



NORD ANGLIA  
INTERNATIONAL SCHOOL  
SHANGHAI, PUDONG

# SHANGHAI GUIDE

## GET IN TOUCH

Together we develop creative, confident and considerate learners prepared for their futures, welcoming students aged 2 to 18. Beyond academics, our education fosters a desire in students to positively impact the world they inhabit. Your child will cultivate their future in their chosen field. Contact us to discuss your child's future at NAIS Pudong:

admissions@naispudong.com  
+86 (0) 21 5812 7455 ext.1015





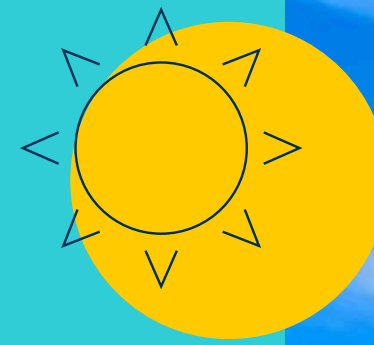
# HELLO

**Living in Shanghai is an incredible experience. The city is noisy, chaotic, beautiful, charming, and exotic, but never dull.**

If you're planning to move to Shanghai, get ready for surprises. It's a dynamic, vibrant, and cosmopolitan metropolis that leaves many expats feeling like they're at the heart of where things are happening. Despite its rapid growth, Shanghai amazes newcomers with its beauty and street-level charm.

The city's allure comes from its cultural and architectural remnants of its unique colonial past, mixed with its relentless push towards the future. Though outsiders are always considered laowai (foreigners), the people of Shanghai are welcoming. You can look forward to forming good friendships and respectable business relationships with the locals.

Shanghai has a way of attracting people and making them stay. It's common to hear from both expats and Chinese that they came to work or study and found it hard to leave. Living and working in Shanghai offers amazing career opportunities, exciting language challenges, and deep cultural immersion. You can savour food from all over Asia, socialise within a large and diverse expatriate community, and be part of the world's fastest-growing economy.



## OUR LOCATION

You can find us in the centre of Kangqiao, Pudong New District. This area features numerous residential communities, shopping centers, and is conveniently close to Disneyland.

For more information about our school, visit [naispudong.com](http://naispudong.com). To discuss your child's future with us, contact us at [admissions@naispudong.com](mailto:admissions@naispudong.com).





# GETTING TO KNOW SHANGHAI

Literally meaning 'upon the sea,' Shanghai is located on the East China Sea coast, extending from the Yangtze River in the north to Hangzhou Bay in the south.

## GEOGRAPHY AND CLIMATE OF SHANGHAI

Shanghai is among the largest ports globally and serves as a crucial commercial and industrial hub for China. The city features a humid subtropical climate, allowing you to experience all four seasons. The coldest months are January and February. Although temperatures seldom drop below zero, the high humidity can make it feel much colder. Thankfully, many housing options have modernised and most will come with a form of heating and cooling system.

During the summer months, July and August are the hottest, with temperatures

soaring close to 40°C. The high humidity can make the heat feel quite oppressive, but fortunately, buildings across the city is equipped with air conditioning.

When living in Shanghai, it's important to be mindful of the air quality. Despite significant improvements in recent years, there are still days when the air quality can be lower than optimal. It's possible to monitor the air quality in real-time using a government website or a specialised app.



## POPULATION AND LANGUAGE IN SHANGHAI

Shanghai, with over 24 million residents, is the most populous city in China and one of the largest in the world. The city hosts nearly tens of thousands of registered expatriates and attracts millions of tourists annually.

While Mandarin is the official and primary working language, most locals speak the Wu dialect, also known as Shanghaiese, which significantly differs from Mandarin. This language barrier can pose

challenges, especially outside the city centre and tourist areas. However, as more young people learn English, navigating the city without Chinese is becoming easier.

Covering an area of 6,340 square kilometers and home to so many people, Shanghai often experiences traffic jams, making it difficult to get a taxi during rush hour. So, what is the most efficient way to commute to work during your stay in Shanghai?





# GETTING AROUND IN SHANGHAI

## TRANSPORTATION

Shanghai boasts the world's second longest metro system, greatly facilitating travel among its 16 districts by connecting each to the downtown area. The metro is known for its modernity and convenience, with trains arriving every two to three minutes during peak hours. However, commuting at rush hour can be uncomfortable due to overcrowding.

## TAKING BUSES

Buses are a regular and accessible mode of transport in Shanghai, offering numerous routes to various destinations. However, comfort may be compromised compared to other standards, as buses move swiftly and passengers often contend with crowded conditions and the city's notorious traffic jams.

## TAXIS

Shanghai offers a well-established taxi network, including both state-run and private services like taxi apps. State taxis operate throughout the city, though

they may be restricted to specific areas distinguishable by their car colours. Alternatively, popular taxi apps such as DiDi function similarly to Uber, though it's advisable to have your destination address written in Chinese due to potential language barriers among drivers.

## BIKES AND E-SCOOTERS

E-scooters are popular for short trips, though navigating Shanghai's heavy traffic can be challenging. Shared bikes are ubiquitous with apps like Meituan and Alipay enabling access to a bicycle on almost every street corner, even in quieter parts of the city.

## LIVING NEAR YOUR WORKPLACE

Living close to your workplace is ideal for saving time and money on commuting. While Shanghai is expansive, its professional and social hub remains centred in downtown districts, where housing costs can be higher. Consulting colleagues about local housing options is advisable.



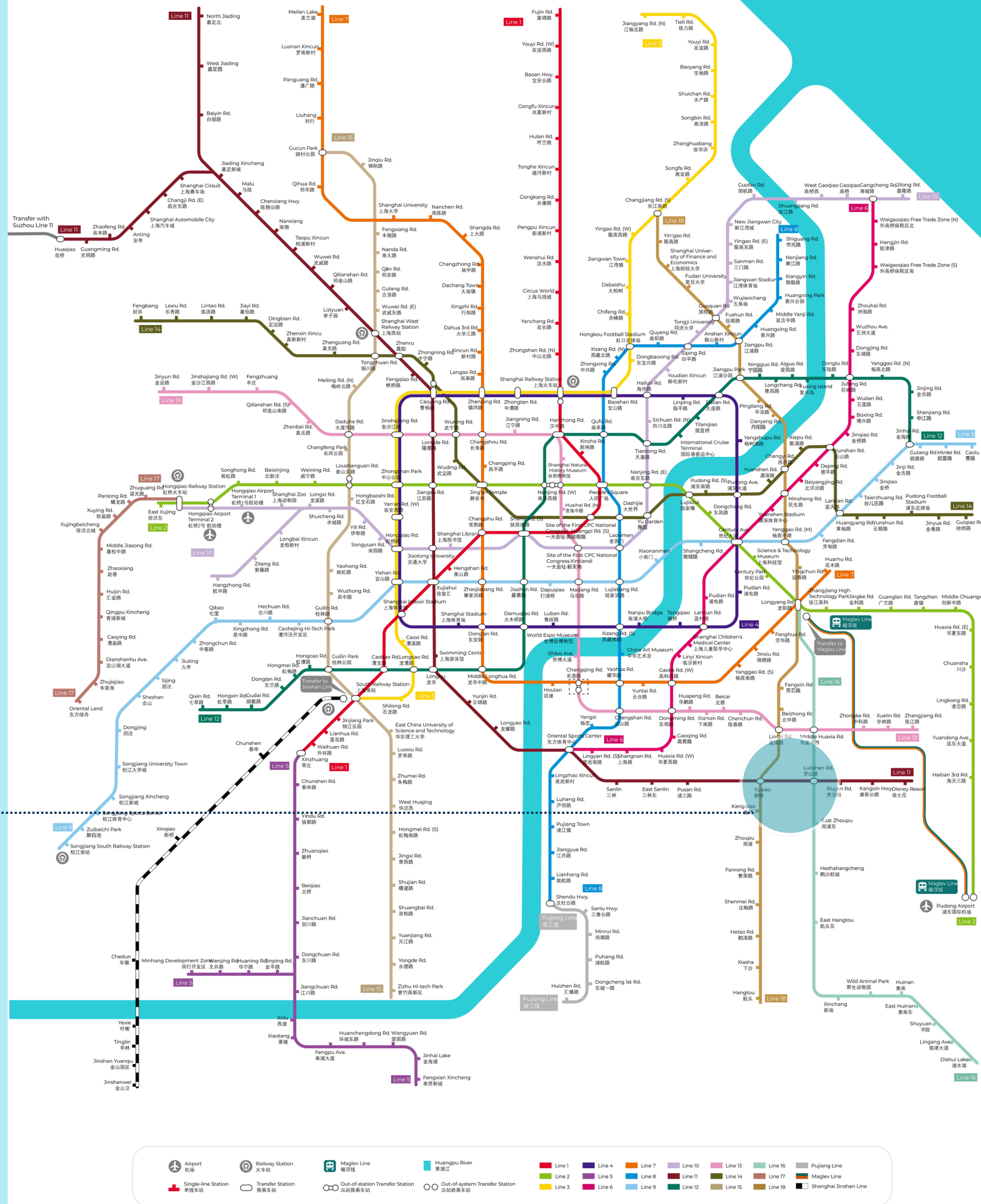


# SHANGHAI METRO NETWORK MAP

NAIS Pudong is handily located between Xiuyan Road (Line 11) and Kangqiao (Line 18) subway stations, and very close to Luoshan Road (Line 16).



An interactive version of the map to the right can be accessed here:  
[www.travelchinaguide.com/cityguides/shanghai/transportation/metro-subway-map.htm](http://www.travelchinaguide.com/cityguides/shanghai/transportation/metro-subway-map.htm)





# 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

## POLICE REGISTRATION

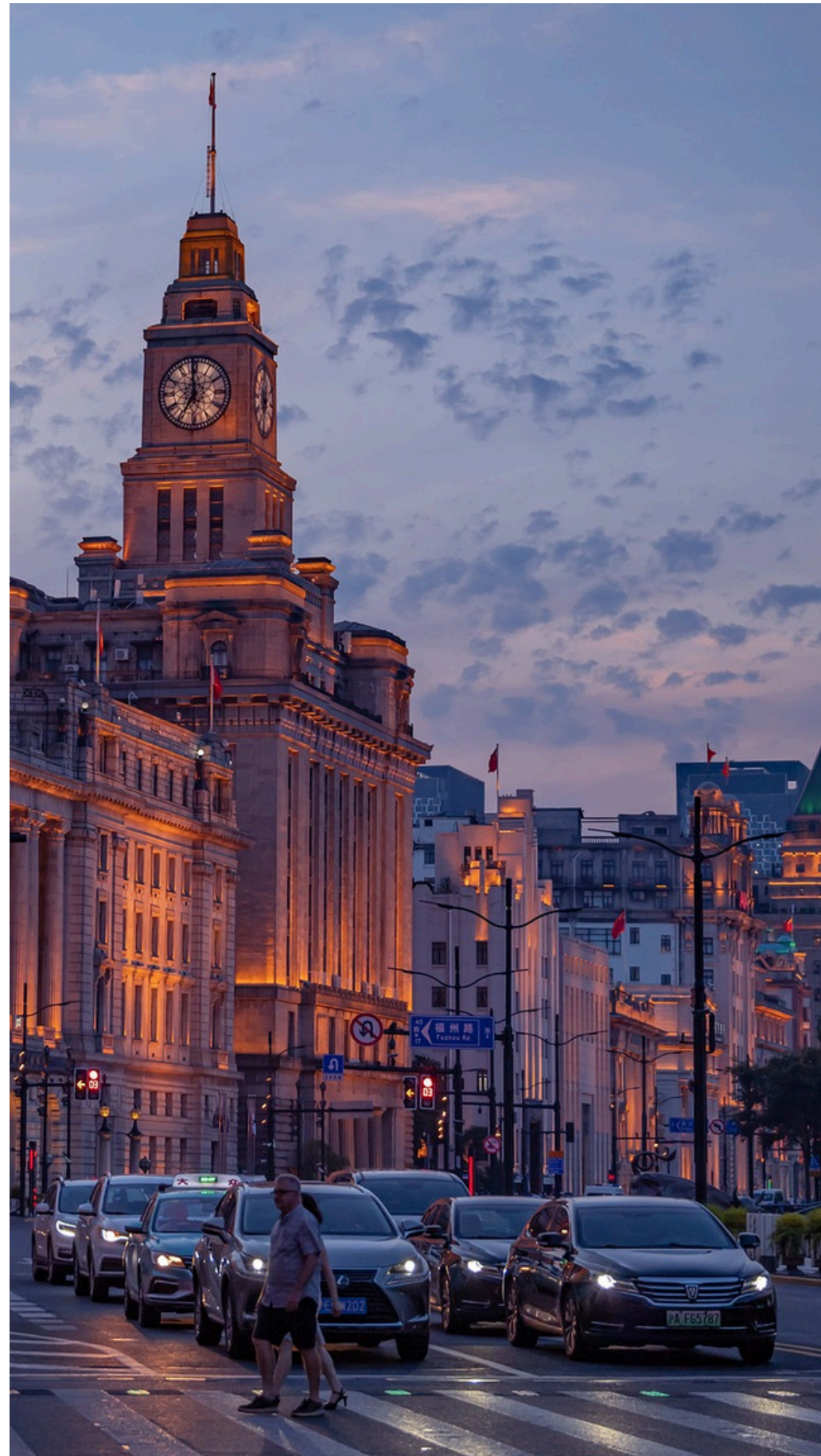
All foreigners arriving in China must register with the local police immediately. If you're staying at a hotel, they'll handle it for you. Otherwise, go to the nearest police station with your passport and photocopies of your ID and visa pages. Report your stay details and duration. You'll receive a form, which serves as your temporary residence permit. If you move to a housing compound, ask if your landlord can handle the registration. Always re-register when you change address in Shanghai. Late registration usually incurs a small fine, while failure to register can cause significant bureaucratic issues. Registration can now be done via WeChat on your mobile phone.

## ORIENTATION

Navigating Shanghai is challenging due to its non-grid layout and maze of alleys, streets, boulevards, and freeways, which even longtime residents find difficult. The morning and evening rush hours are marked by heavy traffic which is typical for a major capital city. Using map apps on your phone can greatly simplify getting around.

Although greater Shanghai is vast, most central areas are compact and manageable. Once within a neighbourhood, walking around is fairly straightforward.

# 2



# 3

## SHOPPING

Shopping in Shanghai can be a wonderful and exciting experience on a good day, full of discovering hidden gems and enjoying the city's vibrant consumer culture. On a bad day, long lines and crowds can be discouraging, and finding a simple item can take a while. Despite this, it's always an adventure. As Shanghai's consumer infrastructure improves, expat shoppers are having more good days. You can find anything in Shanghai!

## BANKING

In almost every district of Shanghai, you will find multiple branches of Chinese domestic banks, all of which allow foreigners to open accounts in either yuan or US dollars. The most common banks include Bank of China, ICBC, China Merchant's Bank, Agricultural Bank of China, and China Construction Bank. These banks provide debit cards, online banking, and currency exchange services. Many expatriates prefer banks with an international orientation, such as Bank of China and ICBC, which facilitate the transfer of money to and from your home country. For credit card services and convenient access to funds from abroad, maintaining an international bank account is advisable. Bank operating hours are typically from 9 am to 5 pm, Monday through Friday, with limited hours at weekends.

Anticipate long queues at banks. To minimise waiting time to under 30 minutes, arrive early, secure a position near the entrance before opening, and quickly obtain your ticket number from the terminal. This is especially crucial on Mondays when weekend deposits are made.

# 4



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**MOBILE PHONES**

Shanghai's mobile phone market is flourishing, with people of all ages, from 8 to 80, owning one. These devices constantly buzz, sing, and ring all over the city, indicating a reliable network and affordable pay-as-you-go options. Most mobile phones that support GSM (Global System for Mobile Communications) work across China, and Chinese SIM cards are likely compatible with your phone. However, it's more cost-effective to get a local plan once you move to Shanghai. China Mobile, the largest telecommunications provider in the country, along with China Unicom, offers extensive 4G coverage and is continually expanding its 5G capabilities.

**COMMUNITIES**

Shanghai hosts diverse communities, ranging from expatriate mothers to enthusiasts of biking and photography. Whatever your interests are, Shanghai is certain to offer a corresponding group.

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**FINDING HOUSING**

Finding housing in Shanghai requires careful consideration due to the city's size and diversity. Your choice of residence significantly impacts your daily life, so it's essential to explore various neighbourhoods before committing to a lease. Test your potential commute to work or school to gauge convenience. Seek advice from expatriate housing specialists and gather insights from colleagues and friends about different areas' pros and cons.

Choosing the right accommodation in Shanghai can be challenging. For instance, a lane house in the former French Concession offers proximity to activities but may suffer from noise and inconsistent hot water. On the other hand, a spacious suburban villa could provide tranquility but might isolate you from downtown offerings.

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**FOOD SAFETY**

Shanghai stands out in China for its reputation of maintaining high standards of food safety, despite varying levels of sanitation and enforcement across the country. Restaurants and supermarkets, particularly those catering to expatriates, are generally perceived as clean and hygienic. As you spend more time in Shanghai, you'll likely feel more comfortable exploring a variety of dining options. Local authorities increasingly inspect popular restaurants to ensure compliance with hygiene standards. If you're new to the country, as with travel to most new places, there is a small chance you could encounter some stomach issues.

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**CULTURE SHOCK**

Culture shock is the struggle to understand and adapt to unfamiliar surroundings. To manage culture shock effectively, consider these steps:

1. Explore your local area. Even in a foreign city, knowing nearby restaurants, markets, and parks can help you feel more in control of your immediate environment.
2. Keep a journal. This reflective practice can help you process your emotions and strategise how to handle them. Reading it later can also provide valuable insights once you've become accustomed to life in Shanghai.
3. Enroll in a Chinese language course. Learning basic phrases early-on can significantly enhance interactions with locals like your ayi or neighborhood shopkeepers, and it's a great way to connect with other expats.
4. Embrace a new perspective. You're in a completely new place, so approach it with curiosity and learn from the daily lives of over 1 billion people. Remember, Chinese visitors to your country also experience culture shock—it's a shared experience across cultures.

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# CULTURAL POINTS TO CONSIDER

Despite the city being an international hub for many years, there are still some quirky elements for expats in Shanghai and China generally. You may frequently hear the term 'laowai' which translates literally from the respectful words of 'lao' to old/wise and 'wai' to outside, and is a label for foreigners. While some may take offence at its use, most accept that it's commonplace.

In some remoter parts of the city and country, don't be surprised if you're sometimes stared or pointed at. Chinese people are very friendly, but there is still limited exposure in some areas, so they may be interested to see you. Note also that Chinese people love children, and will often react very warmly towards them, even to the point of picking up young children and touching older ones. Western children, especially if they are fair-haired, may be an unusual sight, and may generate attention as a result. All of this is well intentioned and non-threatening, so don't be alarmed.

Culture shock, especially if this is your first overseas relocation, is highly likely, but the best way to help overcome it is to accept the differences and embrace local culture as much as possible. Try the food, learn the language, see the sights, meet the people. While many things may seem unusual, China is an advanced country in many ways, and you'll be shocked at how easy many things will be compared to your home country.



Mandarin is a tonal language which has a Romanized phonetic version, commonly used to teach the language to foreigners, called Pinyin. China, for example, is 中国 in characters, or 'Zhōng Guó' in Pinyin. Although many young people in Shanghai speak great English, some families find it helpful to take a few Mandarin lessons before moving to Shanghai to learn the basics. If you decide to do this, start by focusing on basic oral comprehension and pronunciation, rather than the characters. Mandarin courses are easy to find here, and the tuition is quite affordable. You can find some very basic phrases below:

你好	Nǐ Hǎo	HELLO
你好吗?	Nǐ Hǎo ma?	HOW ARE YOU?
早上好/早安	Zǎo shàng hǎo	GOOD MORNING
你叫什么名字?	Nǐ jiào shén me míng zì?	WHAT'S YOUR NAME?
谢谢	Xiè xiè	THANK YOU
不客气	Bú kè qì	YOU'RE WELCOME
没关系	Méi guān xi	NO WORRIES / IT'S OKAY
对不起	Duì bù qǐ	SORRY / EXCUSE ME
多少钱?	Duō shǎo qián?	HOW MUCH DOES IT COST?
是	Shì	YES
不是	Bú shì	NO
是的	Shì de	THAT'S RIGHT / YES
不是的	Bú shì de	THAT'S NOT RIGHT / NO
我听不懂	Wǒ tīng bù dǒng	I DON'T UNDERSTAND
你会说英语吗?	Nǐ huì shuō yīng yǔ ma?	DO YOU SPEAK ENGLISH?





# SOME BASICS ON ARRIVAL

Apart from downloading the key mobile application which are listed later in this guide, there are some key things to consider once you've got the basics of housing and schooling sorted.

## SUPPORT AT HOME

Many families will utilise some help at home, either for basic housework/cleaning support, or for more intensive help, such as for childcare. Employing an 'ayi' is commonplace, with most being hired via word-of-mouth recommendation. They can visit your home at your convenience or they can live-in if needed. Many won't speak English, but the use of translation apps is usually good enough to get by. Note that most ayis will expect a bonus or 'red envelope' at Chinese New Year, with the going rate being the equivalent to one months worth of work, but this is subjective.

## INTERNET ACCESS

Shanghai has superb internet speeds, but you may already be aware that China has a 'Great Firewall' which blocks a variety of western sites such as Google, Facebook, Instagram and many more. To access these, you will need a Virtual Private Network (VPN) on your phone and computer (or built into your modem at home). The best at the time of writing is Astrill, but this can change, so it's best to shop around.



## SETTING UP YOUR HOME

Once you've found your home (more advice on that later in this guide), you'll need to set up your utilities.

Your agent (either relocation or property agent) will be able to help set up your utilities, including your internet.

Shanghai operates on 220-volt/50 cycle electricity. If you plan to bring electrical items with you to China, you will need to invest in appropriate adapters.

In the kitchen, many homes do not have an oven built-in to, so you may need to invest in one.

Drinking tap water in Shanghai is not recommended, though it is usually fine to use for brushing your teeth. Most people invest in water dispensers, filtration devices for taps/faucets, or both. Bottled water is readily available and cheap.

Shanghai encounters extremes of hot and cold, and while most homes have some form of air conditioning and heating, it's not always guaranteed. Some homes have floor heating or centrally controlled heating/cooling devices, with the latter often controlled by the community management, so you may need to liaise with them if you have any issues.

As mentioned, internet is very easy to have installed through one of the major providers, although you are likely to pay for a full year of service in advance, as well as for a new router, even if there is already one in your home. The internet is generally very reliable, with technicians available very quickly if there are any issues.

Finally, there are many international TV boxes available in the city if you miss TV programmes from home.



# MONEY AND BANKING OPTIONS

Setting up a bank in China can be laborious, but your employer should help with this. ICBC and Bank of China are seen as more expat-friendly, but there are still many branches which have limited English speakers available. It is recommended to set up online banking when you open the account to allow you to conduct banking without needing to go to a branch every time you need to make transfers.

Sending money out of China is also tricky. To send large amounts out of China, if your employer doesn't support you with this, you may need to request a token/device to support large transactions. Some new services such as SkyRemit make the process significantly easier than it was before.

China is almost a cashless society, with payment for everything usually made through QR code scans, mostly via WeChat or Alipay, both of which are generally easy to link to your bank account. Once set up you can use these to pay for groceries, taxis, shopping, travel, payments to other people, and much more with very little hassle.

Almost all bank cards issued in China are UnionPay linked, meaning there are some challenges using them on international sites. It is recommend to use your home Visa/Mastercard for international payments, and your China account for everything in-country. The UnionPay network outside China is growing rapidly though, so it is becoming easier to use ATMs and make purchases while abroad.



## BRINGING PETS TO CHINA

It is possible to bring pets to China, but the process is complex and utilising a professional pet shipping company is highly recommended in order to avoid mistakes (and stress!)

Work with your shipping agent to be sure that you have all relevant copies of paperwork and that all vaccinations are done in good time and with correct processes. It is possible that your pet will need to undergo a period of quarantine at the airport if there are any issues with paperwork.

Upon arrival in Shanghai, you'll need to register your pet at the local police station (which can cost up to RMB 2,000 per year). You'll need this proof of registration to ship your pet out of China later, so make sure it's in place.

Once in Shanghai, there are many reliable vets across the city. Many people have different experiences though, and so recommendations for a 'good vet' are usually word-of-mouth.

Note that while pet insurance is technically available in China, cover levels are very low and so it's not advisable. You will therefore need to be prepared for high vet bills if there are any issues with your pet.

If you take a vacation, there are reliable pet-sitting and boarding services available across the city. BuddyDog is seen as a great boarding kennel setup, while SpareLeash offer a network of pet sitters.

A note that it is likely you will encounter stray cats and dogs, along with many kept in pet shops in unfavourable conditions. While it may be tempting, there are plenty of animal shelters in Shanghai who need foster carers and adopters for pets, so paying for animals in the city is not encouraged.

And finally, remember that not everyone is fond of pets - always keep them on a leash when outdoors.



# HOLIDAYS IN CHINA/SHANGHAI

China has a range of public holidays throughout the year, the most important of which is Chinese New Year, the dates for which are flexible based on the lunar calendar. Because of the flexibility of holiday dates, you can check here for annual updates: [www.travelchinaguide.com/essential/public-holiday.htm](http://www.travelchinaguide.com/essential/public-holiday.htm)

Some companies in China operate ‘make-up days’ in which some public holidays are extended for employees, but only by having staff work on weekends either side of the holiday period. You should check with your company if this is the case.

A warning that some parts of Shanghai can become very loud during the Chinese New Year holiday because of fireworks.

**KEY HOLIDAYS:**

New Year's Day	1 January
Chinese New Year	January and/or February (for 7 days)
Qingming Festival	April (for 3 days)
Labour Day	1 May
Dragon Boat Festival	June (for 3 days)
Mid-Autumn Festival	September (for 3 days)
National Day/Golden Week	1 - 7 October

Note that travel in China during public holidays can be both expensive and over-crowded. This can make travel around the country very challenging at these times, with many expats opting for overseas travel instead, although Shanghai (outside the Bund area, which gets very busy) doesn't change too much.



## PHARMACY PROVISION

While hospitals are available for more serious conditions, for day-to-day ailments which require general medication, most pharmacies will stock what you need, although it can be difficult to explain what you want sometimes. If you can't find specific western medicine brands, here are some options for common ailments:

**Common Cold**

Medicine name: 白加黑 (Bai Jia Hei) Equivalent of DayQuil and NyQuil.  
Medicine name: 泰诺 (Tai Nuo) Tylenol can also be used as a pain reliever, fever reducer and decongestant as well as for cold/flu. For those who prefer aspirin, 阿司匹林 (A Si Pi Lin) it is available too.

**Headache, fever and general pain relief**

Medicine name: Ibuprofen Capsules 布洛芬胶囊 (Bu Luo Fen Jiaonang) This can relieve mild to moderate pain, such as headaches, joint pain, migraine, toothaches and muscle pain.

**Allergies**

Medicine name: 开瑞坦 (Kai Rui Tan) Claritin treats allergy symptoms like sneezing, runny nose, itchy nose, etc

**Diarrhoea**

Medicine name: 蒙脱石散 (Meng Tuo Shi San) The closest equivalent to Pepto-Bismol.

**Heartburn**

Medicine name: 斯达舒 (Si Da Shu) The closest thing to Tums.



# HEALTHCARE OPTIONS CLOSE TO NAIS PUDONG



## 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	No. 1598, New Jinqiao Road, Pudong New Area, Shanghai, China
Appointment Centre	400 639 3900
24-hour Emergency Hotline	021 3886 2999 021 3886 2818

## 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 at the address above. This hospital specialises in gynaecology, ophthalmology, paediatrics and sports medicine.

Address	997, Biyun Road, Pudong Jinqiao, Shanghai
Reception	5031 4656
Appointment Centre	400 819 6622,

## NEW YORK DENTAL CLINIC

Highly trained dentists specialising in family dentistry, implant dentistry and orthodontics.

Address	228 Hongfeng Road (Jinqiao) Pudong District, Shanghai, China 201206
Tel	021 6278 1181

## PURESMMILE

Puresmile specialises in crafting high-quality oral care solutions that prioritise dental health and hygiene. Its products, formulated with carefully selected ingredients, aim to maintain healthy teeth and gums for all users.

Address	No. 1, 650 Biyun Road, Jinqiao, Pudong, Shanghai 201206
Tel	021 6105 9400
Fax	021 6105 9233

## DDS 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 a full range of dental services and have direct billing agreements with major health insurance companies.

Address	Rm 101-103, The Double Dove Tower 438 Pudian Rd, Lujiazui, Pudong, Shanghai 200122
Tel	021-68760409 021-61049980
Fax	021-61049960
Emergency after hours	13501635171 13918855155 (Japanese)

## ELSEWHERE IN SHANGHAI

There are many other very high quality medical and dental providers right across the city, so regardless of where you choose to live, you will very likely have reliable and easy-to-access healthcare options available to you.



# EATING OUT IN SHANGHAI

Shanghai boasts an incredibly diverse culinary scene. In this city, you can opt for a gourmet meal at a five-star hotel, savour steaming bowls of handmade noodles at nearby eateries, or indulge in fresh seafood buffets overlooking the river.

## SHANGHAI CUISINE

Shanghai cuisine, known locally as 'Hu cai', diverges from China's Eight Great Cuisines, renowned for their regional diversity across provinces. Despite not being traditionally acclaimed, Shanghai cuisine exemplifies China's diverse and vibrant culinary traditions.



Shanghai cuisine consists of two main styles: Benbang cuisine and Haipai cuisine. Benbang, or 'local cuisine,' originally developed as hearty peasant food but has evolved into a more refined cuisine over time. Its hallmark is its sweetness, with sugar being a key ingredient in many Shanghainese dishes, from dumplings to braised pork. Haipai, or 'all-embracing cuisine,' reflects Shanghai's cosmopolitan culture, blending eastern and western culinary traditions. It emphasises fresh fruits, vegetables, fish, and seafood, giving Shanghai cuisine a reputation for lightness and delicacy. Modern Shanghai cuisine is a fusion of various influences, emphasising the freshness and quality of ingredients. For a taste of Shanghai's signature flavors, try dishes like

Xia Zi Da Wu Shen (braised sea cucumber), Ba Bao La Jiang (Eight Treasures Chilli Sauce) featuring shrimp, chicken, pork, bamboo shoots, and robust seasoning, and Hongshao Rou (braised pork belly), along with Xiao Long Bao (soup dumplings).

## FINE DINING IN SHANGHAI

Shanghai offers a premier dining experience in China, boasting 47 Michelin-starred restaurants. Among these, Taian Table and Ultraviolet by Paul Pairet stand out with their three Michelin Stars. The city hosts numerous local and international hotel chains that cater to diverse culinary preferences, from extravagant buffets to exclusive tasting menus. For those seeking a meal with a view, Shanghai's iconic skyline provides scenic options such as Vue Bar, Aura Lounge & Jazz Bar, and M on the Bund.

## STREET FOOD IN SHANGHAI

Beyond its renowned fine dining scene, Shanghai's vibrant street food culture is a major draw. Throughout the city, charming small-scale food stalls offer a variety of local delicacies. Key destinations include Fangbang Road, famous for its street food market, as well as South Bund Fabric Market, Qibao Old Street, and Yunnan South Road. Must-try street foods include xiao long bao (soup dumplings), shaokao (grilled meat skewers), cong you bing (stuffed spring onion pancake), and liang pi (cold jelly noodles).





Since there is such a huge selection and number of quality restaurants in Shanghai, here is a small selection based on local favourites.

### KANGQIAO TOWN

Kangqiao Town presents a lively gastronomic scene, combining both local and global cuisines. The bustling streets are filled with a variety of restaurants, each with its unique allure, forming a harmonious fusion of culinary traditions that characterize the town's rich and diverse food culture.

### 8PINTS

Along with several other small locations on the same street, this small bar offers a variety of local beers and great snack food, along with open-air seating.

### THE BLUE FIG

Enjoy western dining at The Blue Fig, where you can try a range of international dishes, benefit from affordable prices, and appreciate a chic dining environment.

### LA CHOUCHOUTE

Discover a French treasure at La Chouchoute, offering exceptional cuisine at fair prices, coupled with outstanding service and a cozy, refined dining atmosphere.

### DOCC

Located in the Marriott hotel, DOCC delivers a memorable Italian dining experience with its exquisite, affordably priced dishes, attentive yet discreet service, and an elegant yet inviting setting that is perfect for any occasion.

### THE BUND

This is the historic British waterfront area. It features stunning old buildings

with equally impressive views of the Pudong waterfront across the Huang Pu River. The restaurants here are among the most expensive in Shanghai, but they are worth the splurge.

### JEAN GEORGES

An excellent, upscale French restaurant. Great weekend brunch offers, but otherwise very pricey.

### LOST HEAVEN

A restaurant offering Yunnan, Burmese, and Thai cuisine, along with an amazing bar that's perfect when the weather is good.

### XINTIANDI

A highly popular downtown area with numerous restaurants and bars that extend onto the pavements. This pedestrian zone is perfect for a sunny day out.

### PIZZA EXPRESS

Some of the best pizza in Shanghai, reminiscent of the UK.

### LOWRY'S THE PRIME RIB

Offers traditional American prime rib of beef, with excellent Yorkshire puddings.

### THE FRENCH CONCESSION

A large residential area in Shanghai with tree-lined streets ideal for exploration. It's filled with old villas and lane houses and boasts many excellent restaurants.

### LA CREPERIE

Serves French crepes and cider at reasonable prices.

### VEDAS

A fantastic Indian restaurant, quite upscale, and moderately priced.



### DOWNTOWN

It refers to the extensive district located south of the river, extending from the Bund to Pudong on the opposite bank.

ELEMENT FRESH: Healthy café type food - good breakfasts - very reasonably priced.

ISSIMO: Lovely Italian with a great business lunch deal on rare weekdays off!

WAGAS: Great breakfasts & lunches - very reasonably priced.

This is just a small selection of some favorites, presented in no particular order. New venues are always opening while others close, reflecting the ever-changing nature of Shanghai. The free listings will help you stay updated.

The listing magazines are also helpful for providing Chinese addresses, ensuring your taxi takes you to the right place. It's a good idea to take a business card when you leave a restaurant, especially if you plan to return!

Don't hesitate to try the Chinese food stalls and the various small and large canteens. You'll find excellent Cantonese, Sichuan, Korean, Thai, and Japanese restaurants in these spots.



# OUR SCHOOL COMMUNITY

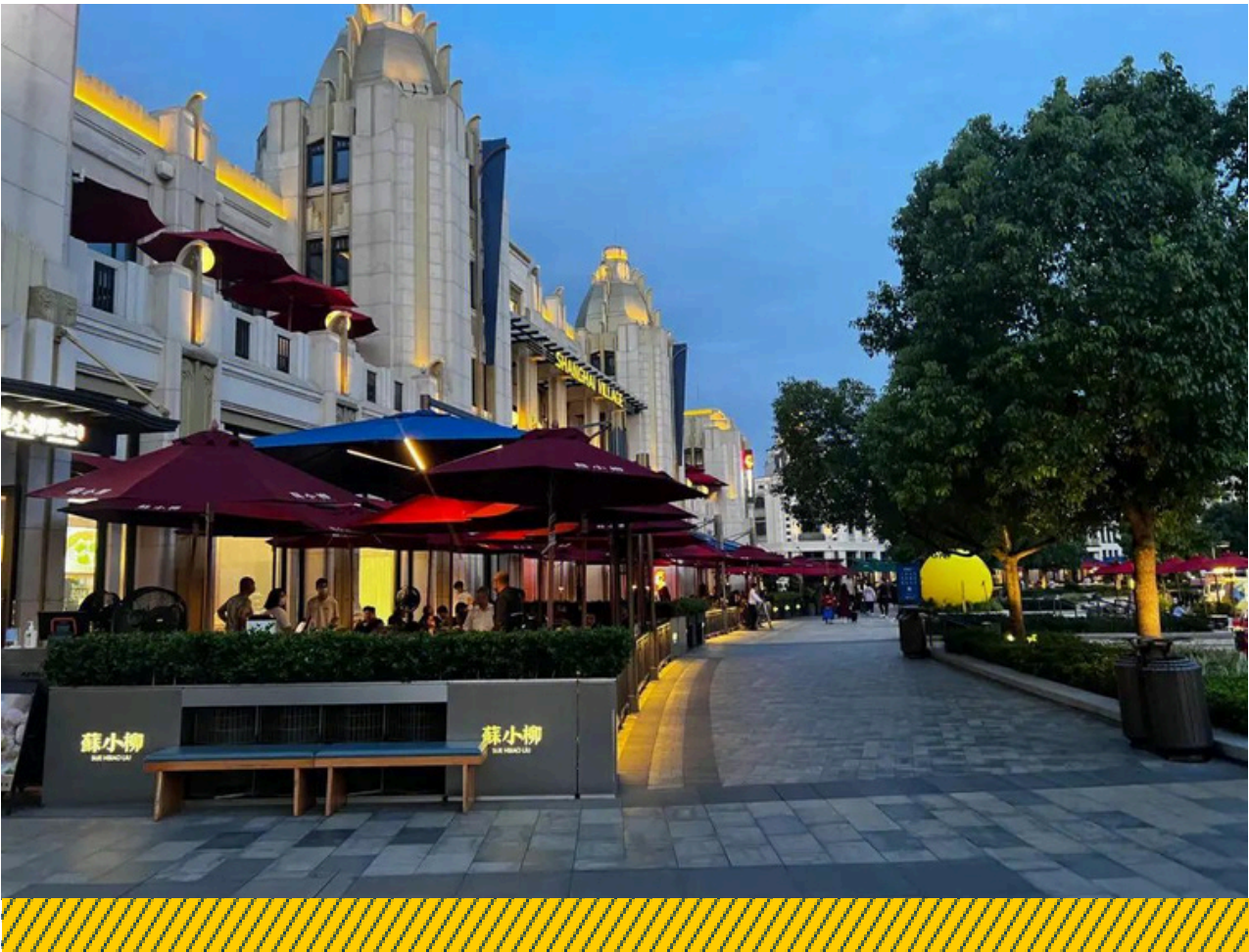
Kangqiao, located to the East of Shanghai, within the Pudong New District has vibrant international and local communities where families thrive educationally and socially in an area widely seen as more family-friendly and relaxed than the hustle-and-bustle of the centre of the city.

## LOCATION

Kangqiao Town, nestled gracefully in the heart of Shanghai's burgeoning Pudong New Area, stands as a testament to modern living blended with convenience. Strategically located near Pudong International Airport and the thriving Zhangjiang High-Tech Park, it offers a unique blend of urban sophistication and suburban tranquility. With an array of top-notch facilities, including luxurious residential complexes, vibrant shopping centres housing international brands, and esteemed schools catering to diverse educational aspirations, Kangqiao caters to every lifestyle need.

Its robust transportation infrastructure, anchored by convenient access to Metro Lines 11, 16 and 18, as well as major highways, ensures seamless connectivity to Shanghai's vibrant city centre and beyond, making it an ideal destination for both residents seeking a harmonious living environment and businesses eyeing growth opportunities.

The area continues to be developed, including beautiful parks and recreation spaces very close to NAIS Pudong.



## SHOPPING AND RECREATION

Within Kangqiao Town area and walking distance of NAIS Pudong there are a variety of retail outlets. The Fudi Mall is a shopping mall centrally located on Hunan Rd and Yuqiao Rd. 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.

Only a 15 to 20-minute drive from NAIS Pudong lies Shanghai Disneyland, a magical destination in

the district. It offers an enchanting experience with beloved Disney characters, thrilling rides, and spectacular fireworks displays. Its proximity makes it an ideal spot for family outings or gatherings with friends.

Additionally, nearby, you'll find Bicester Village, renowned for its upscale shopping experience with a wide array of international brands, making Shanghai Disneyland area a perfect blend of entertainment and luxury shopping.



*Fireworks at Shanghai Disneyland*

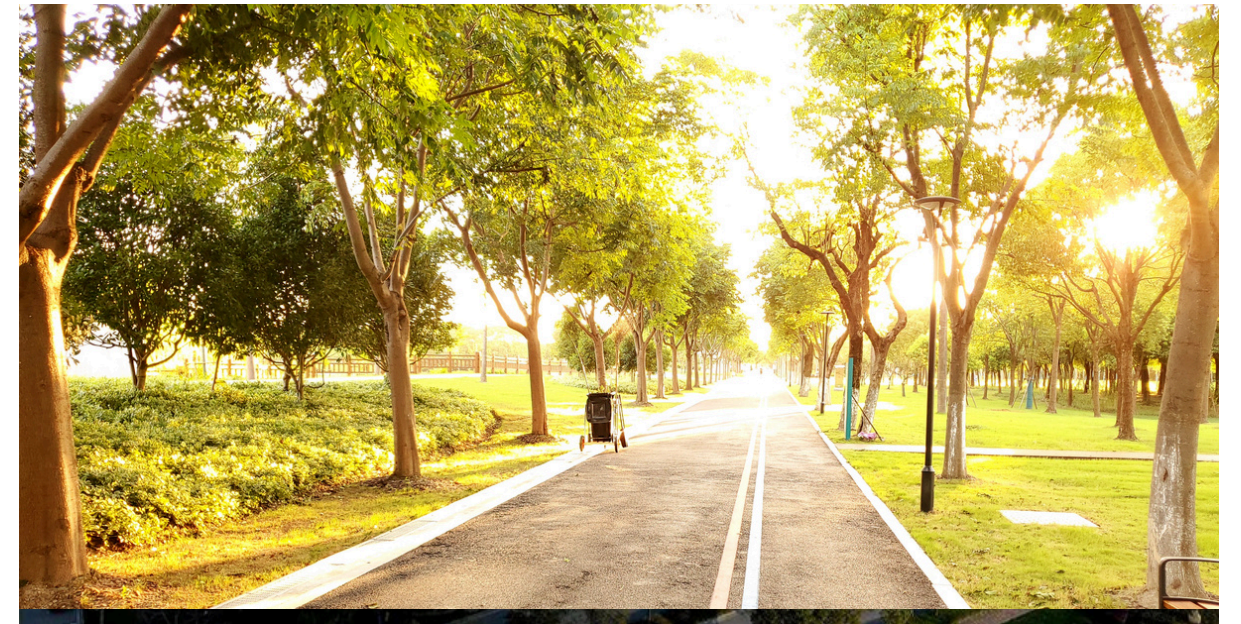
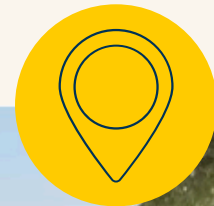




# RESIDENTIAL COMPOUNDS

Living in Kangqiao provides a unique blend of Eastern and Western cultures, making it an excellent place for families. Green, safe, and generally relaxed, it provides a wonderful setting for those who love the outdoors.

The area has been graced with the very recent development of a large network of newly developed and pristine public parks and recreation spaces, including a couple (one of which is shown to the right) which are located within 400m of our school campus, cementing it's status as the family-friendly area of Shanghai. It combines tranquility, modern life, ease of access to the core city areas, mixed with a range of high-end and affordable housing.



## LIVING IN KANGQIAO

The area features several upscale residential complexes such as The Emerald, Tiziano, and Bellewood, offering villas with 3 to 6 bedrooms. Residents can enjoy a wide variety of indoor and outdoor sports, including football, tennis, badminton, mini golf, and swimming. Additionally, Luoshan Oasis and Cambridge Forest Newtown offer more affordable 3 and 4-bedroom villas with expansive green spaces. The area is wrapped by beautiful new green parks and is an oasis of calm.

While these residential compounds provide ample privacy, comfort, and spacious living areas for families, stepping outside the gates reminds you that you are in China. Local life is easy to dive into with Chinese supermarkets, produce markets, small shops, banks, and an increasing number of cafes, restaurants, and bars. For those who prefer larger supermarkets, there are options like RT Mart, Tesco, and Carrefour available as well.

There is an IKEA nearby along with several shopping malls like Wanda Plaza, which offers a cinema, rollerblading rink, cafes, and a variety of restaurants. Another notable feature of Kangqiao is its closeness to the Shanghai Disney area, which includes the theme park itself and Disneytown, known for its diverse dining and shopping options, with The Cheesecake Factory being a popular spot. Additionally, Shanghai Village is a charming and serene premium outlet village with restaurants that overlook a man-made lake adorned with colourful fountains.

Public transportation in Kangqiao is great, and still expanding, currently served by multiple metro/subway lines. While there are many amenities available, most are not within very close walking distance. Therefore, it is highly recommended to have a scooter, car, or get accustomed to using the Didi WeChat mini-program to reach most destinations.





## LIVING IN JINQIAO

Jinqiao, located in the northern area of Pudong is a favourite with both expats and locals. This neighbourhood is characterised by its wide, tree-lined avenues and a suburban, family-friendly vibe. It features several upscale communities and varied property styles such as Seasons Villa, Green Hills, Vizcaya, and Beverley Hills, Shimao Lakeside Garden and Green Court.

The area features multiple popular expat dining options, including Somewhere Kitchen, Big Bamboo, Blue Frog, and Element Fresh. For weekly groceries, choices range from Carrefour and Aldi to the expat-centric City Shop and Times. Jinqiao also boasts a wide range of general shopping malls and outlets.

For relaxation, there are numerous spas and massage centres, high quality gyms and fitness centres, and public parks, including a long park that runs through Jinqiao, perfect for walking, jogging and strolls with the dog.

Century Park, one of the largest parks in Shanghai, is just a short taxi ride or a 4km run away.

Jinqiao itself is close to the river, east of Lujiazui business district, and north of the Kangiqao area. It is within easy access of most of the city's best features, with taxi, cycling and public transport very easy to use.

The metro network is seen at Lantian Road station on Line 9 connecting directly to Century Avenue, which in turn links to Lines 2, 4, and 6, providing access to various parts of the city. The Science and Technology Museum station on Line 2 is nearby, while the city's most recognisable feature (the 'Pearl Tower' and other notable skyscrapers are within a short drive or metro journey.

This area is ideal for families seeking a balanced, comfortable part of Shanghai with a mix of city living and safe, green space.



## LIVING IN LUJIAZUI

Lujiazui, the financial hub of Shanghai in Pudong, is the most recognisable part of the city, situated across the river from The Bund. It is home to Shanghai's most famous skyscrapers, including the Pearl Tower, the World Financial Centre, and the Shanghai Tower, which is the tallest building in China and amongst the tallest in the world.

Aside from business activity, Lujiazui also features a huge range of high quality shopping malls such as IFC, Super Brand Mall and the Disney flagship store. As with all parts of the city, restaurants, bars and a host of lifestyle amenities are abundant. Many people utilise the area for riverside food and drinks with a great view across to the The Bund area.

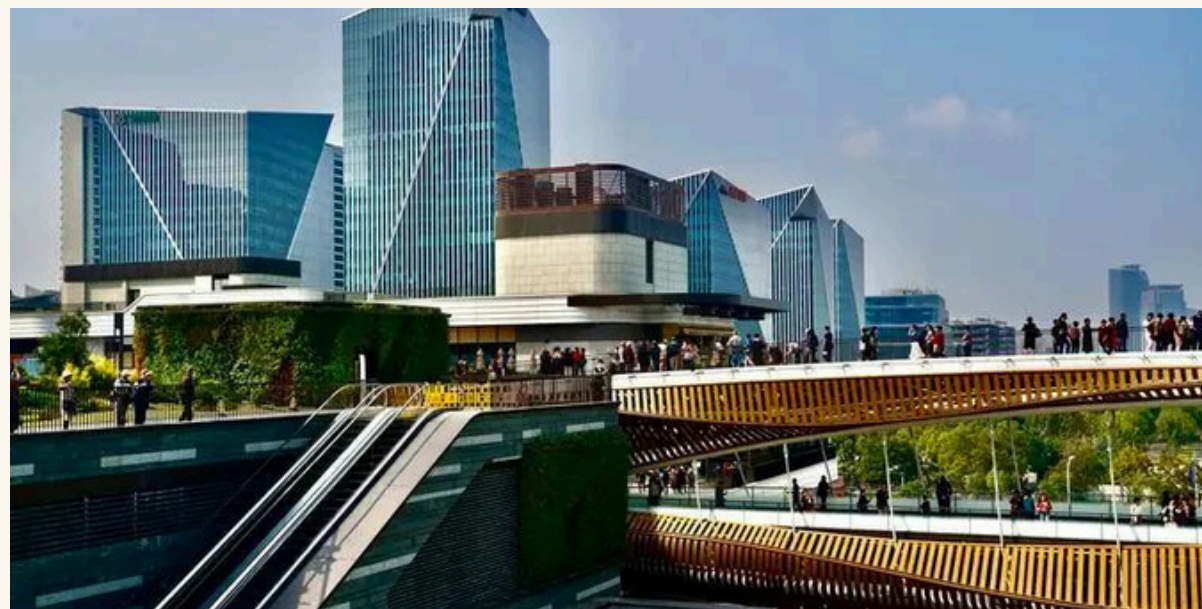
A whole host of high-end hotels fill this area, including the famous Mandarin Oriental, Shangri-La, Regent Shanghai and Ritz-Carlton, plus many more.

Lujiazui also offers multiple residential compounds such as Tomson Riviera, IFC Residence, Shimao Riviera, Ocean One and many others. This area often comes with higher price tags for rent because of the great location, views and facilities. Living here is often synonymous with enjoying spectacular riverfront views.

With its modernity also comes smatterings of local culture, with a range of stores, vendors and activities that retain their heritage and view into historical Shanghai. A walk through the area is somewhat eye-opening, with noticeable juxtaposition between high-rise and traditional buildings.

While many people appreciate the location, this can be a busy area for traffic and less green space (aside from the riverfront) than other parts of Pudong, and so families often opt to locate themselves a little further out from the hustle and bustle of this part of town.





## LIVING IN QIANTAN

Living in Qiantan offers a good blend of family-friendly outdoor spaces and modern, comfortable living. The area, tagged as ‘the second Lujiazui’ includes the scenic New Bund Park by the river - a family favourite with multiple activities available for children of all ages. Located to the west of NAIS Pudong, commuting is very easy, giving you more time for family or personal interests.

As a built-up area, most accommodation is found with apartment complexes, most of which are fairly new and thus well-equipped.

The shopping malls in the area are also new, with Crystal Plaza Mall and Taikoo Li featuring many western cafes, cinemas and restaurants, including Brownstone, Baker & Spice, Cheesecake Factory and many more.

There are a few western-orientated

grocery options such as Epermarket, Kate & Kimi, and Times Grocery. Taikoo Li, while featuring some high-end attached hotels, also is filled with luxury brand stores such as Hermes, Louis Vuitton and more to allow for plenty of retail therapy.

The Shanghai Oriental Sports Centre, also known as the Shanghai Aquatics Sports Centre, includes a huge stadium, indoor swimming pool and a huge range of sports options.

The area is served by Line 7 and 8 of the metro network, with a soon-to-be-opened station on the rapid transit line between Hongqiao and Pudong airports.

While the area is great for fans of shopping, it offers neither the full city exposure of Jing'an or the family-friendly feel of Kangqiao, although the area is easily commutable to most places around the city.



## LIVING IN JING'AN

Jing'an - commonly referred to in the city from its historical allocation as the ‘French Concession’ - is a popular area for business expatriates in Shanghai, making it a great place for young expats to live. The district is filled with international dining options, offering a variety of global and local cuisines in diverse settings.

Known for its cosmopolitan atmosphere, Jing'an features numerous shopping malls such as IAPM and Kerry Centre, international supermarkets, and a thriving nightlife scene. Nestled alongside the suburban architecture of wonderful examples of heritage architecture and areas, including Suzhou Creek, The Bund and its buildings, and of course the Jing'an Temple.

The area is served by metro lines 2 and

10, but many people utilise bikes or taxis to navigate the area.

Aside from The Bund riverside, those looking for more relaxed spaces amidst the city can enjoy a variety of small parks or the more famous Jing'an Park, located just to the south of Jing'an Temple.

Housing options in Jing'an range from boutique lane houses to modern high-rises, with both Chinese and Western renovations available to suit various tastes, needs, and budgets. Most residences are within secure, 24-hour guarded compounds, and there's always a convenience store nearby for daily essentials or late-night snacks.

This area isn't traditionally sought after by families, although some choose it for convenience.





## LIVING IN TIANZIFANG

Tianzifang is located adjacent to Jing'an and features a mix of quirky lane houses, new developments and a diverse selection of street food, bars and restaurants. This area is characterised by its narrow alleyways, cobbled streets, and pre-WW2 building styles. It offers a maze of bars, eateries like Rangoli, Saigon Mama, and Plump Oyster, as well as shops, art studios, and galleries. It's a favourite spot for both locals and tourists and offers year-round entertainment.

The area is popular with younger expats who enjoy the easy links to Jing'an. It's equipped with all manner of local stores which feature expat essentials, but in recent years, additional features such as cinemas, gyms, all sorts of healthcare, and

a range of sporting setups.

The famous Jiashan Market, is located in the area, features all manner of food and drinks options, plus multiple pop-up and themed markets throughout the year, offering locally-produced and bespoke trinkets and gifts.

Lines 8 and 13 of the metro network traverse the area, offering easy access to the rest of the city, while travel into Pudong is made easier with quick access to highways that cross the river.

The area earned a name for itself some years ago when the New York Times featured it as one of Shanghai's best attractions, so who could resist!



## LIVING IN XINTIANDI

This contemporary area of Shanghai, is actually the former neighbourhood of the Shikumen architectural style, offering a superbly historical feel, while also embracing modernity. Its pedestrian-friendly area features high-end hotels, galleries, bars, cafes, and restaurants. The blend of old and new perfectly reflects its name, which means "new heaven and earth."

Served by metro lines 10 and 13, you can find ultra-modern and very high-end shopping malls and boutique stores, surrounded by hip (and expensive) eateries and go-to locations.

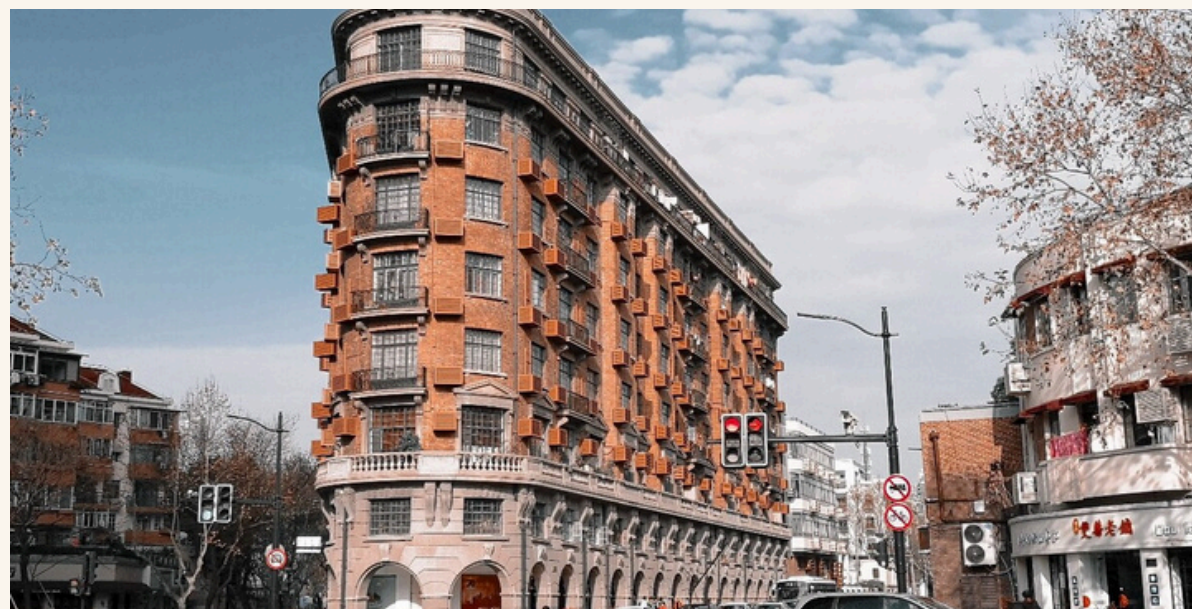
Beyond the modern attractions, you'll find charming streets like Danshui Lu, filled with Shanghaiese character.

Luxury condos in the area offer incredibly high-quality living but at incredibly high price tags.

Those interested in local history can visit the famous Site of the First National Congress of the Communist Party of China on Xingye Lu (tickets are free!), the Shikumen Open House Museum, or the adjacent area of Jing'an which also offers a variety of historical parks and squares.

Those looking for luxury 'staycations' can sample the spas and other features of hotels in the area, including The Langham, Lanson Place and the Sukothai Shanghai.





## LIVING IN XUHUI & XUJIAHUI

Occupying the south-east corner for the former French Concession, and nestled between Jing'an and Xintiandi, Xuhui District has a vibrant café culture and is a great example of east meets west. The area is defined by two main streets: Fuxing Xi Lu (running east-west) and Wulumuqi Lu (running north-south). There are multiple smaller alleyways that invite the explorer in you to get lost and explore this charming area. It is perfect for people-watching and relaxing as the day goes by.

Housing in Xuhui primarily consists of lane houses and apartment compounds. While the accommodation options tend to be smaller than in other parts of the city, the proximity to charming coffee shops and bars more than makes up for it.

As a central location, the area is covered by multiple metro lines, making travel to and from Xuhui

incredibly easy.

There are a huge number of high quality local and western restaurants, complimenting the endless cafes and bars, including the popular Atelier, while the area also boasts a very popular club scene. Many locations in this area offer ever-popular brunch spots, including Funkadeli, Malibu and expat favourite, Abbey Road.

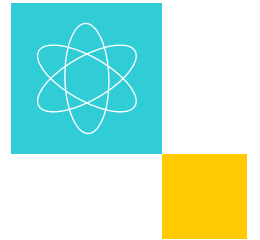
The history of this area includes a prominent Catholic influence dating back to the 17th century, leaving prominent remnants such as the St Ignatius Catholic cathedral and others.

Those visiting or passing by will identify Xuhui easily from either the giant glass globe of the Metro City electronics mall, or the unmistakable giant, lipstick-shaped towers which form the Grand Gateway Mall - a favourite for shoppers of all kinds.





# OUR GUIDE TO ESSENTIAL APPS



## MUST HAVE APPS

**Alipay** – A platform that covers absolutely everything from payments, taxis, utilities, travel bookings, and a great English translation tool built in

**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

**Sherpas** – Meal delivery service with English interface

**Smart Shanghai** – News, events and a comprehensive city directory

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

**That's** – This app provides a number of useful features to explore the city, including comprehensive listings of dining places, latest events, hourly updated news and much more

**WeChat** – Facebook, Twitter, Instagram and texting all in one! Must-have for communication with friends and groups

**Youku, Tencent 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.

**Tencent** - China's equivalent to Google Maps, offering incredibly detailed (and 3D) navigatable maps of the city. Note that this is only available in Chinese

**Pleco** - a translation/dictionary app which allows you to scan/draw characters

**JSS** - an English-language grocery store and food delivery app, filled with often hard-to-find expat favourites

**Dianping** - a business review website, allowing access to venue images, addresses/contact info, and customer reviews. Only available in Chinese

**Duolingo** - not a Shanghai specific app, but if you want to build your Chinese language skills pre- or post-arrival, this is a great way to do so

**Google Translate** - while a VPN is needed for Google services, if you download the Chinese language pack before travelling to China it is usable live without VPN access

## SHANGHAI LIFE AND CULTURE WEBSITES

[www.enjoyshanghai.com](http://www.enjoyshanghai.com)  
This engaging expat forum features sections for classifieds, restaurant and bar reviews, events, personal ads, and travel advice. The classifieds section is quite active and can be a handy alternative to buying new household items upon arrival. You'll find many popular Ikea products available at substantial discounts. Additionally, the company sells a discount book through the website, offering great deals on a variety of services in and around Shanghai, including golf, shopping, dining, and travel.

[www.smartshanghai.com](http://www.smartshanghai.com)  
This platform features articles on cultural events, reviews of restaurants and bars, personal ads, and various other columns. It's the ideal source for staying updated on Shanghai's party and clubbing scene. While its audience tends to be younger, it also offers valuable restaurant reviews for anyone looking to discover trendy new dining spots.

[www.timeoutshanghai.com](http://www.timeoutshanghai.com)  
The monthly magazine, based in London but produced in Shanghai, is available for free at various bars and restaurants. It features content ranging from family and health topics to new bars, restaurants, and activities for rainy days.

[www.247tickets.com](http://www.247tickets.com)  
Purchase tickets for events, performances, and entertainment in English.





# ACTIVITIES IN SHANGHAI

Shanghai is widely known as a vibrant city characterised by long work hours, late-night dining, and a lively nightlife scene. However, it also offers numerous opportunities for residents to maintain their fitness. Whether you're interested in playing football, joining a gym, or even mountaineering, the city provides all the necessary facilities along with a community of like-minded individuals for support and companionship.

## NATURE ACTIVITIES IN SHANGHAI

For those who enjoy activities in nature, Shanghai offers many pleasant surprises. Though it is a quintessential urban jungle, the city has much to offer nature enthusiasts.

One of the best ways to explore the city's natural side is by hiking its scenic trails, such as the Sheshan Forest Trail in Shanghai She Mountain National Forest Park.

For those seeking more adventure, there are numerous opportunities for rafting and zip lining in the charming villages surrounding the city, such as Zhujiajiao Town. If you have more time, consider a day trip to nearby natural attractions. Within a short distance from the metropolis, you can find Anji's Bamboo Forest (famous for being the filming location of "Crouching Tiger, Hidden Dragon"), Putuoshan (a serene island beach town), Jiaxing (renowned for its waterways), and more in Zhejiang Province.

Lastly, you don't need to leave the city to find some green tranquility. Shanghai boasts some of China's most beautiful urban parks, including Fuxing Park, Zhongshan Park, and the Shanghai Botanical Gardens.



## OUTDOOR ACTIVITIES IN SHANGHAI

Despite Shanghai's bustling nature, residents make a concerted effort to prioritise exercise. In the early mornings, you can often spot groups of older adults practicing tai chi in parks and city squares. Another frequent sight is square dancing (guangchang wu), a dance exercise routine commonly performed by older women in parks and plazas.

Basketball, badminton, table tennis, and swimming are among the most popular sports in China for both spectators and participants, with soccer also rapidly gaining popularity.

Running has become a significant trend in Shanghai and across China, with the number of marathons on the rise. These events are often organized for promotion, charity, and corporate team-building. Notable marathons include the Shanghai International Marathon and the Shanghai Colour Run.

Golf, initially introduced as an exclusive way to close business deals, has now become ingrained in Shanghai's business culture. Prominent golf courses in the city include Shanghai Binhai Golf Club, Lake Malaren Golf Club, and Yintao Golf Club.

For those interested in joining a sports club, Shanghai offers numerous options. There are local clubs as well as those founded by expatriates. Popular expat sports clubs include the Shanghai Tigers (a mix of rugby and Gaelic football), Bashers Cricket Club, and Shanghai Hockey Club.

## INDOOR CITY ACTIVITIES IN SHANGHAI

Shanghai boasts numerous fitness centres and gyms to suit various preferences and schedules. From modest establishments to luxurious clubs, there's an option for every budget. No matter where you reside in the city, you're likely to encounter a plethora of advertisements for local fitness centers, including street promoters handing out flyers near your apartment.

Major fitness centre chains in Shanghai have multiple locations across the city, allowing you to work out at any branch. These centres range from those offering comprehensive services such as well-equipped gyms, swimming pools, group workouts, and tennis courts, to those providing just the basics. Many also feature popular group exercise classes like yoga and pilates. Membership fees vary, and larger fitness centres often require longer commitments, with three-month or six-month memberships being common minimums. Be prepared to negotiate, as membership prices are often flexible and sales representatives, who typically work on commission, can be quite assertive.

Some of Shanghai's largest fitness centre chains include Will's Gym, Physical, and Wells. Additionally, there are smaller boutique gyms and fitness centres run by expats, such as Olive Branch and Feel Good Fitness.





# TRAVEL IN CHINA

China is a vast and intricate mosaic of cultures, languages, and cuisines. Naturally, it offers a wealth of sights and activities to explore. Here are some of the best experiences to consider.

## TRAVEL AGENTS

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



### BEIJING 北京

Explore the Forbidden City, Summer Palace, Tiananmen Square, and the Great Wall

### HARBIN 哈尔滨

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

### YUNNAN 云南

- South - Xishuangbanna: Discover minority hill tribes, excellent trekking routes, and lush forests.
- North-West: Explore Lijiang, Dali (old town), and Zhongdian (Shangri-La) with their Tibetan influences, stunning mountain scenery, ski resorts, Tiger Leaping Gorge (ideal for trekking), Lake Lugu (home to the Mosuo people), and breathtaking landscapes.

### TIBET 西藏

Visit Lhasa's Potala Palace, marvel at the stunning mountain scenery, experience traditional Tibetan villages, and trek around Mount Everest.

### XINJIANG 新疆

In Kashgar, explore the old town and mosques. In the Altai Mountains (Far North-West), enjoy trekking near the borders of Russia and Kazakhstan. Throughout the province, discover silks and spices, Uighur cuisine, and deserts ideal for camel and horse trekking.

### GUILIN 桂林

Stroll through the old town and admire the beautiful landscapes. In Yangshuo, enjoy river trips and stunning karst scenery.

### HONG KONG 香港

Visit Victoria Peak, shop on Nathan Road, explore night markets, admire the skyline from Hong Kong Island and Kowloon, and take boat rides to outer islands with lovely beaches. Visit Stanley and Shek-O for a relaxed atmosphere, easily accessible from Hong Kong.

### MACAO 澳门

Enjoy the casinos (the only legal gambling in China), savour Portuguese-influenced cuisine and architecture, and take boat rides to outer islands near Hong Kong.

### QINGDAO 青岛

Experience a coastal city with German influence.

### HAINAN 海南

Known as China's Hawaii, enjoy luxury coastlines or trekking inland.

### XI'AN 西安

Visit the Terracotta Warriors, Muslim Quarter, Drum and Bell Tower, and the ancient city walls.

### XIAMEN 厦门

Explore the colonial island and Hakka roundhouses.

### YELLOW MOUNTAINS (HUANGSHAN) 黄山

Trek the holy peaks and enjoy the stunning scenery.

### CHENGDU 成都

Gateway to Sichuan with features similar to Tibet but without the permit. Visit the Leshan Buddha, see pandas, explore national parks, and go horse trekking.

## SHANGHAI WEEKEND AND DAY TRIP DESTINATIONS

### NANJING 南京

Discover museums, pagodas, and temples in the surrounding hills.

### SUZHOU & TONGLI 苏州 & 同里

Visit interesting water villages just 30 minutes from Shanghai by bullet train.

### HANGZHOU 杭州

Enjoy the beautiful lake, hills, pagodas, temples, and bike riding. Famous for its tea-growing region, just a 1-hour train ride from Shanghai.

### MOGANSHAN 莫干山

A picturesque hill station with villas and cabins to rent, about a 4-hour drive from Shanghai.

### PUOTUOSHAN ISLAND 普陀山

A peaceful island with no cars, clean beaches, numerous Buddhist temples, and tranquility.

### SHESHAN 佘山

Located just outside Shanghai, it features the only hill in Shanghai and the site of the first Catholic cathedral. Enjoy the fantastic sculpture park on a lake, nearby water towns, and a beautiful Le Meridien hotel with indoor and outdoor pools.

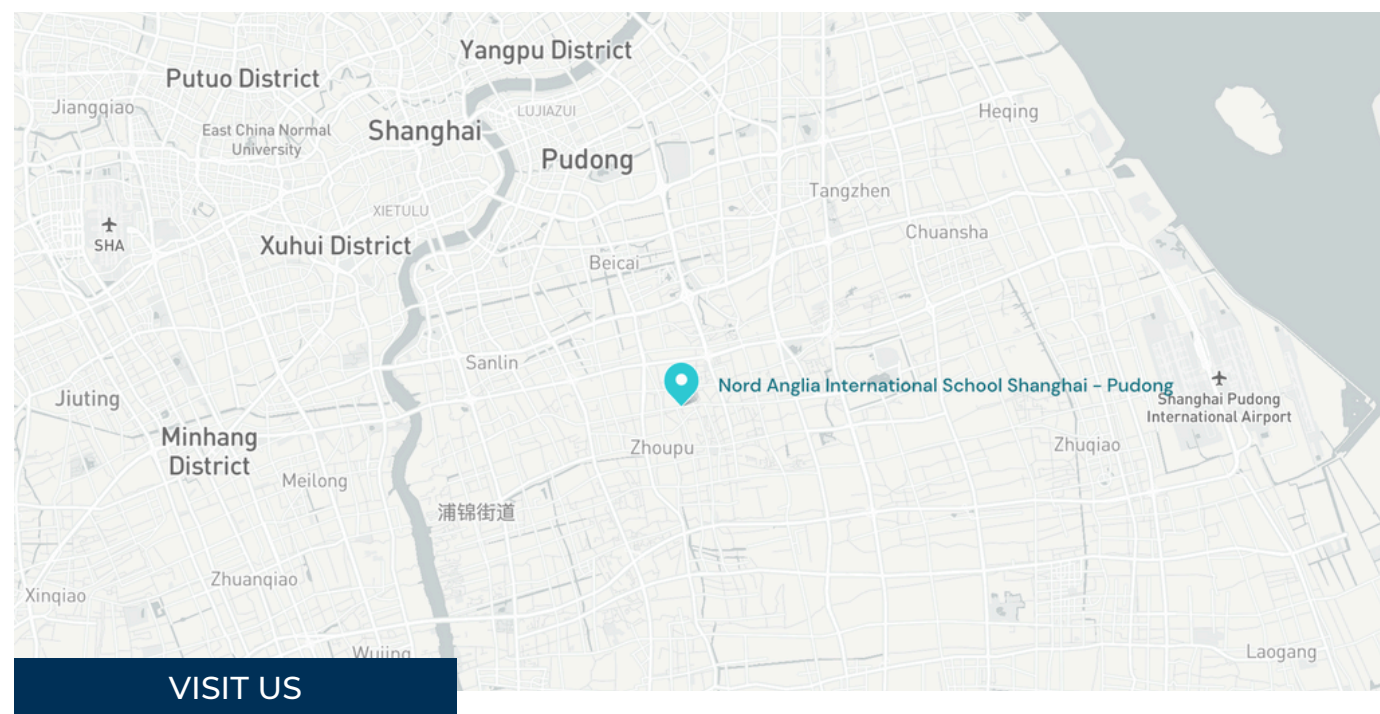
### CHONGMING 崇明

A protected wetlands area and man-made forest park island, 1-2 hours from Shanghai.



# SCHOOL LOCATION IN KANGQIAO

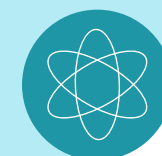
At NAIS Pudong, we're dedicated to shaping a generation of successful, creative and resilient global citizens – a generation that will change our world for the better. We go beyond traditional education, motivating our students to achieve the best academic results and to attend the top universities in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



VISIT US

2888 Junmin Road Pudong New District Shanghai 201315  
上海市浦东新区军民公路2888号

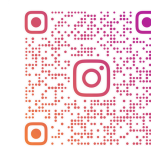
- 30 minutes from the city centre
- 30 minutes from the Bund
- 30 minutes from PVG Airport
- 40 minutes from Hongqiao SHA Airport/Train Station/Hub



WeChat



小红书  
Little Red Book



NAISPU Dong  
Instagram



Facebook



LinkedIn



YouTube







NORD ANGLIA  
INTERNATIONAL SCHOOL  
SHANGHAI, PUDONG

*Sunset on the Bund*

