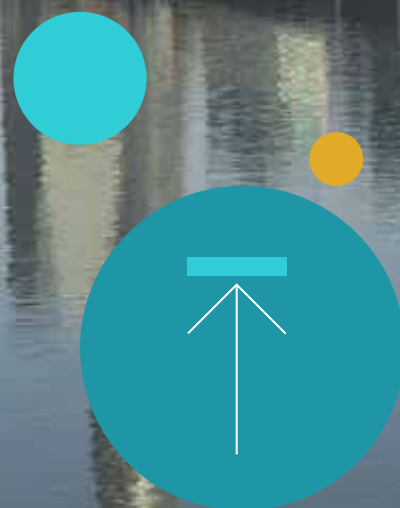


# ESSENTIAL GUIDE TO SHANGHAI

FROM THE BRITISH INTERNATIONAL SCHOOL SHANGHAI, PUXI



# HELLO

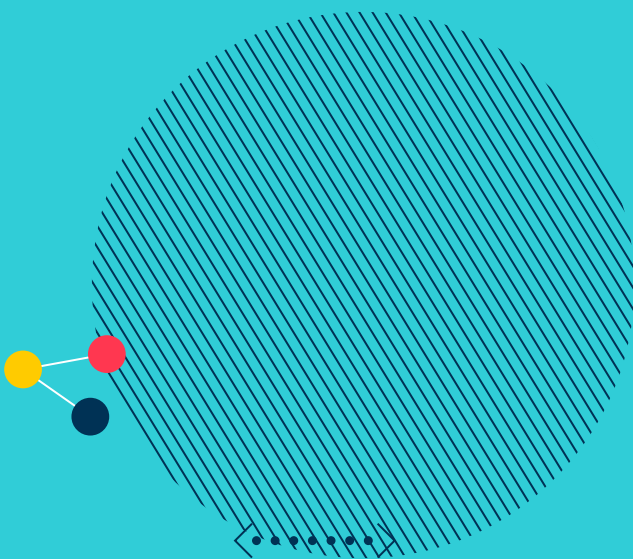
Shanghai is a wonderful city to live in. It can be noisy, crazy, frustrating, beautiful, charming, exotic, but never boring.

If you're moving to Shanghai, prepare to be surprised. Shanghai is a dynamic, vibrant, inspiring and cosmopolitan metropolis. Most expats experience an overall feeling of 'this is where things are happening'. At the same time, Shanghai startles newcomers with this beauty and street-level charm, amid alarmingly rapid growth.

The charm lies in the city's cultural and architectural vestiges that echo its unique colonial past, combined with its unrelenting drive into the future. Although an outsider will always be laowai (foreigner), the people of Shanghai are welcoming. Look forward to good friendships and respectable business relationships with the local people.

Shanghai has a way of luring people in and keeping them. Be prepared to hear from expats and Chinese alike that they came to Shanghai to work or study years ago and then they couldn't bring themselves to leave.

Living and working in the city of Shanghai means amazing career opportunities, exciting language challenges and cultural immersion. You can enjoy food from all over Asia, mingle in a large and diverse expatriate community and be part of the fastest growing economy in the world.





#### WHERE YOU'LL FIND US

We are located in the heart of Greater Hongqiao in Huacao District. The area is home to a range of residential compounds, shopping centres and sits adjacent to the new Panlong Tian Di complex.

Visit [bisspuxi.com](https://bisspuxi.com) to find out more about our school.

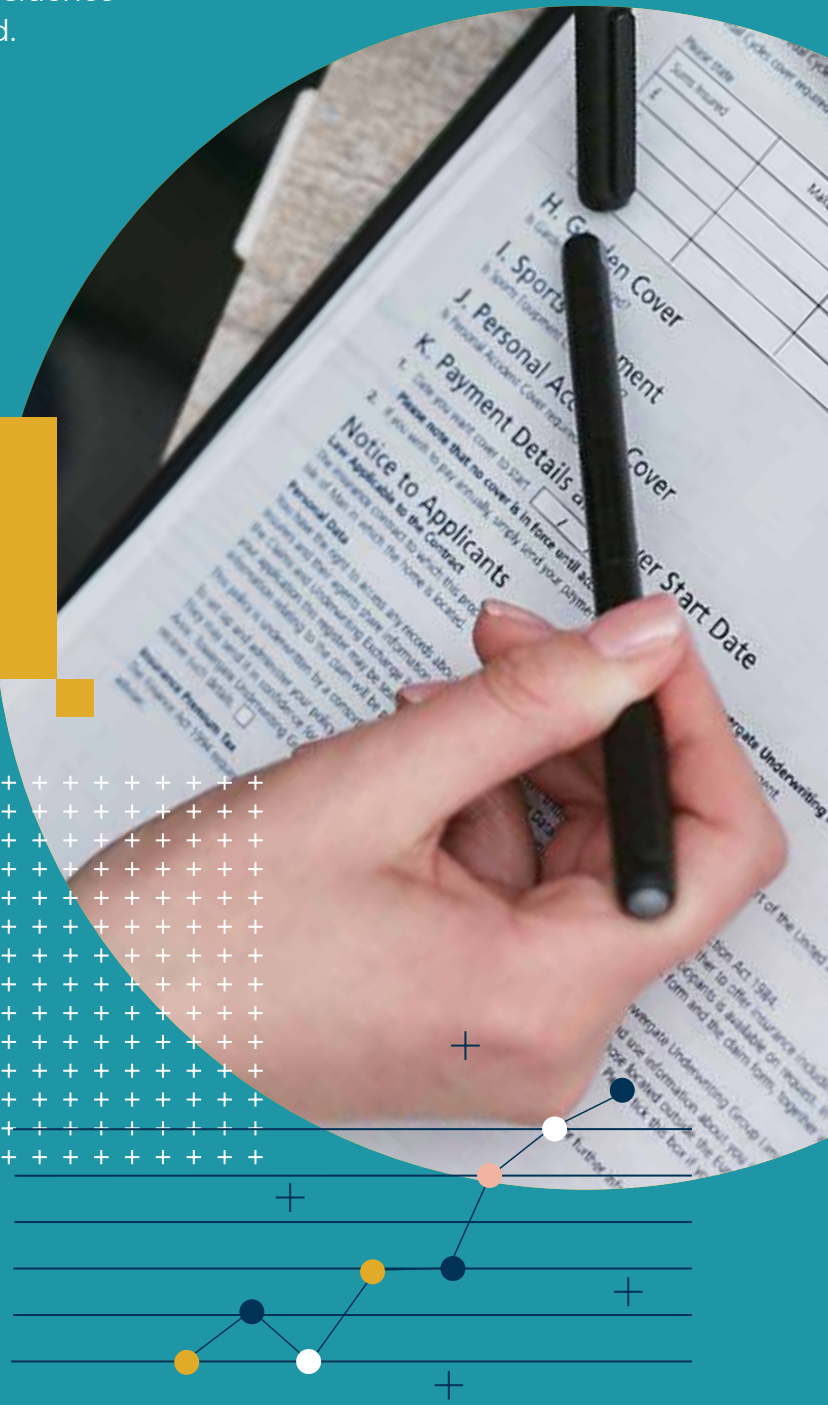
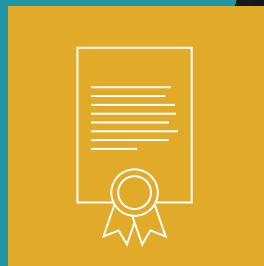
Talk to us about your child's future at [enquiries@bisspuxi.com](mailto:enquiries@bisspuxi.com)





# RESIDENCE PERMITS & HELPLINES

Before you go exploring the city, it's very important to check whether you need to apply for a residence permit. Here's the key information you need.





### RESIDENCE REGISTRATION

If you're not staying at a hotel, scan the QR code and fill in the accommodation registration form online within 24 hours of arrival.



### RESIDENCE PERMIT

If you plan to stay in China over a year, scan the QR code and apply for the residence permit within 30 days of entry.



### WORK PERMIT AND WORK-BASED RESIDENCE PERMIT

If you plan to work in China, apply for work and residence permits.

Scan the QR code to check permit status.



### REISSUANCE OF VISA, STAY OR RESIDENCE PERMITS

You will need to get a new visa or permit after expiration, loss or other reasons.

### LOSS OF PASSPORT

It's really important to follow the proper procedure for this situation:

1. Report to a police station.
2. Go with the police report to the embassy/consulate to apply for a new passport.
3. Go to the Exit and Entry Bureau with your new passport and police report to apply for a new visa.

### EMERGENCY HELPLINES

Keep these phone numbers in mind in case of any emergency:

#### 119

Fire, disaster relief, rescue and other life-threatening situations. English available. Free of charge.

#### 120

Pre-hospital care, such as on-site first aid, treatment in transit and other medical services. English available. 24-hours.

If you're transported to hospital using 120, you'll be given priority in receiving medical attention.

#### 110

Public security, such as reporting crimes or requesting police assistance. English available. Free or charge.

#### 12345

A must-have hotline to report issues, ask questions and share complaints about any public service. English available.



# SURVIVAL CHINESE WORDS AND PHRASES

It's daunting to think of speaking Chinese for the first time, but having a go at the basics, and simply being polite, works wonders at helping you along in a city that's very welcoming.



## START WITH THE BASICS

Here's the first phrase as an example:

你好! Nihǎo! – Hello! (Nee how)

Let's break it down...

Chinese characters: 你好!

Pinyin: that's the *Nihǎo* part.

Pronunciation: how to say it based on English sounds (Nee how).



再见! Zàijiàn! – Goodbye!

(Dzye jyen)

谢谢! Xièxiè! – Thank you!

(Sh-yeah sh-yeah)

不用谢 Bùyòngxiè – You're welcome

(Boo yong shyeah)

对不起 Duìbuqǐ – Sorry

(Dway boo chee)

没问题 Méi wèntí – No problem

(May wun tee)

好的! Hǎo de! – OK!

(Haow duh)

听不懂! Tīngbudòng – I don't understand

(ting boo dong)

什么 shénme - What?

(shen ma)

会说英文吗? Nǐ huì shuō yīngwén ma – Do you speak English?

(Nee hway shore ying wen ma)

这个 Zhège – This one

(Jay guh)

那个 Nàge – That one

(Nay guh)

多少钱? Duōshao qián? – How much is it?

(Dwor shaow chyen)

在这/在这里 Zài zhèr/Zài zhèlǐ – It's here.

(Dzye jurr/Dzye juh lee)

直走 Zhí zǒu – Go straight ahead

(jrr dzoh)

右转 Yòu zhuǎn – Turn right

(Yoh jwun)

左转 Zuo zhuǎn – Turn left

(Dzwor jwun)

我要去 Wǒ yào qù - I want to go to...

(Wor yaow choo)

多少钱? Duōshao qián? – How much is it?

(Dwor shaow chyen)

干杯! Gānbēi! – Cheers!

(Gun bay)

稍等 - Wait a moment

(dan nee sha)

## NUMBERS

零/〇 Líng – Zero

(Leeng)

一 Yī – 1

(Yee)

二 Èr – 2

(Arr)

三 Sān – 3

(Sun)

四 Sì – 4

(Sir)

五 Wǔ – 5

(Woo)

六 Liù – 6

(Lyoh)

七 Qī – 7

(Chee)

八 Bā – 8

(Ba)

九 Jiǔ – 9

(Jyoh)

十 Shí – 10

(Shrr)



# GETTING TO KNOW SHANGHAI

Literally translated as 'upon the sea', Shanghai sits on the coast of the East China Sea and stretches between the Yangtze River in the north to Hangzhou Bay in the south.

## GEOGRAPHY AND CLIMATE OF SHANGHAI

The city is one of the world's largest ports and China's key commercial and industrial centre.

Shanghai has a humid subtropical climate, and while here, you will experience all four seasons. The coldest months of the year are January and February. While the temperatures rarely fall below zero, the humidity makes the 'feel like' temperature much colder. Factor in that there is no central heating in Shanghai, and you will easily understand why most residents choose to wear winter jackets indoors.

In summer, July and August are the hottest, with the temperatures rising to up to reach 35°C. Paired with high humidity, the heat can get intense, but you will find the relief of air conditioning in every building in the city.

One thing to pay attention to when living in Shanghai is air quality. Even though a lot of improvements have been made in this regard in recent years, Shanghai still does experience hazardous air quality days, and it's recommended that you monitor air quality in real-time on a government website or through a dedicated app.







### POPULATION AND LANGUAGE IN SHANGHAI

With over 24 million residents, Shanghai is China's most highly-populated city and one of the most populous cities in the world. The city is home to close to 200,000 registered expats and over 300 million tourists visit the city annually.

While Mandarin is the official and primary working language in the city, the majority of the population speaks the Wu dialect (also known as Shanghaiese). The dialect is quite different from Mandarin, and even natives from different areas of China often have trouble understanding each other.

The language barrier can be a problem in Shanghai - especially once you venture out past the city centre and touristic establishments.

However, as more and more young people are picking up English, getting around the city without the knowledge of Chinese is becoming easier. Shanghai is a large city covering an area of 6,340 square kilometres and home to over 25 million people. It comes as no surprise that getting around the city is not always a breeze: traffic jams are a common sight in Shanghai, and getting a taxi in rush hour may prove to be an impossible task.

So what is the most efficient way to commute to work during your stay in Shanghai?







# GETTING AROUND IN SHANGHAI

## TRANSPORT

Shanghai has the second longest metro system in the world - and this makes commuting between the city's 16 districts much easier as each district is connected to downtown by subway. The metro in Shanghai is modern and convenient to use, with the trains arriving every two to three minutes during rush hour. However, travelling in rush hour is not the most pleasant experience as trains can get very crowded.

## TAKING THE BUS IN SHANGHAI

Buses run regularly in Shanghai, and you will easily find the line that will take you to your destination. With that, being a passenger on a Chinese bus may not be as comfortable as one may be used to - buses go fast, and it's essential to hold on to the safety rail throughout your trip. Buses also tend to get rather crowded, and you won't be avoiding the city's notorious traffic jams.

## TAXIS IN SHANGHAI

Shanghai has a well-developed taxi network, and you will be able to choose between state taxis and private taxi services, including taxi apps. State taxis are available in all parts of the city, but the cars are often limited to a certain area and may not be able to travel inbetween districts. You will see that the taxis come in different colours - this is how you will be able to tell which area they are limited to.

Alternatively, you can use one of the many popular taxi app services. China's number one taxi app is DiDi (look for DiDi Chuxing in the Play Store or App Store), which works in the same way as Uber.

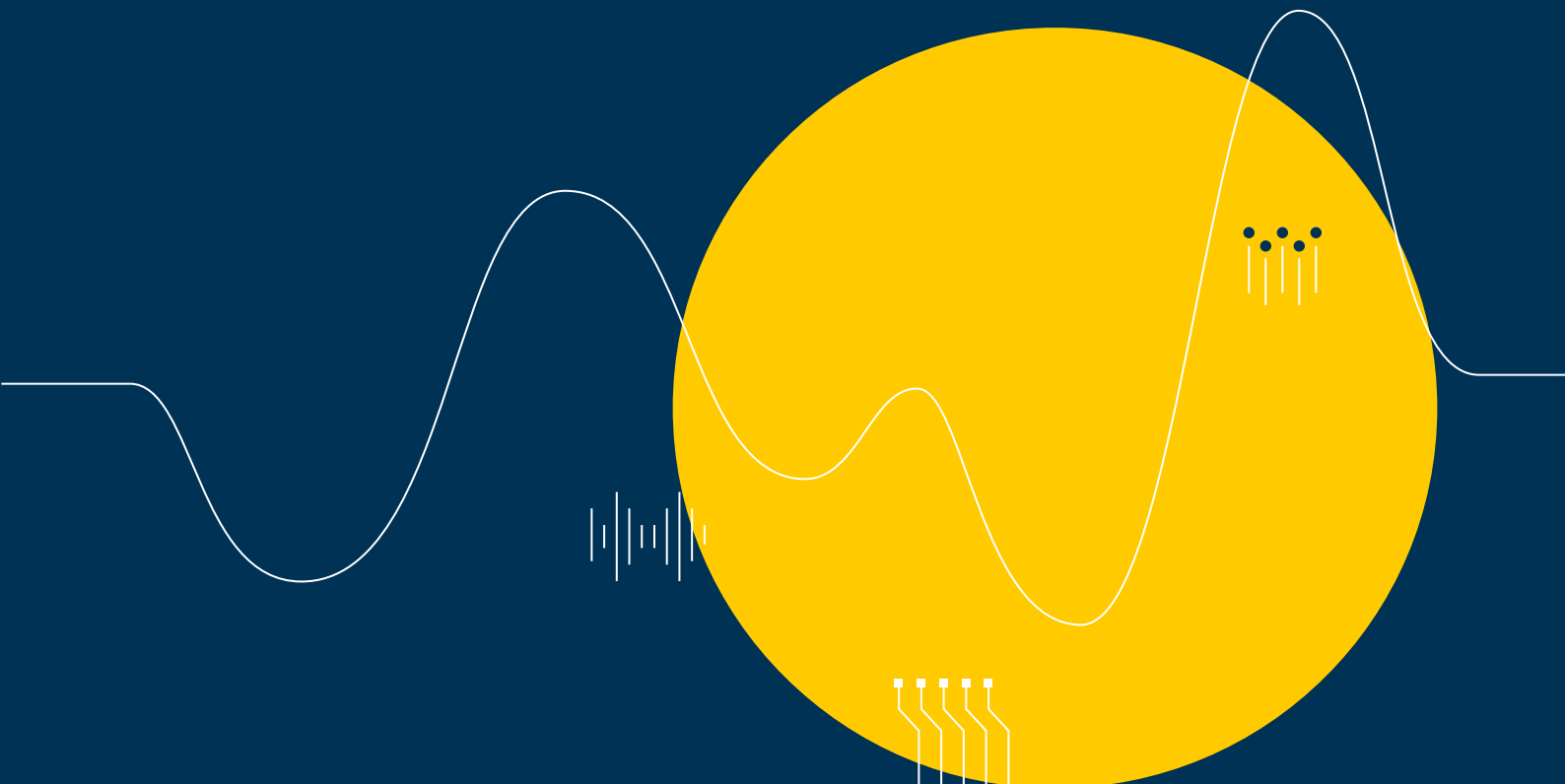
Note that most taxi drivers in China do not speak English, and it would be best to have a business card or a note with the address of your destination written down in Chinese. This may be helpful even if you do speak Chinese. As many taxi drivers in Shanghai come from other parts of China, they may only speak local dialects and not fully understand standard Chinese or Putonghua

## BIKES AND E-SCOOTERS IN SHANGHAI

E-scooters are a popular way of getting around the city, especially for short distances. However, it is best to avoid using them in Shanghai's heavy traffic. Another way to travel short distances is by bicycle. Shared bike apps like Ofo and Mobike used to be very popular in the city. Just a few years back, you would see the streets of Shanghai filled with orange and yellow bicycles that could be unlocked with a QR code generated by an app. However, due to financial difficulties, both apps had to minimise their operations. Today, you will still find shared bikes in Shanghai, but much fewer than before

## LIVING CLOSE TO YOUR WORKPLACE

Living within walking distance from your office would definitely be the most convenient option, letting you save both time and money on commuting to work. Shanghai is a big city, but most of its professional and social life is centred in the downtown districts. With that, living in the city's downtown or close to big office complexes can be pricey. It is also a good idea to ask your colleagues about the housing options in the area.



## EATING OUT IN SHANGHAI

Shanghai has an exceptionally diverse food scene. In the city you will have your choice of a gourmet meal at a five-star hotel, a steaming bowl of handmade noodles at a nearby eatery, or a fresh seafood buffet with a view of the river.

### SHANGHAI CUISINE

China's cuisine is traditionally varied, with cooking styles and staple dishes changing from province to province. The most revered regional cuisines are known as China's Eight Great Cuisines, but you will not find Shanghai cuisine on that list. The city's cuisine, locally referred to as 'Hu cai', may not have been traditionally famous, but it represents one of China's most varied and colourful approaches to food.



Shanghai cuisine is made up of two components: Benbang cuisine and Haipai cuisine.

Benbang (translated as 'local cuisine') originally started out as hearty peasant cuisine but has evolved and gained sophistication over time. Its most distinctive contribution to Shanghai food today is the signature sweetness – you will find that sugar is an essential ingredient in most Shanghainese dishes, from dumplings to braised pork.

Haipai is translated as 'all-embracing cuisine' and reflects Shanghai's cosmopolitan culture and the balanced blend of eastern and western traditions in its food.

Fresh fruits and vegetables, as well as fish and seafood, form the base of Haipai cuisine and have earned Shanghai cuisine the reputation of being light and delicate.

Modern Shanghai cuisine is a mix of several influences, and there is a lot of stress put on the freshness and quality of the ingredients. If you are looking to taste the city's signature flavours, try Xia Zi Da Wu Shen (braised sea cucumber), which is one of China's most famous seafood dishes; Ba Bao La Jiang (Eight Treasures Chilli Sauce) known for its mix of components that include shrimps, chicken, pork, bamboo shoots, and lots of seasoning; Hongshao Rou (braised pork belly), Xiao Long Bao (soup dumplings), etc.

### THE RESTAURANT SCENE IN SHANGHAI

Shanghai is one of the best places to be in China when it comes to fine dining. There are a total of 47 Michelin-starred restaurants in Shanghai. Two of these, Taian Table and Ultraviolet by Paul Pairet, have been awarded three Michelin Stars.

There are also many local and international hotel chains in the city offering lavish buffets, boutique tasting menus, and more.

Shanghai's magnificent skyline is one of the city's main landmarks, and if you are looking for a dinner with a view, there are plenty of spots around town that offer just that: Vue Bar, Mr and Mrs Bund, POP and others.

### STREET FOOD IN SHANGHAI

While fine dining is definitely something that Shanghai does well, there is no underestimating the appeal of sights and aromas coming from the city's small street food stalls. You will find plenty of miniature street food venues across the city, but there are some streets that have earned the reputation of being the best street food destinations in town. These include Fangbang Road, a popular street food market; South Bund Fabric Market, Qibao Old Street, Yunnan South Road, etc.

Some of the must-haves of Shanghai street food include xiao long bao (soup dumplings), shaokao (meat skewers), cong you bing (stuffed spring onion pancake), liang pi (cold jelly noodles), and others.





## The Bund

This is the old British waterfront downtown. It is filled with spectacular old buildings and the views from them offer equally spectacular views of the Pudong waterfront across the Huang Pu River. Restaurants in this region are amongst the priciest in Shanghai, but well worth the splurge.

## Xintiandi

This is a very popular area downtown filled with restaurants and bars that all spill out on to the pavements. This is another pedestrianised area that is great to hang out at on a sunny day.

## The French Concession

A large residential area of Shanghai that is filled with tree lined streets that are great to explore. The area is filled with old villas and lane houses. Many great restaurants can be found in this area.

Our friends at *That's Shanghai* have a full online directory of popular food and shopping areas, updated on a regular basis.

Browse or search for your desired location by scanning the QR code.



## APPS

Restaurants open and close all the time, and so downloading apps is ultimately the best way to keep up with what's happening in the city foodwise.



## CHOPE

One of Asia's leading dining platforms. Very easy to make reservations, and you have a choice of over 13,000 restaurants across Asia.

## DINING CITY

Covering over 20 cities across Asia, this is another app that's handy when looking for places to eat in Shanghai and the rest of China. Mainly covers fine dining/high-end restaurants.

## BON APP!

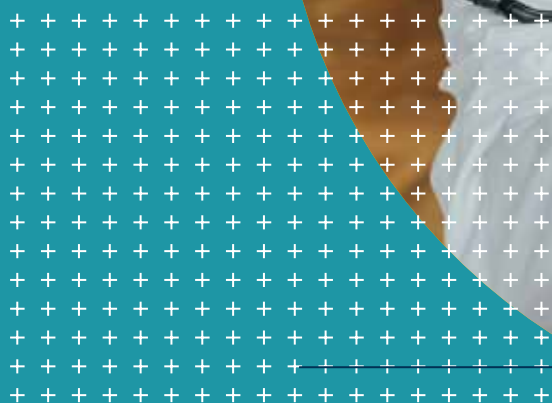
One of the most popular bilingual services for restaurant reviews, with trending recommendations and top tips on where to go.





# HEALTHCARE IN SHANGHAI

Within the Greater Hongqiao area we have reliable medical care within a short drive of the school, including Shanghai United Family Hospital. In Huacao, we have the Shanghai United Family clinic located 5 minutes from the school on Yunle Lu.







### SHANGHAI UNITED FAMILY FENGSHANG CLINIC

Shanghai United Family clinic is located 5 minutes from BISS. Services offered at the clinic include family medicine, pediatrics, gynaecology, mental health, dental services, an onsite laboratory, x-ray equipment and an onsite pharmacy.

Address	689 Yunle Lu, by Jinfeng Lu, Huacao, Minhang District
Reception	2201 0995
Appointment Centre	400 639 3900
24 Hour Hotline	2216 3999
Pharmacist	5429 3223

### SHANGHAI UNITED FAMILY HOSPITAL

SUFH is a purpose-built, full-service, internationally accredited facility that offers highly qualified medical staff from around the world and direct billing to over 40 global insurance companies.

Address	699 Pingtang Lu, by Kele Lu, Changning District
Reception	2216 3900
Appointment Centre	400 639 3900
24 Hour Hotline	2216 3900

### PARKWAY HEALTH

Parkway Health has various clinics around the city, in Xintiandi, at the Shanghai Centre, Jing'an and in Hongqiao. There is no emergency clinic, so you will need to go to the Shanghai United Family Hospital in Changning at the address above. This hospital specialises in gynaecology, ophthalmology, paediatrics and sports medicine.

Address	2258 Hongqiao Lu, Hongqiao, Shanghai
Reception	6445 5999
Appointment Centre	6445 5999

### PURESMILE

US trained dentists and orthodontists.

Address	569 Yunle Lu, Huacao, Minhang District
Appointments	3490 9068

### DSS DENTAL CARE

Since 1999, DDS Dental Care has provided dental care for Shanghai's international community. DDS offers multilingual services with an experienced team of international dentists. They provide full range of dental services and have direct billing agreements with major health insurance companies.

Address	388 Xingle Lu, near Jinfeng Lu, Huacao, Minhang District
Huacao Appointments	2428 4088
Hongqiao Appointments	6120 2667
Qingpu Appointments	6976 0341

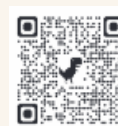
### NEW YORK DENTAL CLINIC

New York trained dentists specialising in family dentistry, implant dentistry and orthodontics.

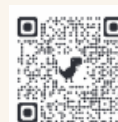
Address	129 Fugui Dong Rd, Gubei, Changning District
Appointments	6278 1181

### FURTHER INFO

Scan this QR code for details on public hospitals.



Scan this QR code for details on international hospitals.



# TOP TIPS FOR LIVING IN SHANGHAI

Moving to and living in Shanghai doesn't have to be stressful. Read our top tips for a smooth move to Shanghai.

# 1

## REGISTER WITH THE POLICE

Every foreigner arriving in China must immediately register with the local police. If you are staying in a hotel, they will take care of this for you. Otherwise, simply go to the nearest police station in your neighbourhood, present your passport, along with a photocopy of both your identification and visa pages, and report where you are staying and for how long. Once registered, you receive a form, which is your temporary residence permit. If you move into a housing compound, ask if your landlord will take care of this for foreign tenants. Always re-register whenever you change residence in Shanghai. Late registration usually results in a nominal fine. Failure to register at all could lead to major bureaucratic hassles. As with most things in daily Chinese life, it is now possible to register on your mobile phone using WeChat.

## ORIENTATION

Shanghai is not a grid, and the sporadic maze of alleys, streets, boulevards and freeways is difficult to navigate, even for the city's seasoned veterans. Morning and evening rush-hour traffic is characterised by dense, aggressive traffic and frequent gridlock. Using map apps on your phone will make life much easier.

Despite the massive size of greater Shanghai, most of the central areas are grouped together and manageable in size. Once inside a neighbourhood, getting around on foot is relatively easy.

# 2





# 3

## SHOPPING

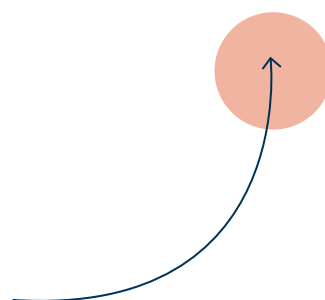
On a good day, shopping in Shanghai is a delightful and engaging experience, where one can revel in all of the city's sensations, discover hidden gems and feel fully immersed in the flow of China's thriving consumer culture. On a bad day, however, lines and crowds are spirit crushing, bargains are fleeting and it takes far too long to find something simple. Either way, it's an adventure. As Shanghai's consumer infrastructure matures, the good days are becoming far more frequent for expat shoppers. You can find anything in Shanghai!

## BANKING

There are several branches of each of the Chinese domestic banks in almost every district of Shanghai, all of which allow foreigners to open either yuan or US dollar accounts. The most common are Bank of China, ICBC, China Merchant's Bank, Agricultural Bank of China and China Construction Bank. They all offer debit cards, Internet banking and currency exchange services. Many expats choose banks with an international focus, such as Bank of China and ICBC, which both accept the transfer of money to and from your home country. For credit card services and access to funds back home, it is best to keep an international bank account. Banks are generally open from 9am-5pm Monday to Friday, and Saturday mornings.

Expect long lines at banks. If you want to spend less than 30 minutes for any visit, take a spot near the door before it opens and make a run for the ticket terminal to collect your number. There will be others – particularly on Mondays when weekend earnings are deposited.

# 4





## 5

**MOBILE PHONES****MOBILE PHONES**

The mobile phone market in Shanghai is thriving. Everybody from ages 8 to 80 has a mobile phone. They buzz, sing and ring constantly wherever you are in the city – a testament to a clear, functioning network and affordable pay-as-you-go calls. Most mobile phones that are supported by GSM (Global System for Mobile Communications) work throughout China, and you might find that Chinese SIM cards will work in your phone. However, if you are moving to Shanghai, it is far more affordable to pick up a local plan as soon as you move here. China Mobile, the nation's biggest telecommunication service provider, as well as China Unicom have extensive 4G coverage and are developing their 5G capacity all the time.

**COMMUNITIES**

There are whole communities based in Shanghai, from expat mums to bike riding and photography groups. Whatever your interest is back home, you can be sure that Shanghai will have a group to match.

## 6

## 7

**FINDING HOUSING**

Choose your housing carefully. In a city this big, and this sprawling, where you live will dictate your lifestyle. The best way to get a feel for Shanghai's varied residential worlds before signing a lease is to explore the different neighbourhoods. While you're at it, give potential daily journeys to work or school a trial run. Collect information and perspectives by speaking to property agents that specialise in expatriate housing while asking colleagues and friends about the advantages and disadvantages of their areas.

Finding appropriate housing in Shanghai can be frustrating, as there are pros and cons to every option. The converted lane house in the former French Concession may be close to the action, but it may also be noisy and prone to running out of hot water. Conversely, the expansive suburban villa may leave you and your family feeling isolated from city life.







## FOOD

In a vast country with varying standards of sanitation and enforcement, Shanghai is known throughout China for serving the cleanest food. Most restaurants and supermarkets, especially those that cater to expats, look and feel sanitary. The longer you are in Shanghai, the more adventurous you can be with eating out. Local inspectors increasingly visit popular restaurants to ensure they are up to standard. Nonetheless, you may have minor digestion problems during the first few weeks. This is normally no cause for alarm, as the body has to adjust to foreign bacteria.

8

9

## CULTURE SHOCK

Culture shock is the inability to understand and react to what's going on around you.

So what should you do to keep culture shock under control? There are measures you can take to mitigate the negative aspects.

1) Get to know your immediate locale. You may be in a foreign city, but being familiar with a few neighbourhood restaurants, markets and green areas will at least allow you to feel that you have control over your immediate domain.

2) Start a journal. This is an invaluable tool. A journal will force you to reflect on your own feelings and consequently get you thinking about ways to control them. It will also be a priceless experience to read it a year later when you're an old hand in Shanghai.

3) Sign up for a Chinese class. Knowing even a few phrases right away makes a big difference when speaking to your ayi or the neighborhood shopkeeper. It's also a good way to meet other expats.

4) Gain a new perspective. After all, you're in an entirely new place. Try to be an explorer and see things existentially, learning from a way of life embraced by over 1 billion people. Keep in mind that when Chinese people visit your country, they experience culture shock as well.



# OUR SCHOOL COMMUNITY

Huacao, located to the West of Shanghai, within the Greater Hongqiao area and at the northern tip of Minhang District, has a vibrant international community where families thrive educationally and socially.

## LOCATION

Fifteen minutes west of the Hongqiao Transportation Hub, connecting the west of the city through road, bus, train and air links, is the tree-lined, family-friendly district of Huacao. The area offers high-quality accommodation and western amenities, with the majority of expats choosing to live in one of eight gated compounds which are within walking distance of The British International School Shanghai Puxi (BISS); established here in 2004.

The area effortlessly blends locals with a growing international community.

It is a common sight around town to see expats shopping in the local wet market and adopting local forms of transport including bikes, scooters and tuk tuks.

Huacao is convenient for those working in Longbai, Qingpu, Songjiang, Jiading, Hongqiao, Gubei, Minhang and Suzhou (Jiangsu) due to its proximity to the highways.







### SHOPPING AND RECREATION

Within Huacao and walking distance of BISS there is a variety of retail outlets. The Fashion Park Mall is an open-air shopping mall centrally located on Yunle Lu and Jinfeng Lu. It caters for all with restaurants and bars where you can dine al fresco when the weather permits. There are ice cream parlours, cafés and bakeries, a supermarket and a cinema.

Zhu Di Park is a large green space within Huacao close to the Rose Lane Garden compound. During spring and summer, families can enjoy lazy weekends in the park, picnicking, flying kites with locals, joining in Tai Chi exercises and on warm evenings, watching or participating in the public dancing.

In addition to the shopping mall and park, there are local wet markets where fresh fruit and vegetables, meat, fish and eggs are on sale. There are a variety of supermarkets selling western foods and household goods as well as a selection of cafés and restaurants.

# RESIDENTIAL COMPOUNDS

Huacao District offers a wide range of accommodation to suit every budget from detached homes with gardens to townhouses and modern apartments.







### LEEWAH VILLAS

Leewah Villas is a large residential compound consisting of 236 neo-classical French villas.

In Leewah Villas, there are 16 different villa types (two floors above ground and one floor underground). The most common villa types have an average area ranging from 460-670sqm, and each villa is equipped with a garden and at least two parking spaces.

Facilities include a 24-hour management and security service, satellite TV, gym, pool table, children's playroom, reading room, dance/yoga room and more. This community offers a comfortable and convenient living environment for families with children.

Number of houses	236
Type of house	Detached villa
Size	460-670sqm, 5-6 bedrooms
Facilities	Gym, pool table, children's playroom, reading room, dance/yoga room
Pet Friendly	Yes
Nationalities that live there	Mainly American and European
Average Rental	CNY 50000-95000
Travel time to BISS Puxi	5-10 minutes walking

### SHANGHAI RACQUET CLUB

The Shanghai Racquet Club and Apartments provide an ideal living environment for families with children.

Ideally located within walking distance of The British International School Shanghai and within easy reach of the Hongqiao Transportation Hub and the main highways, this residential community offers 13 tennis courts, 3 squash courts, table tennis and a badminton court, outdoor swimming pool, with 3 jacuzzis, beach volleyball, restaurants and bars, indoor swimming pool with lap lane, fitness centre and aerobics studio, library, conference facilities, supervised children's care centre and a children's playground.

Number of houses	250
Type of house	Apartment
Size	40-350sqm; up to 4 bedrooms
Facilities	Play area, indoor and outdoor swimming pools, gym, tennis courts, squash courts, football pitch.
Pet Friendly	Yes
Nationalities that live there	Mainly American and European
Average Rental	CNY35,000
Travel time to BISS Puxi	10-15 minutes walking



**RANCHO SANTE FE**

Rancho Santa Fe is a Spanish-style villa compound within walking distance of The British International School Shanghai.

This villa compound boasts detached 4 and 5-bedroom family homes with gardens and garages. The beautiful landscaped grounds provide a safe environment for children to play outside and ride bikes in the recreational spaces.

Residents are able to enjoy the excellent facilities including indoor and outdoor swimming pools, gym, meeting room, children's playground and convenience store.

Number of houses	290
Type of house	Detached villa
Size	260-474sqm, 4-5 bedrooms
Facilities	Play area, swimming pools, gym, convenience store
Pet Friendly	Yes
Nationalities that live there	Mainly American and European
Average Rental	CNY38,000-60,000
Travel time to BISS Puxi	10-15 minutes walking

**FOREST MANOR**

Forest Manor comprises 244 American and British-style villas located around a beautifully landscaped central lake.

Each villa has a large garden and offers excellent accommodation in 4/5/6 bedroom detached houses ranging from 315–800 sqm.

Facilities include 24-hour management and security service, satellite TV, tennis courts, squash, table tennis, badminton, indoor swimming pool, gym, children's playground, reading room and spa.

Number of houses	251
Type of house	Detached villa
Size	259-505sqm, 3-6 bedrooms
Facilities	Play area, swimming pool, gym, access to the Shanghai Racquet Club can be negotiated
Pet Friendly	Yes
Nationalities that live there	Mainly American and European
Average Rental	CNY45,000-70,000
Travel time to BISS Puxi	5-10 minutes walking



### RISEN VILLAS

Risen Garden Villa is a smaller compound set in tranquil green spaces with tree-lined lanes.

Located on Baole Road, Risen Garden Villa is within walking and cycling distance of The British International School Shanghai. The compound comprises of 96 villas offering spacious accommodation on three floors with many of the villas housing a lift. The facilities at the Shanghai Raquet Club are often included in the rental agreement.

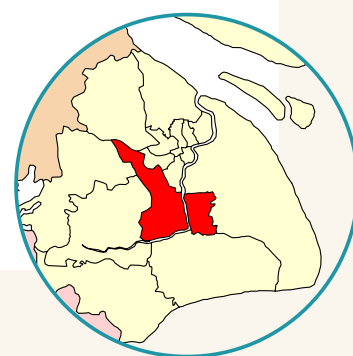
Number of houses	90
Type of house	Detached villa
Size	240-400sqm, 5 bedrooms
Facilities	Play area, gym
Pet Friendly	Yes
Nationalities that live there	Mainly American and European
Average Rental	CNY40,000-55,000
Travel time to BISS Puxi	20 minutes walking

### ROSE LANE GARDEN

Rose Lane Garden is centrally located in Huacao and comprises of 116 apartments and townhouse-style homes.

Facilities include a gym and children's play area. Rose Lane is within walking distance of The British International School Shanghai.

Number of houses	116
Type of house	Duplex
Size	320sqm; 5-6 bedrooms
Facilities	Play area, swimming pool, gym, convenience store
Pet Friendly	Yes
Nationalities that live there	Mixed
Average Rental	CNY25,000-CNY35,000
Travel time to BISS Puxi	25 minutes walking





# STRATFORD & WESTWOOD GREEN



## STRATFORD

Stratford features both townhouses and duplex houses in a well-established and well-maintained compound. It is within walking distance of The British International School Shanghai.

Stratford provides a variety of housing, including detached villas and townhouses. The compound contains a total of 231 houses and villas ranging from 180-240 sqm, and each villa comes with a good-sized garden.

Facilities include a swimming pool, gym, children's playroom and function room.

Number of houses	220
Type of house	Duplex & Apartments
Size	320sqm; up to 5 bedrooms
Facilities	Play area
Pet Friendly	Yes
Nationalities that live there	Mainly American and European
Average Rental	CNY27,000-35,000
Travel time to BISS Puxi	20 minutes walking



## WESTWOOD GREEN

Westwood Green offers modern style townhouses and low-rise apartments. It is within walking distance of The British International School Shanghai.

This compound was completed in 2007 and offers 3-storey terrace and 4-storey low-rise apartments, in a tranquil living environment. All townhouses come with sizable private gardens and roof terraces.

Facilities include an indoor pool, tennis courts and a children's play area.

Number of houses	430
Type of house	Duplex & Apartments
Size	310-350sqm, up to 4 bedrooms
Facilities	Play area, swimming pool, gym
Pet Friendly	Yes
Nationalities that live there	Mixed
Average Rental	CNY24,000-35,000
Travel time to BISS Puxi	20 minutes walking

# FASHION PARK



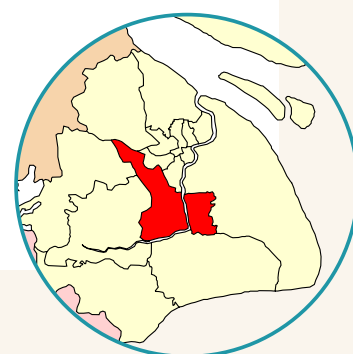
## RESIDENCES AT THE FASHION PARK

This high-rise apartment residence offers 3 and 4 bedroom apartments. They are fully serviced and gated and facilities include a state-of-the-art gym.

Fashion Park Residences was completed in 2014 and offers 3 and 4 bedroom apartments in the heart of the community. Located within the Fashion Park, the apartments are a stone's throw from shops, restaurants and a cinema, and are walking distance from The British International School Shanghai.



Number of houses	60
Type of house	Apartments
Size	310-350sqm, up to 4 bedrooms
Facilities	Play area, swimming pool, gym, convenience store
Pet Friendly	No
Nationalities that live there	Mixed
Average Rental	CNY38,000-45,000
Travel time to BISS Puxi	15 minutes walking



# QINGPU DISTRICT



**VIOLET COUNTRY VILLAS**

Situated in the western suburbs of Shanghai, Violet Country is a high-end neighbourhood with convenient and luxurious facilities. The property occupies a total area of 170,000sqm, containing 140 detached villa units (300-500 sqm), each with a large garden and back yard. The villas have diverse architectural styles, including Spanish, Italian and American styles. There is a 3,000 sqm onsite clubhouse available for the residents. A professionally landscaped sprawling garden of large shady trees and blooming seasonal flowers offers residents a peaceful retreat.

Number of houses	140
Type of house	Detached villas
Size	300-500sqm, 4-5 bedrooms
Facilities	Play area, swimming pool, gym, convenience store
Pet Friendly	Yes
Nationalities that live there	Mainly European & American
Average Rental	CNY25,000-40,000
Travel time to BISS Puxi	20 minutes by car



**ELITE VILLAS**

This is a unique villa compound consisting of 18 islands and 5 to 10 villas per island. The development of Elite Villas is in two phases. The first phase comprises of 142 houses and the second offers 56.

Number of houses	142
Type of house	Detached villas
Size	324-435sqm; 4-5 bedrooms
Facilities	Play area, swimming pool, gym, convenience store
Pet Friendly	Yes
Nationalities that live there	Mainly European & American
Average Rental	CNY20,000-30,000
Travel time to BISS Puxi	20 minutes by car



# FOREST RIVIERA



## FOREST RIVIERA VILLAS

Forest Riviera Villas has 149 villa-style homes with gardens and landscaping. The complex was developed in 5 phases with 300 detached villas in an American style. The final phase was completed in 2008.

The villas are located around the beautifully designed lake and have private garages.

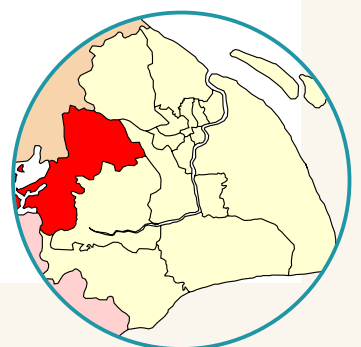
Number of houses	149
Type of house	Detached villas
Size	247-380sqm; 3-5 bedrooms
Facilities	Play area, gym, convenience store
Pet Friendly	Yes
Nationalities that live there	Mainly European & American
Average Rental	CNY12,000-20,000
Travel time to BISS Puxi	30 minutes by car



## GARDEN INSIDE VILLAS

Garden Inside Villas offer British-style 4 and 5 bedroom villas, and come with stylish interior designs. They are furnished or unfurnished.

Number of houses	77
Type of house	Detached villas
Size	354-457sqm; 4-5 bedrooms
Facilities	Play area, gym, convenience store
Pet Friendly	Yes
Nationalities that live there	Mainly European & American
Average Rental	CNY20,000-30,000
Travel time to BISS Puxi	30 minutes by car



# JIUSHI GARDEN



## JIUSHI WESTERN SUBURBAN GARDEN

Western Suburb Garden is a large villa compound containing 500 houses. The extensive garden area offers the residents tranquility away from the bustling city. They all have big terraces and back yards.

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Number of houses	460
Type of house	Detached villas
Size	190-347sqm, 4-5 bedrooms
Facilities	Play area, swimming pool, gym, convenience store
Pet Friendly	Yes
Nationalities that live there	Mainly European & American
Average Rental	CNY15,000-22,000
Travel time to BISS Puxi	20 minutes by car



## LONG BEACH GARDEN VILLA

Long Beach Garden Villa occupies a total area of 220,000sqm. Each unit comes with large windows, spacious garages, large living rooms and kitchens. All units are owned by individual landlords, so the decorations and furnishing styles vary. Rooms are bright and sunny and come fully decorated with a functional and spacious layout. Regular housekeeping is provided.

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Number of houses	240
Type of house	Detached villas
Size	318-546sqm; 4-5 bedrooms
Facilities	Play area, gym, convenience store
Pet Friendly	Yes
Nationalities that live there	Mainly Asian
Average Rental	CNY15,000-40,000
Travel time to BISS Puxi	25 minutes by car

# SANTA VILLA



## SANTA VILLA

Santa Villa comprises 305 standalone villas and townhouses. The villas have sizable landscaped gardens and the townhouses have rooftop gardens.

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Number of houses	305
Type of house	Detached villas
Size	290-360sqm; 4-5 bedrooms
Facilities	Play area, gym, convenience store
Pet Friendly	Yes
Nationalities that live there	Mainly European, American, Korean
Average Rental	CNY12,000-25,000
Travel time to BISS Puxi	20 minutes by car







# GUBEI DISTRICT

Gubei looks less like the suburbs in Hongqiao and Huacao, and attracts city dwellers.

Gubei is in Changning District, east of Hongqiao. It is located off the Yan'an elevated highway, and is approximately 20 minutes to downtown Shanghai. Serviced by metro lines 2 and 10, travel to People's Square and Xintandi is easy and convenient. There are many restaurants to choose from in this area and it also boasts the largest Carrefour in the city. Gubei Lu and Guyang Lu are known locally as 'Golden Street'; a pedestrian area of plazas, fountains, cafés and restaurants. Gubei appeals to Asian expats, specifically Korean and Japanese.

## MAISON DES ARTISTES

This was the very first expatriate compound. The compound contains a total of 15 low-rise and high-rise apartment blocks with large apartments and duplex apartments.

Maison Des Artistes is located at the centre of the Gubei international community. Facilities include 24-hour management and security, an indoor heated

swimming pool, gym, mini cinema, billiard room and international satellite TV.

## GUBEI INTERNATIONAL GARDEN

Gubei International Garden offers 2 to 4 bedroom apartments. These particular apartments are walking distance to Carrefour and restaurants. Facilities include 24-hour management and security, a swimming pool, satellite and gym.





# ZHONGSHAN PARK

Situated in Changning District directly to the west of Jing'an District with its centre located around the Zhongshan Park metro stop and the Cloud Nine shopping centre, Zhongshan Park is near to the core downtown areas.

It is well served by the metro and is only two stops from Jing'an Temple and four from People's Square at the heart of the city. In addition, it sits midway between Jing'an and the Gubei and Hongqiao areas, which are very popular with expats and host a wide variety of expat-oriented dining, nightlife, recreational and shopping options.

There are quite a few high-end apartments in the area and even a few colonial villas and apartments near the border with Jing'an.







# MINHANG DISTRICT

Longbai is becoming increasingly popular for expats to live in due to its proximity to the Yan'an elevated highway and downtown Shanghai.

These apartments are popular with local Chinese families and are within easy reach of The British International School Shanghai, Puxi.

## JINHUI HAOTING APARTMENTS

JinHui Haoting Apartments are located on 2121 Longming Road. There are 536 apartments and 627 parking spaces.

## JINGXIUJIANGNAN APARTMENTS

A small high-rise apartment building with 919 apartments. Jingxiujiangnan Apartments are nestled in the centre of Shanghai's metropolitan Longbai District. The serviced residence is adjacent to Minhang Cultural Park, major transportation hubs, ecoparks and shopping malls, which makes Jingxiujiangnan the ideal selection for families with young and older children. It is conveniently located close to Shanghai Hongqiao International Airport and Railway Station. Attractions like Shanghai Zoo and Minhang Sports Park are also easily accessed by taxi or public transportation.

## FENGDUQUOJI APARTMENTS

Located on 3800 Hongxing Road, near Huqingping Highway, Fengduguoji Apartments are just a few minutes' drive to Hongqiao Airport, with easy access to the Yan'an highway giving easy access to anywhere in Shanghai. Metro Line 10 is nearby.





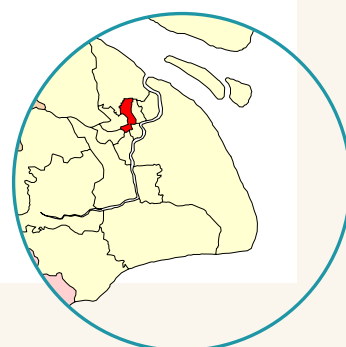


# THE FORMER FRENCH CONCESSION

The Former French Concession is the first choice for many foreigners and houses almost one third of Shanghai's expat population.

Most of the buildings that define the area today were built during the 1920s, 30s and 40s, and are an eclectic mix of European architectural styles of that period. Beautiful historic apartments, lane houses and garden homes line leafy streets, such as Wukang Lu, Hunan Lu, Gaoyou Lu and Jinxian Lu.

Nestled in the western part of the Former French Concession, Luwan District is one of the oldest neighbourhoods in Shanghai and retains much of its original architecture. Xintiandi, in the eastern half of the district, offers lively and cosmopolitan downtown living, with some of the city's best shopping, entertainment and dining.



# OUR GUIDE TO ESSENTIAL APPS

## MUST HAVE APPS

Alipay – Online payment platform that will become a way of life very quickly

Air Matters – Advised Air Quality Index

CamCard – Stores, sorts and catalogues all the business cards you collect

Chope – Restaurant booking app for many places around town

Eleme – Food and grocery delivery app

Didi – China's version of Uber

Explore Shanghai Metro – Use to explore Shanghai by metro, very handy

Ktdict C-E – Chinese-English translation app

Meituan – Food delivery app

Mobike – Scan and use any of the orange Mobike shared bikes around town

Sherpa's – Meal delivery service with English interface

Smart Shanghai – News, events and a comprehensive directory

Taobao – One-stop shop for anything you could possibly want to buy

That's Shanghai – News, events, current affairs and lifestyle app with a comprehensive website and monthly hardcopy magazine

WeChat – Facebook, Twitter, Instagram and texting all in one! A must have for communication with friends and groups

Youku, Sohu and iQIYI – Download these apps and you can find many American and other international shows (often the day after they air in your home country. VPN not required). Might be helpful to have a Chinese speaker help you initially, but you will be amazed what you find. You do need to know a few simple Chinese characters and then you'll be hooked.

## SHANGHAI LIFE AND CULTURE WEBSITES

[www.enjoyshanghai.com](http://www.enjoyshanghai.com)

Interactive expat forum with classifieds, restaurant and bar reviews, events, personals and travel tips. The classifieds section in this website is relatively well used and can be a useful alternative to purchasing all housing items new upon arrival. One can expect to find most popular items from Ikea for sale here at a good discount. This company also offers a discount book, which can be purchased from the site and used for a variety of services in and around Shanghai, ranging from golf to shopping, eating and travel.

[www.smartshanghai.com](http://www.smartshanghai.com)

Articles on cultural events, restaurant and bar reviews, personals and miscellaneous columns. If you want to get informed about the party and clubbing scene in Shanghai this is the place to go. The demographics of its users are generally younger but this can also be a useful resource for restaurant reviews for those seeking the hip new places to dine.

[www.timeoutshanghai.com](http://www.timeoutshanghai.com)

The London-based monthly magazine is produced in Shanghai and available for free from bars and restaurants. Covers everything from family, health, new bars and restaurants to things to do on a rainy day.

[shanghai.asiaxpat.com](http://shanghai.asiaxpat.com)

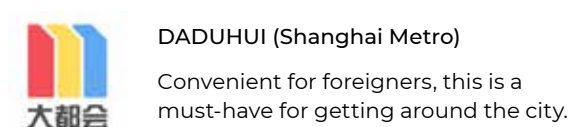
Asia expat is a multi-city website that is known for good jobs and property listings.

[www.247tickets.com](http://www.247tickets.com)

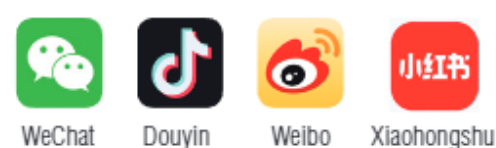
Buy (in English) tickets for events, shows and entertainment.



## TRAVELLING



## SOCIALISING



## SHOPPING



## FOOD DELIVERY AND REVIEWS



## PAYING



## SPEAKING



Learn Chinese on the move with this Chinese language app.

One of the best features is using your phone camera to scan Chinese characters and receive the translation — very handy when you're out and about!



It may seem an obvious choice, but Google Translate's features can be helpful when you get stuck, as you can record speech and get it translated instantly.

## BISS PUXI

BISSPUXI  
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LIFE





# ACTIVITIES IN SHANGHAI

Shanghai has long earned the reputation of being a bustling metropolis that is all about long hours at the office, later dinners, and exciting nightlife. But the city also presents its residents with plenty of opportunities to get and stay in shape. Whether you are looking to play football, join a gym or even go mountaineering, you will find all the much-needed facilities at your disposal, plus a group of like-minded individuals to keep you company.

## OUTDOOR ACTIVITIES IN SHANGHAI

As busy as Shanghai may get, you will find that Shanghai residents do their best to set some time aside for exercise. In fact, you will often see groups of older people practising Tai Chi in parks and city squares in the early hours of the morning. Another popular activity you will probably be a frequent witness to is square dancing (*guangchang wu*), which is a dance exercise routine often performed in parks and plazas by older women.

The most popular sports in China, when it comes to both watching and playing, are basketball, badminton, table tennis, and swimming. Football is gaining in popularity as well.

Another trending activity in Shanghai (and China in general) is running. Marathons, in particular, are growing in numbers across the country, often organised for promotion, charity, company team building, and more. Some of the most popular city marathons include the Shanghai International Marathon and Shanghai Colour Run.

Golf is becoming a well-liked pastime as well. Having first entered the country as a posh way to seal business deals, the sport is now deeply rooted in Shanghai's business culture. The city's biggest golf courses include Shanghai Binhai Golf Club, Lake Malaren Golf Club and Yintao Golf Club,

If you are looking to join a sports club, you will find quite a few options to consider in Shanghai. There are both local clubs as well as clubs started by expats. Some of the popular expat sports clubs in Shanghai include the Shanghai Tigers (rugby and Gaelic football mix), Bashers Cricket Club, Shanghai Hockey Club, and others.

## INDOOR CITY ACTIVITIES IN SHANGHAI

There are plenty of large fitness centres and small gyms in Shanghai that cater to a variety of needs and schedules. You will also find options for every budget, from hole-in-the-wall type establishments to expensive top-of-the-line clubs.

Wherever you live in the city, you are sure to see loads of advertisements for nearby fitness centres — in fact, you will probably see promoters on the streets near your apartment giving out flyers for a nearby gym.

Some of the big fitness centre chains have locations all over the city, and you will be able to exercise at any of their branches, depending on where you are. Some provide a full range of services, including well-equipped gyms, swimming pools, group workouts, tennis courts, etc., while others offer just the essentials. Most centres will also offer popular group workout sessions, including yoga and pilates. Naturally, membership prices differ. Most big fitness centres in Shanghai would expect you to commit to a rather long period, with three months or even half a year often being minimal membership options. You should also get ready to negotiate — most gym membership salesmen work on commission and will often use aggressive bargaining tactics. Membership prices are rarely set in stone, and you can get a lower or higher price depending on how you handle the situation.

Some of Shanghai's biggest fitness centre chains include Will's Gym, Physical, Wells, and others. You will also find smaller boutique gyms and fitness centres opened by expats living in Shanghai, like Olive Branch and Feel Good Fitness.

### NATURE ACTIVITIES IN SHANGHAI

For those who prefer to exercise in nature, Shanghai can be full of surprises. Despite being the perfect example of an urban jungle, the city will not be a disappointment for an outdoorsman.

One of the best ways to get to know the city's wild side is to go on one of its scenic hiking trails, like the Sheshan Forest Trail in Shanghai She Mountain National Forest Park.

If you are looking for something a bit more extreme, there are plenty of options for experiencing rafting and zip lining in small picturesque villages near the city.

If you have more time on your hands, consider a day trip outside the city. There is a great variety of natural attractions within a day's reach from the metropolis. These include Anji's Bamboo Forest (the set of the movie "Crouching Tiger, Hidden Dragon"), Putuoshan (a quiet island beach town), Jiaxing (one of China's main waterways), and others.

Finally, you don't even have to leave the city to experience some green zen. Shanghai is home to some of China's most beautiful city parks, like Fuxing Park, Zhongshan Park, Shanghai Botanical Gardens, and more.





# TRAVEL IN CHINA

China is a giant and complex patchwork of cultures, languages and cuisines. As you might expect, there's a lot to see and do - here are the top experiences.





## BEIJING

Forbidden City, Summer Palace, Tiannamen Square, Great Wall of China.

## XI'AN

Terracotta Warriors, Muslim Quarter, Drum and Bell Tower, old city walls.

## HARBIN

(Winter destination) Snow and Ice Festival, Russian influence on food and architecture.

## YUNNAN PROVINCE

(South - Xiuangbanna) - Minority hill tribes, great trekking, lush forests.

(North-West) - Lijiang, Dali (old town), Zhongdian (Shangri-la) - Tibetan influence, beautiful mountain scenery, ski resort, Tiger Leaping Gorge - great trek, Lake Lugu - Mosu people (minority tribe), beautiful scenery.

## TIBET

Lhasa (Potala Palace), amazing mountain scenery, small and more traditional Tibetan villages, trekking (Mount Everest).

## XINJIANG PROVINCE

Kashgar - old town, mosques, Altai Mountains (far north-west of the province) - frontier of Russia and Kazakstan, great trekking, silks and spices throughout the province. Muslim influence - Uighur people, great food, deserts - camel and horse trekking.

## GUILIN

Old town, beautiful scenery, Yangshuo - river trips and amazing karst scenery.

## HONG KONG

Victoria Peak, Nathan street (shopping), night markets, skyline on Hong Kong Island and Kowloon, boat rides to outer islands - nice beaches, Towns of Stanley and Shek-O (relaxed feel to them, yet easily accessible from Hong Kong).

## MACAO

Casinos (the only legal gambling within China), Portugese influence on food and architecture, boat rides to outer islands near Hong Kong.

## SICHUAN PROVINCE

Chengdu - panda rehabilitation centre, Songpan (Northern Sichuan) - old town, horse trekking in the mountains.

## QINGDAO

German-influenced coastal city.

## XIAMEN

Colonial island and Hakka roundhouses.

## YELLOW MOUNTAINS (HUANGSHAN)

Holy peaks and trekking. Stunning scenery.

## CHENGDU

Gateway to Sichuan (like Tibet without the permit), Leshan Buddha, pandas, national parks, horse trekking.

## THREE GORGES CRUISE

Not the splendour of times before the dam but still worth visiting. The pandas and hotpot in Chongqing are also close by.

## SHANGHAI WEEKEND AND DAY TRIP DESTINATIONS

### NANJING

Museums, pagodas and temples in surrounding hills.

### SUZHOU & TONGLI

Interesting water villages only 30 minutes from Shanghai by bullet train.

### HANGZHOU

Beautiful lake, hills, pagodas and temples, bike riding. Famous tea growing region. 1 hour train ride from Shanghai.

### MOGANSHAN

Picturesque hill station. Villas and cabins to rent. 4 hour drive from Shanghai.

### PUOTOSHAN ISLAND

Nice island with no cars, clean beaches, lots of Buddhist temples, peace and quiet.

### SHESHAN

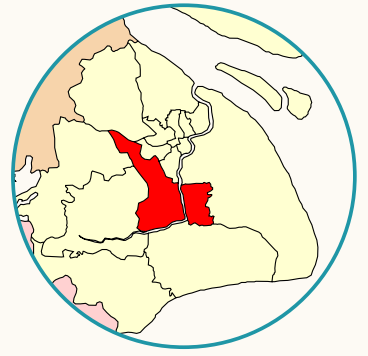
Just outside Shanghai. The only hill in Shanghai and site of the first Catholic cathedral. Fantastic sculpture park on lake. Water towns nearby and a beautiful Sofitel hotel with indoor and outdoor pools.

### CHONGMING

Protected wetlands and man-made forest park island, 1-2 hours from Shanghai.

## TRAVEL AGENTS

www.ctrip.com, www.travelzen.com and www.elong.net are excellent websites to book flights and hotels within China.



# SCHOOL LOCATION IN HUACAO

At BISS, we're dedicated to shaping a generation of successful, creative and resilient global citizens – a generation that will change our world for the better. We go beyond traditional education, motivating our students to achieve the best academic results and to attend the top universities in the world.



- 40 minutes from the city centre
- 30 minutes from Changning District
- 20 minutes from Hongqiao Hub





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We have schools across the Americas, Europe, China, Southeast Asia, India and the Middle East. At every one, you'll find the same Nord Anglia ethos, creative approach and exceptional standards. But each has its own character, unique to its community.

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