark alleyways may be perfectly safe in China, if you're carrying anything valuable, you may not want to risk it. Don't leave luggage or any possessions un-attended. Be careful with pick pocketers in large crowds. Women traveling alone should also take normal precautions, but there's no need to be fearful. Overall, China and even Shanghai, are exceptionally safe places to travel.

Eating Safe

Use the following tips to help ensure your meal has been properly prepared:

- 1) Where there's people, the food is probably great the age-old common-sense tactic of eating where others eat still holds true today. If the place is busy (with locals), it probably means the food is safe and delicious.
- 2) Stand back and watch for a few minutes before ordering - a little observation can save the day (and the night). If you find a stall that you like, before ordering, just step back and observe how the cook prepares the food. Pay attention to hygienic practices like the use of gloves and hair nets or hats, fresh meat kept in a refrigerated environment (like a cooler with ice), vegetables looking fresh and stored in an enclosed container with lid not an open container near the ground, and of course most of all, the stall is kept clean. Other issues to notice: those who touch food should not also be touching money — it doesn't matter if the cook is wearing gloves because even a gloved hand should not touch your food right after they have grabbed the previous customer's money; the cook or any worker at the stall should not cough or sneeze anywhere near food and should also wash (or at least wipe) their hands right after doing so; and while this last one may seem like it would never happen, it occasionally

- does so be on the look-out anything dropped on the ground (food, utensils, unwrapped plastic forks or straws, cups) should be discarded, but unfortunately this is not always the case.
- 3) The nose knows this tactic can be a little difficult for travelers new to Chinese cuisine, but in general, if it smells wonderful (not "good" or "nice", but "OMG! I gotta try it!"), then it's probably a good place.
- 4) The eyes know something too does the food look dry, old, mushy, or like it's been sitting out for most of the day? If so, you'll want to pass. Hot food should look like it has been freshly and recently prepared with a nice shine to the outside. Cold food, especially fruits and vegetables, should look fresh and crisp and not brown.
- 5) In general, fruits and vegetables that are peeled are generally safer to eat than those that aren't. So, oranges, bananas, coconuts, (usually) carrots, peas etc. are great choices. Some exceptions are melons (cantaloupe, watermelon, honeydews) which are often grown in very low-lying areas that may be exposed to unsanitary water and water run-off. Produce that is not peeled (and served fresh, not cooked) could be perfectly fine to eat, but they do carry extra risk all berries, apples, all types of lettuce, tomatoes, cucumbers, etc. Readers may take some comfort in knowing that the writer of this guide has in fact eaten at many street stalls all over China and using these tips, has not only never had a problem but has also had some of the tastiest, most memorable meals at them — for a much more affordable price.



HEAD OFFICE

Contact number: +86 773 3564 989

Address: Room 804, Unit 1, Building No. 11, 48 Qixing Road, Qixing District, Guilin, PRC, 541002

AUSTRALIA BASED OFFICE

Contact number: +61 419460966

Address: PO BOX 324, Inverloch, VIC. 3996 Email: info@chinaeducationaltours.com Website: www.ChinaEducationalTours.com

