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Asia-China

22-24 June 2020, NECC, Shanghai

## Your Shanghai Guide

In 2020 Hi and Fi Asia-China will once again join together in the NECC, Shanghai with **HNC**, **ProPak China & FoodPack**, and **Starch Expo**, bringing you an extensive offering in health ingredients, food ingredients, nutraceuticals, natural ingredients, starch ingredients, and packaging and processing solutions – all under one roof.

To help you prepare for your trip and make the most of your time in Shanghai, we have put together a city guide which covers everything from visas and currency information to food recommendations and must-visit tourist attractions.

# Things to know before you go

## Currency:

The official currency in China is the Renminbi (RMB or CNY). The basic unit is the yuan which is sometimes referred to as kuai.

## General conversion rate:

**1 EUR = 7.78 RMB**

**1 USD = 7.12 RMB**

**1 GBP = 8.75 RMB**

## Cash or Credit Card

We recommend converting some cash to CNY before traveling to Shanghai. You can withdraw cash from ATMs in Shanghai, however, not every machine will accept foreign cards. You will be able to withdraw money from international banks such as HSBC and Citi, and the local Chinese bank, China Construction Bank, accepts VISA and Mastercard. UnionPay credit cards and payment apps Alipay and WeChat Pay are how Chinese people pay electronically. A lot of shops and restaurants will only accept these methods meaning it can be difficult to use VISA and Mastercard. Establishments geared towards tourists may accept international credit cards. **Top Tip:** Arrive with cash and be willing to take money out of ATMs while in Shanghai. It can be a bit tricky to connect a foreign account to Alipay and WeChat Pay, so although you can try to use your international credit card, we recommend you always have cash as a back up.



## Visas

### Who Needs a Visa?

Citizens from Japan, Singapore, Brunei, San Marino, Mauritius, the Seychelles and the Bahamas do not require a visa to visit China.

## Passport Validity

Your passport must be valid for at least six months after the expiry date of your visa (nine months for a double-entry visa), and you'll need at least one entire blank page in your passport for the visa.

## Visa Process

China business visa or trade visa, M visa for short, is issued to foreigners coming for commercial and trade activities, such as attending trade fairs, visiting clients and factories, negotiating with clients, and signing contracts. The validity period of China M visa is three months in most cases, while the allowed duration of stay is usually 30 days and can be longer depending on applicants' personal cases

### Applicants are required to provide the following:

- ✓ **A copy of flight confirmation** showing onward/return travel
- ✓ **For double-entry visas**, flight confirmation showing all dates of entry and exit
- ✓ **If staying at a hotel in China**, confirmation from the hotel (this can be cancelled later if you stay elsewhere and often just showing the first night is enough)
- ✓ **Application form**
- ✓ **Invitation letter** from the organiser; please contact [emma.ruan@imsinoexpo.com](mailto:emma.ruan@imsinoexpo.com) for your invitation letter

**Top tip**  
For full information on applying for a visa, visit the China Visa Application Centre which provides step-by-step guidance by country.

**The cost of a visa really differs depending on your nationality.**

**Below is an indication of some of the costs**

**UK £151** for UK citizens

**US \$140** for US citizens.

**US \$40** for citizens of other nations

## Using your Phone

### International Roaming

Most mobile phone providers offer customers international roaming services when signing up for their phone contract. If you have a very basic plan, you may not have the option for international roaming. If that is the case, you will not be able to use your mobile phone in Shanghai to make calls. If you do have the option for international roaming, you usually have to contact your mobile provider to activate this feature and let them know you will be traveling to China. However, some mobile phone providers may not have roaming services available in China. If roaming in China is available, keep in mind that roaming can be very expensive, so make sure to ask your mobile provider about the rates for phone calls, text messages, and data usage.

### Unlocking your Phone

If you have an unlocked mobile phone, meaning that your phone is not tied into a certain carrier's network and will work with more than one service provider, you can buy a local pre-paid SIM card in China which is often available from shops within the airport, at metro stations, hotels, and convenience stores. The cost for a SIM card can be anywhere between RMB 100 to RMB 200 (\$15 to \$30) and will have minutes already included. You can top-up your minutes by buying phone cards from convenience stores and stalls in amounts of up to RMB 100. Rates are reasonable, and the menu for recharging your phone is available in English and Mandarin.

## Top tip

When you arrive in Shanghai download Wechat, the most popular app in China which has messenger and video chat capabilities, as well as map and translation functions. If you download the app when you arrive in China, you have the opportunity to link your credit card to Wechat Pay.

## Using the Internet and Apps

Many Western social media apps and some websites are blocked in China under what is referred to as The Great Firewall. Blocked social media apps include:

- ✗ Blogspot
- ✗ Facebook
- ✗ Google Plus
- ✗ Instagram
- ✗ Pinterest
- ✗ Reddit
- ✗ Slack
- ✗ Snapchat
- ✗ Twitter
- ✗ WhatsApp
- ✗ YouTube

Other notable sites and streaming services banned in China include:

- ✗ ABC
- ✗ BBC
- ✗ CNN
- ✗ Dropbox
- ✗ The Economist
- ✗ Gmail
- ✗ Google
- ✗ Google Docs
- ✗ The Guardian
- ✗ Le Monde
- ✗ Netflix
- ✗ New York Times
- ✗ Reuters
- ✗ Wall Street Journal
- ✗ Wikipedia (in English)
- ✗ Yahoo

To counter this firewall, you can obtain a Virtual Private Network (VPN) which will allow you to bypass the firewall and access restricted sites and apps.



## Top tip

Plug Sockets: China generally uses 220V, 50HZ, AC. If you are from a country where the standard of 110-120 volts at a frequency of 60 Hz is available, you will need to have converters for your domestic electric devices in order to use them in China.

## Local Culture

Historically, Shanghai was a small village which became a hub for foreigners in wartime. As a result, plenty of Western influences are evident in Shanghai, from architecture and lifestyle habits to younger generations speaking English. Shanghai is welcoming to foreigners, and although it's accustomed to international influences it's important to acknowledge and be respectful of local culture and etiquette.

## Etiquette

### Everyday Etiquette

- ✓ Shanghai is carrying out the Garbage Classification starting from 1st of July 2019 to protect the environment. Four classifications: Organic waste | Residual waste | Harmful waste | Recoverable garbage
- ✗ Personal space is less respected in China. People stand closer to each other in public contexts and when talking, so do not be offended by somebody standing closer to you than you are used to. It is considered rude to speak too loudly in public places such as the metro. Pointing is also thought to be rude and should be avoided.

### Business Etiquette

The following advice is applicable to business situations. Chinese contacts will not expect you to know and understand all customs, but it is a good idea to try and remember the following:

- ✓ Dress neatly in formal conservative attire
- ✗ Avoid staring too directly or pointing at people
- ✓ Light handshakes are favourable over firm
- ✗ Try not to confuse given names and family names. If your Chinese contact has a traditional Chinese name like Yang Tao, you should address him as Mr. Yang
- ✗ Many Chinese people do not like being on a first-name basis too quickly
- ✓ When receiving a gift or business card, always accept with both hands, study them carefully for a moment, and say thank you
- ✗ Do not interrupt anybody while they are still talking
- ✗ Do not talk over silences, even if they start to feel uncomfortable to you
- ✗ Avoid small talk during the official part of the meeting and politics during small talk.

## Tipping

In general, people do not tip in Shanghai. Tipping in restaurants and bars is uncommon, and taxi drivers are not tipped. The exception is in Western style hotels and restaurants where 10 -15% is standard for tipping.

## Getting Around

### From the Airport:

Pudong International Airport is located about 30km from Shanghai city centre. The following are the easiest ways to get from the airport to the city or the NECC:

- **Maglev:** The Speedy Maglev Train (SMT) is a convenient and fast way to travel towards the downtown area. Metro line 2 connects with the Maglev Train at Longyang Rd. Station. Alternatively you can take Metro line 2 directly to the NECC.
- **Taxi:** A taxi costs approximately CNY 150 from Pudong Airport to People's Square, the centre of the city, and takes about 50 minutes.

### Top tip

The metro is the fastest way to get around the city as you avoid traffic jams and busy roads



## Public Transport

As one of China's largest and most important cities, Shanghai boasts one of the best city transportation systems in the nation. It may be helpful to purchase a Shanghai Jiaotong Card which can be used to pay for a majority of trips on the metro, buses, and taxis. You can purchase these cards at any metro station as well as in some convenience stores.

- **Metro:** Shanghai is home to the world's longest metro service, covering 548 km across 337 stations and 14 lines. Single-journey cards can be purchased at machines inside every metro station.
- **Bus:** More than 10 Shanghai bus companies operate 1,400+ city bus lines in downtown areas and in the suburbs. The city bus fare varies a little according to the vehicle types, but most routes including the downtown, suburban, night and rush-hour lines charge 2 CNY. The downtown shuttle buses only cost 1 CNY. You can pay in exact change on the bus or use a Shanghai Jiaotong Card.
- **Taxi:** Shanghai's taxis are reasonably cheap, hassle-free, and generally easy to flag down except during rush hour and in summer storms. Taxis fares are metered and tipping is not customary. Uber does not operate in China, but they do have a local alternative Didi.



## Things to do

If you have time to spare in Shanghai during your trip, there's plenty to explore in this vibrant city. Here are some of our top city highlights:

- **The Bund:** A mile-long stretch of waterfront promenade along the Huangpu River, The Bund features Shanghai's iconic skyline. The promenade is lined with museums, historic buildings, hotels, restaurants, and bars. For the best views, try to visit The Bund at night.
- **Lu Jia Zui:** The Oriental Pearl Radio & Television Tower is an iconic Shanghai landmark. Visit the tower for breathtaking views of the city, or dine in the revolving restaurant inside the sphere.
- **Yu Garden:** Believed to have been built during the Ming Dynasty more than 400 years ago, The Yu Garden is a Shanghai highlight due to its exquisite layout, beautiful scenery, and the garden's artistic architecture.
- **Nanjing road:** If you're looking for some retail therapy, you've come to the right place! This 5.5km street has been a shopping destination for the last 100 years, and you're guaranteed to find something special to bring home.
- **Xintiandi:** Experience old Shanghai at Xintiandi - now a popular expat hangout with great restaurants and bars.
- **Zhujiajiao Water Town:** Discover the beautiful ancient Zhujiajiao Water Town, regarded as the Venice of Shanghai, located about 50km away from the Bund, Shanghai.
- **Shanghai Disney Resort:** Ideal for families and theme park fans, stop by the magical Shanghai Disney Resort located in Pudong, Shanghai.
- **Massages:** After a long day of meetings, a visit to one of Shanghai's many massage parlours is a must. With so many options available, we recommend you ask for a recommendation at your hotel.
- **Extending your trip? Visit the Dragon Boat Festival, taking place on 25 June 2020, the day after the final show day of Hi & Fi Asia-China.**

The Dragon Boat Festival (端午节) is a traditional Chinese holiday. During this festival, Chinese people traditionally eat zong zi and participate in dragon boat racing.

In modern China, the festival is known to commemorate the death of the poet and minister Qu Yuan. It is said that the local people who admired him raced in their boats to try to save him. When his body could not be found, the local people dropped balls of sticky rice into the river so that the fish would eat them instead of Qu Yuan's body. This is said to be the origin behind eating zong zi during the festival.

## Top tip

Always carry a card with your hotel address written in Chinese and show this to taxi drivers to avoid potential communication barriers.

# Eating in Shanghai

## Drinking Water

The tap water in China is not safe to drink. Always buy bottled water which is easily available in shops and restaurants.

## What and Where to Eat

Chinese food is one of the most exciting and diverse cuisines in the world. Take advantage of your time in Shanghai and try some of the best regional cuisines that China has to offer!

## Shanghainese



Shanghainese cuisine, also known as Hu cuisine, can be characterised by their deep, caramelised savoury flavour that comes from the 'red braising' cooking method in which meats and vegetables are marinated in wine and herbs and then lightly simmered. Shanghainese also incorporates plenty of fresh seafood and vegetables, most of which are accented with a dash of Shaoxing rice wine and Zhejiang vinegar.

### Top Restaurant Recommendations:

- Shanghai Tang Cafe (上海滩餐厅)
- Xin Rong Ji (新荣记)
- The Hall Off Full Moon (露月喆)
- Lin Jiang Yan (临江宴)

## Sichuan and Hunan Cuisine



Sichuan and Hunan cuisine are both known for their spicy dishes. Sichuan cuisine includes a distinctive 'spicy and numbing' seasoning along with other complex flavour combinations, often including Sichuan pepper along with dried chillies and

preserved condiments. Hunan cuisine, on the other hand, is known for being 'dry and spicy' with a liberal use of chili peppers, shallots, and garlic, and more often incorporates smoked and cured goods.

### Top Restaurant Recommendations:

- Tian La (天辣)
- Yu She (余舍酒馆)
- Ben Lai Boutique Sichuan Cuisine(本来精品川菜)
- Ying Shui Fu Rong (映水芙蓉)
- Xing Xiang Yan (星湘宴)
- Feng Huang Xiang Yu(凤凰湘语)

## Cantonese Cuisine



Cantonese or Yue cuisine originates from Guangdong Province (Southeast China around Hong Kong), and it is the most widely served style of Chinese cuisine in the world. Cantonese food is known for its lightly cooked fresh vegetables and meat along with sweet sauces. Dishes include different kinds of dim sum, roast duck, chicken, pork belly and char siu pork, sweet and sour dishes, and many more.

### Top Restaurant Recommendations:

- Chu Yan (初筵)
- Dong Fang Si Yan (东方司宴)
- Jin Ge (锦阁)
- Chao Jie (潮界)
- Bi Feng Tang (避风塘)
- Dian Du De(點都德)

## Hot Pot



Hot pot is a Chinese cooking method prepared with a simmering pot of soup stock at the dining table, containing a variety of East Asian ingredients. While the hot pot is kept simmering, raw ingredients such as thinly sliced meat, vegetables, wontons, egg dumplings, tofu, and seafood are placed into the pot and are cooked at the table. The cooked food is usually then eaten with a dipping sauce.

### Top Restaurant Recommendation:

- Hai Di Lao (海底捞)

## Other

In China's most cosmopolitan city, you'll find much more than just traditional Chinese food. If you're looking for something a bit different during your stay in Shanghai, we recommend you stop by Boxing Cat Brewery (拳击猫) located in the fashionable Xintiandi district. Here you'll find a wide variety of popular American and European favourites such as burgers, lobster, lasagne, and, of course, a wide variety of beers on tap.

## Top tip

The Bund is a mile-long stretch of waterfront promenade along the Huangpu River which has a huge number of restaurants, hotels, and bars. Head to this area and you'll find something for every taste.

