



CHINA GUIDE

CHINA HIGHLIGHTS' GUIDE BOOK TO CHINA





China travel guide book

Safety and Security:

Tells you how to stay safe while traveling in China. Vital advice about risks are provided for your reference.

Travel Insurance

We strongly recommend that you take out travel insurance to cover all the possible overseas medical costs and other mishaps.

China Visa

Information on entry requirements and China visa issues.

Keeping Healthy

Read our tips on how to keep healthy and enjoy a comfortable trip.

Packing

Suggestions on what to pack.

Guide

About tour guides in China and how to meet your guide at airport.

Money and Currency

Questions about the use of your credit card, ATM's, or how to

convert your money.

Luggage Allowance

Keeping in Touch

Guide on how you can stay connected with your family in China.

Shopping

Tipping

How to express appreciation for the service you have received?

Food & Dining

Menus in both Chinese and English.

Hotel Facility

Getting Around

How to take a taxi and the procedure for taking train in China.

Photograph

Etiquette

Chinese Dictionary

Extensive list of words and phrases for tourists in China.

Safety and Security



Overall China is a safe country, and most people you meet will be friendly, honest and trustworthy. However, travel and living conditions are different from your home country, so be alert.

Crime

By and large China is safe, but petty crime is on the increase and tourists are particularly vulnerable. Take precautions and use common sense, particularly at night, and particularly around the tourists areas and in crowded places like markets.

Try not to carry large amounts of money or obvious symbols of wealth, and keep your wallet or purse out of sight (back pockets are a big no no). Pickpockets tend to operate in crowded areas, for example the public bus, so in busy areas make sure that you carry your bags where you can see them - for example a backpack, even a small day pack, is extremely vulnerable. Wallets, mobile phones, cameras, jewelry and laptops are tempting targets for thieves. Do not flash a wallet around when paying for purchases and carry some loose change for beggars. Be alert of some common scams. Be cautious if somebody approaches you and invite you for a drink at a tea house or bar nearby to "practice English". There have been reports of tourist being ripped off in this way. Do not pick up "roll of bills" found on streets. ATM crime is on the rise recently. There are continual reports of ATM scams including using fake ATM's or other methods to steal the user' card. You are advised to use the ATM when accompanied and during daytime.

Valuables

Make sure that you protect your passport, tickets, visa documents etc by carrying them on your person, preferably underneath



clothing in a pouch or money belt. Never leave valuables lying around your hotel room or in your car. And if you are backpacking or staying in hostels buy a padlock so that you can secure your possessions in lockers, or enquire about a safe deposit at the hotel. Carry a photocopy of your passport and other vital documents separately be particularly careful at night. At all times try to stick to busy, well-lit places.

Local laws

Be aware that local laws and penalties, even those which may seem harsh by your home country standards, do apply to you. For example, there are strictly enforced laws which prohibit demonstrations unless they have prior approval from the government. Penalties for drug offences are severe, and include the death penalty, as do certain other serious crimes.

National disaster

The rainy season occurs between March and April in southern and eastern China (eg Guilin, Suzhou, Hangzhou), from June until August in the west (eg Yunnan Province and Tibet), and between May and September for the areas near the Yangtse River (eg, Chongqing and Yichang). During these times severe rainstorms can cause landslides in Shangrila and remote areas in Tibet which may interrupt essential services. Rural areas near the Yangtse River may be subject to flooding. Typhoons can occur during the wet season along the southern and eastern coasts. You should monitor weather reports if traveling in affected areas. If a natural disaster occurs you should follow the advice of the local authorities.

Travel Insurance



Although China Highlights takes all precautions possible to make your trip a safe and secure experience situations sometimes arise that are beyond our control.

We strongly advise that you take out comprehensive travel insurance that will cover any overseas medical costs. Ensure that your insurance covers you for the whole time you will be away and confirm what is included in the policy.

Recommended insurance company

Europe, Australia & New Zealand: If you are a resident of Europe, Australia or New Zealand we suggest you to insure your vacation with Globelink. Globelink is an independent insurance agency providing a sensible level of coverage for reasonable costs. Web site:

<http://www.globelink.uk.com/>

United States of America, Canada: For Residents of the United States and Canada we suggest Insuremytrip. Insuremytrip offer a wide range of travel insurance packages. Compare them to choose the best one for you. Web site:

<http://insuremytrip.com/myquote-6661-0-0-0.html>

China Visa

All visitors traveling to mainland China whether for business or pleasure, require a visa. Your passport must be valid for at least 6 months after the duration of your intended stay. Visas are issued through Chinese embassies and consulates overseas. It's very difficult to obtain a China visa at the Chinese border entry points.

Single-entry China visas are usually valid for 3 months after the issue date, and will permit you to stay in China for a maximum of 30 days. This visa will allow you to travel as a tourist or conduct general business activities. Most people need only to apply for a single-entry.

You need to apply for 'double' or 'multiple entry Visa if you need to leave and re-enter mainland China. Please keep in mind that when you leave for Hong Kong, Macao from mainland China, you will need to have 'double' or 'multiple' entry Visa.

No Visa is required prior to entering Hong Kong, a Visa will be issued upon arrival. Travelers leaving for Hong Kong, Macao



from mainland China need a new Chinese visa or a multi-entry visa to re-enter the mainland.

Visas are not required for transit passengers who hold tickets and have booked seats on international airliners flying on route to a third country no more than 24 hours in advance.

You should check with the Chinese embassy in your country of residence for the most up-to-date information.

<http://www.chinahighlights.com/embassy/chinese-embassy/>

Keeping Healthy

Foreign visitors should check what vaccinations are required or recommended when planning a trip. Your doctor may also be able to provide you with up-to-date information on the status of disease outbreaks in China. Most national governments also run travel advisory websites through their State or Foreign Affairs Departments.

Hotels usually have access to a doctor.

In the event of a serious condition which requires hospitalization, your tour guide will do everything possible to ensure that you receive that best treatment possible. Please call your China Highlights Travel Advisor so that we can provide assistance.

The major cities of Beijing, Shanghai, Shenzhen and Guangzhou have hospitals that will reach the standard of foreign hospital however the hospital systems differ considerably. Hospitals in other cities may not offer the same standards of hospitals as foreign countries.



On entering hospital all patients are required to pay a substantial deposit before any treatment will be administered. Nursing care in hospital is strictly limited to medical treatments so patients will require a person who can assist with all other activities. No food is supplied.

We highly recommend that all travelers buy comprehensive travel insurance in their home country before departure.



Reminders on how to stay healthy

Protect yourself from mosquito bites by using mosquito/insect repellent or spray. For prevention of Malaria, starting 4-6 weeks before your trip, start taking an anti-malarial drug. (Please ask your doctor which one he/she thinks is best.) Bring over-the-counter anti-diarrhea medicine. Bring Ibuprofen, Motrin, Advil, or other types of mild pain relievers for headaches, toothaches, muscular aches, backaches, the common cold, menstrual cramps and fever reducers and mild body pain. Don't handle animals (especially monkeys, cats, dogs), to avoid the risk of rabies. Don't eat food purchased from street vendors. Don't swim in fresh water except for well-chlorinated pools to avoid infection with schistosomiasis. Wash hands often with soap or water (and/or instant antibacterial hand wash).

Vaccines/Immunizations (4-6 weeks before your trip)

Hepatitis A or immune globulin (IG)
Hepatitis B if you might be exposed to blood, have sexual contact with the local population, be exposed through medical treatment, or stay longer than 6 months. (Hepatitis B is recommended for infants and for children 11-12 years of age who did not receive it as infants.)
Rabies, if you might be exposed to wild or domestic animals.
Typhoid.

Money & Currency

Money Issue

The official currency in China is the Renminbi (RMB or CNY) or in Chinese "Ren-min-bi", which translates as "the people's money", and is generally used in the same way we use the word 'currency' - the Renminbi exchange rate, for instance. The basic unit is the yuan (also known as "kuai"), which is used to express all quantities including prices in shops etc. The yuan comes in paper notes of 1, 2, 5, 10, 50 and 100 yuan notes, and 1 yuan coins. 1 yuan equals 10 jiao (or mao).

Credit Cards: Credit cards are only accepted at most hotels and some tourist shops and department stores. Expect to pay in cash.

Exchanging Money: Changing Money can be done in a number of ways. Most hotels will have a foreign exchange service and will exchange cash and travelers checks. As with hotels everywhere, the exchange rate will not be the official bank rate. Most large banks will exchange money and travelers checks. It is a requirement that you produce your passport to complete the transaction. Banks will only accept foreign bank notes that are undamaged. Notes that are even slightly torn will be rejected. Travelers Checks can be a secure solution if traveling for a longer time.



Cash withdrawals from Visa and MasterCard: credit/debit card are possible at the main branches of the **Bank of China** in each city. A small fee is charged by the Bank and charges are also applied by the bank/credit card provider.

Bank of China ATM machines are compatible with Cirrus and Pulse so cash withdrawals are easy to complete using these machines.

Only use ATM's that display the Visa and MasterCard symbols. An English menu will appear when you insert your card. The exchange rate that is applicable through ATM's is good and this can be a very convenient way to organize your money. Locations for ATM's are available from your card issuer. Limits for withdrawals on each transaction differ but US\$250 per transaction is common.

Western Union is available in China although fees apply to transactions. Check the Western Union website for locations.

<http://www.westernunion.com/info/selectCountry.asp>

Always carry some small denomination cash (5,10,20 yuan) because if you use larger notes there is a small risk that you will be given counterfeit notes in your change at some of the markets or local stalls.

Local Currency

The yuan comes in paper notes with denominations of 1, 2, 5, 10, 50 and 100 yuan notes, and 1 yuan coins. 1 yuan equals 10 jiao (or mao).



See pictures of Chinese money notes



100 yuan note (old)



100 yuan note (old)



100 yuan note (new)



100 yuan note (new)



50 note (new)



50 yuan note (new)



50 yuan note (old)



50 yuan note (old)



10 yuan note (new)



10 yuan note (new)



20 yuan note (new)



5 yuan note (old)



2 yuan note



2 yuan note



1 yuan note



1 yuan note

Airline Luggage Allowance

Carry-on baggage

The maximum Carry-on baggage allowance for each economy class passenger is 5kg. First class passengers can have 2 pieces of carry on luggage. All other passengers can carry on only one piece. The size may not exceed 20x40x55cm. Carry on baggage in excess of the limit is subject to an excess baggage fee and must be carried as checked baggage.

Check-in Baggage

Adults and children are entitled to a free checked baggage allowance of 40kg, for first class, 30kg, for business class, and 20kg, for economy class while traveling on domestic airlines in China. No free baggage allowance is granted to infants. Groups traveling together are able to combine their baggage allowance if they check in together.

Prohibited Items



The following items are prohibited and cannot be carried in checked or carry on luggage:- Flammable, explosive, corrosive, poisonous, radioactive, polymerizable and magnetized materials. Passengers are forbidden to carry arms, sharp or lethal weapons during flight. Security inspection Passengers and their baggage (including checked and carry on baggage) are subject to the security inspection before boarding the aircraft. N.B. Bottles; including bottle of alcohol purchased at the airport may not be allowed to be carried as cabin luggage.

Click and read more information on: [China Airlines](#) & [China Airports](#)



Keeping in Touch

Email and Internet

Email facilities are available in most hotels and many have internet connections in the rooms. Internet cafes are plentiful and inexpensive in China.

Telephone

Phone booths are commonly available in major cities but rare in rural areas or in the far west. Cellular phones from other countries work in China. These calls can be expensive so it would be wise to talk to your local provider before leaving your home country. Hotel phones can be very expensive.

International phone calls can be made from most hotels but please be aware that that the call rates may be expensive.

Many mobile phones have global roaming which will allow calls to be made as if you are at home. Please check your phone service provider to obtain call rates. Yangtze River cruises use satellite phone for communications.

Internal call: to make an international call from China please use the following procedure:-

e.g. to dial USA 00 (to get an international line) 1 (country code)
(then area code without any zeros)(then ph number)

00 1 215 999 9999

To Britain 00 44 66 333 3333

Domestic calls: 0773 (area code) - 999 9999 (phone number)

What to Pack

We advise travelers to pack as slightly as possible as most travel necessities can be bought at your in China.

1. The passport with all necessary visas and travel authorities, for identification purposes and the visa.
2. Casual outdoor clothing depending on the time of year that you travel and your destination. A pair of good walk shoes is necessary. Many of the tours can involve plenty of walking, sometimes on hard or uneven surfaces, as well as stairs or steps. Many attractions are also quite exposed to the weather – sun, wind, rain etc; for example the Forbidden City has many large open spaces, and many of the Temples have large courtyards between their halls and pagodas.
3. 'Carry On' luggage for air travel in China is limited to 2 pieces for first class travelers and one piece for business and economy class travelers. The dimensions of each shall not exceed 20X40 X55cm and the total weight of the above two pieces shall not exceed 5 kg. The carry on items in excess of the above mentioned shall be checked-in as checked baggage according to regulations.
4. Wallet.
5. Credit cards.
6. Traveler's checks.
7. Airline, Cruise or Train tickets
8. First-aid kit



9. Medicine and vitamins.

10. Hat, Sunscreen, lip creams and sunglasses, depending on the season and your destination. If you will go to places with high elevation such as Tibet, parts of Sichuan, Yunnan and Xinjiang provinces, these items are vital to protect your skin and eyes as the high altitude and the thin atmosphere allows the sun's solar radiation to strike the earth with unusual intensity.

11. Address and telephone number list. A list of e-mail addresses, mailing addresses and telephone numbers will help keep you in touch. Type them onto a sheet instead of taking a your whole address book. It will save weight.

12. Itinerary with confirmation numbers and addresses and phone numbers of the places you'll be staying.

13. Insect repellent. Especially for summer months and for travelers who are visiting rural areas.

14. Do not bring expensive jewelry and watches.

15. Medical records; daily necessities such as bathroom requirements are readily available throughout China and you may wish to save space by purchasing these items while you travel.

16. If you are taking a more adventurous trip, it's a good idea to take your own silk sleeping bag liner and lightweight travel towel along with a reasonable supply of tissues, torch, personal toiletries.



Tour Guide

China has tens of thousands of trained and licensed tour guides. Some of them are professors, librarians, and teachers, working part time, but all must pass a strict examination to be qualified to work as a tour guide.

China's travel companies are categorized into three classes. Class 1 can work directly with foreign tour operators. Tour guides working for this class are usually more experienced. English language is the first foreign language spoken by the tour guide. They work according to pre-arranged schedules arranged by the employer.

Generally speaking, tour guides in the less developed areas such as along the Silk Road, in Tibet, in parts of Sichuan and Yunnan are less qualified than those working in the East especially in terms of the quality of their spoken English. Travelers who purchase full packages from China Highlights will receive a comprehensive guide service provided by our company. A guide who speaks your nominated language will meet you at the airport, deliver you to your hotel and accompany you on your tour in that city. They do not fly (or take train or bus) with you from one city to another. You will have a different guide in each city.



Shopping



What to buy?

Most travelers want to take home some bargains or mementos. With so many options available, shopping can be time consuming, confusing and exhausting. The following tips may make it easier for you: Don't buy everything in the first day or two.

Each city has its own specialty. Some of the best buys are:

Beijing: Cloisonné; Fresh water pearls

Xian: Replicas of the Terra Cotta soldiers; Tangsancai (Tang Dynasty hand painted China); Antique Furniture

Shanghai: Silk carpets

Hangzhou: Longjing Tea; Silk

Suzhou: Silk

Guilin : Scroll paintings; China Southern Sea Pearls

Yunnan : Mounted Butterflies; Pure tea; Dali Batik (tie-dyed fabric)

Xinjiang : Carpets; jade articles

Tibet : Thang-ka (tanka) (Sheep skin wall hangings)

Shopping is not obligatory

Don't feel obligated to shop. Our guides offer shopping opportunities as a courtesy but if you're not interested, say so. Some of them may be quite enthusiastic, thinking this is what you want, so don't be embarrassed to tell them directly and immediately that



you don't want to go shopping. You'll often find several attendants trying to help you make a purchase. This doesn't mean you have to buy; it's OK to say no, or just to look.

Be cautious of fake items

Shopping is great in China and you can expect to be able to buy many things at a much better price than at home. Please however be warned that if a bargain price for a world famous brand seems too good to be true..... it probably is!

Antique buyers should know that many experts have been disappointed to find that their find of a lifetime is beautiful but fake. Antiques should be officially certified to be exported legally. The penalties are severe. Keep all receipts, certificates and official documents that are received when you purchase any antiques. Antiques are those items over 120 years of age.

Bargaining

Bargaining is a national pastime in China so you will find that most retailers except for department stores, large shopping malls will be prepared to bargain.

You should check the import restrictions in your home country as some items may attract tax on arrival in your home country, especially if it is mailed or shipped separately.

Tipping

Tipping or gratuities are not common practice in most sectors of Chinese life, although it has become the norm to tip the tour guide and driver, hotel bellboy in recognition of their good service. It is not customary to leave tips at local restaurants. Of course you don't have to. However, anything you do give will be much appreciated.

For some people foreign books/DVD and music CDs, for others perfume or other small gifts are equally appreciated. As a guide, if you would prepared to give a gift in your home country to a friend, the same gift would be acceptable in China. If you wouldn't give it at home, then it's probably not acceptable here. Products that are "Made in China" are not seen as special.

Where the tour guide and driver are concerned, tipping become a standard part of this culture, even though it may not be in your home country. The guides are paid commission on sales of products at the shops that they take people too. China Highlights control this situation very strictly so that our customers are not continually taken to tourist traps. China Highlights guides and drivers are paid for their services so our customers are under no pressure to tip. However guides and drivers will always appreciate a sign that their services have been appreciated.



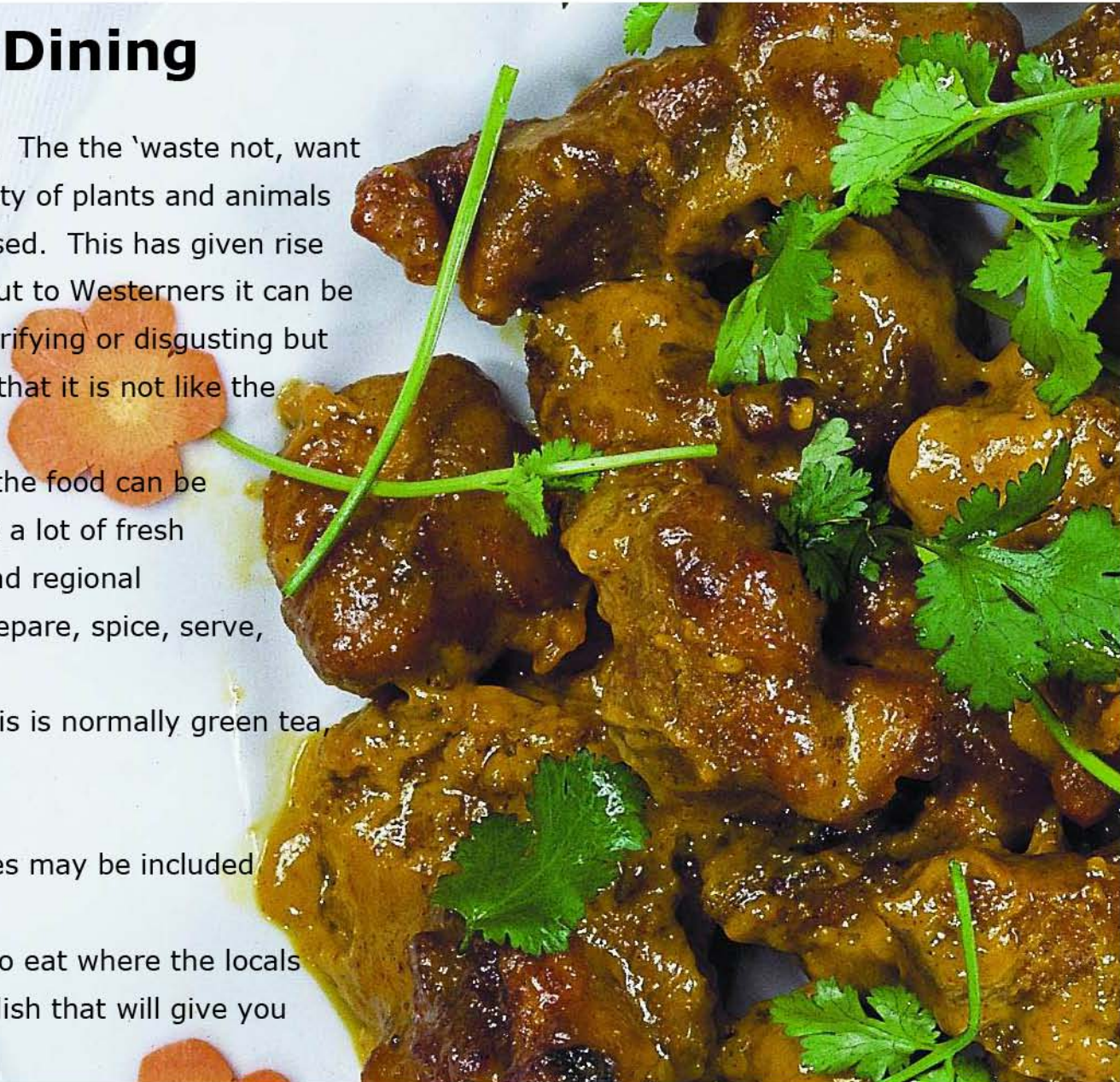
Food & Dining

Food has a special meaning to the Chinese people. The the 'waste not, want not' ethos means that a surprising range and variety of plants and animals are eaten and every part of a plant or animal is used. This has given rise to a remarkable diversity in the regional cuisine, but to Westerners it can be overwhelming - surprising, fantastic, delicious, horrifying or disgusting but above all, different. Travelers are often surprised that it is not like the Chinese take-away in their home town.

However, China is also a gourmet's paradise, and the food can be outstanding, if you know what to order. It includes a lot of fresh vegetables, meat, noodles, rice, fish, dumplings and regional specialties, with an amazing number of ways to prepare, spice, serve, pickle or preserve the food.

1. Most restaurants provide tea free of charge. This is normally green tea, or similar.
2. Cutlery can be ordered if wished.
3. Tipping is not expected, although service charges may be included in the more expensive restaurant.

Do you want to venture out from the tourist area to eat where the locals eat? We have prepared menus in Chinese and English that will give you freedom to escape the hotels or the tourist beat.



Chinese Common Dishes

Drink

啤酒	Beer
可乐	Coca-Cola
花茶	Jasmine Tea
红茶	Black Tea
绿茶	Green Tea
八宝茶	"Eight Treasures" Tea
米酒	Rice wine

红酒	Red Wine
葡萄酒	White Wine
甘蔗汁	Sugar cane juice
酸梅汁	Plum juice
杨桃汁	Star fruit juice
青草茶	Herb juice

Rice

稀饭	Rice porridge
白饭	Plain white rice
油饭	Glutinous oil rice
糯米饭	Glutinous rice

卤肉饭	Braised pork rice
蛋炒饭	Fried rice with egg
地瓜粥	Sweet potato congee
饭	Steamed rice

Soup

鱼丸汤	Fish ball soup
贡丸汤	Meat ball soup
蛋花汤	Egg & vegetable soup
蛤蜊汤	Clams soup
牡蛎汤	Oyster soup
紫菜汤	Seaweed soup
酸辣汤	Sweet & sour soup
馄饨汤	Wonton soup

猪肠汤	Pork intestine soup
肉羹汤	Pork thick soup
鱿鱼汤	Squid soup
花枝羹	Squid thick soup
薯仔煲冬菇汤	Potato and black mushroom soup
粟米羹	Corn and egg soup
鱼翅汤	shark fin soup

Breakfast

烧饼	Clay oven rolls
油条	Fried bread stick
韭菜盒	Fried leek dumplings
水饺	Boiled dumplings
蒸饺	Steamed dumplings
馒头	Steamed buns

割包	Steamed sandwich
饭团	Rice and vegetable roll
蛋饼	Egg cakes
皮蛋	100-year egg
咸鸭蛋	Salted duck egg
豆浆	Soybean milk

Noodle

馄饨面	Wonton & noodles
刀削面	Sliced noodles
麻辣面	Spicy hot noodles
麻酱面	Sesame paste noodles
鸭肉面	Duck with noodles
鳝鱼面	Eel noodles
乌龙面	Seafood noodles

榨菜肉丝面	Pork , pickled mustard green noodles
牡蛎细面	Oyster thin noodles
板条	Flat noodles
米粉	Rice noodles
炒米粉	Fried rice noodles
冬粉	Green bean noodle

Main Course

香妃鸡	Steamed chicken with salted sauce
糖醋鸡块	Chicken in sweet and sour sauce
三杯鸡翼	Chicken wings in three cups sauce
赛海蜇拌火鸭丝	Shredded roast duck with Jelly Fish
杂菜拌鸭胸	Duck tongues with assorted Vegetables
卤炸乳鸽	Deep-fried pigeon in spiced sauce
蜜糖子姜鸡	Honey chicken with ginger shoots

苹果咖喱鸡	Curry chicken with apple
百花凤翼	Stuffed chicken wings with shrimp paste
香菱鸭翼	Duck wings with coriander
陈皮鸭胸	Fried duck tongues with tangerine peel
宫爆鸡丁	Stir-fried diced chicken with peanuts and served with red chilli sauce
西柠煎软鸡	Soft-fried chicken in lemon sauce

Hotel Facilities



Hotels in China range from the luxurious five-star on the eastern seaboard to street guest houses with very basic conditions, in remote part of China. As you travel further west to places along the Silk Road or in Tibet, even 3 and 4 star hotels may no have a hairdryer for example, and complimentary drinking water may not be provided. Mini bars are a moving target, sometimes there and sometimes not, and the level of English spoken will vary.

Laundry: Laundry services are available in most hotels. Outside services are not recommended.

Electric Current: China uses a 220 volt 50 Hz cycle system so electric appliances from countries that use 220/240 will operate without any adopter. Appliances requiring 110 volts will need a transformer to operate. Hotels will not always have these. We recommend that you bring a transformer with you. Chinese hotels cater for most plug types.

Bathroom: Western Toilets are generally available except in the remote countryside. Toilet paper is usually supplied.



Getting Around

Taking a taxi: Taking a taxi is the most comfortable, easiest and most secure way of getting around. There are many taxis in cities large and small. Simply wave your hand and a taxi will stop for you. Prices vary by city but are usually very cheap. The meter should always be activated. You can order a taxi from your hotel and ask the concierge to write down your destination on a card. Pay the driver upon arrival. Tipping is not the custom.

Arrivals: Your guide usually knows which carriage you are on, and meet you on the platform. However, some trains are now so fast (eg D trains travelling at 200 km/h) that no-one is allowed onto the platform until after the train has arrived. In these instances it's hard for the guide to come in quickly against the flow of passenger, so customers should stay put until their guide finds them, usually after the initial hurly burly. The guide will know where on the platform you can be found, and this will avoid you having to check around 4 or 5 exits, when you could walk up to 4 km getting round them all. Check beforehand whether you should await your guide, or go to the exit.

Your guide can ask the carriage attendant to warn you 5 minutes or so before you arrive at your station. Local trains, eg to Suzhou, may be a through train, stopping only very briefly, about 2 minutes. Be ready!

Sometimes you may need to show your ticket to get off the platform when you arrive, so hang on to it, just in case.

Each carriage is numbered. Each bunk is numbered. These show on your ticket. In the carriage each 4-berth cabin is also numbered. This does not show on your ticket, and can confuse you. Eg You are in Carriage #6, berth 7. Berth 7 will actually be in cabin 2 (Cabin 1 has berths 1-4, Cabin 2 has berths 5-8 etc). Cabin 7 will therefore have berths 25-28.

Departures

Procedure: Go to the waiting room (your platform/waiting room are displayed on the boards) in the station, with train number and destination. In large stations this cycles between Chinese and English, like the airports, in the smaller stations you can pick up the train number to see which platform and/or waiting room)

Doors from the waiting room to the platform will be opened when the train arrives, and close 5 minutes before it leaves (note on some of the smaller trains the procedure is different, eg at Suzhou the train only stops for 2-3 minutes, and it's a mad and sometimes dangerous scramble).

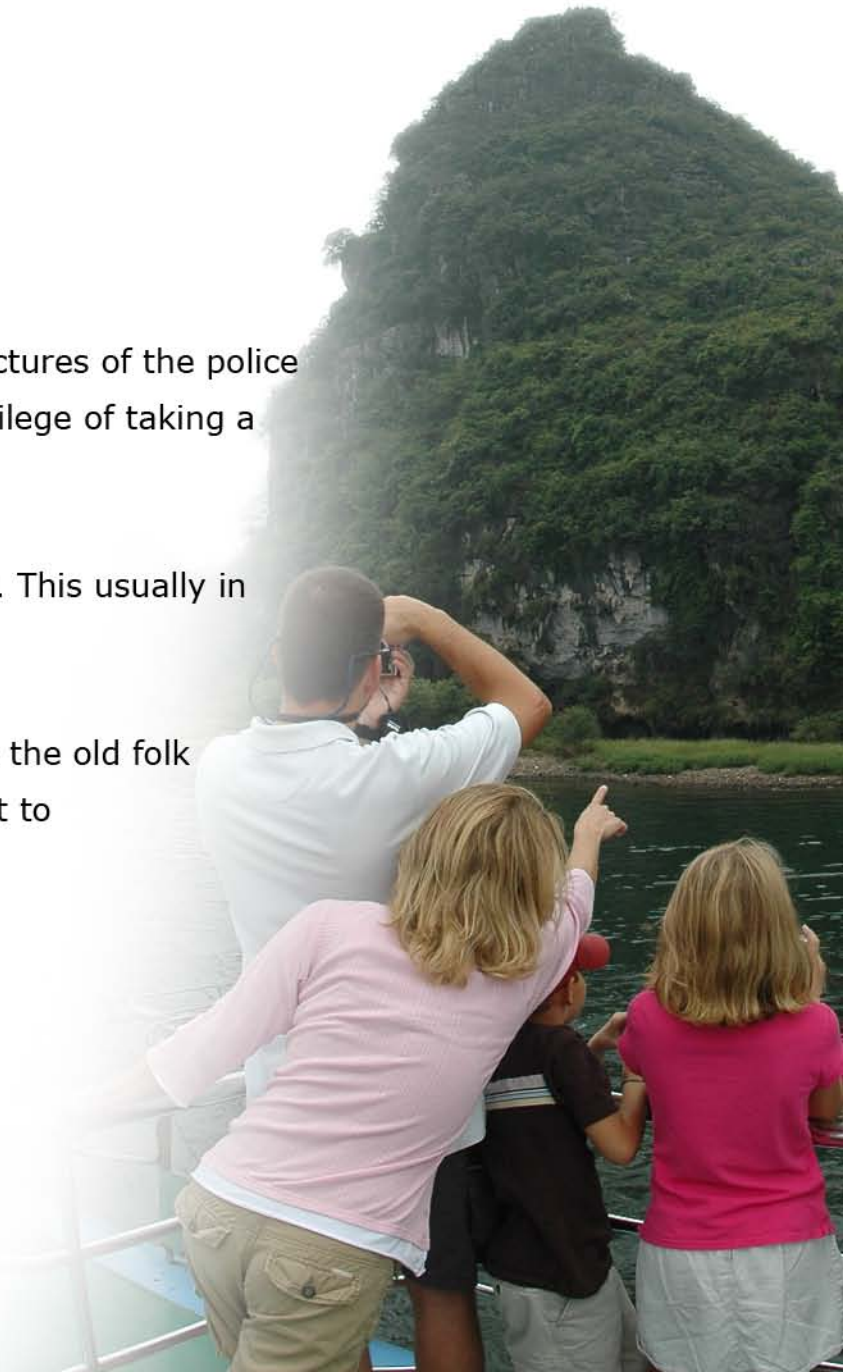
Once the doors are open, find the right platform . Don't underestimate this task, it may involve quite a bit of walking, and some stairs. One waiting room may give access to many platforms. Sometimes you can get on early (avoiding the mad scramble) with the help of your guide who can pay a porter a few yuan to give you early access to the platform. The main point is GET THERE IN GOOD TIME.

Taking Photos

There is no problem in taking photos in most areas. Please refrain from taking pictures of the police and government officials. At some tourist areas you may have to pay for the privilege of taking a photo.

Photograph are forbidden inside certain buildings, particularly when using a flash. This usually in Halls with statues of Buddha, fragile murals, .

In Tibet, Jiuzhaiguo and areas with Tibetan population, you shouldn't photograph the old folk without permission (which is likely to cost you – it's often assumed that a request to photograph them is an offer to pay – the same in some places on the Silk Road)





Etiquette

Around Tibet, Jiuzhaiguo and areas with Tibetan population:

Don't pat babies on the head, or touch them

Don't photograph old folk without permission (which is likely to cost you – it's often assumed that a request to photograph them is an offer to pay – the same in some places on the Silk Road)

Don't step on the lama's shadow

In temples:- take off your hat, don't point directly (if you want to indicate a statue and HAVE to use your hand, palm up, fingers flat and together in that direction

Don't dip your fingers in the yak butter lamps in the temple, to taste the butter (apart from being highly offensive, it's also a health risk)

Avoid walking between a person praying to the Buddha and the statue

In the Mosques:

Cover your arms to the elbow, and your legs above the knees as a minimum

Don't shake hands with the opposite gender

Wearing a scarf over the head is a courtesy, but not obligatory

Along the Silk Road (Kashgar, Urumqi etc):

Don't order pork in a muslim restaurant (guide can help identify muslim restaurants)

Avoid "sensitive" questions, eg relations between ethnic groups

Alcohol, cigarettes: ask first and then behave in accordance with the answer (generally don't expect alcohol in a muslim restaurant)

In the Xinjiang province the prices are not over the top, so be reasonable when negotiating, rather than the harder bargaining of the eastern seaboard



Others

To eat everything or not? In the old days the "waste not want not" ethic prevailed, and at home mothers encouraged their children to clean their plates. The fridge has changed all that. Now it's polite to eat everything at home, and among good friends, but at a banquet, or on other formal occasion, distant colleagues leave a little so demonstrate the generosity of their host. Oh, and by the way it's considered mean only to order 2 dishes for 3 people, especially if no vegetables are included!

Drinking a toast – tap the table twice, and stand up if it's more formal.

Discussions regarding recent history are still seen as sensitive.

Chinese people are just as proud of their country as visitors are of theirs, and probably more so. They can get a little irritated when customers favor them with criticisms of the country. They know that things are not perfect, and they also know that they, like other countries, are working hard to deal with problems of environment and population and so on. Whilst constructive suggestions, and reasonable discussion is welcomed, destructively negative comments regarding Tibet or Taiwan, for example, or environmental track record, can upset people who suspect it may be a case of "the pot calling the kettle black" – and believe that China is not only aware of the challenges facing the country but doing a great deal to address them.

Lateness is a cultural no-no, in the morning for departure or at any other time. It indicates a lack of respect for the guide, and for fellow travelers



Chinese Dictionary

Prologue

Chinese is not only a language, it is a culture. The Chinese people are very proud of their long heritage and you cannot expect that everyone you meet will speak English. This has little to do with insufficient education. Areas that have a large tourism industry will have many more English speakers, generally English is not widely spoken by average people. We designed this dictionary as a tool to assist you while you are in China.

Pronunciation

The Chinese language is a tonal language of sound. Many words sound very similar but a slight tonal difference changes the meaning of the word.

Every word has a different Chinese character. In order to differentiate between these syllables it is important to know the right pronunciation. For this, Chinese has 4 different tones.

4 tones

Tone: steady



Tone: rising



Tone: falling and rising



Tone: falling



The most common example is the word "ma", which can have 5 different meaning, depending on the pronunciation.

Mā	--	Mother
Má	--	Hemp
Mǎ	--	Horse
Mà	--	to insult

妈
麻
马
骂

Dictionary

We have prepared an extensive list of words and phrases that may be useful to you as a traveler in China.

By showing a Chinese person the Chinese Characters matching the English word, you will be able to communicate simple requests or have a short conversation.

Greetings

Good Morning	zǎoshanghǎo 早 上 好 !
Hello/Good Evening	nǐhǎo wǎnshanghǎo 你 好 / 晚 上 好
What is your name?	nínguìxìng 您 贵 姓 ?
How are you?	nínhǎoma 您 好 吗 ?
Good bye!	zàijiàn 再 见 !
See you tomorrow!	míngtiānjiàn 明 天 见

Important sayings

Right, true	shì duì 是 / 对
Agreed	zhèngquè 正 确
No, wrong	búduì 不 对 !
No, thanks	búyòngle xièxiè 不 用 了 , 谢 谢 !
Thank you	xièxiè 谢 谢 !
You are welcome	búyòngxiè 不 用 谢 !
Excuse me	duìbuqǐ dǎrǎoyíxià 对 不 起 (打 扰 一 下)
Pardon me?	nínshuōshénme 您 说 什 么 ?
Could you please speak slower?	kéyǐshuōmǎnyìdiǎnma 可 以 说 慢 一 点 吗 ?
I do not understand.	wǒbùmíngbái 我 不 明 白 .
Do you speak German?	nǐshuōdéyǔma 你 说 德 语 吗 ?

Do you speak English?	nǐshuōyīngyǔma 你 说 英 语 吗 ?
I speak a little Chinese.	wǒshuōyìdiǎnhànyǔ 我 说 一 点 汉 语 .
understood.	wǒmíngbáile 我 明 白 了 !
I would like...	wǒyào 我 要
I like it	wǒxǐhuan 我 喜 欢
I do not like it	wǒbùxǐhuan 我 不 喜 欢
No thanks, I do not want to buy it.	bùxièxiè wǒbùmǎi 不 , 谢 谢 ! 我 不 买 .
How much?	duōshǎoqián 多 少 钱 ?
Too expensive!	tàiguile 太 贵 了 !

Important sayings

Toilet	cèsuǒ 厕所
Where is the Toilet?	cèsuǒzàinǎli 厕所在哪里
I am thirsty.	wǒkěle 我渴了
I am hungry.	wǒ è le 我饿了
Where is the telephone?	diànhuàzàinǎer 电话在哪儿
What is that?	zhèshìshénme 这是什么
How does it work?	zhèzěnmeyòng 这怎么用
May I take pictures?	zhèlǐkěyǐzhàoxiàngma 这里可以照相吗
Do I need a permit?	zhèlǐyào xǔkězhèngma 这里要许可证吗
How long?	duōjiǔ 多久
Internet	hùliánwǎng 互联网
Where can I check my emails?	zàinàlǐkěyǐchávǒdènxìnjiàn 在那里可以查我的信件

Getting Around

How much is it to...?	dào duōshǎoqián 到...多少钱?
Taxi	chūzūchē 出租车
Train	huǒchē 火车
Airplane	fēijī 飞机
Car	qìchē 汽车
Bycicle	zìxíngchē 自行车
Motorcycle	mótuō 摩托
Bus	gōngjiāochē 公交车
Subway	dìtiě 地铁
Where is....	zàinǎli在哪里

Taking a Taxi

Bus stop	tingchēzhàn 停车站
Train station	huǒchēzhàn 火车站
Airport	fēijīchǎng 飞机场
Street	jiēdào 街道
House	fángwū 房屋
Building	jiànzhù 建筑
One ticket to, please.	qǐngmǎiyīzhāngdào depiào 请买一张到.....的票
Which bus goes to...?	yǒunǎxiēchē dào 有哪些车到.....

At the airport

One flight ticket to..., please.	qǐngmǎiyīzhāngdào dejiǎopiào 请买一张到.....的机票
Where is my Gate?	rùkǒuzàinǎli 入口在哪里
What is my time of departure?	shénmeshíhòuqǐfēi 什么时候起飞?
What is my time of arrival?	shénmeshíhòudàodá 什么时候到达?

At train station

When does the train depart?	shénmeshíhòufāchē 什么时候发车?
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At the Restaurants

Restaurant	fànguǎn 饭馆	Food	chīfàn 吃饭
Teahouse	chágǔǎn 茶馆	Rice	mǐfàn 米饭
Table	zhuōzǐ 桌子	Noodles	miàntiáo 面条
Plate	pánzi 盘子	Meat	ròu 肉
Glass	bēizi 杯子	Pork	zhūròu 猪肉
Teapot	hú 壶	Beef	niúròu 牛肉
Chopsticks	kuàizǐ 筷子	Chicken	jīròu 鸡肉
Cutlery	cānjù 餐具	Duck	yāròu 鸭肉
I would like to use cutlery	wǒyàoyītàocānjù 我要一套餐具!	Fish	yú 鱼
The menu please	zhàngdān 账单	Seafood	hǎixiān 海鲜
Beverages	yǐnliào 饮料	Vegetables	shūcài 蔬菜
		Spinach	bōcài 菠菜

At the Restaurants

Potatoes	tǔdòu 土豆	Potatoes	tǔdòu 土豆
Tomatoes	fānqié 番茄	Tomatoes	fānqié 番茄
Bell peppers	làjiāo 辣椒	Bell peppers	làjiāo 辣椒
Watermelon	xīguā 西瓜	Watermelon	xīguā 西瓜
Fruit	shuǐguǒ 水果	Fruit	shuǐguǒ 水果
Spicy	là 辣	Spicy	là 辣
Sweet	tián 甜	Sweet	tián 甜
Sour	suān 酸	Sour	suān 酸
Is the food spicy?	zhècàilàmā 这菜辣吗?	Is the food spicy?	zhècàilàmā 这菜辣吗?
No spicy food please.	qǐngbúyàolàde 请不要辣的	No spicy food please.	qǐngbúyàolàde 请不要辣的
Desert	fànhòutiándiǎn 饭后甜点	Desert	fànhòutiándiǎn 饭后甜点
Beer	píjiǔ 啤酒	Beer	píjiǔ 啤酒

At the Hotel

Hotel	jiǔdiàn 酒店
Are there any rooms available?	yǒufángma 有房吗
I will stay ... Nights.	wǒzhù tiān 我住 ... 天
How much is a room?	yījiānfáng duōshǎo qián 一间房多少钱?
Bathroom/shower	yùshì 浴室
Bellboy	ménwèi 门卫
I would like to exchange money.	wǒyào duìhuàn 我要兑换 ...
Please call a taxi.	jiào yī liàng chūzū 叫一辆出租
Could you write down the address for me?	nín néng bāng wǒ xiě xià dì zhǐ ma 您能帮我写下地址吗

Shopping

Where can I get...?	wǒ zài nǎ lǐ kě yǐ mǎi 我 在 哪 里 可 以 买 ...
Retail Store	shāng diàn 商 店
Supermarket	chāo shì 超 市
Do you have...?	yǒu ma 有 吗?
We do not have.../We are out.	méi yǒu 没 有
Filmroll	jiāo juǎn 胶 卷
I would like to get these films processed	wǒ yào xǐ zhào piàn 我 要 洗 照 片

Cigarettes	yān 烟
Lighter	dǎ huǒ jī 打 火 机
I don't need that	bú yào 不 要
Book/books	shū 书
Picture postcard	fēng jǐng míng xìn piàn 风 景 明 信 片
City Map	chéng shì dì tú 城 市 地 图

Post

Post office	yóu zhèng jú 邮 政 局
Letter	xìn 信
Postcard	míng xìn piàn 明 信 片
Stamp	yóu piào 邮 票
How much is a letter?	jì yī fēng xìn duō shǎo qián 寄 一 封 信 多 少 钱?
Parcel	bāo guǒ 包 裹
How long does it take?	yào duō jiǔ 要 多 久
Airmail	háng kōng yóu jiàn 航 空 邮 件

Time

What time is it?	jǐ diǎn zhōng le 几 点 钟 了
Morning	zǎo shang 早 上
Noon	zhōng wǔ 中 午
Evening	wǎn shang 晚 上
Day/Night	bái tiān wǎn shang 白 天 / 晚 上

Doctor

Doctor	yī shēng 医 生
Hospital	yī yuàn 医 院
It hurts here.	wǒ zhè lǐ tòng 我 这 里 痛
Diarrhea	fù xiè 腹 泻
Headache	tóu téng 头 疼
Fever	fā shāo 发 烧
Medication	yào pǐn 药 品
Aspirin	ā sī pǐ lín 阿 斯 匹 林
Tablets	yào piàn 药 片
Vaccination	dǎ zhēn 打 针

Doctor

Doctor	yīshēng 医生
Hospital	yīyuàn 医院
It hurts here.	wǒzhèlǐtòng 我这里痛
Dioarrhea	fùxié 腹泻
Headache	tóuténg 头疼
Fever	fāshāo 发烧
Medication	yàopǐn 药品
Aspirin	āsīpǐlín 阿斯匹林
Tablets	yàopiàn 药片
Vaccination	dǎzhēn 打针

Self-introduction

I/Me	wǒ 我
You	nǐ 你
He/She/It	tā tā tā 他/她/它
We	wǒmen 我们
You (plural)	nǐmen 你们
You (formal)	nín 您
To be	shì 是
My name is...	wǒjiào 我叫.....
I live in...	wǒzhùzài 我住在.....
I am from...	wǒ 我来自.....
I am...years old	wǒ suīle 我...岁了

Countries

Austria	àodìlì 奥地利
Switzerland	ruìshì 瑞士
USA	měiguó 美国
England	yīngguó 英国
France	fǎguó 法国
Japan	riběnn 日本
Holland	hélán 荷兰
Australia	àodàliyà 澳大利亚
Europe	ōuzhōu 欧洲
Asia	yàzhōu 亚洲

China

China	zhōngguó 中国
Chinese	zhōngguó rén 中国人
Beijing	běijīng 北京
Great Wall	chángchéng 长城
Terracotta Warriors	bīngmǎ yǒng 兵马俑
Chinese	hànyǔ 汉语
Sinology	hànzì 汉字
Pagoda	sì 寺
Temple	miào 庙
Confucius	kǒngzǐ 孔子
Hong Kong	xiānggǎng 香港

Unit

Money	qián 钱
Meter	mǐ 米
Kilometer	gōnglǐ 公里
Kilogram	gōngjīn 公斤
Pound	jīn 斤
Much/many	duō 多
Far	yuǎn 远

Near	jìn 近
Heavy	zhòng 重
Light	qīng 轻
Big/large	dà 大
Small	xiǎo 小
Too little	tài shǎo 太少
Too much	tài duō 太多

Figures

1	yī 一
2	èr 二
3	sān 三
4	sì 四
5	wǔ 五
6	liù 六
7	qī 七
8	bā 八
9	jiǔ 九
10	shí 十

11	shíyī 十一
12	shíèr 十二
13	shí sān 十三
14	shí sì 十四
20	èrshí 二十
30	sānshí 三十
100	yībǎi 一百
1,000	yīqiān 一千
10,000	yīwàn 一万

Months

January	yī yuè 一月
February	èr yuè 二月
March	sān yuè 三月
April	sì yuè 四月
May	wǔ yuè 五月
June	liù yuè 六月
July	qī yuè 七月
August	bā yuè 八月
September	jiǔ yuè 九月
October	shí yuè 十月
November	shí yī yuè 十一月
December	shí èr yuè 十二月

Days

Sunday	xīngqī tiān 星期天
Monday	xīngqī yī 星期一
Tuesday	xīngqī èr 星期二
Wednesday	xīngqī sān 星期三
Thursday	xīngqī sì 星期四
Friday	xīngqī wǔ 星期五
Saturday	xīngqī liù 星期六

Addressing someone











Sir/Mister	xiānshēng 先生
Miss	xiǎojiě 小姐
Misses	nǚshì 女士

Communicating with hands

China is home to many different dialects. This makes it sometimes difficult even for Chinese people from different regions and provinces to understand each other.

Especially for bargaining, try out these gestures to indicate numbers from 1 to 10.



	一 yī	one		六 liù	six
	二 èr	two		七 qī	seven
	三 sān	three		八 bā	eight
	四 sì	four		九 jiǔ	nine
	五 wǔ	five		十 shí	ten

China Travel Tools

China Tours:

It's definitely not hard to book a China tour either through internet or with the help of a travel company based on your home country but it's not always easy to find the "RIGHT" tours. China Highlights is dedicated to "discovery your way" and commit to help our clients to find their right China experience. We offer over **80 existing China tour packages** which showcase the best that China has to offer. If you only have very limited time, check out our **single destination tours** to make the most use of your time to feel a particular part of China. All our tours can be customized.

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