For the first time this year, Hi and Fi Asia-China will join together in the NECC, Shanghai with HNC, ProPak China & FoodPack, and Starch Expo to bring you an extensive offering in health ingredients, food ingredients, nutraceuticals, natural ingredients, starch ingredients, and packaging and processing solutions—all under one roof.

To help you prepare for your trip and to get the most out of your time in Shanghai, we have put together a city guide which covers everything from visas and currency information, to food you must try while you’re in the city and tourist attractions to catch if you have time.
Things to know before you go

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

General conversion rate:
1 EUR = 7.5 RMB/ CNY
1 USD = 6.7 RMB/ CNY
1 GBP = 8.7 RMB/ CNY

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

Visas

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

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

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

Applicants are required to provide the following:
✓ A copy of flight confirmation showing onward/return travel
✓ For double-entry visas, flight confirmation showing all dates of entry and exit
✓ If staying at a hotel in China, confirmation from the hotel (this can be cancelled later if you stay elsewhere and often just showing the first night is enough)
✓ Application form
✓ Invitation letter from the organiser; please contact Emma.Ruan@ubmsinoexpo.com for your invitation letter

The cost of a visa really differs depending on your nationality. Below is an indication of some of the costs
UK £151 for UK citizens
US $140 for US citizens.
US $40 for citizens of other nations
Using your Phone

International Roaming

Most mobile phone providers offer customers international roaming services when you sign up for your phone contract. If you have a very basic plan it may not have the option for international roaming. If that is the case, you cannot use your mobile phone as it is to make calls. If you do have the option for international roaming you usually have to contact your mobile provider to turn on this feature and let them know you will be traveling to China; however, some mobile phone providers may not have roaming availability in China. If roaming in China is available, keep in mind that roaming can be very expensive so make sure to ask your mobile provider about the charges for phone calls, text messages, and data usage.

Unlocking your Phone

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

Using the Internet and Apps

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

- Blogspot
- Facebook
- Google Plus
- Instagram
- Pinterest
- Reddit
- Slack
- Snapchat
- Twitter
- WhatsApp
- YouTube
- ABC
- BBC
- CNN
- Dropbox
- The Economist
- Gmail
- Google
- Google Docs
- Netflix
- New York Times
- Reuters
- Wall Street Journal
- Wikipedia (in English)
- Yahoo

Other notable sites and streaming services banned in China include:

- The Guardian
- Le Monde
- Netflix
- New York Times

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

Top tip

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

Plug Sockets: China generally uses 220V, 50HZ, AC. If you are from a country where the standard of 110-120 volts at a frequency of 60 Hz is available, you will need to have converters for your domestic electric devices in order to use them in China.
Local Culture
Historically Shanghai was a small village which became the hub for foreigners in wartime. As a result, there are a lot of western influences in Shanghai from architecture and lifestyle, to younger generations speaking English. Shanghai is welcoming to foreigners, and although there are international influences it is important to acknowledge and be respectful of local culture and etiquette.

Etiquette
Everyday Etiquette
✖ Personal space is less respected in China. People stand closer to each other in public contexts and when talking, so do not be offended by somebody standing closer to you than you are used to. It is considered rude to speak too loudly in public places such as the metro. Pointing is also thought to be rude and should be avoided. Business Etiquette
The following advice is applicable to business situations. Chinese contacts will not expect you to know and understand all customs, but it is a good idea to try and remember the following.
✓ Dress neatly in formal conservative attire
✓ Light handshakes are favourable over firm
✖ Try not to confuse given names and family names. If your Chinese contact has a traditional Chinese name like Yang Tao, you should address him as Mr. Yang
✖ Many Chinese people do not like being on a first-name basis too quickly
✓ When receiving a gift or business card always accept with both hands, study them carefully for a moment, and say thank you
✖ Do not interrupt anybody while they are still talking
✖ Do not talk over silences, even if they start to feel uncomfortable to you
✖ Avoid small talk during the official part of the meeting and politics during small talk.

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

Getting Around
From the Airport:
Pudong International Airport is located about 30km from Shanghai city centre. The following are the easiest ways to get from the airport to the city:
• Maglev: The Speedy Maglev Train (SMT) is a convenient and fast way to travel towards downtown. Metro Line 2 connects with the Maglev Train at Longyang Rd. Station. Metro line 2 runs direct to the city center. Single trips cost CNY 50 ($7 USD) and a round trip valid for 7 days is CNY 80 ($11.50 USD).
• Taxi: A taxi costs approximately CNY 150 from Pudong Airport to People’s Square, the centre of the city, and it takes about 50 minutes.

Top tip
The metro is the fastest way to get around the city as you avoid traffic jams and busy roads
Things to do
If you find some time in your schedule to spend a bit of time in Shanghai, here are some of the highlights of this bustling city:

• **The Bund:** A mile-long stretch of waterfront promenade along the Huangpu River, The Bund features Shanghai’s iconic skyline. The promenade is lined with museums, historic buildings, hotels, restaurants, and bars. For the best views try and see The Bund at night.

• **Oriental Pearl Tower:** The Oriental Pearl Radio & Television Tower is an iconic Shanghai landmark. Visit the tower for breathtaking views of the city, or dine in the revolving restaurant inside the sphere.

• **Yu Garden:** Believed to have been built during the Ming Dynasty more than 400 years ago, Yu Garden is a Shanghai highlight due to the exquisite layout, beautiful scenery, and the artistic style of the garden architecture.

• **Nanjing road:** If you’re looking for some retail therapy you’ve come to the right place! This 5.5km street has been a shopping destination for the last 100 years, and you’re guaranteed to find something special to bring home.

• **AP Plaza:** Want to test your negotiation skills outside of a business context? Visit underground market AP Plaza and use your bargaining skills to secure some fake designer products or some souvenirs for your colleagues back in the office.

• **Xintiandi:** Experience old Shanghai at Xintiandi—now a popular expat hangout with great restaurants and bars.

• **French Concession:** This historic area has a distinctly European feel, and is home to cozy live-music venues and boutique wine bars, as well as indie fashion shops and European delis.

• **M50:** Also known as Moganshan Road, M50 is a contemporary art district which houses a thriving community of more than a hundred artists with studios open to the public.

• **Massages:** After a day of meetings a visit to one of Shanghai’s many massage parlours is a must. With so many options, ask for a recommendation at your hotel.

**Top tip**
Always carry a card with your hotel address written in Chinese to show taxi drivers to avoid potential language barrier.

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

• **Metro:** Shanghai is home to the world’s longest Metro services, covering 548 km across 337 stations and 14 lines. Single-journey cards can be purchased at machines inside every metro station. These machines accept 1 CNY coins and small denomination bills. After you tap out at the end of your ride, the electronic barrier keeps the card, which is then recycled. One-and three-day passes can be purchased in any station, but only with cash at the ticket desk.

• **Bus:** More than 10 Shanghai bus companies operate 1,400+ city bus lines in downtown areas and in the suburbs. The city bus fare varies a little according to the vehicle types, but most routes including the downtown, suburban, night and rush-hour lines charge 2 CNY. The downtown shuttle buses only cost 1 CNY. You can pay in exact change on the bus or use a Shanghai Jiaotong Card.

• **Taxi:** Shanghai’s taxis are reasonably cheap, hassle-free, and generally easy to flag down except during rush hour and in summer storms. Taxi fares are metered and tipping is not customary. Shanghai’s main taxi companies include turquoise-coloured Dàzhòng, gold Qiángshāng, and green Bǐshì. Uber does not operate in China, but they do have a local alternative Didi.
Eating in Shanghai

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

Shanghai Dishes
An added benefit of attending an exhibition in Shanghai is the great food on offer. We have put together a list of some top Shanghai dishes that we recommend trying during your trip.

- **Xiaolongbao (Soup Dumplings):** You can’t visit Shanghai without eating Xiaolongbao at least once. The touristy go-to place is Nanxiang in Yuyuan Garden. With over a century’s worth of history, Nanxiang’s crab and pork xiaolong is legendary.

- **Cong You Bing (Scallion Pancakes):** Want to try some Shanghai street food? Then you have to try Cong You Bing! You can find these fried pancakes at one of Shanghai’s many street vendors which are often conducted out of someone’s kitchen.

- **Hairy Crab:** A Shanghai specialty that is often eaten during the city’s mid-Autumn Festival as these crabs are in season during September and October. Hairy crab are highly sought after as they are a rare delicacy high in amino acids and protein. These steamed crabs go great with ginger and vinegar, and Xinguang Jiu Jia is a great spot to try them.

- **Red-braised Pork:** Red-cooking, known as hongshao in Chinese, is a style prevalent throughout all of China. The color and taste are achieved by slow-cooking proteins in soy sauce with sugar and fermented bean paste. In Shanghai, hongshao pork is a dish that can be found at every level of dining from street food to fine dining.

- **Shengjianbao:** is the other famous dumpling of Shanghai. These round buns are stuffed with pork and decorated with sesame seeds and chopped scallions. They’re common for breakfast but can be eaten all day long. Yang’s Fried Dumplings is a reliable fast-food chain that both locals and tourists frequent for their shengjianbao fix.

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

**Recommended Restaurants**
With every type of cuisine available in Shanghai it can be hard to decide where to eat, so we’ve pulled together some great restaurants for you to try:

- **Yang’s Fried Dumplings:** Yang’s is a chain restaurant serving some of the best sesame seed and scallion coated shengjian (fried dumplings). Two prominent branches are on Wujiang Rd (2nd floor, Huangpuhui,269 Wujiang Rd) and Huanghe Rd (97 Huanghe Rd) very near the center of Shanghai.

- **Jia Jia Tangbao:** An institution for Shanghai’s own steamed soup dumpling, the xiaolongbao. There is a hole-in-the-wall feeling about this place with a very casual atmosphere. Jia Jia Tangbao closes when it sells out of made-to-order soup dumplings which is usually around late afternoon or early evening. (90 Huanghe Lu, near Beijing Lu)

- **A Niang Mian:** This hole-in-the-wall restaurant is famous for its seafood noodles, made from recipes which have been passed down for generations. During hairy crab season (late fall-early winter) the crab roe noodles in soup are a must, but their yellow croaker noodles are good year round (36 Sinan Road).

- **Commune Social:** A modern restaurant serving small tapa-style dishes with European influences. Go along for a drink or a few plates of food on the terrace or in the sleek restaurant where you can see the chefs at work. The restaurant does not take reservations so you may have to wait for a table (511 Jiangning Road, Jing’an District, Shanghai).

- **Lost Heaven:** This unique restaurant experiments with indigenous recipes and cooking techniques from the Yunnan region. With a few branches throughout the city, the main Lost Heaven restaurants are located in the French Concession (No 38 Gao You Road), and at The Bund (No 17 Yan An East Road).

- **Goodfellas:** If you’re craving some Italian food, Goodfellas is a great option. Serving pizza, pasta, and Italian wine, this restaurant is conveniently located at The Bund (7 Yan’an Dong lu).