

**Guidebook to a Happier and Easier Life in
Harbin City, China**



And

**Harbin Shenghengji Concord College of Sino-Canada
(HSCCSC)**

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Intro

Dear Canadian (Foreign Staff)

We here at HSCCSC would like to welcome you to Harbin City and HSCCSC, hoping that your stay here will be comfortable and memorable.

HSCCSC has put together a small guidebook to help you with your everyday activities and interests, as well as an introduction into China, Harbin, its culture and habits.

Moving to a new country can be daunting, so we will do our best to make sure that you can settle in as smooth as possible.

On top of this, our local staff at HSCCSC is more than happy to assist you in any way they can.

Below you can find contact information for Jason who works in School Foreign Affairs Dept for service.

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School Information

Harbin Shenghengji Concord College of Sino-Canada
哈尔滨市盛恒基中加学校

校址：哈尔滨市 松北区 中源大道与松浦大道交汇处

Address: Intersection of Zhongyuan Rd and Songpu Rd, Songbei District, Harbin

Website: <http://www.hscsc.com/>

Phone number : 0451—85888599

Your Home



This is our “United Nations” in Harbin City, we share mind with each other at here, we help each other to know more about this city, we also like to share our students’ results together, just because we pay more effort for these kids and they really love us too.

And the seasons/temperature/local people’s character and living experience are similar like our home. So, welcome to our new home in Harbin, we can’t wait to share with you, guys.

Apartments of our foreign Teachers



The list of apartments' items:

- Washing Machine 洗衣机 xi yi ji
- Iron 熨斗 yun dou
- Ironing board 熨衣服板支架 yun yi fu ban
- Water cooler 饮水机 yin shui ji
- Kettle 水壶 shui hu
- Microwave 微波炉 wei bo lu
- Toaster 面包机 mian bao ji
- Bed 床 chuang
- Internet/WiFi 网络 wang luo
- TV 电视机 dian shi ji
- AC 空调 kong tiao
- Heater 电暖器 dian nuan qi
- Fridge 冰箱 bing xiang
- 2 cooking pots 2 个炒菜锅 chao cai guo
- 2 frying pan large/small 2 个煎炸平板锅, 一大一小 jian zha ping di guo
- Small electric cooking burner 小电饭煲 xiao dian fan bao
- Crockpot/slow cooker 砂锅、慢炖锅 sha guo/man dun guo
- Cooking counter and storage area 操作台和储物柜 cao zuo tai/chu wu gui
- Bed/ small bed tables/sofa/1 sofa chair/coffee table/closets/dresser
床、床头柜、沙发、沙发椅、咖啡桌、衣柜、衣
- 2 cups/2 plates/2 knives/2 forks/2 spoons/2 bowls/2 glasses table/2 chairs
2 杯子、2 盘子、2 刀、2 叉子、2 勺子、2 碗、2 小桌、2 椅子

Brief Introduction of Our School



Our school is located in the intersection of SongPu Avenue and Zhongyuan Avenue, it belongs to SongBei District of Harbin City. It covers an area of 56,000 square meters, construction area is 14269.87 square meters, with a total investment of nearly five hundred million yuan, is expected to accommodate nearly 3000 students. The new campus has a very beautiful ecological surrounding environment, and convenient transportation, the geographical position is extremely superior.

It has three parts now: kindergarten, elementary school, junior high school, and in september of this year we will have high school, apart from the teaching building, it also has a library, swimming pool, laboratories, computer lab, cafeteria, outdoor playground, also has 4.5 square meters of teacher and student apartments, complete supporting facilities, teaching environment and accomodation environment, first-class teaching facilities in strict accordance with the advanced world standards of this school, is one of the most advanced school teaching facilities in Harbin and even in Heilongjiang Province.



Brief Introduction of Harbin City

Harbin:

Harbin Info

Location: Western Heilongjiang Province

Urban Area: 1637 sq. km

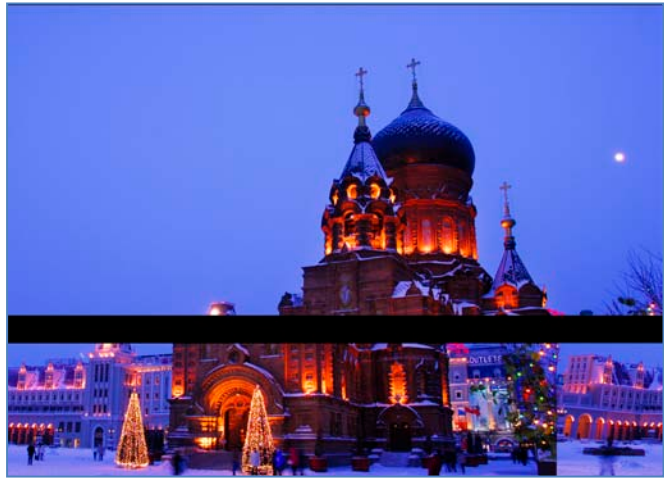
Urban Population: 3,940,000

Average Summer Temp: 18 C

Average Winter Temp: -12 C

Distance from Beijing: 1248 km

Major Industries: Power Station Technology, Pharmaceuticals, Linen Production



Overview of Harbin

Harbin is the capital of Heilongjiang Province, with a population of 5.3 million and covering an area of 18,000 square kilometers.

Located in eastern Songnen plain, it's a rolling land with low hills, and shallow valleys and crossed by the Songhua River. It has a semi-humid temperate climate with an annual average temperature of 3.5 degree Celsius, rainfall of 530 millimeters and a frost-free period of 140 days. Its mineral resources are coal, quartzite, marble, copper, lead and zinc etc.

Harbin is one of China's key industrial bases, with machine building industry as its main stay. Foodstuff, petroleum, chemicals and textiles are its important prop-ups. The output value of its pharmaceutical industry ranks first in China. The main agricultural products are wheat, soybean, beet, flax, tobacco, poultry, etc. It's among China's major beet growing areas.

Harbin is the commercial center of Heilongjiang Province as well as the communication hub in the northern part of North-East China, with a well-developed railway and highway network. It has regular air links with over 30 cities at home and abroad. The Songhua River is an important waterway for shipping.

Harbin is also a famous historical and cultural city, reputed by tourists as "Ice Town". Winter and summer are most fascinating seasons to tourists. It is renowned for the annual "Ice and Snow Festival" in January.

The houses in Harbin can be classified as "European Classic Style", "Russian Wooden Structures" and "Scenic Architecture with fairy-tale features".

Harbin is aiming at building up an international economic and trade city in north-east Asia with manufacturing and processing, trade, finance communication, information, science, education and economic cooperation as its chief functions.

Today, Harbin has now set itself a more ambitious goal: to become an important international economic and trade city in northeastern Asia, which comprises Mongolia, North and South Korea, and Japan.

HSCCSC's Location: HSCCSC is located in a developing area, it's called Songbei District (that belongs to Harbin City) and it is convenient to come to our school, which is based 30-45 minutes from downtown Harbin.

The school covers 56000 square meters, construction areas are 67000 square meters, and total investment is five hundred million RMB. It sets kindergarten, primary school, middle school, and high school, 4 departments totally, and we also set teaching building, library, swimming pool, laboratory, computer room, canteen, and outside playground as well, it also has the teacher and students' apartment in 45000 square meters, all the equipments are inside, teaching environment and dormitory are best, its teaching equipments are set following the standard of international benchmark, it's the best developed teaching equipment school in China.

Harbin Shenghengji Concord College of Sino-Canada based on the 10 years successful teaching experience, it committed advocate and implementation of gifted education, open education, quality education, appreciation of education, credit education, while maintaining a high starting point school, high school, high-level management, to build the national first-class international education school.

Nightlife in Songbei district is not as lively as in downtown Guiyang, but never the less a good way of relaxing without having to travel into the city.

Jiang nan 江南 is the other area where you can also find a KFC 肯德基 Ken De Ji and lots of shopping centres, also food shopping is available in a supermarket for most things near our school, although foreign articles : Bread, cheese, bread, ham, salami , wine etc are not to be found.

For these things **Wal-Mart** is also a good option for shopping in downtown. (Details will follow)

Transport

Going to downtown:

There are several different ways of getting into town, the easiest being a taxi ride of 45 minutes at the cost of 35-40 RMB, depending on where in the city you wish to go.

Don't be surprised if the taxi picks up random people along the way, normally happens during rush hour (when going to work and getting off work). It is not unsafe, but if you feel uncomfortable with it you can say (**qing bu yao he cheng**, 请不要合乘)

Local drivers are very friendly and will be very willing to strike of a chat, although it will all be in Chinese (sometimes even in the local dialect) so be prepared for a lot of

我听不懂 (I don't understand) Wo ting bu dong .

If you are not in a chatty mood, best way of avoiding it is by saying nothing and giving them the sheep stare.

Another way is taking a bus from 盛恒基购物中心 Shenghengji Shopping Centre, located a 15 minute walk from your apartment. Bus numbers for City Centre are (#119/#88)

They are very reasonably priced between 1 and 2 RMB but take about an hour to get into town, so if you are in a hurry or looking to save time, you might want to get a taxi.

The last one is providing a transport by our school's drivers, sometimes they can help to pick up you to downtown, if your matter is relevant with an official work.

Recommendation is taxi as the buses are often overcrowded and it takes much longer. But if you are looking for a little adventure buses could be fun. (You will get stared at)

Restaurants

Western “cuisine”:

There are not that many places to find western cuisine, but fear not as we have done some serious research on this matter, and provided you with the ones we feel could be of good use.



There are many “western” cuisines, franchising that are owned and run by Chinese, so the food is not a 100% authentic but decent in my personal opinion.

On the next page you can find the Chinese-western cuisine places, provide the taxi drivers with the address and it should not be a problem to find.

Also the standard fast food places are to be found (excluding McDonalds).



Having said that, Chinese KFC, Pizza Hut, Burger King are not the same as other countries as it is tailored for the Chinese population, but still has some of the original flavors and choices.

KFC: Opening times: 24 hours

肯德基(万达餐厅) Nan Gong District

南岗区衡山路 17-7 号(近万达商业广场)

No. 17-7 Hengshan Rd Nan Gang District (jin wan da shopping centre)

肯德基(新中央餐厅) Dao Li District

道里区中央大街 187 号

No. 187 Central Street, Dao Li District

肯德基(假日餐厅) Dao Li District

道里区中央大街 4 号

No. 4 Central Street, Dao Li District

Pizza Hut: Opening times: 10:00-22:00

Pizza Hut (必胜客), Zhongyang Dajie (Near the Flood Monument). Real pizza. Another Pizza Hut is on Guogeli Dajie. Katusha, (Right beside the Flood Monument of Zhongyang Dajie). A genuine Russian restaurant. Its owners are from Yakutsk and most patrons are Russian. It can be a problem if you can't read Russian or Chinese but if you can, you can get some of the best Russian food available in China, not to mention genuine bread and butter imported from Russia.

Alps Buffet Franchising: 09:00-21:00

阿尔卑斯西餐自助(国展店)

南岗区西大直街 40 号 (近红博广场) 国展家乐福正门左侧

No. 40 Xidazhijie Nangang District (near the hongbo shopping centre)

The life side of the Carrefour Supermarket Gate



Around the World Western Restaurant

哈尔滨南岗区开发区赣水路183号(千山路口)

No. 183 Ganshui Rd, Nangang Developing Area, Harbin (In the end of Qianshan Rd)

Other Foreign Food Restaurants:

Hamama's Kofi House, #2 mugong road unit 104(木工街2号). A little Cafe near Harbin Institute of Technology run by a Papua New Guinean and his Taiwanese wife. Western food like burgers, milkshakes and an omelet breakfast. Good strawberry and banana smoothies and carrot cake but some of the other items on the menu a bit variable. Coffee is fairly good too.



Marhaba Arabian (马尔哈巴), Hanguang Street 1-19 (Near Harbin Institute of Technology). This is a great mom and pop sized restaurant which has some low and medium priced dishes. If you don't know Arabian food, the dishes are similar to many Indian and Lebanese dishes. They also have hookahs/shisha with flavored tobacco if desired.

Address: 黑龙江省哈尔滨市南岗区汉广街1-19号。Tel Number: 0451-86304277 Mobile: 18604512026; 13796025797.



Chinese is 'Luxiya' i.e. Lucia -> 'Rossiya' (Russia).

Cafe Russia (露西亚西餐厅), (Near the Flood Control Monument of Zhongyang Dajie). The owner is half Chinese, half Russian, and has created a fantastic atmosphere that feels like a high-class cafe in London or Paris. Elegant furniture, tasteful music, a working grandfather clock (with chimes) and a display to commemorate one of the last White Russians who lived in Harbin make this a place well worth visiting. Service is good too. The name in

Local cuisine:

As expected Chinese cuisine is everywhere to be found, the local cuisine in Songbei District is filled with different types of restaurants and is definitely a place to check out, most restaurants here have pictures so ordering should not be a problem. The local cuisine is famous for its big size food !

Downtown also provides a great selection in the local cuisine and is not far from the school, but ordering food could be a challenge as most places don't have picture menus. Dinner for 4 people is in the region of 70-100 RMB (excluding alcohol). Make sure to state that you cannot eat spicy food at all if that is the case: 我不能吃辣的, **wo bu neng chi la de** or 一点点辣椒也不要 **yi dian dian la jiao ye bu yao!** Meaning I can't eat spicy food or don't put any spices at all.

For further details as to which one is the best, asking a member of the staff at school would be your best option.

Street Food & Midnight Snacks:

China is known for its street food and Harbin is no exception, below you will find two street, where the street food, midnight snack and barbecue places flourish!

It is reasonably priced and quite tasty.

中央大街 **Zhong yang da jie (Central Street)**

You can find any delicious street food here and long historied snacks.



烤红肠是地道的美味

Baked local sausage is famous and popular in Harbin.

Most of local people like to ask their friends to get together and chat with each other with local famous beer and Baked local sausage.



Food Plaza

It's also located on the Central Street. Especially, it will be crowded in summer. The bread is famous as a historied food, which baked ways follow traditional Russian method.



A variety of kebabs

You can find any kebabs or barbeque food on this street. All of them are fresh and tasty.



Baroque food street in Daowai district

Daoli district has its characteristic snack street, which reflected a kind of original ecological, folk road outside the well-known snacks here, such as a local dumpling restaurant, its name is Zhang Bao Pu, Ha Le Bin Restaurant, North Three Tavern (Beisan Jiu Guan), etc. Guests can enjoy in the

imitation of an old history, also can taste in the elegant modern rooms, a window overlooking of the downstairs, a full northeast history will be displayed in front of you.

Nightlife

Bars and Clubs:

Most bars in Harbin and most places in China, except with large expat community are slightly different than in western countries, buying one bottle of beer or a one drink can be a bit of a hassle as most bars operate with the (minimum spending fee). Unless there is an actual bar (counter) you might be asked to spend a minimum and you will be assigned to a table, the amount depends on the size of the table and the nature of the place, although foreigners might get away with it, as negotiations can be done. There are also a number of bars where they offer British beer, European wine and have live music .

Chinese people are very friendly and will make you feel very welcome though and are always up for a chat!

Gogol (Guo Ge Li) Street is an extremely rich Russian amorous feelings street, this street is also relatively concentrated on bars and clubs. Harbin bar history can be traced back to belarus period, when foreigners are mostly in the activity. General scale is not large, scattered in some not busy but the corner of the street, near gogol (Guo Ge Li) street has always been commercial downtown area, is the ideal place to open a bar. The characteristics of various bar in Harbin abnormal under the dim light of night scene. Every night, a large number of people towards the bar in the night, in the different music, in the different atmosphere and at different wine, looking for a different heart feeling. Different styles of decoration, different styles of the band, or fashion, or classical, or elegant, or crazy, every pub has its own customers, every pub has its own fixed band.

Although there are hundreds of bars in the city (many of them hidden away in large buildings) the main concentration is on Gogol (Guo Ge Li) Street, It starts from south of Wen Chang Street untill to the north of Yi Man Street, total distance is 2642 meters. (果戈里大街，南起文昌街，北至一曼街，全长2642米。).

CoCo (no Chinese name for it) This is the current dance club, and on weekends this is a pretty bumping place. Most taxi drivers know this place.

Address : No. 157 Changjiang Road Nan Gang District, Harbin (南岗区长江路157号)

Live Music Bar:

USA-BUCKS coffee shop on Central Street (Zhong Yang Da Jie), This is a pub with decent beer and live music, its a relaxed atmosphere and there is also outside seating with chairs.



Other “untested” bars

东方天丽酒吧

地址： 哈尔滨 民安街 205 号（No.205 Minan Rd, Harbin）

欧森酒吧

地址： 哈尔滨 南岗区宣化街副 444 号(花园街)（No.444 Xuanhua Street, Nangang District, Harbin）

科林斯酒吧

地址： 哈尔滨 西头道街 42 号（No. 42 Xi Tou Dao Jie, Harbin）

安泽尔西餐酒吧

地址： 哈尔滨 果戈里大街河园酒吧休闲区（Bars Relax Area of Guo Ge Li Street, Harbin）

哈尔滨市果戈里酒吧

地址： 哈尔滨 果戈里大街俄罗斯河园 7 号（No. 7 Russia Heyuan Street, Guo Ge Li Street, Harbin）

燕纱西餐酒吧

地址： 哈尔滨 龙江街 38 号-40 号（No. 38-40 Longjiang Street, Harbin）

新空间酒吧

地址： 哈尔滨 复华四道街 45 号（No. 45 Fuhua Si Dao Street, Nangang District, Harbin）

2008 奥运之夜酒吧

地址： 哈尔滨 中和街 104 号（No. 104 Zhonghe Street, Harbin）

红玫瑰酒吧

地址： 哈尔滨 法院街 30 号（No. 30 Fayuan Street, Harbin）

老房子酒吧

地址： 哈尔滨 联发街 30 号（No. 30 Lianfa Street, Harbin）

雕刻时光酒吧

地址： 哈尔滨 南岗区复华四道街 92 号（No. 92 Fuhua Si Dao Street, Nangang District, Harbin）

电话： 0451-86217774

咖啡时间酒吧

地址： 哈尔滨 道里区上游街 5 号（No. 5 Shangyou Street, Daoli District, Harbin）

圣安娜咖啡酒吧

地址： 哈尔滨道里区中央大街 30 号（No.30 Zhongyang Street/Central Street, Daoli District, Harbin）

* All in Harbin City

Attractions

- ✓ **Sofia Church (索菲亚教堂)** - St. Sofia church in the city of Harbin, the largest Orthodox church in the Far East region, high-53.35 meters, covers 721 square meters, is a typical representative of the Byzantine architecture. November 1996, and 1997 are listed as key units to be protected in June. St. Sofia church repaired and renamed the construction of the Harbin City Museum. St. Sofia church great momentum, Superb. All water used in the red brick church wall, a huge crown on the first full onion dome. command tents with the top four wings of different sizes, from the shape of the layout of the main four floors of stairs between the rivers, access before, there are four doors. The main gate to the top of the tower, seven Brass bell system happens to be seven notes of music from the revolution were trained hands and feet. grief and self-assured bell. Five magnificent St. Sophia Church, which constitute the Harbin city and the unique cultural landscape of exotic customs, It is a milestone in the history of Russia's invasion northeastern city of Harbin study modern history and the important Zhen trace.

- ✓ **Ice and Snow World (冰雪大世界)** - Gathering the soul of the ice and snow arts, syncretizing

the ice and snow amusements in one park, Harbin ice and snow world is the biggest scale of the world. There are the most amountful ice and snow scenic spots here. It is the all-sides ice and snow amusements. The night landscape is the most beautiful and the most fascinating activity in “Ice and Snow World”. The Harbin Ice



and Snow World will be held solemnly and impressively in Harbin on December 25 each year.

In the ice and snow world, you will view tallest, the most beautiful and the most impressive ice scene and ice calligraphy of the world. You will meet some movie stars here. You will experience personally the happiness from Ice Bar, Ice Hotel and Snow Motorcycle. You can look for treasure in maze. You can take part in ice rock, skiing, snow battle act. Colorful ice and snow activity and endless fun will make you unwilling to leave. You will be addicted in resplendent night lamps and fairyland. The view will make a colorful dream to you.

✓ **Sun Island (太阳岛)** - It is convenient to the Sun Island. Tourists can get here by water, land or air. It is a great enjoyment to tour on Songhua River when the weather is fine. It will be exciting and full of fun to cross the Songhua River on a cable car. Of course, it is much more convenient to cross



the river by land with numerous vehicles coming and going every day. The center of the park is at a water pavilion. About 1,515 square meters, the highlights include a long corridor, a link corridor and a square pavilion built with modern methods of garden making.

The scenery in the garden is composed of artificial lakes and artificial hills. There are 5 inter-linked lakes around the Sun Lake. On the lake are Sister Bridge, Pavilion Bridge, and White Jade Bridge. The elegant willows, the picturesque pavilions and bridges as well as their reflections in the water have constituted most beautiful scenery. There is a three-layer waterfall built in the Sun Hill. The crystal clear water curtain hangs down and its sound can be heard from afar. This scenery is the Clear Spring and Flying Waterfall.

Since the normalization of the relations between China and Japan, many Chinese cities have established friendly relationship with some Japanese cities. In the 10th year since Harbin and Niigata became sister cities, both sides built together this Japanese style friendship garden in the Sun Island Park which is located on the northern bank of the Songhua River. Covering an area of 3.7 hectares, the garden was built with a total investment of 4.2 million Yuan. Japan invested 3.3 million yen and took the responsibility of the fundamental design. China was responsible for the construction work. It took 14 months to complete the garden. Opened in September 1989, the garden receives 150,000 domestic and foreign guests every year. Friendship Garden has become an important window of Harbin. The park is built on the basis of the natural scenery and blends beautifully with its surroundings. The Sino-Japanese Friendship Memorial Hall is of traditional Japanese architectural style. Tourists can find distinctive Japanese flavor in the trees and large expanse of lawns. Facing the wonderful scenery, tourists would feel like being in Japan.

In winter, Snow Sculpture Show holds annually. This show was first held in 1989. It is now as important as the Ice and Snow World. Each year, it attracted more than 10,0000 visitors home and abroad.

- ✓ **Pole-Aquarium (极地馆)** - Harbin Pole Aquarium is located in the scenic and famous Sun Island area, which is a collection of polar animals show, polar landscape, interactive entertainment experience in the integration of China's first scene in the polar theme park. It is the China most professional Pole Aquarium. Harbin Pole Aquarium opened just within three years,



but it has become a scenic landmark of Harbin, which is one of the four scenic area of ice and snow. It has attracted millions of tourists from location and overseas to come and visit, more and more local people like to stay here in summer, it has become one place for people to be leisure, tourism and enjoy their vacation.

Only Harbin Pole Aquarium has the white whale performance underwater in China, the country's first female white whale trainer will show you the "Sea Kiss" with the white whale, lovely white whale will spit out an angel aura praying for tourists. Here also has the first inland successfully hatching little penguin "Mambo", she has been called the tourism mascot of



Harbin city by local government. In addition, skilled sea lions performance, which has the domestic top level; The country's most active polar bears, promoted the north and south polar animals happy; The introduction of an arctic wolf in domestic, it has created the first arctic wildlife exhibition; the

exhibition areas provide the animals' distinct characteristic in the sea, give its unique visual impact to customers, let visitors always linger here...

- ✓ The Dragon Tower (龙塔) – It is the broadcasting television tower of Heilongjiang Province, is located in the high and new technology development zone of Harbin. The Tower is 336 meters high, ranks the second highest steel architecture tower in the world and the first highest in Asia. It likes a dazzling jewel inlaid on the earth of Heilongjiang. The Dragon



Tower is awarded the title of Grade-AAAA tourist scene by the State Tourism Administration. It has become the landmark scene of Harbin and even Heilongjiang Province, and attracts world people's attention. The Dragon Tower is a comprehensive multifunctional tower that integrates transmission of broadcast and TV, tourism, sightseeing, food and beverage service, and wireless communication together.

Basic Part: The tower base consists of underground floor and the first four floors above the ground. At the main hall, there is a Holy Altar of Descendant of the Yellow Emperor. In the second floor, there are Confucius' School, Wax Work Museum and the exhibition of popularization science----here we can see the fossil of the dinosaurs.

Tourist Floors: The tower halls are located from 181m to 206m, consisting of a flying saucer in the bottom and a ball-shape hall on the top. We can go up in an elevator to 181- meter-high. There are four layers that we can visit.

1) 181 meters' clouds roam layer is the longest glass road among the heaven. Here you can gaze far into the distance everything, and step on transparent glass fiber reinforced plastic floor just like strolling among the clouds.

2) 190 meter is the outdoor platform for sightseeing. Here you can have a bird's view of the whole city. You can not only see the dense building zone in the downtown, but also look afar our mother river, the Songhua River and the famous city swamp, Sun Island.

3) 203 meter is the exhibition of Jin-Origin Culture. There exhibit some valuable cultural relics from Jin Dynasty to Qing Dynasty. As the capital of the Jin Dynasty and the birthplace of the Qing Dynasty, there are lot of cultural relics disperse on the vast territory.

4) 206 meters' hall prays for good fortune, a Buddha shrine among the heaven. Here you can experience the longstanding Buddhism culture.

In a word, Dragon Tower has become the new landmark of Harbin.

- ✓ **Siberian Tiger Zoo (东北虎林园)** - One of the highlights of our trip in Harbin will be the visit to the Siberian Tiger Zoo. You will find that this trip would be an excited experience.

Siberian Tiger Zoo is located on the northern side of the Songhua River and neighbors Sun Island Park. It covers an area of 966,000 square meters. It was first opened to public in 1996 and now there are over 600 tigers in the park.



The tigers here are trained to get used to a natural environment, so that when

the conditions permit, they will be released to mountains and make a living by themselves.

In the zoo, we will be ushered into a small van with a chain link fence in place of windows. The driver would drive us into the park where we would have “direct” contact with the tigers.

We will drive around the park for 30 minutes and entertained by the tigers that jumped on top of our van, salivated, and pawed at the chain link barrier. We will also watch the tiger feeding.

A jeep will drive into the park and simultaneously threw live chickens out of his window.

Finally, you will join the group on a “walking tour” of the tiger park where humans are separated from the tigers by a small fence. For 20 Yuan visitors can personally feed the tigers.

This consisted of attaching a live chicken to a broomstick and then gives it to the tiger.

Leisure Time Activities

Swimming Pools:

龙电游泳馆 (Longdian Swimming Pool)

地址: 哈尔滨南岗区大成街 140 号

Address: #140 Dacheng Street, Nangang District, Harbin City

中山花园游泳馆 (Zhongshan Garden Swimming Pool)

地址: 联部街 47 号

Address: #47 Lianbu Street, Harbin City

天鹅饭店游泳馆 (Swan Hotel Swimming Pool)

地址: 哈尔滨市中山路 95 号

Address: #95 Zhongshan Road, Harbin City

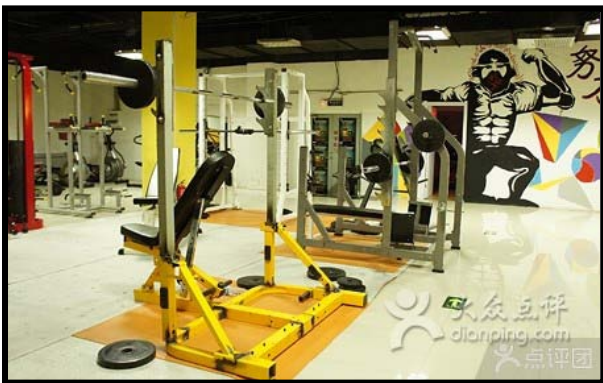
报业大厦游泳馆 (Press Plaza Swimming Pool)

地址: 道里区友谊路 399 号报业大厦 4 楼

Address: 4th Floor of Press Plaza, #399 Youyi Road, Daoli District, Harbin City



Gym and Sport Centers:



Have to say that our foreign teachers' community has a good gym, if you want to some others in downtown, their information is below:

形主题健身室

地址: 南岗区 学府路 1 号凯德广场

Address: #1 Capital Land Shopping Centre, Xuefu Road, Nangang District, Harbin City

亚力兰达健身

地址: 南岗区 哈红公路(近利鑫网络会馆)

Address: Hahong Road, Nangang District, Harbin City

Shopping

Food:

Wal-Mart Youyi Road Daoli District, Harbin City

Located in the center of Daoli District is your best guess for any type of foreign food or items. There are other Wal-Mart's around the city but for convenience and transport this should be the easiest one to get to.

It lies on the Wal-Mart shopping square near the Parkson Shopping Center on second floor.

地址：友谊路 187 号

Address: # 187 Youyi Road, Daoli District, Harbin City

Sheng Huo Jia Supermarket Bai Yun Area 生活佳超市

Anything but SUPER, but closely located to the school and you can still get the essentials here, also fresh fruit and vegetables.

Our foreign teachers also can buy some basic products or food and vegetable in their community, it has few small size shop inside.

Clothes and other articles:

Shopping complexes with all sorts.

前进大市场 **Qian Jin Da Shi Chang**

曼哈顿购物中心 **Manhattan Shopping Mall**

远大鞋城 **Yuanda Shoes Shopping Mall**

Medical Matters

Being sick, having a stomachache or a cold is never fun, especially in a new environment. Of course we hope that you will not need this page, we still will provide you with as much information as possible on the matter.

Going to the hospital is not considered a serious thing in China, some people go even if they just have the flu, so don't be scared if suggested to do so. Although going alone might be a challenge, so taking one of the Chinese staff members is advised, as it will make the process a lot easier. There are a many pharmacies and hospitals around the city.

Below you will find the listed hospitals that we suggest using if such a situation occurs. A very common thing in china is having a drip, when sick, most hospitals will suggest this, I would recommend this over any medicine that they want you to buy as the medicine in hospitals is three times the price than in the pharmacies.

Pharmacy 药房 **yaofang** Headache 头痛 **tou tong**
Stomachache 肚子痛 **duzi tong** Flu 感冒 (了) **gan mao le**
Injured (Through a sporting activity) 受伤 **shou shang**
Have a drip 吊水 or 打点滴 **diao shui/da dian di**

Chinese Pharmacies:

观江国际 Guanjiang Community has some different Chinese pharmacies, once again for basically anything, this place seems to have it ,or around it there will be more than one pharmacy, its is hard to find heavy western medicine, but your regular aspirin 阿司匹林 **A si pi lin**, should not be a problem.

Watsons 屈臣氏 **Qu Chen Shi**

Watsons is a western pharmacy chain, definitely a life saver, you can find easily in downtown. Has most of the basic things, is getting better and better.

Hospitals:

Closest: 医大四院 The Fourth Branch of Harbin Medical University (for most cases)

Best: 医大二院 The Second Branch of Harbin Medical University (for serious cases). It also has



the
best
dentist of Harbin City.

If our teacher wants to see a doctor, she or he has to be checked by the doctor, we will help to arrange for this, in order to give a good health for our teachers.

Basic and Useful Chinese Phrases

A great website for English/Mandarin Translation and Phrases
www.nciku.com

As you might have heard or read, Chinese language(Mandarin in this case) can be quite overwhelming, we have therefore put together a small manual on the most important and useful phrases that we could think of, we hope that it is of help to you and that you will find it to be an interesting read.

Everyday basics:

I 我 **wǒ**

He 他 **Tā**

She 她 **tā**

We) 我们 **wǒmen**

They [masculine or mixed group] 他们 **tāmen**

It 它 **tā**

You [plural] 你们 **nǐmen**

You [informal/formal] 你/您 **nǐ/nín**

Master 师傅 **shī fu** Frequently used (often used to refer to taxi drivers ,security guards and such professions,also if you dont know someones name its a good way to call them,can aslo mean master in some situations)

Aunt 阿姨 **A yi** (Same as the one above except used for female,but only slightly older or married women,can also mean aunt)

You're welcome 不用谢 **búyòngxiè**

Maybe 可能 **kěnéng**

Please In Chinese, you would rarely use 请 (please) by itself. It is usually used as part of a question or request. 请 **qǐng**

Thank you 谢谢 **xièxie**

I appreciate it 非常感谢 **fēicháng gǎnxiè.**

I don't understand. 我不懂 **wǒ bù dǒng.**

I speak English 我说英文 **wǒ shuō yīngwén.**

I am a teacher at CCSC 我是中加学校的老师 **wo shi zhongjia xuexiao de lao shi**

Where are you from? (You will hear it quite a few times) 你来自哪里, 你是哪里人, 你是哪个国家的, **ni laizi nali, ni shi nali ren, ni shi nage guojia de** (means the same but different ways of asking)

I am from Canada 我来自加拿大 **wo laizi jia na da**

What's your phone number? 你的电话号码是多少? **ni de dianhua haoma shi duoshao?**

My phone number is ... 我号码是 **wo haoma shi**

I am at ... 我在 **wo zai**

Classroom 教室 **jiaoshi**

Office 办公室 **ban gong shi**

I do not speak Chinese well 我的中文说得不好 **wǒ de zhōngwén shuōde bùhǎo.**

I am lost. 我迷路了 **wǒ mílù le.**

I am looking for a hotel. 我在找酒店 **wǒ zài zhǎo jiǔdiàn.**

Yes, I know. 对, 我知道 **duì, wǒ zhīdào.**

I am sorry. I don't know. 对不起。我不知道 **duìbuqǐ. wǒbùzhīdào.**

I don't know where it is. 我不知道在哪儿 **wǒ bù zhīdào zài nǎr.**

Can you repeat, please? 请你再说一遍, 好吗 **qǐng nǐ zài shuō yíbiàn, hǎoma?**

How much is it? 多少钱? **Duo shao qian? EX: 5 RMB 五块钱 wu kuai qian**

1 一 **Yi**

2 二 **Er**

3 三 **San**

4 四 **Si**

5 五 **Wu**

6 六 **Liu**

7 七 **Qi**

8 八 **Ba**

9 九 **Jiu**

10 十 **Shi**

Taxi vocab:

Going anywhere by taxi : qing song wo dao请送我到 (Please take me to :)

Dao 到 ... Can also be enough to get by, a shortened version

Turn (left/right) 往 **Wang**

Left 左 **Zuo**

Right 右 **You**

Stop here, please 在这停下 **Zai Zhe Ting Xia**

A lot of Chinese places have “gates”, like universities, schools, parks, etc.

North 北 **Bei**

South 南 **Nan**

West 西 **Nan**

Dong 东 **East**

Gate/Door 门 **Men**

GOING HOME:

qing song wo dao ha er bin shi shenghengji zhong jia xuexiao (Please take me to HSCCSC, when in taxi) 请送我到哈尔滨市盛恒基中加学校

GOING to WALMART **qing song wo dao you yi lu de wo er ma**

Please take me to Wal-Mart 请送我到友谊路的沃尔玛

GOING TO KFC (in Songbei District) **Qing song wo dao ken de ji** 请送我到江北的肯德基

GOING TO PIZZA HUT (On Central Street), but a different part ,a 40 min taxi ride, called jiang bian 江边)

A more detailed look into Chinese language

Basic greetings and norms

The most common ways to greet someone in Chinese are:

nǐ hǎo! (Hello/Hi!) 你好

zǎoshàng hǎo; ; zǎo (Good morning.) 早上好

These two ways to say "good morning" aren't actually very different, but they go somewhat in order of formality, from more formal to less formal.

xiàwǔ hǎo (Good afternoon.) 下午好

wǎnshàng hǎo (Good evening.) 晚上好

nǐ chī guò fàn le ma? (Have you had your meal?) 你吃过饭了吗

(This is a casual greeting between friends and coworkers ,it doesn't mean they are inviting you to dinner ,just a friendly way of saying hi and is very common during breakfast,lunch and dinner times.

In China, the standard greeting is usually accompanied by a hand shake. However, unlike the firm, quick Western handshake, the Chinese tend to shake hands lightly and for hold the handshake longer: even as long as ten seconds.

nǐ zěnmeyàng? (How is it going?) 你怎么样? (Not used that often)

zuìjìn zěnmeyàng? (How's it going lately?) 最近怎么样?

zuìjìn hǎoma? (How are you lately?) 最近好吗?

As you'd expect, when someone asks you how you're doing, there are many possible responses.

wǒ hěnhǎo, xièxie. (I'm doing great, thank you.) 我很好, 谢谢

wǒ bú tài hǎo. (I'm not doing well.) 我不太好

In Chinese, as in English, you would only tell people you know reasonably well that you aren't well.

mǎ mǎ hū hū. (Just so-so) 马马虎虎

This phrase actually translates as "Horse horse tiger tiger." If you use this with your Chinese friends, they'll be impressed!

háixíng. (I'm okay) 还行

tǐnghǎode. (I'm fine, also means really good if asked about something) 挺好的

Saying good-bye

There are also many ways to say goodbye.

zàijiàn. (Goodbye.) 再见

míngtiān jiàn. (See you tomorrow.) 明天见

huítóu jiàn. (See you soon.) 回头见

zhù nǐ hǎoyùn! (Good luck!) 祝你好运

xiàge xīngqījiàn. (See you next week.) 下个星期见, or

gǎitiān zàiliáo. (Talk to you soon.) 改天再聊

mànzǒu. (Take care.) 慢走

Bai bai (Bye Bye, an expression brought in from English, only used with people you know) 拜拜

Although **mànzǒu** generally means "walk carefully" in Chinese, and is used when the other person is leaving the premises, you also can say **mànzǒu** 慢走 or **bǎozhòng** 保重 in Chinese for "take care" in English. Moreover, **bǎozhòng** is a little more formal and serious than **mànzǒu**.

If you wish to say you are sorry or apologize then just say: 不好意思 **bu hao yi si** or 对不起 **dui buqi**

Norms and Habits

The Do's and Don'ts

Do:

- ✓ Always toast with someone before drinking first if invited to dinner, it is very polite and will show respect and will be very welcomed. If a lot of people start with either the boss or the oldest person in the room.我敬你 wo jing ni,(literal translation, I respect you) will be really appreciated and they will say the same thing over you in order to be even more respectful, also putting your glass lower than theirs shows respect, remember if they say 干杯 gan bei ,it does not mean cheers, it means bottoms up, and they will expect you to. So if you are not much of a drinker you can always say 随意 sui yi (drink as much as you want) ,you don't have to empty the glass. Also some places they believe if the glasses touch a 干杯 ganbei is a must.
- ✓ Try to pick up the check, they most likely won't let you, but give it a go. Once again shows respect and friendliness.
- ✓ Be prepared for random people approaching to you and asking to practice their English.
- ✓ Be punctual. Most Chinese people are always on time.
- ✓ Fill your companion's tea cup when it's empty, especially if your companion is older than you(they drink a lot of tea).
- ✓ Eat what your host offers and orders, alcohol can be refused! But they will try to force you, in order to be a good host.
- ✓ Remove your shoes when entering a Chinese home, they will offer you slippers to wear inside
- ✓ Bargain, the merchant will sometimes start off with crazy prices so be prepared for a haggling session.
- ✓ Have your home address with you at all times, whether you are at school or travelling(staying in a hotel) ,it just makes life easier.

Don't:

- ✓ Leave your chopsticks upright in your bowl or tap your bowl with them
- ✓ Give clocks or books as gifts. The phrase 'to give a clock' in Mandarin sounds too much like 'attend a funeral' and 'giving a book' sounds like 'delivering defeat.'
- ✓ Greet by embracing or kissing, either on the cheeks or on the hands, unless you know the person really well
- ✓ Write on the business card unless you are told to do so
- ✓ Immediately put the card away in your pocket or bag. Hang on to it for a little while before putting it away

Financial Info and Banking Needs

You will be paid on the 25th of each month. That means your first cheque will be on September 25th, so you will need to plan your first month accordingly.

You will be given the option to send a portion of your pay to your Canadian bank.

As an example, the staff members in 2014/15 arranged to send 70% of their salary to their home

Bank and kept 30% of their salary in a Chinese account. Staff at the school will assist you in setting up your Chinese bank account.

In order to send a portion of your salary to your Canadian Bank, you will need to provide:

- 1) A Swift Clearing Code
- 2) Your Bank Transit #
- 3) Your Bank #
- 4) Your account number

You can get all of this information from branch of your bank. Be sure to bring it with you.

ATM machines are readily available, but it is important to know that your Canadian Debit Card

And/or your Canadian Credit Card will not be recognized at many machines and business

Establishments in China. This is especially true for the Canadian Credit Cards. It is normal practice to use your Chinese Debit Card or cash in most places.

Dear Canadian (Foreign Staff)

We here at HSCCSC hope that this guidebook somehow will make your life enjoyable, as we have done as much research as we could in order to gain as much information about the local area so that you would feel safe, welcome and at home.

If you feel like we have left something out or you have any other enquiries, please do not hesitate to contact us.

A hearty warm welcome to HSCCSC, we are looking forward to a great year of learning, teaching and embracing each other cultures.

Written by: Jason Zhu

Edited by: Jacky Zhang

