



**Guidebook to a Happier and Easier Life in
Lanzhou City, China
And
Lanzhou Concord College of Sino-Canada
(LCCSC)**

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Intro

Dear Canadian (Foreign Staff)

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

LCCSC has put together a small guidebook to help you with your everyday activities and interests, as well as an introduction into China, Lanzhou, 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 down here as smooth as possible.

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

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

Sam (Liu Xin) Mobile: (86)18919996123

Mr. Li Zheng Wei (Admin. Director) Mobile:(86) 13510083344 (only speaks Chinese)

Mr. Alfred Pang (Executive Director) Mobile: (86)13510344300

School Information

Lanzhou Concord College of Sino-Canada

兰州市万华中加国际学校

Address: 甘肃省 兰州市 七里河区 南滨河中路

Gansu province Lanzhou city Qilihe District South Binhe Road

Phone number : 86-931-2882555

Your Home

This is our “United Nations” in Lanzhou, 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 students and they really love us too.

And the seasons/temperature/local people’s character and living experience are very nice. You will have a different experience here. So, welcome to our apartment in Lanzhou, 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**
- 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 lu**
- TV 电视机 **dian shi ji**
- AC 空调 **kong tiao**
- Heater 电暖器 **dian nuan qi**
- Fridge 冰箱 **bing xiang**
- Small electric cooking burner 小电饭煲 **xiao dian fan bao**
- Cooking counter and storage area 操作台和储物柜 **cao zuo tai/chu wu gui**
- Bed/ small bed tables/sofa/closets/dresser
床、床头柜、沙发、衣柜

Brief Introduction of Lanzhou City

Lanzhou:



LCCSC's Location: LCCSC is located at Qilihe (七里河) District on the south side of yellow river, where has the great view of the river. This area is quite near the center of Lanzhou, it only takes normally 20-30 minutes to the downtown by bus from our school.

The nearest market street from our school is Xi Zhan pedestrian mall (西站步行街). It is also the main developing area of Qilihe district. XI Zhan is a massive new complex area with KFC and Pizza Hut close to it ,there are some shopping malls also offering cinema (make sure to check if the movies are in English(some are dubbed) ,KTV(karaoke). In the same area there are a couple of bars & club. The most famous market street is Zhang Ye Road (张掖路) where has plenty of brand-name stores. This place is an ideal area for people having fun and relaxing.

Transport

Going to Lanzhou City:

There are several different ways of getting into town, the easiest way is taking a taxi ride of 20 minutes which will cost 15-20 RMB, depends on where in the city you wish to go.

Don't be surprised if the taxi driver picks up some strange people along during the way, normally happens during on the rush hour. But if you feel uncomfortable with it you can say (**qing bu yao dai shang qi ta ren**, 请不要带上其他人) Local drivers are very friendly and will be very willing to chat with you guys, 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, just give them a smile and say nothing then put your earphones and ignore whatever they say.

The bus is called Nan Bin He Zhong Lu 南滨河中路. The bus stop is just outside of our school. The price is 1 RMB and the bus takes about a half an hour to get you into the downtown, so if you are in a hurry or looking to save time, you might want to get a taxi.

Recommendation is taxi as the buses are often overcrowded and it takes much longer time. But if you are looking for a little adventure, buses could be a fun way to try

Restaurants

Western “cuisine”:

There are not many places to find western cuisine, but we have done some research on this matter, and provided you with some places we feel could satisfy your taste.

There are many “western” cuisines, chains that are owned and run by Chinese, so the food is not 100% authentic but it is 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).

In china, KFC, Pizza Hut are not as same as other countries as it is changed for the local taste, but still has some of the original flavors and choices.



兰州伯顿西餐厅 (Lanzhou Botun coffee shop)

Address: 兰州城关区东岗西路434号(盘旋路东口)

Lanzhou Chengguan Donggang West Road No. 434 (circled Road East)



KFC:

肯德基 (七里河区西站店) Xizhan Area

西站十字路口

Xi Zhan Shi Zi Lu Kou

Opening times: 24 hours

Pizza Hut:

必胜客 (永昌路) Yongchang Road Cheng Guan Area

张掖路步行街 Literally a 2 min walk from Zhangye road (张掖路), Pizza Hut is

quite popular and you might have to queue, especially on the weekend and during lunch, dinner times. (12.00/18.00 Chinese lunch/dinner times)

Opening times: 10.00-22.00



26 inch pizza: Lanzhou

With highly rated coffee, cheesecakes and Paninis, nice seating area and English speaking staff, Opening times: Monday to Sat. 10.00 - 23.00, Sundays 15.00-23.00

Address :兰州市七里河区敦煌路万辉国际2号楼

Wan Hui plaza B block. Dun Huang Road, Qilihe district

Other “western” places:



兰州 **matto** 台湾餐厅 Lanzhou City

张掖路西关里商城

Xi Guan Li shopping mall, Zhangye Road

TEL: 18609482209



枫林晚概念西餐

address: 城关区 大众巷246号(原晚报社院内)

246 Da Zhong avenue, Chengguan district

TEL: 0931-8183777



塞纳左岸咖啡

兰州市城关区农民巷西口

Nong Ming avenue, Chengguan District.

09318617676



星巴克咖啡

兰州市城关区雁滩路4152号

Chengguan District of Lanzhou City , Yantan Road No. 4152

Local cuisine

Beef noodles-兰州牛肉面



This noodle is the glory and symbol of Lanzhou, because anyone in China knows Lanzhou is famous for beef noodles. There is no certain restaurant can be recommended, because every place is authentic and really depends on which one is more suits your taste.

手抓羊肉 boiled lamb



This is a traditional cuisine in Lanzhou, because there are many Muslim people

are gathering and live in Lanzhou since hundreds years ago, therefore their cooking style and cuisine has a great influence in terms of the dietary habit of people in Lanzhou.

烤羊肉串- roasted kebab



Lanzhou is an ethnic mixed city, there are many ethnic groups live in here such as Hui, Tibetan, Uygur, Kazak, thus Lanzhou people have mixed dietary style, and also we respect different believes, religion, faith. Many people who had tasted Lanzhou kebab, they all said it was the best kebab ever in China

Nightlife

Bars and Clubs:

Most bars in Lanzhou 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 German beer and have live music .

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



Hugo (雨果酒吧) This is a real music bar in Lanzhou, it attracted lots of foreigners.

Adress: 城关区永昌北路376号 Cheng Guan District, North Yongchang Road, 376



兰州夜巢酒吧

Address: 兰州市城关区麦基山路666号

666 Mai Ji Shan Road, Cheng Guan district.

Attractions

Wu Quan Shan Park (五泉山公园):



Wuquan Shan Park is located in Lanzhou city of the south, is one of the most famous park in Lanzhou. Wuquan mountain history is very long, and named as legend Huo Qubing general who was in the mountains five lashes hit five spring. Now the Wuquan mountain spring water is very small, but the mountain built many ancient buildings and temples, the park trees, the environment elegant. To this can be mountaineering exercise, the Buddha and praying, can also climbed to the top of the hill overlooking the beauty of Lanzhou city.

Bai Ta Shan Park (白塔山公园) -



Baita Mountain Park is located in Lanzhou city near the north shore of the Yellow River, the entrance is connected with the Zhongshan bridge, is an important tourist attraction in the city of Lanzhou. Baita Mountain in ancient Baita Mountain is the most famous, the mountain is also much palace style building, in the construction around the planted lots of trees, this mountaineering exercise, photographers are very good. More importantly, to board the Baita Mountain to see the spectacular panoramic view of downtown Lanzhou, a very broad vision.

Sang Ke grass land - 桑科草原



Sankoh prairie is located in the west of Gannan Xiahe County, with hills on the grassland, there is also the open wilderness, every summer grass, and wildflowers everywhere, very beautiful. Tosangkecaoyuan, also can rent a horse riding in the local collectors, to experience the Zanba, tea, etc. various kinds of traditional folk dance guozhuang. Grassland distance Labrang Xiahe County is only about 11 kilometers, can make the trip to play on the Labrang monastery have spare time.

Zhang Ye National Park-张掖雅丹地貌国家公园



Zhangye Danxia landforms in Linze Province, 40 kilometers from Zhangye city. In the area of one hundred square mountain hills, peculiar shape, colorful, of great momentum Danxia landform. Here the Danxia landform development to about 2000000 years ago before the Jurassic to the third century. Is the most typical Danxia geomorphology in Chinese, rare in the world. Second in size only to Chinese largest Chishui Danxia, is one of the most abundant, the biggest and best other regions of Danxia landform landforms China development

Mogao Caves-莫高窟



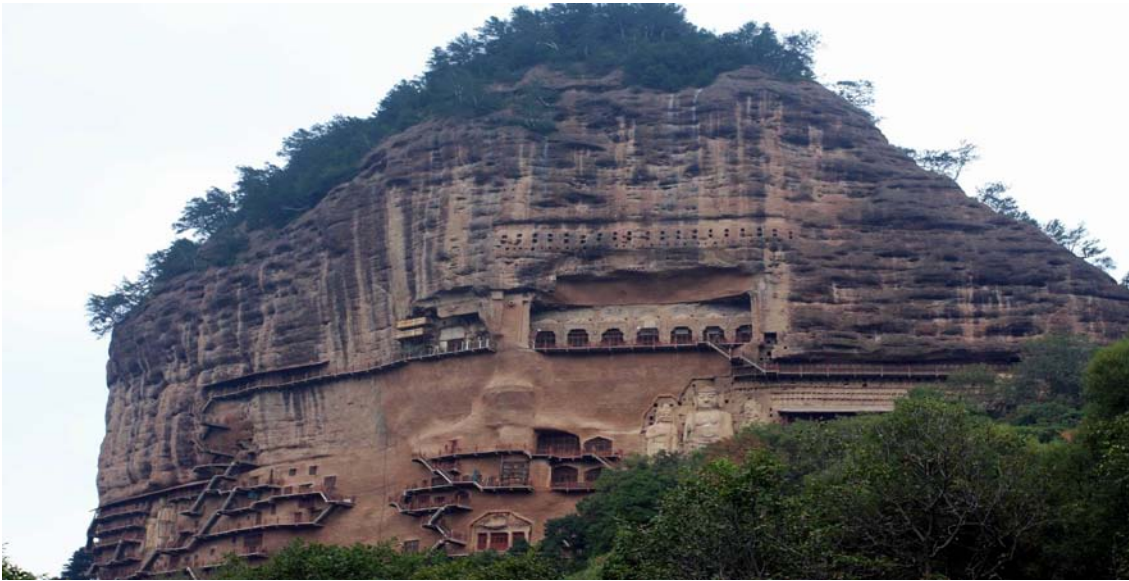
Mogao Grottoes also known as the thousand Buddha cave, located in the southeast side of the urban area of Dunhuang. The grotto was built in sixteen countries during the Eastern Jin Dynasty, dig caves after thousands of years, until the end of the Yuan dynasty. Have a large number of murals, grottoes, cultural relics, is famous all over the world Buddhist art resort. Here you can enjoy a vast scale rich in content of the grotto and fresco art, but also to understand the development of Buddhism in Dunhuang history for thousands of years by explanation and movie show, is the tourists' destination of Dunhuang.

Ming Shashan Crescent Moon Spring-鸣沙山月牙泉



Crescent Spring in the Mingsha mountain surrounded, its shape resembles a crescent moon. Called Sha Jing, also known as region, once taking Ottawa depression pool, the Qing Dynasty name Crescent Spring. Area of 13.2 acres, the average depth of 4.2 meters. Water and sweet, clear as a mirror. Between sand and water are only tens of meters. But although the case of gale and spring is not covered by quicksand, is located in the Gobi and spring is not muddy does not dry up. This shaquan symbiosis, coexistence of spring sand unique landscape, is really "the world wonders".

Maijishan Grottoes-麦积山石窟



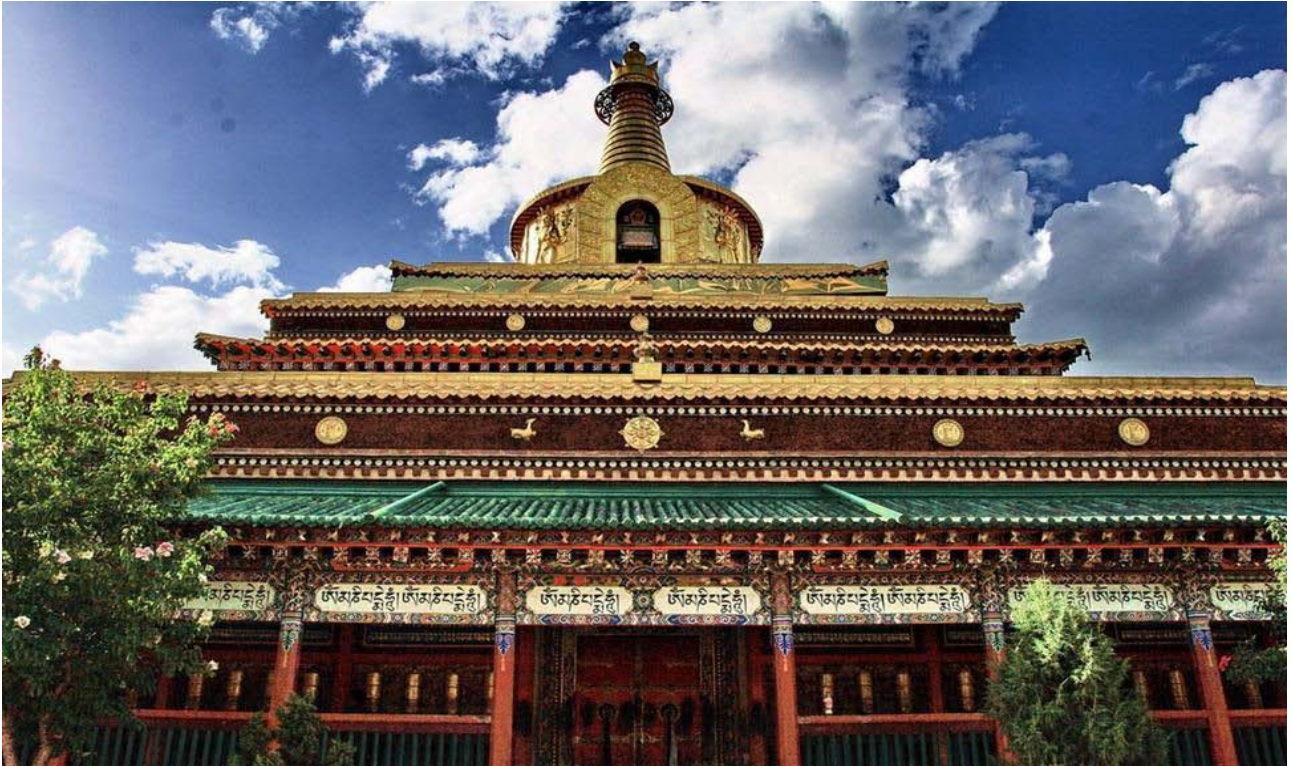
The Maijishan Grottoes is one of the most famous caves of Northwest China, and Yungang Grottoes, Longmen Grottoes and Mogao Grottoes is known as the Chinese four caves. Dig caves began in the sixteen country houqin period, after successive dug repair, a total of more than 7000 statue of Buddha, the murals of more than one thousand square meters, distributed in nearly two hundred caves, and integrity maintained so far, very precious. In 2014, other attractions grottoes and the Silk Road to be included in the list of the world cultural heritage, the famous overseas, here can enjoy viewing. In addition, the Maijishan Grottoes is a steep rock wall, surrounded by green plants of Gushan, delicate and pretty scenery, hanging on the cliff on the path along the cliff climbing, can watch the art of Buddhism, but also to enjoy the surrounding scenery, but also to experience the thrills of the foot tunnel.

Jiayuguan-嘉峪关



"Great Wall Jiayuguan" in 1961 the State Council released the first batch of national key cultural relics protection units, in 1987 was included in the "world cultural heritage list of UNESCO". Jiayuguan was built in Hongwu five years (1372 AD), composed of the inner city, city, city, Weng Cheng, the moat and the southern flanks of the Great Wall. Jiayuguan is the starting point at the western end of the Ming Great Wall along the the Great Wall, is the most well preserved, the size of the most magnificent ancient military castle, it is honored as "Xiongguan best in the world".

Labrang monastery-拉卜楞寺



Labrang monastery, old say Zha Xi Qi temple, located in the western suburbs of Gansu Tibetan Autonomous Prefecture in Gannan province county Fengling Xiahe County, at the foot of the mountain, is the Gannan area of the political and religious center. Labrang monastery is one of the six major monasteries of the Gelug Sect of Tibetan Buddhism, at present the Labrang monastery has retained the national best Tibetan Buddhist teaching system. In 1982 the Labrang monastery was included in the national key cultural relics protection units.

Yangba natural scenic area-阳坝自然风景区



Kang Xian Yangba scenic eco - tourism in Gansu province is located in the county and the southeast, covers a total area of 504.93 square kilometers, the territory of the warm and moist climate, beautiful scenery, yew, camphor, whitebark pine listed rare plant nearly 40 species; a snub nosed monkey, golden cat, giant salamander, listed 36 rare animal species, and 200 more than the natural landscape office, the forest coverage rate as high as 70%, ranking first in the province. Scenic areas within the most is the original ecological forest. Ecological unique advantages in resources, beautiful landscape and rich products to green mountain Yangba skillfully into a be worthy of the name "the southern gansu".

Leisure Time Activities

Gym and Sport Centers:

浩沙健身俱乐部 (**Recommended Gym**)

地址:金昌南路 212 号 8869292

212 Jin Chang Nan Lu

一阳国际健身俱乐部 (**GYM Club**)

地址:七里河区西站西太华 7 楼 7754626

7th floor Xitaihua shopping mall. Xi zhan. Qilihe District

Shopping

Clothes and other articles:

Shopping complexes with all sorts.

百盛（兰州）购物中心 Parkson（lanzhou） Shopping Center

**Address: Lanzhou Chengguan District of Qingyang Road 1
floor Aolan Mingmen**

兰州万达广场 Lanzhou Wanda Plaza

Address: Chengguan District of Lanzhou City , Yantan Road No. 4152

华润万家（兰州）购物中心 Huarunwanjia（lanzhou） shopping center

Address: Dunhuang road in Lanzhou District of Qilihe City Haihong

北京华联（兰州）购物中心 Beijing Hualian（lanzhou） Shopping Center

**Address: Lanzhou Chengguan District of Pingliang City Road 677, the
Hualian Commercial Building**

张掖路步行街 Zhangye Road Pedestrian Street

Address: Lanzhou Xiguan cross business circle

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 调水 or 打点滴 **diao shui\da dian di**

Chinese Pharmacies:

西太华购物中心 XI Tai Hua GouWu Zhong Xin, 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** (**aspirin**) , should not be a problem.

Watsons 屈臣氏 Qu Chen Shi

Watsons is a western pharmacy chain, definitely a life saver ,same address as above.It has as most of the basic things, is getting better and better.

Hospitals:

1. 兰州大学医学院一院 Lan zhou Yi Xue Yuan Yi Yuan

The first hospital of Lanzhou university clinical medical college

Address: 兰州市城关区东岗西路 1 号

No.1 DongGang XiLu, ChengGuan district, Laznhou

Tel: 0931-8625200



2. 兰州军区陆军总院

General hospital of Lanzhou military command

Address: 兰州市七里河区南滨河中路 333 号

No.333 Nanbinghe ZhongLu, Qilihe District, Lanzhou

TEL: 0931-2233011



Dental hospital: 兰州大学口腔医学院

Hospital of stomatology Lanzhou university

Address: 兰州市东岗西路 199 号

No. 199, DongGang XiLu, Chengguan district, Lanzhou.

Tel: 0931-8915062



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 **shi 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 **xièxiè**

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 **jiashi**

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 wan hua zhong jia xue xiao (Please take me to LCCSC,
when you are about to take a taxi) 请送我到兰州万华中加学校

GOING to Xitaihua Hua Lian **qing song wo dao xi tai hua hua lian**

Please take me to BHG 请送我到西太华华联

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 causal 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 bútàihǎo. (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.

mǎmǎhūhū. (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

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 LCCSC 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 LSCCSC, we are looking forward to a great year of learning, teaching and embracing each other cultures.

Written by: Sam Liu

Edited by: Alfred Pang

