Shanghai Overview

Shanghai is the largest city by population of the People’s Republic of China (PRC) and the largest city proper by population in the world. It is one of the four province-level municipalities of the PRC, with a total population of over 23 million as of 2010. It is a global city, with influence in commerce, culture, finance, media, fashion, technology, and transport. It is a major financial centre and the busiest container port in the world.

Once a fishing and textiles town, Shanghai grew in importance in the 19th century due to European recognition of its favourable port location and economic potential. The city was one of several opened to foreign trade following the British victory over China in the first opium war and the subsequent 1842 Treaty of Nanking which allowed the establishment of the Shanghai International Settlement. The city then flourished as a centre of commerce between east and west, and became the undisputed financial hub of the Asia Pacific in the 1930s. However, with the Communist Party takeover of the mainland in 1949, the city’s international influence declined. In the 1990s, the economic reforms introduced by Deng Xiaoping resulted in an intense re-development of the city, aiding the return of finance and foreign investment to the city.

Shanghai is a popular tourist destination renowned for its historical landmarks such as The Bund, City God Temple and Yuyuan Garden, as well as the extensive and growing Pudong skyline. It has been described as the “showpiece” of the booming economy of mainland China.

Population

13,481,600

Climate

Shanghai has a humid subtropical climate and experiences four distinct seasons. Winters are chilly and damp, and cold north-westerly winds from Siberia can cause night-time temperatures to drop below freezing, although most years there are only one or two days of snowfall. Summers are hot and humid, with an average of 8.7 days exceeding 35 °C (95 °F) annually; occasional downpours or freak thunderstorms can be expected. The city is also susceptible to typhoons in summer and the beginning of autumn, none of which in recent years has caused considerable damage. The most pleasant seasons are spring, although changeable and often rainy, and autumn, which is generally sunny and dry. The city averages 4.2 °C (39.6 °F) in January and 27.9 °C (82.2 °F) in July, for an annual mean of 16.1 °C (61.0 °F). Shanghai experiences on average 1,878 hours of sunshine per year, with the hottest temperature ever recorded at 40.2 °C (104 °F), and the lowest at −12.1 °C (10 °F).
**Geography**

Located in the Yangtze River Delta in eastern China, Shanghai sits at the mouth of the Yangtze River in the middle portion of the Chinese coast. The municipality borders Jiangsu and Zhejiang Provinces to the west, and is bounded to the east by the East China Sea.

**Currency**

As with the rest of the mainland of China, Shanghai remains Renminbi (RMB) which literally translates to “People’s Money”. The difference between Yuan and Kuai is only in terminology, not in value. It is basically the same as the American dollars and bucks. Yuan is more formal; Kuai more colloquial. Kuai is Mao; Yuan with Jiao. There are 10 Jiao/Mao in a single Yuan/Kuai.

**Language**

Shanghai is probably the city in mainland China where English is most widely spoken. However, “widely” is a relative term and Mandarin is still the language that you will need to get by. There are two variations of Mandarin spoken in the city. The Shanghaies speak Shanghai Hua to one another and Putong Hua to people from outside the city who are unlikely to understand the thick dialect.

**Time Zone**

Shanghai is eight hours ahead of Greenwich Mean Time (+8 GMT). Daylight Saving time is not adopted.

**Phones**

Two of the biggest mobile providers are China Mobile and China Unicom.

Dialling code China +86. Shanghai 21 fixed line numbers in Shanghai have 8 digits; mobile phone numbers have 11.

**Accommodation**

Since 2002, prices for apartments and villas have raised an average of 30% per year- even more in the expat areas of Jinqiao, Gubei and Hongqiao.

Demand for living quarters in Shanghai will continue to be strong, given the lure of doing business in China by foreign corporations and due to incessant Chinese spirit of using property investments as their preferred form of savings. In addition, the supply of new apartments and villas is not keeping pace with the demand.

This assumes you will live in the traditional expat areas- range of 12,000 RMB to 35,000 RMB, depending on your location (which floor; facing the garden) in the building. For a serviced apartment (cleaning and cooking included) add 3,000 to 5,000 RMB per month.

**Food and Drink**

There are eight major cuisines of China, and Shanghai food constitutes one of them. Dishes in Shanghai restaurants are typically blends of the other styles of cooking, with special sauces and cooking methods making the Shanghai dishes a bit different. The chefs in Shanghai also borrow the best aspects of foreign cuisines. Most expats will agree that Shanghai food is not too spicy, not too oily, and not too exotic.

Most expats love Chinese food and probably ate it frequently in their native countries. However, be advised that the Chinese food you grew accustomed to back home is not the same that you will eat in Shanghai. All is different, but delectable: the ingredients, the colours, the sauces, and the total ambiance of eating a large Chinese meal.
Shanghai cuisine is light, healthy, and comes in smaller portions that the cuisine of Beijing, Hubei, Hunan or Guangdong provinces. It is the result of borrow cooking styles and ingredients from neighbouring provinces, and then refining or changing them slightly into something distinctively Shanghaies. Sometimes this is achieved by adding alcohol to fish, eel, crab & chicken, which are then cooked or steamed. You will also see preserved vegetables and meat and fish that have been salted in order to add flavour to the dishes.

Education and Schools

Shanghai has one of the best education systems in China. It is the first city in the country to implement 9-year mandatory education. The 2010 census shows that out of Shanghai’s total population, 22.0% had a college education, double the level from 2000, while 21.0% had high school, 36.5% middle school, and 1.35% primary school education. 2.74% of residents age 15 and older were illiterate.

Shanghai has more than 930 kindergartens, 1,200 primary and 850 middle schools. Over 760,000 middle schools students and 871,000 primary school students are taught by 76,000 and 64,000 teaching staff respectively.

Shanghai is a major centre of higher education in China with over 30 universities and colleges. A number of China’s most prestigious universities are based in Shanghai, including Fudan University, Shanghai Jiao Tong University, Tongji University, East China Normal University, Shanghai International Studies University, and Shanghai University of Finance and Economics.

In 2010, Shanghai took the top spot in the latest round of the most comprehensive assessment of the world’s state schools. According to Program for International Student Assessment (PISA) results, Shanghai students, including migrant children, scored highest in every aspect (Math, Reading and Science) in the world. The study also claimed that public-funded schools in Shanghai have the highest educational quality in the world.

For further information on schools in Shanghai please visit: [http://www.shanghaifinder.com/schools.html](http://www.shanghaifinder.com/schools.html)

Health/Vaccinations


Personal Safety

Shanghai is a fairly safe city. Areas of concern where crime is more prevalent are the foreigner-targeted nightclub areas such as MaoMing Road and JuLe Road. These areas can be a bit more risky late at night when the establishments close around 2:00am. Right around closing, police cars can be seen guarding the end of the street, so being aware of the surroundings should be enough to stay safe. Keeping to well-lit areas late at night, and not travelling alone, is the best way to stay safe in all areas of Shanghai.

The bigger issue in Shanghai is pick-pocketing. When walking around pedestrian boulevards and outdoor shopping areas, no pocket or bag is safe from the opportunistic pick-pocketers. Again, being aware of the surroundings is the best policy. Police and security, easily spotted in navy uniforms, have a fairly large presence in the city and the police can be reached by dialling 110. Be especially watchful and cautious in the pedestrian area of Nanjing Road, on the edges by the intersection with Henan Road, and the intersection with Xizang (Tibet) Road.
Transport

Shanghai has an extensive public transport system, largely based on metros, buses and taxis. Payment of all these public transportation tools can be made by using the Shanghai Public Transportation Card.

Shanghai’s rapid transit system, the Shanghai Metro, incorporates both subway and light railway lines and extends to every core urban district as well as neighbouring suburban districts.

Rail

Shanghai has three major railway stations: Shanghai Railway Station, Shanghai South Railway Station, and Shanghai Hongqiao Railway Station. All three are connected to the metro network and serve as hubs in the railway network of China. Two main railways terminate in Shanghai: Jinghu Railway from Beijing, and Huhang Railway from Hangzhou. Hongqiao Station also serves as the main Shanghai terminus of three high-speed rail lines: the Shanghai–Hangzhou High-Speed Railway, the Shanghai–Nanjing High-Speed Railway, and the Beijing–Shanghai High-Speed Railway, China’s most important high-speed rail line.

Buses

Shanghai also has the world’s most extensive network of urban bus routes, with nearly one thousand bus lines, operated by numerous transportation companies. The system includes the world’s oldest trolleybus system. Bus fare normally costs 2 RMB.

Taxis

Taxis are plentiful in Shanghai. The base fare is currently ¥14 (inclusive of a ¥1 fuel surcharge; ¥18 between 11:00 pm and 5:00 am) which covers the first 3 kilometres. Additional kilometres cost ¥2.4 each (¥3.2 between 11:00 pm and 5:00 am).

Driving

In the city centre, there are several elevated expressways to lessen traffic pressure on surface streets, but traffic in and around Shanghai is often heavy and traffic jams are commonplace during rush hour. There are bicycle lanes separate from car traffic on many surface streets, but bicycles and motorcycles are banned from most main roads including the elevated expressways.
Private car ownership in Shanghai has been rapidly increasing in recent years, but a new private car cannot be driven until the owner buys a license in the monthly private car license plate auction. Around 8,000 license plates are auctioned each month and the average price is about 45,291 RMB. The purpose of this policy is to limit the growth of automobile traffic and to alleviate congestion.

**Car Hire**

Rent Car in Hertz China – Shanghai Car Rental – Beijing Car Rental  
[www.hertzchina.com](http://www.hertzchina.com)

Shanghai Limo Service – Car Rentals and Chauffeur Limousine Service  
[www.shanghailimoservice.com](http://www.shanghailimoservice.com)

ASD Car Rental Company  
[www.carrenting.cn](http://www.carrenting.cn)

Avis Car Rental  
[www.avischina.com](http://www.avischina.com)

Shundao Car Rental  
[www.didibank.com](http://www.didibank.com)

Cheap Car Hire Shanghai Airport China from car rentals.co.uk  
[www.carrentals.co.uk/car-hire/shanghai-airport-about.html](http://www.carrentals.co.uk/car-hire/shanghai-airport-about.html)
Useful Contacts

Hotels

1 Jinling East Road
Shanghai 200002,
People’s Republic of China
+86 21 6320 0088

Grand Hyatt Shanghai Hotel: www.shanghai.grand.hyatt.com
Jin Mao Tower
88 AvenueCentury Area
Pudong
Shanghai 200121
People’s Republic of China
+86 21 5049 1234

Park Hyatt Shanghai Hotel: www.shanghai.park.hyatt.com
100 Century Avenue
Pudong
Shanghai 200120
People’s Republic of China
+86 21 6888 1234

Shanghai Xingyu Hotel: www.xingyuhotelshanghai.com
386 Renmin Road
Huangpu District
Shanghai 200002
+86 21 6333 8888
Grand Hyatt Shanghai (South Gate)
Huayuan Shiqiao Road
Pudong New Area
People’s Republic of China
+86 21 6322 9988

Marriott Executive Apartments Shanghai: www.marriott.com.cn
399 Nanjing West Road,
Huangpu District
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People’s Republic of China
+86 21 5359 4969

Education and Schools

The British International School - Pudong. www.bisspudong.com
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2729 Hunan Road
Pudong 201315
People’s Republic of China
Phone: +86 21 5812 7455
Email: a-nikonenko@bisspudong.com

The British International School – Puxi. www.bisspuxi.com
111 Jinguang Road
Huacao Town
Shanghai 201107
People’s Republic of China
Phone: +86 21 5226 3211
Email: admissions@bisspuxi.com

Shanghai American School. www.saschina.org

Pudong Campus
1600 Ling Bai Lu
San Jia Gang
Shanghai 201201
People’s Republic of China
Phone: +86 21 6221 1445
Email: admission@saschina.org

Puxi Campus
258 Jin Feng Lu
Huacao Town
Shanghai 201107
People’s Republic of China

Health Care/Hospitals

St. Michael Hospital is an International Hospital located in Chang Ning district (Gubei area) serving a large community of expatriates and locals since 2007. They are staffed by internationally trained and experienced healthcare specialists, and are fully equipped with state of the art medical equipment and facilities.

St. Michael Hospital: www.stmichael-hospital.com
No 388 Hongbaoishi Road
Shanghai 201103
People’s Republic of China
Tel: +86 21 5155 1858

Emergency Contacts

Police: 110
Fire: 119
Ambulance: 120
Travel Tips

Be prepared

Generally, overseas travellers are more likely to be injured through unintentional injuries than to be struck down by exotic infectious diseases. In fact, accidents and traffic collisions are the most frequent cause of death among travellers, so ensure you have good insurance and if you are hiring a vehicle, ensure it is in good working order. It will be beneficial to have some vehicle maintenance knowledge if you are planning on travelling to the more remote areas of the world, where a breakdown in harsh conditions can cost your life.

Copy your documents

In the unfortunate event of your luggage going missing, or your passport / wallet is stolen or lost, it is a good idea to have copies that can help you with re-issues. Take 2 coloured photocopies each of your passport, plus visa stamps and documents, driving licence, important prescriptions or other ID documents. Make 2 sets of the documents and keep these copies separate from your main luggage, preferably in 2 separate bags. It is also a good idea to copy scanned or photocopied documents to an Internet based e-mail account. Make sure someone at home knows how to access it in case of an emergency.

Vaccinations

Check with your medical practitioner on what vaccines are required before your travel. Due to your medical history, you may require more than one dose, or you may need boosters for childhood vaccines.

Check the latest travel advice and travel bulletins for your destination before you depart, and also while travelling, so you can ensure you have the latest information.

Common diseases contracted by travellers include those which are the result of eating or drinking contaminated food or water, or not practising safe sex, plus a number of mosquito or tick-borne diseases endemic to tropical areas.

Be sure to take measures to avoid being bitten such as wearing light-coloured clothing that covers your arms and legs, regularly applying an appropriate insect repellent and staying in mosquito-proof accommodation or using bed nets.

Taking medicines with you

Book a check-up at your doctor or dentist, before you leave. If you wear glasses or contacts lenses, bring an extra pair of glasses and your prescription. Persons taking prescription medications should make sure they have an adequate supply for the trip, and/or bring their prescription, making sure it includes the medication trade name, manufacturer’s name, generic
name, and dosage. Prepare a simple medical kit of over-the-counter medications (aspirin, ibuprofen, antihistamine, antiseptic, and diarrhoea medication), band aids, thermometer, sunscreen, and insect repellent. When travelling overseas with medicine, (including over-the-counter or private prescription) it is important that you talk to your doctor and discuss the amount of medicine you will need to take. Carry a letter from your doctor detailing what the medicine is, how much you will be taking, and stating that it is for your own personal use. Leave the medicine in its original packaging so it is clearly labelled with your own name and dosage instructions. If you have to inject your medication, inform your airline before you travel and, if necessary, arrange a letter from your doctor explaining why you need to carry them.

Your health on long-haul flights

Keep important medication with you in case your luggage goes missing. To help avoid deep vein thrombosis (DVT): drink plenty of fluids, avoiding alcohol and caffeine, and whilst seated, stretch and rotate your feet and lower legs. Walking around the cabin at regular intervals will help.

Scuba Divers

If you have been scuba diving, don’t travel in an aircraft for at least 24 hours after your final dive.

Coping with Jet lag

Factor the effects of jet lag into your itinerary. In order to cope with Jet lag you should get a good deal of sleep before your journey. It is also important to rest as much as possible during your flight. Planning to arrive at your destination as near to the time when you normally go to sleep will also help with the adjustment. If you are able to plan your itinerary allow time on arrival for adjustment or plan meetings at similar times to back home.

Some people advise changing their watches to destination time when they get onto the plane. While this helps many people, for those who are on regular medication, such as diabetics, watches should remain on home time until you are able to adjust your medication to local times on arrival at your destination or as suggested by your health advisor.

On arrival at your destination get active as soon as possible, as exercise has been proven to improve productivity. Adjust your meals and activities to local time as soon as you can. Exposure to light is also a good way of naturally allowing your body to adjust. If you need to take a short nap, do, it will help refresh you, but don’t forget to use an alarm clock or wake up call to get you up!

Lost Luggage

If you happen to lose your baggage on arrival at your destination airport, tell the airline immediately and get suitable compensation. Agree on an amount you can spend on essential items that you will need and give them an address to deliver the luggage to when they find it.

It is wise to make a copy of your passport details and any other important papers or vaccination certificates that you are carrying with you when you travel. Leave them in a safe place in the office or copy to an Internet based e-mail account. Make sure someone at home either a partner or friend knows how to access it in case of an emergency. You will need photo identification even for air travel within the UK.

Personal Safety

Be aware of your surroundings at all times; thieves will use many tricks to distract you - wiping something off your shoulder while an accomplice is picking your pocket, getting young children to surround you while they plan to rob your belongings. Trust your instincts, especially when visiting countries where a high poverty rate comes along with high petty crime rates. When not attending meetings, try to blend in with the crowd when out and about - try not to look like a visitor!

When enjoying the local nightlife, guard your food/drinks and keep your wits about you. Beware of the fact that you will be an easy target after a few too many drinks. Avoid walking home to your hotel late at night, even if it is close by. Get a taxi. Don’t take shortcuts through poorly lit areas; it pays to trust your instincts in these situations. Keep your wits about you.
when making new friends – men and women may come across very friendly indeed if you are the route to an easier life. Be careful of telling people where you live.

**Unsafe Water - What to do**

If travelling to more remote areas with poor sanitation - only drink boiled water, hot beverages, such as coffee and tea, canned or bottled carbonated beverages, beer, and wine. Ice may be made from unsafe water and should be avoided. It is safer to drink from a can or bottle of beverage than to drink from a container that was not known to be clean and dry. However, water on the surface of a beverage can or bottle may also be contaminated. Therefore, the area of a can or bottle that will touch the mouth should be wiped clean and dry.

**Malaria Awareness**

**The Mosquito – Disease Carrier**

Mosquitoes transmit the viruses responsible for yellow fever, dengue haemorrhagic fever, epidemic polyarthritis, and several forms of encephalitis and, most famously, malaria. Mosquitoes lay their eggs wherever there is standing water, ponds, salt water marshes, or even puddles and discarded containers. Only female mosquitoes bite, as they require blood to produce their eggs.

**What is Malaria?**

Malaria is a disease caused by a parasite that is transmitted by mosquitoes. The most deadly strain being plasmodium falciparum. The mosquito unwittingly transmits this parasite when biting its victim. These parasites then spread to the liver where they take one to four weeks to multiply. Once mature, they spread throughout the red blood cells resulting in the first symptoms – a flu-like fever, which, if left untreated will lead to liver failure, coma and ultimately, death.

**Symptoms**

Malaria symptoms are very similar to flu; however you may not suffer from all of them:

- High Fever
- Headache
- Vomiting
- General ill feeling
- Muscle and joint aches
- Jaundice / yellow skin tone

Medical attention should be sought immediately if you have any symptoms that could be malaria. Ensure that you can get to medical facilities 24 hours a day, and know your options when in developing countries. Bear in mind that once malaria symptoms strike, you will not feel like travelling very far. Malaria can kill within 48 hours of developing symptoms.

**Risk Areas**

Mosquitoes have been found all over the world, however not all mosquitoes carry malaria. The countries below are malaria hot spots, if you are travelling to them, it is necessary to take medicinal precautions. Malaria is one of mankind’s oldest known killers, dating back almost 5000 years.
What attracts mosquitoes?

- Carbon Dioxide - we exhale it when we breathe and also secrete it from our pores.
- Fragrances such as deodorant, soap, shower gel, even cosmetics on the skin
- Body heat and sweat
- Dark Coloured clothing

Repel mosquitoes

- Cover up after dusk.
- Use a repellent on your skin.
- Close doors and windows at night.
- Avoid lingering near stagnant water, ponds, lakes, and old containers are breeding grounds.
- If you are out after dusk, wear a long-sleeved shirt, trousers in a closely woven fabric and cover feet with socks.
- If you must wear thin clothing, buy a fabric friendly insect repellent, as mosquitoes will bite through the fabric.

On Skin

Choose insect repellents with DEET, on any exposed skin - highly effective against all biting insects. Do not put your trust in products without DEET, no known natural remedies have been scientifically proven to provide a barrier for your skin. When visiting countries high in temperature or humidity, choose a repellent with 50% DEET protection, as humidity coupled with sweating will evaporate the repellent and reduce its effectiveness.

Read labels carefully and do not be complacent with re-application.

Aroma Repellents

- Buy a pyrethroid coil or a plug-in insecticide.
- Lemon eucalyptus oil and citronella are natural fly repellents. It is not recommended that you rely on them as their potency wears off quickly, but they may be of use alongside the above.
- Ultrasonic devices and bug ‘zappers’ are not effective against mosquitoes
- Make sure window and door screens are intact so that mosquitoes cannot get indoors.

Mosquito Nets

If you are sleeping in an unscreened room, a mosquito net is advised. Nets come in a range of mesh weaves - choose wisely depending on your situation. Heavy-duty nets get hot and uncomfortable, whereas others may not offer enough protection, so do some careful research into the climate you are going to be in. A permethrin spray can be used on a mosquito net and sometimes clothing. It will instantly kill any mosquito that lands on it. This, coupled with a skin repellent creates a formidable barrier.

Antimalarial drugs

There are several different types of medication depending on such factors as area to be visited, length of stay, type of travel, your own medical history and drugs you may already be taking. Highly sensitive persons may consider antihistamines to minimise allergic reactions to mosquito bites, and other insects you may encounter for the first time.

If you think you have Malaria

Seek advice from a medical professional to discuss the most appropriate anti-malarial medication for your needs. Visit the nearest medical facility as soon as possible for emergency treatment. If you go to an area where a well-equipped hospital cannot be reached within 24 hours, take emergency medicines with you.
Precaution Summary

- Take anti-malarial medication as prescribed
- Screen doors and windows
- Sleep under a mosquito net
- Spray your room with insecticide
- Wear long trousers and sleeves after dusk
- Apply mosquito repellent to exposed skin when outdoors

Awareness
of the risk of malaria if you are travelling to a foreign country.

Bites
Avoid bites and reduce the chances of getting malaria.

Comply
with the appropriate drug regimen for the area you are visiting.

Diagnosis
Malaria can be fatal but early diagnosis and treatment is usually 100% effective.
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