

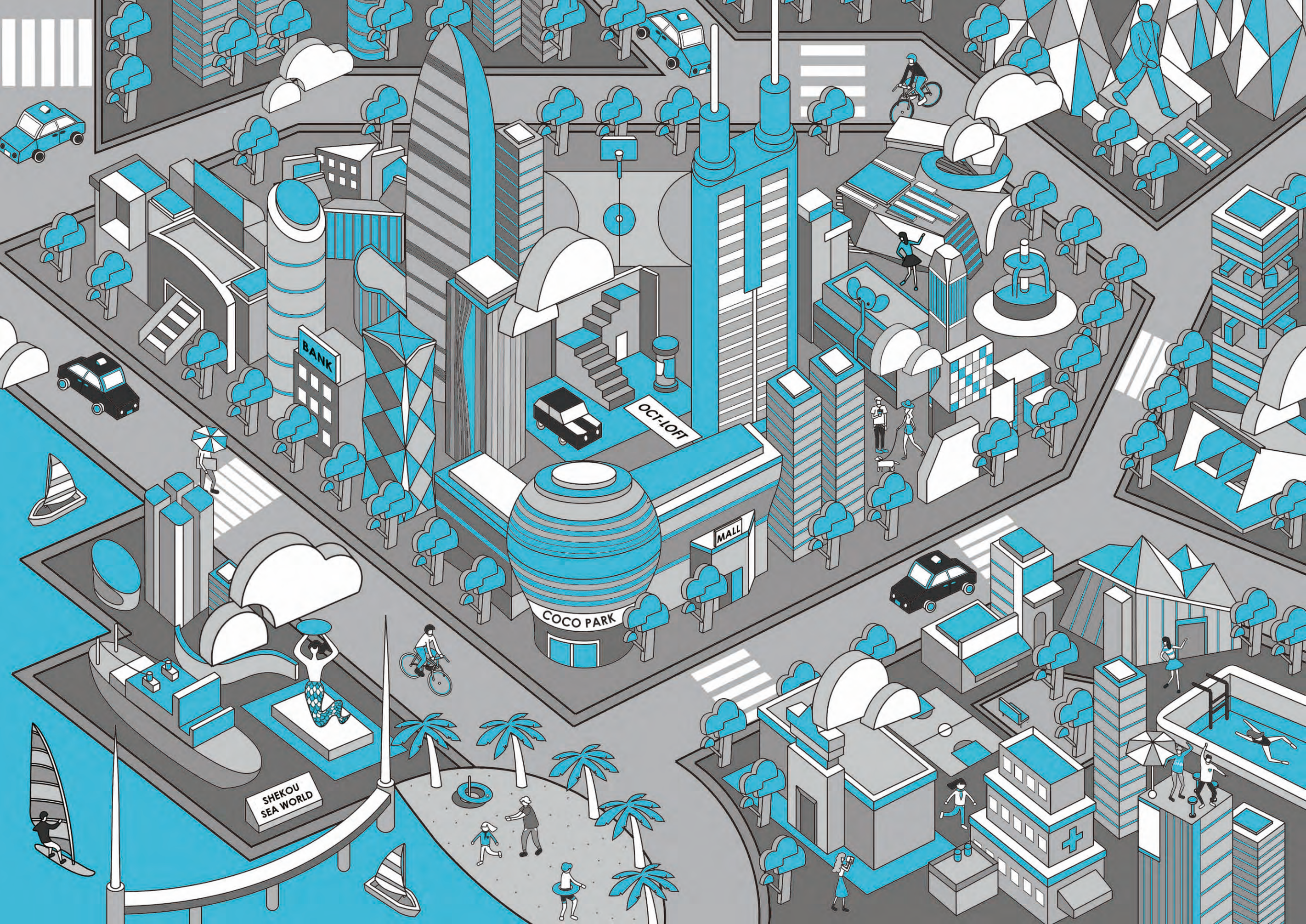
LIVE @755

L I F E G U I D E I N S H E N Z H E N



N22°32'43.86" E114°03'10.40"

L I F E G U I D E I N S H E N Z H E N 2 0 2 1



BANK

OCT-LOFT

MALL

COCO PARK

SHEKOU
SEA WORLD

Live@755 Editorial Committee

Editor-in-Chief: CAI Ying

Associate Editors-in-Chief: SUN Huaizhong, ZHONG Jiajun, GU Ting, TAN Fuying

Executive Editorial Board Members: JIN Tingliang, CAO Cong

Editors: HE Chang, CHEN Tian, CAI Yingshi, HUANG Yaling



DIRECTORY

L I F E S T Y L E G U I D E I N S H E N Z H E N

PART ONE

Shenzhen 101

>> Shenzhen by the Numbers	001
>> Foreword	002
Why Shenzhen	002
Shenzhen Basics	004
Introduction to CityPlus Platform	010
>> Weather	011
>> Language	011
>> Public Holidays	013

PART TWO

Before leaving your home country

>> Visa	017
>> Shipping	022
>> Pets	024
>> Accommodations	026
Hotels	026
Serviced Apartments	032
Hostels	035
>> What to Bring	038

CHAPTER THREE

Settling in Shenzhen

>> Arrival Checklist	041
Epidemic Prevention Information	041
Register with Police	047
Medical Checkup	047
Work Permit Interview	047
Social Security Insurance Card	048
Mobile Phone Service	048
>> Personal Banking	049
>> Insurance	050
>> Transportation	052
Maps	052
Public Transit	053
Other Ways to Get Around	060
Renting a Car	061
>> Internet	063
>> Healthcare	063
>> Renting	066
Co-living Apartments	066
Agents	067
>> Education	069
Childcare	069
International Schools	071
Higher Education	076

CHAPTER FOUR

Thriving in Shenzhen

>> Just Shenzhen Routes	083
>> Bars and Restaurants	093
>> Places of Interest	103
>> Shopping	111
>> Performing Arts	121
>> Fitness and Sports	130
>> International Organizations and Communities	140
>> Exploring the International Neighborhoods	149

Appendix

>> Essential Contact Numbers and Resources	155
>> Honors of Shenzhen	159
>> Table of Sister Cities and Friendship Cities of Shenzhen	161

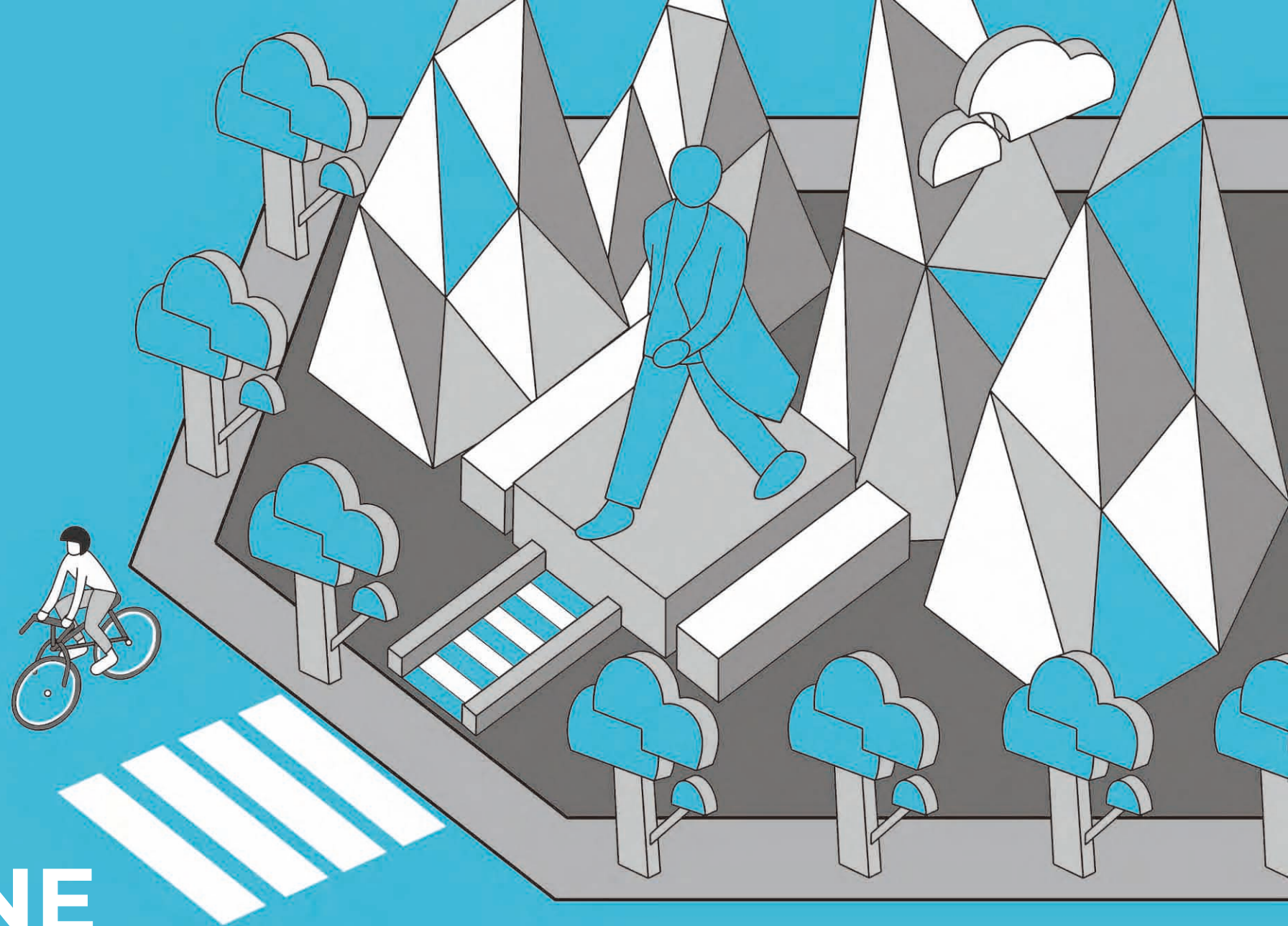


CHAPTER ONE

Shenzhen 101

L I F E G U I D E I N S H E N Z H E N

ONE



SHENZHEN BY THE NUMBERS

95%

of population are migrants



International migrants are from
127
countries and areas



5th

economy in aggregate terms among Asian cities

13.43 million permanent residents
33 years old on average



1.35
million registered volunteers



914 bus routes
11 metro routes

674 public libraries
52 museums and more than **1,000** parks



41.21 percent greenery coverage
332 good air quality days per year



Among
top 10 cities to visit in 2019 by Lonely Planet



FORWORD

1. WHY SHENZHEN

Shenzhen is a coastal city in South China, neighboring Hong Kong and Macao. It is a modern and international innovative metropolis full of charm, vitality, impetus and innovation.

Shenzhen is a national economic center, science and technology center, regional financial center and commercial and logistics center.

Shenzhen, born in the epic reform and opening-up drive and prospering for its innovation, is a wonder of the world's industrialization, urbanization and modernization.

Shenzhen, City of Charm

Over the past 40 years, builders of the special economic zone have come from every corner of the country and gathered in Shenzhen. Together they transformed the city from a tiny border farm town into a modern and international metropolis with full functionality that manages a population of over 22 million with an average age of 32.5. The city is home to a world-class container hub port, the largest land checkpoint in Asia and the fifth-largest airport in China. It has won numerous awards and recognitions, including National Civilized City, International Garden City, a member of the Creative Cities Network by UNESCO and UNESCO City of Design. Shenzhen is an open and inclusive city that honors rule of law and good ethics as well as a city suitable for living, working and traveling.

Shenzhen, City of Vitality

As a pioneering city in China's reform and opening up, Shenzhen took the lead in carrying out the market-oriented reform of the economic system. The city has taken the first steps in over 1,000 different fields in the country, from building the first export-oriented economic development zone in China to holding China's first land auction, from taking the lead in "bringing in" to "going global," from economic reform to the further and comprehensive reform in economic, political, cultural, social, ecological civilization and Party building systems. Shenzhen continues to create a world-class business environment to greatly stimulate market vitality.

Shenzhen, City of Impetus

Shenzhen is always focused on economic development, from the "Three-plus-one" trading-mix to the lead in facilitating industry transformation and upgrading, and to further pushing forward the supply-side structural reform. Its high-tech industry has become a calling card across the whole country. The city has four pillar industries, including high tech, finance, logistics, and culture and creativity. Its GDP has grown from 196 million yuan to 2.69 trillion yuan, increasing by 14,000 times in 40 years.. It has created the well-known "Shenzhen Speed," the growth-leading "Shenzhen Efficiency," "Shenzhen Quality" and "Shenzhen Standard," as well as the "Shenzhen Manufacturing," "Shenzhen Design" and "Shenzhen Brand," which mark the era.



Shenzhen, City of Innovation

Shenzhen continues to push forward the comprehensive innovation with scientific and technological innovation as its core and has realized the organic integration and coordinated development of scientific and technological innovation, institutional innovation and open innovation. It has formed a market-oriented technological innovation system that takes enterprises as its mainstay and blends industry with higher education and research. A group of world-class innovative enterprises have grown up here, turning Shenzhen into a model innovative city gathering innovation resources, achievements and culture.



Shenzhen is the window through which China displays its achievements in reform and opening up to the world.

Shenzhen is the window through which the international community observes China's reform and opening up.

Shenzhen is striding toward the construction of a pioneering demonstration zone of socialism with Chinese characteristics.

Shenzhen is working hard to build an exemplar city of a great modern socialist country.

2. Shenzhen Basics

General Development and Business Environment

Development Goal

Shenzhen has been designated as a national pilot city for comprehensive reform. It is the national economic center, science and technology center, regional financial center and commercial and logistics center. It is striving to take the lead in creating a moderately prosperous city, a pioneering demonstration zone of socialism with Chinese characteristics and an exemplar city of a great modern socialist country.

Administrative Divisions

Shenzhen is a sub-provincial city. It has direct jurisdiction over nine districts and one new area: Futian, Luohu, Yantian, Nanshan, Bao'an, Longgang, Longhua, Pingshan and Guangming districts, and Dapeng New Area. The Central Government expanded the special economic zone to cover the whole city on July 1, 2010. Shenshan Special Cooperation Zone was officially inaugurated on Dec. 16, 2018.

Economic Status

Shenzhen is a link between the Chinese mainland and Hong Kong and a transport hub for coastal southern China. The city leads the nation in high-tech development, financial services, foreign trade, shipping, and creative and cultural industries. It has undertaken a mission to pilot China's structural reform and continuous opening up to the world.

Shenzhen ranks fifth in Asia in terms of economic power. In 2019, the city's GDP grew by 6.7 percent to exceed 2.6 trillion yuan. Its public finance grew by 3.5 percent to reach 942.42 billion yuan. Its general public budget grew by 6.5 percent to 377.32 billion yuan. Its citizens' per capita disposable income increased by 8.7 percent.



Business Environment

In 2018, Shenzhen issued "Measures on Strengthening the Reform of the Business Environment," putting forward twenty measures in six aspects, including trade and investment, industrial development, talent development, administration, environment and law, with the aim of establishing a benchmark with the World Bank's business environment indicator system and creating a stable, fair, transparent and predictable business environment in line with international investment and trade practices.

In order to reduce the costs of enterprises, Shenzhen has issued "Measures to Further Support the Development of Private Economy" and taken measures to ensure a reduction in enterprises costs of more than 100 billion RMB; increase in bank credit funds of more than 100 billion RMB; increase in bonds issued by private enterprises of more than 100 billion RMB; and the establishment of a 100-billion RMB fund for the stable development of private enterprises, as a means to help enterprises tackle "icebergs in marketing, mountains in financing and volcanoes in industrial upgrade."

Additionally, Shenzhen is doing its utmost to reduce taxes for enterprises. In the 2018 annual settlement, more than 20,000 enterprises in Shenzhen enjoyed a tax reduction for R&D expenses, showing a year-on-year increase of 45.12 percent. The tax deduction amounted to 122.38 billion RMB, with a year-on-year increase of 74.81 percent, reducing the financial burden on enterprises by 33,345 billion RMB.

In terms of trade facilitation, Shenzhen is fully committed to accelerating the construction of a "one-window" service for international trade. At present, Shenzhen's "one-window" international trade service has launched 20 applications and 73 modules, for such items as cargo declaration, manifests, transportation, licenses, tax payment and customs clearance platforms, and dealt with a total of 46.62 million business declarations. The number of declarations accounted for nearly 14 percent of the nation's total and 58 percent of Guangdong Province's.

The best aspect of Shenzhen's business environment is the long-term pursuit of marketization, internationalization, rule of law and convenience. Shenzhen always regards enterprises' requirements for the business environment as its direction for continuous reform and optimization.

Transportation

Shenzhen has land, sea, air and rail ports. There are a total of 156 berths around the wharfs in Nanshan and Yantian. The city has eight railway stations, including Shenzhen Railway Station, Shenzhen North Railway Station and Shenzhen East Railway Station. The Guangzhou-Shenzhen-Hong Kong Express Rail Link, an important rail link in the country, runs across Shenzhen. The Shenzhen Bao'an International Airport is a regional pivot airport and one of the 10 largest airports in China. As one of the top 100 airports in the world, the Bao'an airport has so far launched 60 international flights and four flights to Hong Kong, Macao and Taiwan.

Shenzhen has 15 checkpoints that allow the flow of both Chinese and foreign nationals. Luohu Checkpoint is China's busiest land passenger checkpoint, while Huanggang Checkpoint offers around-the-clock service. Futian Checkpoint offers seamless transfer by Metro to Hong Kong, and Shenzhen Bay Checkpoint offers both Hong Kong and Shenzhen immigration inspection services.

The airport has opened new flights to 15 international destinations including London and Paris. The number of international tourists has increased by 34 percent, while the number of international cruise passengers has increased by 93 percent.

Innovation-driven and Open Development

City of Makers

Shenzhen is a city born to innovate. The first stock in China was issued in Shenzhen, and the first land auction in the country was held in Shenzhen as well. Since the city became a special economic zone, it has played a role as an innovator to spread new ideas and a pioneer to explore the path of reform and opening up in China. By issuing local rules of a national innovation demonstration zone and rolling out 10 projects to bolster innovation, Shenzhen has become a front-runner in promoting innovation-driven development as China's economy steps into the new normal. Shenzhen is now widely known as a "City of Makers" and a "City of Innovation."

Innovation-driven Development

Shenzhen aims to beef up the new economy. The city has rolled out plans to speed up the high-quality development of high-tech industries and the development of strategic emerging industries. It has set up a 5-billion-yuan fund to guide angel investments and invested more than 100 billion yuan in R&D. The total number of State-level high-tech enterprises is expected to surpass 14,000, with an addition of over 3,000 such companies in 2018. The added value of strategic emerging industries grew by 9.1 percent. Shenzhen has been approved to build a demonstration zone for marine economic development.

Shenzhen strives to boost its independent innovation capability. The city has formulated plans to strengthen basic research and tackle key technical problems of 10 key components, such as chips and medical devices. It has launched major scientific and technological infrastructures, such as synthetic biology research, brain analysis and simulation, and initiated the construction of a State-level key laboratory of oncology chemical genomics. It has set up 10 new basic research institutes and added 189 new innovation platforms. The city won 16 national science and technology awards and four national patent gold awards in 2018. Patent licensing has increased by 48.8 percent. The contribution of scientific and technological progress to economic growth has been further enhanced.

Shenzhen continuously optimizes its innovation environment. The China (Shenzhen) Intellectual Property Protection Center was officially opened in 2018. The city has rolled out a slew of talent policies and established a State-level human resources service industry park. Throughout the year, 285,000 professional talents, 12 full-time academicians and 2,678 high-level talents were introduced, up 8.4 percent, 41 percent and 59 percent, respectively.



International Exchanges

In 2018, Shenzhen received 396 important foreign delegations totaling 3,689 guests, including German Chancellor Angela Merkel, French Prime Minister Edouard Philippe, Tanzanian Prime Minister Kassim Majaliwa, Speaker of the House of Representatives of Japan Tadamori Oshima, Prime Minister of Trinidad and Tobago Keith Rowley and Vanuatu Prime Minister Charlot Salwai. Shenzhen has successfully fulfilled the reception work in the aforementioned major foreign affairs events, actively publicized the development and achievements of China's reform and opening up and vigorously cooperated with the country's overall diplomacy.



International Friendship Cities

Shenzhen has established friendship city relations or conducted friendly exchanges with 88 cities and regions in 56 countries and regions around the world, including Houston of the United States, Sao Paulo of Brazil, Nuremberg of Germany, Vienne of France, Tsukuba of Japan, Phnom Penh of Cambodia, Brisbane of Australia and Lome of Togo.

Shenzhen has constantly promoted pragmatic cooperation with international friendship cities in the fields of economy and trade, culture, science and technology, and vocational education. It has carried out civil diplomacy, urban diplomacy and public diplomacy in an all-round, multi-level and wide-ranging way, introduced high-end resources needed for urban development and continuously pushed its international exchanges to the next level.

LIVE
@755

Ecological Construction, Social Livelihood and Humanity

Ecological Civilization

With a continuously expanding economy and fast evolving science and technologies, Shenzhen is upgrading its industries to promote an environment-friendly lifestyle and low-carbon growth. The quality, optimally structural and low-energy consuming development mode has become the city's new normal.

Forests cover 40.21 percent of the city's total land. The average annual concentration of PM2.5 in the city is 24 micrograms per cubic meter, making Shenzhen one of the 10 best cities in the country in terms of air quality. The Neilingding Island-Futian National Nature Reserve is the only nature reserve within a city in China.

A number of high-quality parks have been built, such as Shenzhen Talent Park, Xiangmi Park and the coastal leisure belt of Shenzhen Bay. A total of 69 parks were built and renovated and 184 flower-dotted blocks and gardens were built on the streets. Shenzhen has also witnessed new achievements in the construction of a world-famous flower city and the cleanest city in the country. It has won the title of National Forest City.

Social Livelihood

Shenzhen has made great efforts to safeguard people's livelihood. Expenditures on improving people's livelihood reached 300 billion yuan, accounting for 74 percent of the general public budget expenditure. The government has accomplished 12,000 projects concerning people's livelihood. A total of 109,000 new jobs were created in 2018, and the urban registered unemployment rate was less than 2.5 percent.

The development of education has been accelerated. Shenzhen has also taken the lead regarding the monitoring results of national compulsory education quality in the province. Four universities, including Shenzhen University and Southern University of Science and Technology, were selected as part of a new round of provincial high-level universities and discipline construction plan.

Shenzhen has expedited the development of medical and health services. By the end of 2019, there were 4,513 health and medical institutions across the city and 3,919 new beds were added. Five hospitals were selected into the construction plan of provincial high-level hospitals and four 3A-rated and Grade-3 hospitals were added. Twenty high-level medical teams have been introduced and 49 community health institutions have been opened. In addition, 72 percent of the city's targeted groups have signed up for family doctor services. Shenzhen has also launched a number of projects for mothers, babies and children. An institute has been set up to offer health care and nursing education for serving the aged. Shenzhen Nursing Home was opened with an additional 1,000 beds.



Culture and Art

Shenzhen adheres to the strategy of building a city of culture, promotes the coordinated development of spiritual and material civilization, and speeds up the construction of a modern public cultural and sports service system. It was honored with the title of Global Model City for the Promotion of Nationwide Reading by UNESCO. There are 674 public libraries across the city, with a total collection of 47.459 million books and periodicals, 52 museums and memorial halls, 11 art galleries, one radio station, two television stations and three radio centers.

Shenzhen has set its sights on promoting cultural innovation and the development of cultural industries. The city has been crowned National Civilized City for five consecutive years. The city also hosted a series of events, such as China (Shenzhen) International Cultural Industries Fair, the National Book Expo, China Design Exhibition, Shenzhen International Marathon, Shenzhen (International) Science Film Week, Shenzhen Fashion Week, Bi-City Biennale of Urbanism\Architecture. At present, the city has nearly 50,000 cultural enterprises with over 900,000 employees, including more than 3,100 enterprises of a designated scale and over 40 listed enterprises from home and abroad. The added value of the cultural industry accounts for more than 10 percent of the city's GDP. The cultural industry has become an important engine for Shenzhen to accelerate the transformation of its economic development pattern and promote rapid and healthy social and economic development.

Tourism and Leisure

One of the most important and profitable tourist cities in China, Shenzhen, whose annual foreign exchange income of tourism reaches 5.003 billion yuan, is regarded as the capital of Chinese theme parks and tourism innovation. There are more than 100 scenic spots around the city, including man-made theme parks, natural ecological parks, coastal resorts, shopping plazas and historic sites. With sea, land and air checkpoints, Shenzhen has a safe, quick and convenient tourist transport network. Eating, living, traveling, shopping and recreating in Shenzhen are made easy and fun with ample tourism infrastructure and products and food from around the world. Shenzhen is a coastal cosmopolitan tourist city. Visitors can travel freely and quickly within a one-hour drive and appreciate the modern young city's beauty and ethos. The city annually receives 12.16 million overnight visitors and 242 million people who enter and leave through the checkpoints.

Shenzhen has a large number of coastal scenic spots, including Shenzhen Bay, Mangrove Nature Reserve and a 15-kilometer coastal leisure corridor in the west, with Zhongying Street, Dameisha and Xiaomeisha beaches, Ocean World and Dapeng Peninsula in the east. The coastline along Dapeng Peninsula was named one of the eight most beautiful coasts in China by Chinese National Geography magazine. Shenzhen has more than 20 public beaches, some of which are linked by seaside walkways, and 51 islands. The OCT Bay is dubbed the "cultural lounge of Shenzhen" and the Shekou International Cruise Homeport has become a new tourist attraction.



3. Introduction to CityPlus Platform

CityPlus is an information platform initiated by Shenzhen. It bases on showing the development and humanities style of Shenzhen and its international friendship cities. It aims at promoting the information sharing, exchange and cooperation between cities. It is in order to tell the story of Shenzhen and the story of China. Its mission is to build a two-way showcase window and online-to-offline interactive platform, enabling the world to get to know Shenzhen and Shenzhen citizens to understand the world in a warm and fun way. The platform not only be the mutual window between Shenzhen and its 88 friendship cities but also opens to any others.

CityPlus is dedicated to facilitating Shenzhen's internationalization and its international exchange and cooperation. It's a new mode of "social operation endorsed by the government". The platform is centered on the core concept of "internet celebrity platform for Shenzhen to display and promote the exchange and cooperation" and "leveraging new internet developments for the city's globalization". With features of "integration", "experience" and "interaction", the platform strives for the complement of function, the fresh ideas, the excellent service, the steady operation and the convenient popularization. It in order to be a diverse international portal, to link the world and serve the citizens, to assist the construction of the pilot demonstration area of socialism with Chinese characteristics.

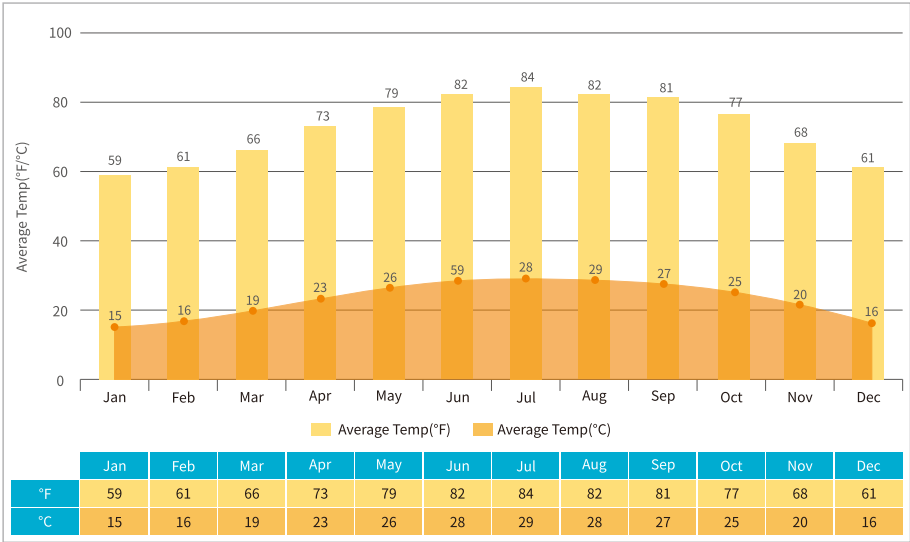
The platform is an initiative led by the Foreign Affairs Office of Shenzhen Municipal People's Government, funded by the Special Fund for Promoting the Development of Cultural Undertakings in Shenzhen, and operated by the Shenzhen Foundation for International Exchange and Cooperation. The core users of CityPlus are citizens in Shenzhen including expatriates/visiting foreigners, as well as governments, organizations and citizens of Shenzhen's international friendship cities.



Weather

Due to its subtropical marine climate, Shenzhen has mild weather with plenty of sunshine and rainfall all year round. With an average temperature of 22 degrees C (72 F), Shenzhen has long summers, which usually last as long as six months but are not overly hot. In comparison, the winters are very short and not cold at all. The rainy season in Shenzhen is from May to September, and typhoons sometimes happen in July and August. The hottest month is August and the coldest month is January. Autumn, from November to early January, is considered the best time to visit Shenzhen.

Don't always trust your weather app, especially during the rainy season. Instead, always bring an umbrella! A downpour can drop at any minute, leaving you stuck at a Metro exit counting the minutes until you are late. Also, even though the temperatures don't get very low in Shenzhen, the combination of getting acclimated to the long hot season and the high humidity makes the slight cold feel even colder, and buildings are often built to keep people cool and without much in the way of heaters, so the short winter can still be a bit chilly on the bones.



Language

With nearly 95% of the population being migrants, Shenzhen is the only city in Guangdong where Mandarin is more widely spoken than Cantonese, the dialect of Guangdong Province. It is challenging to live in Shenzhen without speaking any Chinese, but the local people are friendly and usually enjoy talking to foreigners. Most foreign residents find speaking to local people both interesting and fun. This, and a bit of bravery, will also help you to learn a bit of Chinese, which will make your life here easier. If you aren't fluent in Mandarin, an offline translation app or dictionary is a must during your stay in Shenzhen. Pleco can be used as both.

You might find it useful to take a few Mandarin lessons before moving to Shenzhen to learn the basics. The following websites are useful for learning the basics:

Learning Chinese

http://www.china.org.cn/learning_chinese/

Free Chinese Lessons:

<http://www.freechineselessons.com/index.php>

BBC free online beginners' course:

<http://www.bbc.co.uk/languages/chinese/>

Chinese Pod:

<http://chinesepod.com/> (free downloads; pay for extra features)

The Apple iTunes Store has a wealth of resources, some free, some paid, for iPhones, iPods/Pads, or your computer. They include:

Apps: Lonely Planet Mandarin, AccelaStudy Chinese

iTunes – U: Open University Beginner's Chinese, UCLA Center for Chinese Studies (free talks about China)

There are also some Mandarin schools/training centers in Shenzhen where you can receive more systematic training, such as:

Hanbridge Mandarin

Address 3F, Strength Science and Technology Mansion, Gaoxin South 1st Road, Nanshan

Phone 400-600-2202

Email study@hanbridgemandarin.com

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

C Mandarin

Address 1516, Reith Center, Tower A Century Holiday Plaza, 9030 Shennan Avenue, by Huaxia Jie, Nanshan

Phone 0755-86626522, 0755-86626533

Email info@cmandarin.com

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

Mandarin House

Address Suite 1118, Xinhua Insurance Building, 171 Mintian Road, Futian

Phone 0755-66841651

Email info@mandarinhouse.com

Website <http://www.mandarinhouse.com/learn-chinese-in-shenzhen>

Additionally, Nanshan International Cultural Exchange & Service Center offers FREE Chinese language classes on some Mondays from 9:30 - 11:30 a.m. The address is 1st Imperial Park I, Wanghai Road, Nanshan District. For more information about the free Chinese class please scan the QR code below or call 26837234.



Public Holidays

China has a number of public holidays and festivals celebrated throughout the year. There are seven major Chinese festivals, the most important being the Chinese New Year, during which most shops and businesses close. Chinese New Year celebrations fall between January and February each year.

Public holidays for 2021 include:

Date	Day	Holiday
1 Jan	Fri	New Year Holiday
11 Feb to 17 Feb	Thu to Wed	Spring Festival
4 Apr	Sun	Qing Ming Festival
1 May	Sat	Labor Day Holiday
14 Jun	Mon	Dragon Boat Festival
21 Sep	Tue	Mid-Autumn Festival
1 Oct to 7 Oct	Fri to Thu	National Day Holiday

*The dates in this table are estimates. It’s common for the government to adjust the work days around public holidays by changing them to the weekend to make a continuous public holiday relatively longer for those traveling or visiting home.

The State Council also provides public holidays for specific social groups:

Date	Day	Holiday
8 Mar	Sun	International Women’s Day *
4 May	Mon	Youth Day *
1 Jun	Mon	Children’s Day *
1 Aug	Sat	Army Day *

*International Women’s Day is observed for half a day by women only.
*Youth Day is observed for half a day by youths aged 14 to 28.
*Children’s Day is observed for a full day by children below the age of 14.
*Army Day is observed for half a day by military personnel in active service.

Holidays and Festivals

In addition to national holidays, Shenzhen has many local festivals, such as:

Shenzhen Nanshan Lychee Festival

Time: Every year from June to July Location: Nanshan District, Shenzhen

In Shenzhen, there is a tradition of inviting friends and family from home and abroad to visit a lychee garden during lychee season, which allows one to not only enjoy the unique taste of the fresh lychee but also the beautiful scenery in the countryside. It is also a chance to connect and enhance friendships. The Lychee Festival is based on this traditional custom. During the festival, various forms of economic and cultural networking activities are carried out under the “lychee” theme to showcase the achievements and prosperity of the Shenzhen Special Economic Zone.



Shenzhen Golden Coast Tourism Festival

Time: to be decided every year Location: Yantian District, Shenzhen

Surrounded by the steep Wutong Mountain, the beautiful Meisha Bay and the ancient Chung Ying Street, Yantian District is where the natural landscape meets modern urban scenery. Having been held for 16 years, Shenzhen Golden Coast Tourism Festival has become one of the oldest and most influential tourism festivals in Shenzhen. During the festival, several recommended tour routes are released and a variety of activities, such as a shopping carnival, food carnival, tea ceremony, wine tasting and cultural workshops, are organized.

Longgang “Dragon Dance Town” Art Festival

Time: Every year from November to December Location: Longgang District, Shenzhen

As a folk art activity, Dragon Dance has a history of 300 years and has a strong local flavor. Its related "Dragon Culture" has also been greatly promoted. Longgang District is named after the dragon and is a famous dragon town both at home and abroad. The local Hakka people have always regarded the dragon as a mascot. Dragon dance, lion dance and kylin dance are performed during holidays and festivals, adding a festive and joyful atmosphere to the area. In Longgang District, the only dragon-themed tourist attraction in China has been built at a total investment of 100 million RMB.

Shajing Golden Oyster Festival

Time: every year from December to February Location: Bao’an District, Shenzhen

Shajing Golden Oyster Festival showcases the Shajing culture, history and folk traditions through music, dance, poetry and more. During the festival, nine events, including “Oyster Gourmet Festival,” the Oyster Culture Photo Exhibition, the Oyster Culture Photography Contest and the one-day trip to the Oyster town, are held to let guests learn about the history and culture of Shajing Oysters, and experience the profound cultural heritage and long history of Bao’an as “the root of the River Xiang, the mother of Shenzhen.”

Happy Coast Happy Lantern Festival

Time: every year from December to February Location: Happy Coast, Nanshan District, Shenzhen

As a must-see for the Shenzhen people during the Spring Festival, the Happy Lantern Show aims to “tell Chinese stories, pass on Chinese culture and bring peace and joy to the holiday.” Ten dazzling scenic spots with more than 60 large-scale creative lanterns that combine traditional and technological elements, as well as interactive games, such as parent-child beaches, child-friendly trains, VR games and specialty food streets, are launched to facilitate the cheerful celebration of the Chinese Year.

Shenzhen Animation Lantern Festival

Time: every year from December to March Location: Coconut Grove Beach, Happy Coast, Shenzhen

Supported by the Publicity Department of Shenzhen Municipal Committee of the Communist Party of China and the Culture, Sports and Tourism Administration of Shenzhen Municipality, Shenzhen Animation Lantern Festival has become an important cultural event in Shenzhen, embodying the cultural life of the entire city. With its creative concept, diverse forms and colorful content Shenzhen Animation Lantern Festival has been selected by the Shenzhen "Creative December" organizing committee as one of the activities in the "Creative December" campaign. As the first large-scale themed lantern festival in Shenzhen, Shenzhen Anime Lantern reinvents the traditional lanterns with more than 800 years of history by integrating new elements, such as fashion, technology and animation. The stunning giant lantern installations are bright, colorful and spectacular, making you feel like you are swimming in an ocean of lanterns and a world of fairy tales.

(This section is partially based on an article from <https://www.maigoo.com/goomai/184749.html?fromapp=topic>)

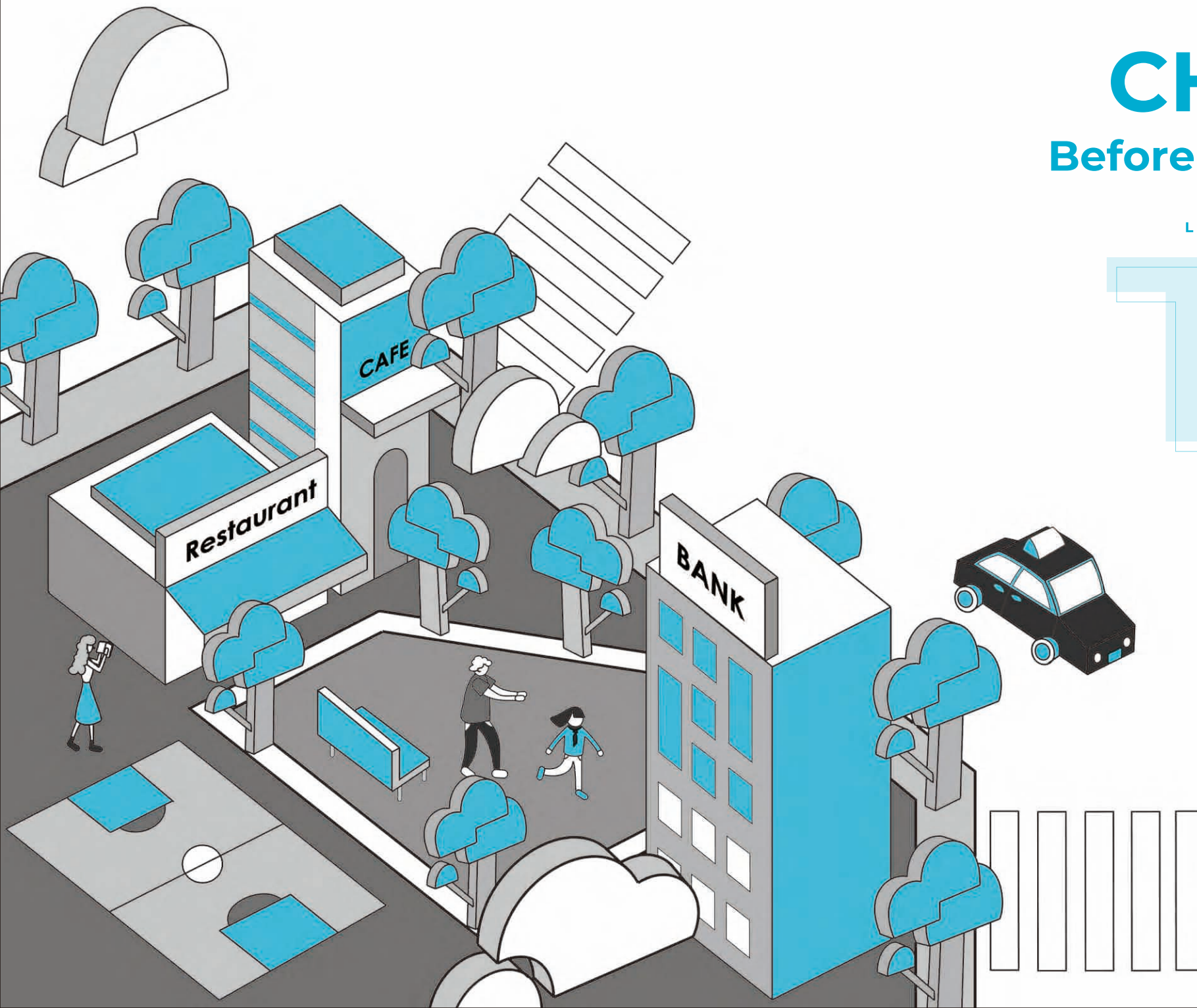


CHAPTER TWO

Before Leaving Your Home Country

L I F E G U I D E I N S H E N Z H E N

TWO



1、Visas

As a foreign citizen, you should have applied for and obtained an appropriate visa before entering China unless you are visa-exempt according to certain agreements and regulations. You are advised to ensure that your visa is valid before traveling. If your visa has expired or the visa has an insufficient number of entries, you will need to apply for a new visa. Depending on your purpose for visiting China, there are different types of visas.

Visa Categories	Scope of Applicants
C	Foreign crew members of means of international transportation, including aircraft, trains and ships, or motor vehicle drivers engaged in cross-border transport activities, or to the accompanying family members of the crew members of the above-mentioned ships.
D	Foreigners intending to reside in China permanently.
F	Foreigners intending to go to China for exchanges, visits, study tours and other activities.
G	Foreigners intending to transit through China.
J1	Resident foreign journalists of foreign news organizations stationed in China. The intended duration of stay in China exceeds 180 days.
J2	Foreign journalists who intend to go to China for short-term news coverage. The intended duration of stay in China is no more than 180 days.
L	Foreigners intending to go to China as a tourist.
M	Foreigners intending to go to China for commercial and trade activities.
Q1	Family members of Chinese citizens or of foreigners with Chinese permanent residence and intend to go to China for family reunion, or to those who intend to go to China for the purpose of foster care. The intended duration of stay in China exceeds 180 days. "Family members" refers to spouses, parents, sons, daughters, spouses of sons or daughters, brothers, sisters, grandparents, grandsons, granddaughters and parents-in-law.
Q2	Foreigners intending to visit their relatives who are Chinese citizens residing in China or foreigners with permanent residence in China. The intended duration of stay in China is no more than 180 days.
R	High-level talents or whose skills are urgently needed in China.
S1	Foreigners intending to go to China to visit the foreigners working or studying in China to whom they are spouses, parents, sons or daughters under the age of 18 or parents-in-law, or to those who intend to go to China for other private affairs. The intended duration of stay in China exceeds 180 days.
S2	Foreigners intending to visit their family members who are foreigners working or studying in China, or to those who intend to go to China for other private matters. The intended duration of stay in China is no more than 180 days. "family members" refers to spouses, parents, sons, daughters, spouses of sons or daughters, brothers, sisters, grandparents, grandsons, granddaughters and parents-in-law.
X1	Foreigners intending to study in China for a period of more than 180 days.
X2	Foreigners intending to study in China for a period of no more than 180 days.
Z	Foreigners intending to work in China.

In this section, you will learn how to apply for an L visa, Z visa, M visa and S1 visa. For details about how to apply for other types of visas please refer to <http://www.china-embassy.org/eng/visas/hrsq/>



Tourist Visa (L)

A China tourist visa is normally valid for three months from the date of issue. A single entry tourist visa allows travelers to stay for a duration of 30 days in most parts of China. U.S. citizens may get a multiple-entry tourist visa that is valid for 10 years. The allowed duration of each stay ranges from 30 days to 90 days and is determined by consular officers on the basis of your travel itinerary. It's recommended to apply for a tourist visa six weeks ahead of your planned visit.

If you book a tour through a travel agency, you can ask for an invitation letter from the agency, which will be very helpful in the visa application process. The invitation letter should contain:

- A.Information on the applicant (full name, gender, date of birth, etc.)
- B.Information on the planned visit (arrival and departure dates, place(s) to be visited, etc.)
- C.Information on the inviting entity or individual (name, telephone number, address, official stamp, signature of the legal representative or the inviting individual)

If you are traveling independently, round-trip tickets and hotel reservations are required for a tourist visa application. Submit supporting documents as detailed as you can to justify your travel itinerary. To increase your chance for visa approval, the hotel bookings should cover the whole length of your stay in China and be consistent with the dates of arrival and departure shown on your flight tickets.

Steps to Apply for L Visa

Prepare your passport and ensure it is valid for no less than six months.



Book round-trip tickets and hotels, and print the booking records. Alternatively, book a tour through a travel agency and get the invitation letter.



Complete the application form and affix a visa photo on glossy photo paper. You can download the visa application form at <http://www.china-embassy.org/eng/visas/fd/W020130830801798289342.pdf>.



Submit the above documents to the Chinese embassy/consulate or CVASC that has jurisdiction in your area.



Collect your passport and visa on the appointed date and pay the fee.

Work Visa (Z)

In April 2017, China streamlined its Foreign Work Permit process to attract more talents from overseas. The classification system considers the candidate's education, salary, age, time spent working in China and Chinese language skills. The entire process used to take around three months, but now that the country has moved to a three-tier system, it can be completed in as little as one month for tier-A candidates.

Tier A includes highly qualified professionals in senior management positions who are either internationally recognized, top in their field or successful entrepreneurs. They qualify for paperless application processing, which can reduce the duration by as much as five business days, and are not subject to market demand restrictions.

Tier B comprises professionals with bachelor's degrees or higher and at least two years' relevant work experience. These talents still must submit all required documents in original paper form and may have shorter permit validity periods compared to their tier-A counterparts.

Tier C is for unskilled, non-technical or service workers hired on a temporary or seasonal basis.

You can get a clearer idea of where you might rank in the new system here: <https://www.china-briefing.com/news/china-work-permit-calculator-find-your-tier/>.

The process is still completed in two phases: before coming to China and after arriving in China. First you must obtain a Z visa. Your Z visa allows you to enter China for 30 days, during which time you must complete the final steps to obtain a residence permit. Please see the arrival checklist on page 41 for more details.



To apply for a Chinese Z visa you will first need to obtain a work permit through the Chinese company that is hiring you. Your passport must have at least six months of validity remaining and blank visa pages. Your employer will need, at a minimum, the documents listed below in order to apply for the work permit. Some companies may ask for additional supplemental materials.

[A copy of your passport information page and any pages with previous Chinese visas](#)

[Non-criminal background check report](#)

[Visa format resume](#)

[Medical check report](#)

[Completed Chinese work visa application](#)

[Recent passport photo](#)

This process can take up to 10 working days. When you receive the invite letter from your employer you can submit the application for the Z visa by bringing an envelope containing the documents below to the Chinese embassy, consulate or Chinese Visa Application Center (CVASC) in your country.

[The original Foreigners Work Permit sent by your Chinese employer](#)

[A passport with at least six months of validity remaining](#)

[A completed visa application form \(V.2013\)](#)

[Recent passport photo](#)

The normal processing time is four working days, including the day you submit the application and the day you collect your passport. Remember to factor in Chinese public holidays as additional non-working days. Please refer to page 13 for a list of Chinese Public Holidays.

Remember that overstaying your visa will result in a fine of up to 10,000 RMB and administrative detention.

Address and contact details of the application center for a foreigner's work permit:

Administrative Services East Hall, Zone B, Civic Center, Fuzhong 3rd Road, Futian District, Shenzhen

Application counters: No. 29-31

Telephone inquiry: 0755-8812 1678

To apply for People's Republic of China Exit and Entry Permit, please book an appointment via the public account of Shenzhen Public Security Bureau.



Work@755 provides a step-by-step guide on how to apply for a work visa application, don't forget to check it out!

Business Visa (M)

The M Visa is suitable for foreigners who make frequent work-related visits to China but spend less than six months in a given year in the country and are not employed or paid by an entity incorporated in China. The visa is issued for a period ranging from one month to one year. This can be extended under certain conditions. Single-entry, double-entry and multiple-entry visas are available. Applicants from the U.S. and Canada may obtain M Visas valid for up to 10 years.

The documentation required to apply for an M Visa:

Passport, along with a photocopy of the name page

Completed visa application form

One recent passport photo

Invitation letter from Chinese business based in China

Family Visa (S1)

If you have family members who will be moving to China with you, they should apply for a Private Visit (S1) Visa. They will need an invitation letter from you, a photocopy of your passport information and residence permit pages and proof of relation, such as a marriage certificate, birth certificate or other notarized document certifying kinship, along with a completed S Visa application form (V.2013) with a recent passport photo.

Note:

If you plan to renew your contract with the same company, it can arrange to extend your residency. Make sure to decide if you are going to stay well before your current contract expires so that your residence permit can be sorted out, in order to avoid having to make an unnecessary trip to your home country to repeat the entire process.

It is illegal to work in China while visiting on a tourist (L) visa. If someone promises to hire you when you arrive in the country on such a visa, they are most likely ineligible to apply for the work permit necessary to obtain a visa for an employee and are trying to circumvent the law in order to take advantage of foreign talents.



2、Shipping

Many express delivery companies provide parcel delivery services to China, but it is highly recommended to research and compare multiple services based on where you are from and what you are trying to send in order to find the best fit. Be sure to consult whichever service you decide to employ regarding the size and contents of your packages, as every company has unique restrictions. Here are some important factors to consider when planning to ship personal belongings to China.

Prohibited or Restricted Items

Batteries or anything containing a battery, such as a laptop, cannot be shipped by any air courier service.

Some items are prohibited or restricted from delivery to China. You can reference China's up to date list on its English-language customs website: <http://english.customs.gov.cn/service/guide?c=e6fb7440-5df2-4e87-bf92-c4eb697324d8&k=45>

Below is a list of some common items prohibited or restricted from delivery to China.

Prohibited

Domestic cooking devices that use gas fuel; video game consoles used with a television; video games and other games operated by coins; other video games; worn clothing (especially famous name-brands); printers or other input-output accessories for computers and other components of automatic data processing equipment; electric rice cookers; wired phones; video tape recorders; record players and compact disk recorders; CDs; mobile communication equipment; digital cameras; television sets; imitation guns; "DARK-IE" / "DARLIE" brand toothpaste; anything marked as "Made in China"; baby milk formula powder and other powders; certain medications and syringes (with or without needles); liquids; gels; food; embargoed materials and political materials.

Restricted

Leather products; turntables; white goods; musical instruments must be shipped in a hard case.



When choosing a service, consider whether your priority is speed or price.

Some of the fastest options can ship to Shenzhen from the U.K. or the U.S. within two working days. Some of the cheapest services with good reputations take between four and seven working days. Actual times vary by case depending on the place of origin and the contents in the parcel due to customs checks.

Of course, prices also vary depending on the situation, but for general reference, a 1kg parcel from the U.K. or the U.S. can cost as little as £17 or US\$40, respectively, and a 30kg parcel can cost £134 or US\$330, respectively.

Some services allow you to customize your order and save either on delivery time or cost by choosing between door to door service, or dropping off and picking up at ports or pick-up points.

Just remember most ports charge for demurrage, a storage fee charged by the port for each extra day they have to store your parcel. There is usually a short window of days after your container's arrival before you begin getting charged, but clarify the details before scheduling the delivery to ensure you will be in the city in time.

When scheduling delivery times, remember to consider China's public holidays and factor in that the date on the solar calendar often changes by the year, because the traditional holidays are based on the lunar calendar. Please refer to page 13 for a list of Chinese Public Holidays.

Pro-forma invoice

Before sending anything, you'll need to fill out a document called a pro-forma invoice that lists all of the items in your parcel, print out at least five copies and attach them to the outside of your parcel in an envelope. This tells the customs officials what is in your parcel and helps the process move as quickly as possible. Most services will provide you with this form.

Taxes and fees

Depending on the contents of your parcel, additional customs fees very well may apply. Generally, if the value of your parcel is less than 800 RMB, you won't be liable for extra fees.

For items weighing over 20 pounds, the value added tax rate is usually between 12 and 17 percent.

3、Pets

*This chapter was written in conjunction with Karuna Rescue, the largest foreigner-run dog shelter in Shenzhen, which sends an average of five rescued dogs to new homes abroad each week.

Importing your pet

Foreigners are permitted to bring one pet to China per person per trip. Additional pets can be imported as manifest cargo under different documentation and cost requirements.

Pet registration and laws (dogs only)

Shenzhen requires all dog owners to register their dogs with the district bureau in which they live by applying for and obtaining a canine I.D. card. Different districts have different requirements, but generally this involves filling out a one-page application form, providing a correctly-formatted photo of the dog, and a copy of your passport ID page and rental agreement.

In some districts, veterinary clinics can assist in this process by delivering your documents and obtaining your dog's ID card on your behalf. In other districts, you will be required to hand deliver the materials at the relevant office. To clarify the requirements for your district, it is advised to inquire at the nearest veterinary clinic. Veterinary clinics have numerous locations throughout Shenzhen and are easy to locate on map apps.

Pet-friendly public spaces

As of August 2020, Shenzhen has one free-entry public pet park, which opened in February 2019 in Futian District at Jingtian North Sixth Street Park. The park includes both a fenced lawn and an unfenced lawn where pets are welcome.

Across the city, dog owners are free to gather with their dogs at public spaces, such as low-traffic parking lots, streets and mall courtyards, in the mornings and evenings.

There are no official rules banning the walking of dogs or any other pets anywhere in the city. Certain breeds of dogs, however, are banned. As the list of banned breeds is subject to change, inquire at your nearest vet about breeds.



Pet accommodations

In China, animals are not permitted to ride on the quickest and cheapest modes of transportation like high-speed trains and buses. Luckily there are a number of options for service providers who can ensure your pet's care and safety while you travel.

Kennels with yards (dogs): These types of kennels provide your pet with a small room to live in as well as a large courtyard where he/she will play twice a day with the other dogs staying there. Prices range from as little as 50RMB up to 250RMB per day. Kennels can also pick up and drop off your dog for a fee.

XTRM Gogo Park (Longhua): 13902907201, 13510141441

Xinleyuan Pet Club (Xili): 18928486267, 13728885899

Pet hotels (dogs, cats and more): Pet hotels provide your pet with a small "suite" furnished with basics like a mat or kitty condo for your pet to live in. Staff will walk your dog, but a yard for running and playing is not attached.

Pet's Zone (Shekou): 0755-26853266

Pet-sitting services (cats, dogs and more): Pet-sitters can be found via pet-sitting platform Spare Leash. It facilitates the search between pet-sitters and pet owners by providing profiles, reviews and cost-setting for both parties.

WeChat: SpareLeash (Nation-wide)

Veterinary clinics (cats, dogs and more): Veterinary clinics are aplenty in Shenzhen, with at least one per square kilometer, and they also provide boarding services for pets. However, the pet will typically be confined to a metal cage with little space and no padding. Prices range from as low as 40RMB up to 100RMB.

Pet adoption

Shenzhen, and China as a whole, has a unique pet acquisition ecosystem. There is an abundance of animal welfare shelters and similar organizations from which animals of all species and breeds are available for free adoption. Animals from such organizations are typically fully vaccinated and in full health before being made available for adoption. While pet stores selling animals can be found around the city, they are unregulated and many animals are sold at a premature age and unvaccinated.

To browse pets up for adoption, inquire about pet adoption WeChat groups. One of the largest such groups is Karuna Rescue, which can be contacted via WeChat at karunarescue@outlook.com. As a norm, interested persons are required to fill out an application in order to qualify for adoption.

Pet supplies

In Shenzhen, veterinary clinics commonly have storefronts stocked with basic cat and dog supplies, and since clinics also provide comprehensive pet care services, including grooming and boarding, in addition to veterinary services, they are even easier to find in many areas than ordinary pet stores. Supermarkets like Walmart and Carrefour also carry dog and cat food, treats, toys and other basic necessities.

However, for the full range of pet supplies available in China, online sellers found on the popular shopping platforms Taobao, Tmall and Pinduoduo have cheaper prices than storefronts and larger stock. On these platforms, every pet care item from A to Z, including various types of hays and food pellets for herbivorous pets, can be sourced.

Exporting your pet from China

Just as with importing a pet to China, the costs and requirements for exporting a pet out of China differ depending on airline, pet type and destination. See karunarescue.com and search online for the latest regulations.

4、Accommodations

A major financial center and home to factories, tech companies and the Shenzhen Stock Exchange, Shenzhen is also host to a large number of theme parks and shopping hot-spots. In recent years, it has become an increasingly popular destination for both business and leisure travelers. As an emerging tourist city, Shenzhen is home to a wide array of accommodations, from inexpensive lodgings to upmarket hotel chains that are known worldwide. Whether you're looking to close a business deal or hop around theme parks during your trip, you'll be able to find a place that will provide comfort and convenience.

Hotels

The central part of the city, which includes Futian and Luohu, contains the highest number of hotels in Shenzhen. The following have been handpicked based on reviews and recommendations on major travel sites.

Hard Rock Hotel Shenzhen

Located in the famed Mission Hills Resort, Hard Rock Hotel Shenzhen combines modern Chinese architecture with its signature world-class service for a lavish experience that simply cannot be replicated. With its historic roots in music and a modern, chic flair, this is hospitality as it should be. The 258 rooms and suites feature a creative mix of music-inspired décor and modern style. A range of high-end accommodations, including Deluxe Rooms, Studio Suites and the Rock Star Suite, provide the ultimate all-access pass to a luxury VIP experience, as well as stunning views of the surrounding resort landscape. The hotel boasts four dining destinations. Travelers can choose from the signature Hard Rock Cafe, rooftop pool bar M.C. Frida and GMT+8 Lobby Lounge or browse the all-day offerings at Sessions. Other facilities include the Body Rock fitness center, Rock Shop and Hard Rock Roxity Kids Club for budding little rock stars. Hard Rock Hotel Shenzhen also features more than 1,000 square meters of event and meeting facilities.

© Address: No. 9 Mission Hills Road, Longhua District, Shenzhen

© Tel: +86 755 3395 2888

© Fax: +86 755 3299 0939

© E-mail: info@hrhshenzhen.com

© Website: <https://www.hardrockhotelshenzhen.com/>

© Rate Range: RMB900 – RMB1,200 per deluxe room per night



The Ritz-Carlton, Shenzhen

The 280-room The Ritz-Carlton, Shenzhen is strategically situated in the heart of Futian District, just opposite the Shenzhen Convention & Exhibition Center and readily accessible by Shenzhen's modern Metro system, which connects to the Hong Kong border.

The hotel provides impeccable personal service and facilities for the discerning business or leisure traveler, including The Ritz-Carlton Club Level, a fully equipped business center, four specialty restaurants and The Bar, state-of-the-art conference facilities, a landscaped roof garden with an outdoor swimming pool, a 1,300-square-meter (13,993 square feet) health club and spa offering the ultimate experience in dining, as well as a gymnasium and recreational facilities.

© Address: 116 Fuhua 3rd Road, Futian District, Shenzhen

© Tel: +86 755 2222 2222

© Website: <https://www.ritzcarlton.com/en/hotels/china/shenzhen>

© Rate Range: from 1,500RMB



Four Seasons Hotel Shenzhen

Four Seasons Hotel Shenzhen is ideally located in the heart of the commercial district of Futian, across from the Shenzhen Convention & Exhibition Center and a short walk from the Civic Center, which houses the city's Municipal Hall and Museum, as well as being nearby the famed Shenzhen Concert Hall and Library. The hotel is surrounded by three international shopping malls and is a few steps away from the metro station and a 10-minute drive to the Huanggang and Futian borders to Hong Kong. Close accessibility to the high-speed rail connecting Guangzhou-Shenzhen-Hong Kong also makes for more convenient travel between cities. Built along contemporary lines, the hotel features 266 rooms including 32 suites, a Club Lounge, Business Center, three food and beverage outlets, and a grand ballroom with five other function venues and unique outdoor multi-level terraces.

© Address: Four Seasons Hotel Shenzhen 138 Fuhua Third Road, Futian District, Shenzhen

© Tel: 86 755 8826 8888

© Website: www.fourseasons.com/shenzhen

© Rate Range: from 900RMB





The St. Regis Shenzhen

The St. Regis Shenzhen is located atop the landmark Kingkey 100, from the 75th to the 100th floor. The St. Regis Shenzhen introduces the region to a new level of luxury service and a new dimension of sophisticated and chic amenities that are sure to appeal to the world's most discerning travelers as well as the city's local trendsetters and tastemakers. Designed by famed architect Sir Terry Farrell and located in the heart of Shenzhen's key financial and upscale retail centers, Kingkey 100 is a stunning 100-story tower that is the second tallest building in Shenzhen and the twenty-second tallest in the world. The St. Regis Shenzhen occupies the top 26 floors of the building. Its prestigious landmark address, iconic setting, bespoke services and destination restaurants and lounges have elevated The St. Regis Shenzhen as the new social and business center of the city. The St. Regis Shenzhen seamlessly blends old world elegance with modern convenience and luxury. The hotel features 290 guest rooms, including 41 suites, sumptuously appointed with thoroughly modern amenities and spectacular views, providing travelers with a unique luxurious sanctuary amidst the hectic urban setting. The top floors of the tower offer a diverse selection of signature restaurants and unique lounges, as well as the five-star Iridium Spa on the 75th floor, featuring an indoor swimming pool with stunning, birds-eye views of the city.

© Address: No. 5016 Shennan Road East, Luohu District, Shenzhen

© Tel: +86 755 8308 8888

© Website: <https://www.marriott.com/hotels/travel/szxxr-the-st-regis-shenzhen/>

© Rate Range: from 1,700RMB



JW Marriott Hotel Shenzhen Bao'an

Located in the heart of Shenzhen's Bao'an District, the 356-room JW Marriott Hotel Shenzhen Bao'an offers magnificent views of Qianhai Bay and the Pearl River Delta. A stunning modern landmark designed by globally acclaimed architecture firm, John Portman & Associates, and interior design company, HBA (Hirsch Bedner Associate), the hotel opened on February 1, 2015, boasting elegant, contemporary interiors complemented by premium services and amenities for business and leisure guests.

The hotel offers 356 luxurious guest rooms and suites. Each room is designed in a chic, modern style featuring abundant natural light. Room amenities include high-speed Internet access, multi-media panel, mini bar, capsule coffee maker and organic herbal tea, and a 42-inch HDTV with satellite TV channels. Spacious bathrooms with city or bay views feature Aromatherapy Associates bath products, and complimentary Nightly Refresh amenities will be provided in all guest rooms.

The hotel offers guests a diverse array of dining and leisure options in a specialty restaurant and lounge. The Shenzhen Kitchen is a timeless yet contemporary all-day dining restaurant with an outdoor terrace, offering authentic specialties from China, India, Japan and Europe prepared in live open kitchens. The Lounge is the perfect venue to meet friends or business contacts over a cup of tea, a glass of wine or a perfectly mixed cocktail accompanied by delicious local snacks.

© Address: No. 8 Baoxing Road, Bao'an District, Shenzhen

© Tel: +86 755 23238888

© Fax: +86 755 23238999

© Website: www.jwmarriottshenzhenbaoan.com

© Rate Range: from 1,000RMB





Shenzhen Marriott Hotel Nanshan

Shenzhen Marriott Hotel Nanshan is a landmark building strategically located in the cultural center of Nanshan District. The hotel is located in a contemporary 300-meter-tall building. You can find excursions for your vacation, such as the CR Shenzhen Bay Sports Center and Shenzhen Poly Theater, just steps away from the hotel. It offers 340 luxurious guest rooms and suites with captivating harbor and city views, and features six food and beverage outlets. The rooms are equipped with intelligent atomized glass that transforms them into separate private spaces. Additionally, high-speed Internet, a speaker dock station, 48-inch HDTV and 50 pop movies on an Interactive Service TV in the rooms will make you feel right at home. With ten multi-function venues offering 2,000 sqm of cutting-edge meeting and banquet space, Shenzhen Marriott Hotel Nanshan is a coveted destination for successful meetings, conferences, weddings and events.

- ◎ Address: No. 88, Haide Yi Road, Nanshan District
- ◎ Tel: +86 755 8666 6666
- ◎ Fax: +86 755 8436 8666
- ◎ Rate Range: From 1,700 RMB
- ◎ Website: www.marriott.com/szxtw



|| Serviced Apartments

Self-contained and fully furnished apartments are designed for short-term to medium-term stays, with all the facilities and fixtures needed for an extended trip away from home. There are quite a few serviced apartments in Shenzhen, and they are fast becoming a popular choice for leisure and business travelers in the city. If you're looking for a place to live rather than just sleep, they're the ideal accommodation.

Fraser Suites Shenzhen

Located in Huaqiang North, an area of Futian District known for its world-renowned electronics markets, Fraser Suites Shenzhen boasts 211 beautifully appointed Gold-Standard residences. The first to offer serviced apartments in the area, Fraser Suites Shenzhen has been thoughtfully designed to match the needs of both leisure and business travelers. On top of providing all the conveniences of being in the central business district, the property makes an ideal base for visiting what has been dubbed "China's Silicon Valley" thanks to its abundance of electronics and technology firms. For nature lovers, the residence is also close to leafy Central Park, or for spectacular views and hiking opportunities galore, it's just a short walk to Lotus Hill Park.

- ◎ Address: No. 183 Zhenhua Road, Futian District
- ◎ Tel: +86 755- 6189 9999
- ◎ Rate Range: From 1,300RMB
- ◎ Website: <http://www.fraserschina.com/>





Aparthotel Capri by Fraser, Shenzhen

Capri by Fraser Yantian is located in the heart of Yantian District, amid a mix of corporate offices, shopping malls and transportation options, and a mere 10 minutes from One City mall, and five minutes walking distance of the Yantian seashore.

It has a total of 184 rooms, ranging from studios to premiere one bedroom apartments equipped with a kitchen and other modern facilities.

The most impressive facility is the infinity swimming pool on the 45th floor overlooking beautiful Dapeng Bay, which has attracted many guests from all over China and overseas to take memorable poolside pictures.

The top floor gym facing Yantian Harbor Port also provides guests a relaxing and pleasant exercise experience.

© Address: No. 1015 Hai Jing Er Road, Yantian District

© Tel: +86 755- 8280 8888

© Rate Range: From 600RMB

© Website: <http://www.fraserschina.com/shenzhen/capri/>



U-Home Apartment (Binhe Times)

Located within 20 minutes' walk of Shenzhen Civic Center, this two-star property provides free Wi-Fi in all rooms, 24-hour security, daily housekeeping, 24-hour front desk and express check-in/check-out to ensure guests the greatest comfort.

© Address: C1-11F Kingkey Riverfront Times Square Apartment, Riverfront Road, Futian District

© Tel: +86 755-8323 1366

© Rate Range: From 568RMB

© <https://www.agoda.com/zh-cn/u-home-apartment/hotel/shenzhen-cn.html?cid=-38>



Hostels:

Hostels are good for those seeking convenience, affordability and socialization. While most of the hostels in Shenzhen do not offer English language services, we have handpicked a few that are foreigner-friendly. Please note that Shenzhen Police require every hostel resident to present their identity document at the time of check-in. In the absence of such identification, hostels are not to allow those in question to stay.

Shenzhen LOFT Youth Hostel

The hostel turns a somewhat unattractive workers' home into a simple but high quality, budget accommodation. The idea is to maintain the essence and history of the original architecture, while incorporating a contemporary style. Scale, proportion and proper use of basic materials are all important elements to show the power of simplicity. By applying a contemporary design ethos to an existing structure, the hostel demonstrates the different stages of local history. A normal stay at this hostel is seven days. Any extension is at the discretion of the management. The latest check-in for a dormitory bed is 23:45. The maximum stay in the dormitory is seven consecutive nights. You cannot reserve a bed within one week of your last stay. Dormitory beds are not suitable for those who are 65 or older.

© Address: 7 Xiang Shan East Street, Hua Qiao Cheng

© Website: <http://www.yhachina.com/en-web-hostel-detail-id-104730>

© Rate Range: 80-600RMB



Baobab Backpacker Hostel

Located in the CBD of Luohu District, this homestay hostel is situated in a commercial residential building. Since it started operating in 2017, Baobab Backpacker Hostel has welcomed global backpackers, tourists and startup makers from more than 40 countries. They offer comfortable and affordable accommodations for young travelers who wish to interact with locals from Shenzhen as well as fellow travelers.

© Address: Lijing Building2610, Dongmen Street, Luohu District, Shenzhen

© Rate: 95RMB

© Reservation Site: <https://www.hostelworld.com/hosteldetails.php/Baobab-Backpacker-Hostel/Shenzhen/280524>



Dengba Hostel Shenzhen Convention Center Branch

Dengba Hostel Shenzhen Convention Center Branch is surrounded by commercial and business areas. It is a great choice for travelers interested in shopping for electronics. Free WiFi is provided throughout the property. Each room is air-conditioned. The dormitory rooms are fitted with storage and a lamp. Each private bathroom comes with a hairdryer, slippers and free toiletries. A library and game room are available for guests to relax and have fun with family and friends. Guests can enjoy authentic Cantonese snacks and drinks in the canteen.

© Address: Qingdian Plaza, 6007 Binhe Ave, Futian, Futian District

© Rate Range: 150-400RMB

© Reservation Site: <https://www.agoda.com/zh-cn/dengba-hostel-shenzhen-convention-center-branch/hotel/shenzhen-cn.html?cid=-218>



Notting Hill Hostel

Notting Hill Hostel is located in the center of Bao'an District, within walking distance of a metro station, five minutes from a shopping mall, and five minutes from the Bao'an bus station. It is about a 20-minute drive to Shenzhen Bao'an International Airport.

This accommodation provides 24-hour front desk services. Luggage storage services are also offered. Free Wi-Fi is available on the entire property.

At Notting Hill Hostel, you are invited to relax with music while reading books, playing billiards and surfing the free Internet. The friendly staff will help you with information about Shenzhen, ensuring you are able to have a good trip.

© Address: No. 62 Xinghua 2nd Road, Bao'an, Shenzhen, 518101

© Rate Range: from 98RMB

© Website: <https://www.nottinghillshenzhen.com/en-us>



5. What to Bring

Passport

With Shenzhen being just a cheap flight away from a lot of international travel destinations, your passport pages are likely to get stamped up real quick. That coupled with the fact that most work visas are only good for a year means you're likely to burn through pages pretty fast. If you plan to live in China for a number of years and are getting a new or renewed passport before applying for your Chinese visa, it is recommended to fork over some extra cash for additional pages, if your home country provides that option.

Certifications

By the time the visa process is completed, your employer should have provided a list of the specific documents you will need to prove whatever credentials are necessary to complete your paperwork once on the mainland. Depending on your field of work, you will most likely need the original copy of your college diploma and whatever certificates will be necessary for your job, such as a TESL certificate for an English teaching job, and quality copies of your transcripts, non-criminal record background check report and medical check. Also, don't forget to bring along your driver's license if you plan to drive in China (please refer to page 61 for details on how to rent a car and drive in China).

Smartphone

If you're one of the five people still rocking a flip-phone back home, it's definitely time to drop some money on a decent smartphone. Most new devices will have no problem working with China's major 4G LTE carriers, but before forking over the dough, do a quick scan of the specs page to make sure your selection is compatible with the bands below.

China Mobile: Band 39, 40 and 41

China Unicom/ China Telecom: Band 3, 40 and 41

Money

As it will probably be a matter of days or weeks before you get a bank account set up and start receiving a salary, you should come with a supply of Yuan notes and an internationally accepted credit card to pay for basic necessities like food, accommodations and transport.

Discover has a deal with China's major card service UnionPay, allowing Discover cards to be accepted anywhere Chinese UnionPay cards can be used with no foreign transaction fees. You can also use a Discover card to get a cash advance from any UnionPay ATM without incurring a foreign transaction fee. Most hotels will accept Visa, MasterCard, American Express, etc., but whether or not you get hit with a foreign transaction fee will depend on the specifics of your card, so be sure to check with your bank before you get on the plane.

Some banks also have arrangements with Chinese "sister banks," allowing you to withdraw cash without incurring a fee, but this is bank-specific, so ask your bank before you leave. It's also a good idea to let your bank or credit card company know your travel plans before coming so they don't freeze your card due to what could be flagged as suspicious activity.

Comforts from home

You can find a lot of imported goods in Shenzhen, whether through online marketplaces like Taobao, Alibaba and Nogogo, or brick-and-mortar international supermarkets like Metro, Carrefour, BLT, Wal-Mart or smaller specialty shops, but you probably won't find the same variety you are accustomed to at home and whatever you can find will have a slight mark up in price. Products like specialty chocolates, candies, cereals, coffee, wine, etc. are considered luxury import products, which China taxes heavily. However, many domestic brands have been stepping up their game in these markets, so with a little exploration, and some trial and error, it's possible to find some real gems at decent prices.

CHAPTER THREE

Settling in Shenzhen

L I F E G U I D E I N S H E N Z H E N

THREE



1、Arrival Checklist

Epidemic Prevention Information	Register with local police	Have a medical checkup
Interview for work permit	Get a Social Security Insurance card	Purchase a mobile phone service, SIM card

■ Epidemic Prevention Information

In view of the current COVID-19 situation and the need of epidemic prevention and control, new measures are implemented before and after your arrival in Shenzhen to safeguard your live and those of Shenzhen's residents. Below are some tips to facilitate your trip to Shenzhen:

1. Visa and border during the COVID-19 pandemic
2. Special Entry and Exit Permit during the Epidemic
3. Quarantine Policy for Foreigners Arriving in Shenzhen
4. A Letter to Expats in Shenzhen
- 5 Medical Treatment
6. Information Outlets
7. Mental Comfort Channel

Visa and border during the COVID-19 pandemic

In response to the outbreak of coronavirus, temporary policies regarding visa application and borders restrictions will be applied, and they will be kept under regular review and withdrawn once the situation returns to normal. Before planning your trip to Shenzhen, please check the website of Ministry of Foreign Affairs of the People's Republic of China (https://www.fmprc.gov.cn/mfa_eng/wjbxw/) or the website of the embassy/consulate general in your home country for the latest updates. For rules and regulations on Visa application, please check the chapter on Visa on Page 17.

Special Entry and Exit Permit during the Epidemic

If you are already in Shenzhen, you can apply for Special Entry and Exit Permit. A Special Entry and Exit Permit applies to two types of business, which include 12 sub-categories, such as Mainland resident travel permits for visiting families in Hong Kong and re-endorsement of stay, as well as an extension of two types of residence permits issued by Shenzhen for expats' employment and family private affairs.

To apply for a Special Entry and Exit Permit: call the hotline at 0755-84465490 to make an appointment, wait for the staff to confirm and prepare the necessary documents, wait for the postal staff to pick up the documents (including the original documents for entry and exit), and sign (the application form and the copies of the submitted materials) on the spot after verifying the documents. Afterwards, you can check the progress of the application via the Shenzhen Entry-Exit Advisory Hotline or the official WeChat account "Shenzhen Public Security." After being approved, the original entry and exit documents will be delivered to you by express mail. For more information, please check: http://www.sz.gov.cn/cn/xxgk/zfxxgj/zwdt/content/post_6735186.html.

Quarantine Policy for Foreigners Arriving in Shenzhen

After you arrive in Shenzhen, different quarantine policies will be implemented depending on the area you come from:

Domestic Inbound

Resident/Visitor

(1). If you are from low risk areas, there is no 14-day quarantine requirement for you, but you need to conduct basic temperature check on arrival and register on the iShenzhen or 粤康码 app in advance.

(2). If you are from medium risk areas, you need to conduct an RNA test upon arrival, comply with the community health management (provide a health notice and green health code, carry out health consultation).

(3). If you are from high risk areas, you are subject to a 14-day mandatory quarantine in designated places and an RNA test.

(4). If you are resident/visitor traveling from Hong Kong: Shenzhen is taking a new precaution by presenting the 24-hour negative nucleic acid test result to people crossing the border from Hong Kong, which has been added to the original 14-day mandatory quarantine demanded by the Shenzhen authority since April 28th. Government officials and business people, cross-border truck drivers and cross-border students who have been approved for exemption from collective medical observation shall continue to follow the current stipulations.

International Inbound

Starting on the 21st of July, passengers entering China must take nucleic tests five days before departure. Tests shall be carried out in facilities designated or recognized by overseas Chinese Embassies or Consulates. Chinese passengers are required to take photos of and upload the negative results of their COVID-19 nucleic acid tests using the international version of the health QR code mini program on WeChat. Foreign passengers should apply with the Chinese Embassies or Consulates for the Health Declaration Letter with their negative COVID-19 test results. Relevant airlines are responsible for checking passengers' health QR code and Health Declaration Letter before boarding. Passengers will be denied boarding if they fail to meet relevant requirements. [Read more](#)

All will be subject to a nucleic acid test and quarantine. Any travellers with abnormal symptoms will be immediately brought to hospital. All travellers will need to quarantine for 14 days at government designated hotels in Shenzhen after landing.

A Letter to Expats in Shenzhen

Dear international friends,

Recently, pneumonia cases caused by the novel coronavirus have been confirmed in multiple cities in China, including Shenzhen. In response, Shenzhen Municipality is sparing no effort to contain the spread of the virus and safeguard your lives and those of Shenzhen's residents. Currently, a wide range of preventive and control measures are being rolled out. For your health, we recommend the following practices:

I. Follow official information outlets. Please refer to the Shenzhen Health Commission's official website and official WeChat account, Shenzhen Government Online (<http://www.sz.gov.cn/en/index.html>), EyeShenzhen (<http://www.eyeshenzhen.com/>), and the "i Shenzhen" app among other official information sources for official news updates regarding the latest developments of the epidemic, a list of designated hospitals, and preventive and control guidance, etc. If you have any questions, please call the government service hotline at 12345. You can also check out the updates issued by National Health Commission of China for information countrywide. Do not believe information from unofficial sources.

II. Strengthen prevention and self-protection. Please refrain from outdoor activities. Avoid crowded places and gatherings. Try not to visit patients in the hospital. If need be, wear a face mask correctly and dispose of used masks appropriately. Keep good personal hygiene by washing your hands often. Cover a cough or sneeze with a tissue or flexed elbow. Keep rooms clean and well ventilated. Avoid contact with wildlife or poultry. Only eat meat and eggs that are well cooked. A good rest and a healthy diet can reinforce your immune system.

III. Join in our mass preventive and control efforts. If you have been to Hubei Province or other infected areas or had contact with people from these areas over the past 14 days, please report to your employer or your community work station, and note your time of arrival in Shenzhen, the transport you took, your seat number, the areas you have been and people you have had contact with over the past 14 days. Pay close attention to your health status and refrain from outdoor activities. Please cooperate with government, community or medical personnel if they inquire about this information.

IV. Go to a hospital as soon as possible if related symptoms occur. If you suspect you have developed symptoms, including fever, fatigue, cough and chest oppression, please go to the fever clinic of a nearby designated hospital. You and accompanying persons shall wear masks. Avoid taking public transport, such as the bus and metro. The windows of the car you travel in should stay open. Upon arrival, go to the receptionist and follow the guidance of the medical staff.

Let's stay confident and fight the virus together. We wish you a happy Chinese New Year and good health!

Foreign Affairs Office
Shenzhen Municipal People's Government
January 29, 2020

Please click on the following link to check out the letter in Chinese, Japanese and Korean:

<http://wjw.sz.gov.cn/yqxx/202002/P020200207592560286473.pdf>

Medical Treatment

Epidemic Prevention E-book:

Beijing Kanghua Foundation for the Development of Traditional Chinese and Western Medicine and Tencent Foundation have invited experts and frontline medical professionals to compile this handbook in order to share China's successful experience in combating the pandemic with numerous overseas Chinese and people around the world. This handbook has been prepared in both Chinese and English, including basic protection and special group protection, explaining key issues and knowledge in a question-and-answer format. This handbook aims to promote the public understanding of COVID-19 and related prevention and control measures, so that people around the globe can be more confident and capable of fighting the pandemic, thus contributing to the global battle against the coronavirus outbreak.

Please click the following links to download the e-book:

<https://www.tencent.com/data/together/pdf/en-us-handbook.pdf> (English version)

<https://www.tencent.com/data/together/pdf/zh-cn-handbook.pdf> (Chinese version)

Contact Information and Address of Designated Hospitals for Expats in Shenzhen during the COVID-19 Pandemic.

The following nine hospitals have been taken initiatives to improve their English services and provide medical care to expats in Shenzhen through online platforms. If you have any question related to COVID-19, please feel free to contact them.

a.Name: Shenzhen People's Hospital

Official Website: <https://www.szhospital.com/>

WeChat Official Account: 深圳市人民医院 (Shenzhen People's Hospital)

Hotline: 0755-2553 3497

Address: No. 1017 Dongmen North Road, Cuizhu Subdistrict, Luohu District, Shenzhen



b.Name: Shenzhen Second People's Hospital

Official Website: <http://www.szrhc.com/>

WeChat Official Account: 深圳市第二人民医院服务号 (Shenzhen Second People's Hospital Service Account)

Hotline: 0755-8336 6388

Address: No. 3002 Sungang West Road, Futian District, Shenzhen



c.Name: Peking University Shenzhen Hospital

Official Website: <https://www.pkusz.com/>

WeChat Official Account: 北京大学深圳医院 (Peking University Shenzhen Hospital)

Hotline: 0755-8392 3333

Address: No. 1120 Lianhua Road, Futian District, Shenzhen



d.Name: The University of Hongkong-Shenzhen Hospital

Official Website: <http://www.hku-scz.org/>

WeChat Official Account: HKUSZH

Hotline: 0755-8691 3399

Address: No.1 Haiyuan First Road, Futian District, Shenzhen



e.Name: Shenzhen Children's Hospital

Official Website: <http://www.szkid.com.cn/>

WeChat Official Account: 深圳市儿童医院 (Shenzhen Children's Hospital)

Hotline: 0755-8300 8300

Address: No. 7019 Yitian Road, Lianhua Subdistrict, Futian District, Shenzhen



f.Name: Shenzhen Kangning Hospital (Shenzhen Mental Health Hospital)

Official Website: <http://www.szknny.com/>

WeChat Official Account: 深圳市康宁医院 (Shenzhen Kangning Hospital)

Hotline: 0755-2562 9459

Address: No. 1080 Cuizhu Road, Luohu District, Shenzhen



g.Name: Shenzhen Hospital of Southern Medical University

Official Website: <http://www.smuszh.com/>

WeChat Official Account: 南方医科大学深圳医院 (Shenzhen Hospital of Southern Medical University)

Hotline: 0755-2332 9999

Address: No. 1333 Xinhun Road, Bao'an District, Shenzhen



h.Name: The Seventh Affiliated Hospital Sun Yat-sen University

Official Website: <http://www.sysush.com/>

WeChat Official Account: 中山大学附属第七医院 (The Seventh Affiliated Hospital Sun Yat-sen University)

Hotline: 0755-8120 6999

Address: No. 628 Zhenyuan Road, Xinhui Subdistrict, Guangming District, Shenzhen



i.Name: Union Shenzhen Hospital (Nanshan Hospital)

Official Website: <http://www.sznsyy.com/>

WeChat Official Account: 协和深圳医院 (Nanshan Hospital)

Hotline: 0755-2655 3111

Address: No. 89 Taoyuan Road, Nanshan District, Shenzhen



Medical center providing medical consultancy in English

The VISTA-SK International Medical Center

The VISTA-SK International Medical Center hosts internationally trained medical staff and visiting specialists, and experienced support staff to deliver the quality customer service, multi-language support and technologically advanced medical equipment, along with comfortable surroundings.

Hotline: 0755-3689 9688

Website: <http://www.vista-sk.com/internationalmedicalcenter>

Address: Level 4, Bldg 4C, Shenzhen software Industry Base, Xuefu Road, Nanshan District Shenzhen



Information Outlets

In order to keep the information flowing and obtain timely updates on the epidemic, please pay attention to the following media

(1). Shenzhen Government Online: (the official information and notice on epidemic prevention)

(2). CityPlus X Epidemic Special Page of Caixin Media (epidemic data + epidemic news updates)

<http://www.cityplus.com/uploadFiles/uploadFile/48b22b0c5a164aebb92890554eb5b18f/index.html>

(3). Shenzhen Foreign Affairs

Official Accounts (daily

epidemic data updates)



(4). CityPlus Official Accounts

(daily epidemic data updates)



(5). Epidemic Prevention Services and Campaigns:

www.sz.gov.cn/szst2010/yqfk2020/ (Chinese)

www.sz.gov.cn/en_szgov/news/infocus/virus/ (English)

Fighting against COVID-19 on mental comfort channel

We've set up an English podcast where you can get professional suggestions from psychologists when you feel blue. In this special period, we hope our program can comfort your soul and help you improve your mindset through scientific methods, so as to embrace the hopeful future.



Register with Police

If you spend your first days in China at a hotel, they will automatically register your presence, but once you find an apartment, it should be your priority to report to the local police station in the area you will be living within 24 hours of signing your rental contract to register as a resident in the area. You will need to bring a passport size photo, the original and copies of your rental contract, your passport and a photocopy of your landlord's ID. The officer at the station will provide you with an accommodation registration paper, which is required to complete the work permit process.

As an alternative to going to the local police, you can register via WeChat by following the steps below:

Scan the following QR code to follow the public account “bdbshenzhen”

Send “派出所” (paichusuo in pinyin) to the public account “bdbshenzhen” and it will direct you to the registration page.



Medical Checkup

Your company should provide you with a form, or the name of the type of exam, and the location of an authorized medical center. You should bring your passport and two passport photos.

Work Permit Interview

Your company will schedule an interview with the Public Security Bureau, to which you will need to bring the documents below.

- 1.Passport
- 2.Accommodation registration document
- 3.Work contract
- 4.Medical examination results
- 5.Money for the fee

This final step can take at least fourteen days to process, during which time you will not have your passport. Remember to keep a photocopy of your passport with you at all times.

Social Security Insurance Card

Your employer is required by law to process your social insurance registration within 30 days of processing your employment permit.

The company's insurance clerk needs to go to the Social Insurance Bureau with you to help you apply. You need the following documents to apply for social insurance:

1. Application form with company seal.
2. Foreigner Work Permit and copy with company seal.
3. Passport and copy with company seal

After being registered for social insurance for two months you can apply for a social security card. You need the following documents to apply:

1. Passport and work permit
2. Photo Receipt for Social Security Card (can be obtained at photo shop).

You can apply for a social security card at any of the following banks:

China Construction Bank, Industrial and Commercial Bank of China, Bank of China, Agricultural Bank of China, China Merchants Bank, Ping'an Bank, Shenzhen Rural Commercial Bank, China Postal Savings Bank, China Communication Bank, China CITIC Bank, China Minsheng Bank, China Everbright Bank.

Mobile Phone Service

You will need a phone number to get a bank account and to do some other mobile business, but don't worry, getting a Chinese SIM card is easy, as long as your phone isn't locked. All you need to do is take your passport to a shop of one of the major service providers -- China Mobile or China Unicom. If you can't speak or read Chinese, you might want to bring a Chinese-speaking friend to help you choose a plan, but most of the plans are pretty straight forward. If you know the Chinese characters for money and data, it's pretty easy to understand the various deals just by looking at the numbers. Also, once you have your phone number and account, you can log into the carrier's website to change your plan. You can also pay your balance or purchase additional data via WeChat.

2、Personal Banking

Most companies have a specific bank they prefer, or insist, you open an account with to simplify their payroll, so it is recommended that you ask your company before choosing a bank. The process should be basically the same at any major bank. These days, banks usually have at least one staff member who can help you with basic commands in English, and as long as you can get over the initial hurdle of communicating what service you need, then they can walk you through the steps of handing over your passport and initial deposit, signing the documents and entering your preferred six digit passcode (a few times).

Even if you happen to be working for a foreign company in China, having a local bank account will make things like paying rent, phone bills and utilities, and topping up your WeChat or Alipay wallets to use at shops, for takeout orders and taxis, much simpler. Most banks offer online banking, and even though they usually don't have English-language interfaces, the apps are useful for keeping an eye on your balance and making transfers. All you need in order to make payments via bank to bank transfer is the recipient's name, bank branch name and account number. Also, even if you're married, you can only get one bank card per account, as joint accounts for couples are usually not an option.

To transfer money out of China you first need to prove that it is either earned income that you have already paid taxes on, or money that you transferred into China from overseas. You then need to convert it into whatever foreign currency you need before you transfer it to your home country. The entire process requires a lot of paperwork and red stamps, so if you don't speak Chinese you will definitely want some help with this one.

You will need:

- 1.Bank card
- 2.Passport
- 3.Official income documentation from your employer
- 4.Certificate proving your tax payments on that income
- 5.Original employment contract

You can also use your Chinese bank's UnionPay bank card while overseas to withdraw foreign currency at international banks that accept UnionPay, such as Citibank.

3、Insurance

Social Security

Under Chinese law, foreigners with legal employment permits can be covered by the same basic insurance as any other non-local resident, and the coverage is the same for everyone regardless of nationality.

You can see how to apply for a Social Security card in the arrival checklist section on page 41.

China's Social Security fund includes pension, medical, unemployment, maternity and work-related injury coverage.

The maximum contribution base for medical insurance won't exceed three times the average monthly wage of a city's on the job workers, while the minimum won't fall below 60 percent of the average monthly wage. Last year in Shenzhen, the average wage was 10,646 yuan and the minimum was 2,200 yuan, so the maximum base for this year is 31,938 and the minimum is 5,585.40.

Foreigners working in Shenzhen must choose one of two types of compulsory basic medical insurance: Category I (2A) or Category II (2B). Category I can be used for clinic visits and hospitalization, while Category II can only be used for hospitalization. The payments and contributions by employers are made directly from each month's paycheck.

The employer pays 13 percent of the base into the employee's pension fund, while the employee pays 8 percent.

For basic medical insurance under Category I, the employer pays 6.2 percent of the base into the employee fund, while the employee pays around 2 percent.

For basic medical insurance in Category II, the employer pays 0.6 percent of the base, while the employee pays 0.2 percent.

For example, the automatic payments per monthly paycheck for an expat earning 35,000 yuan per month in Shenzhen would look something like this:

Medical insurance Category I (2A):

Employer pays:

$27927 \times (13\% + 6.2\% + 0.45\% + 0.28\%) + 5585.4 \times 1\% = 5,621.71 \text{ RMB.}$

Employee pays: $27927 \times (8\% + 2\%) + 5585.4 \times 0.5\% = 2,820.627 \text{ RMB.}$

Medical insurance Category II (2B):

Employer pays: $27927 \times (13\% + 0.45\% + 0.28\%) + 9309 \times 0.6\% + 5585.4 \times 1\% = 3,946.09 \text{ RMB.}$

Employee pays: $27927 \times 2\% + 9309 \times 0.2\% + 5585.4 \times 0.5\% = 605.09 \text{ RMB.}$

When you leave China, you can get the amount you paid into the social insurance fund refunded, minus any sum you used for treatment or medication. If you return to work in China, you can reopen your social security account and the sum your employer paid will remain in the balance.

You will need these documents to apply for the refund:

1. Application form with company seal
2. Passport
3. Work permit or cancellation certificate of work permit
4. Bank card from one of China's four major state-owned banks: Construction Bank, Industrial and Commercial Bank, Bank of China, Agriculture Bank
5. Social security card

Mutual Exemption Countries

Germany, South Korea, Denmark, Canada, Finland, Switzerland, the Netherlands and Spain have signed mutual exemption agreements with China, meaning expats from these countries can apply for an exemption from certain insurance categories by submitting a participation certificate and written application with their company's official seal to the local Social Security Bureau through their employer.

Private Chinese Insurance

To purchase private insurance in China you must have lived in the country for more than 180 days with a fixed residence and be able to provide evidence of a temporary residence permit.

Treatment and hospitalization cost reimbursement only covers accidental injuries that occurred on the mainland.

Domestic insurance companies hold an advantage in hospital acceptance, which is even more pronounced when traveling to more rural areas, but private hospitals in Shenzhen should accept major international insurance policies.

The premiums for private health insurance from Chinese companies are pretty low, but the policy maximums are also relatively low compared to Western standards. The plans also have a wide range of limitations. Make sure you read all of the details when comparing different services or, better yet, hire an insurance broker to help you comb through the details.

Some important factors to consider when choosing a provider:

Service: Does the company provide apps that help locate available hospitals under your provider, translation services and support, or premium cost reimbursement speed?

Requirements for purchasing

Extent of coverage: are hospitals for foreigners covered?

English services: Make sure you have access to someone who speaks English and can assist you on insurance matters whenever you need it. Language barriers are not something you want to deal with when trying to figure out your healthcare coverage. Finding a company that provides English services, and ideally has experience servicing foreigners, should be a primary consideration when choosing an insurance provider.

Direct-billing claim service is an essential part of a reliable insurance plan. Direct-billing refers to a cashless claim where the medical provider directly bills the insurance company without the insured having to pay up front, as opposed to reimbursement claims.

Some of the main private insurers of expats in China: China Taiping Insurance, China Life Insurance, China Pacific Insurance, People's Insurance Company of China, Ping An Insurance.

International Insurance

You could just purchase international coverage before coming to China. Many of the same considerations apply, so do your due diligence to ensure your policy will be accepted by the major hospitals in Shenzhen.

Some of the main international insurers for expats in China:

Cigna Global Insurance: <https://www.internationalinsurance.com/cigna/medical/>

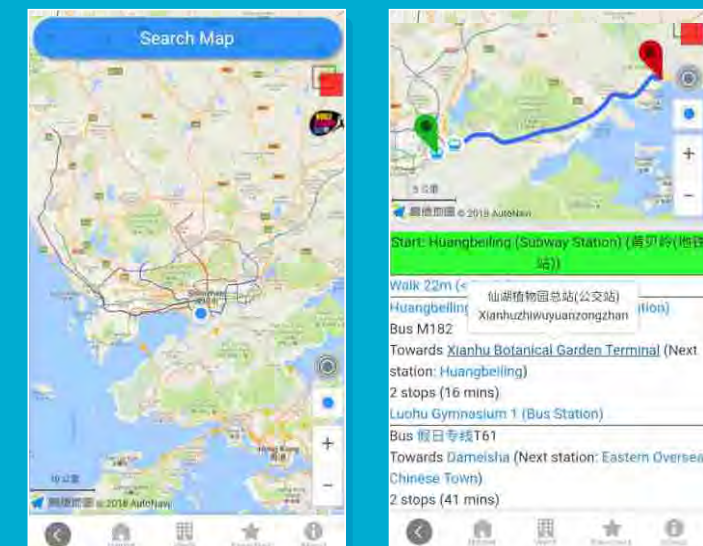
Aetna International: <https://www.internationalinsurance.com/aetna/>

GeoBlue Xplorer: <https://www.internationalinsurance.com/geoblue/products.php>

4. Transportation

Maps

Alibaba owned AutoNavi has built a great Chinese-language map, known as Amap, and there are a number of other handy apps that use Amap data as a base while providing English translations or Pinyin. Lost Laowai, for example, is a reliable bilingual map that enables you to search for English/Pinyin/Chinese addresses, set your Home and Work locations for one-click directions, favorite/bookmark as many locations as you wish and view all of China on the map with clear satellite imagery.



You can download Lost Laowai via the Apple app store or through the website for Android.

Public Transit

Shenzhen has an extensive public transportation system, featuring metro, bus, ferry and inter-city rail services as well as an integrated greenway network. For specific routes and schedules, please check out

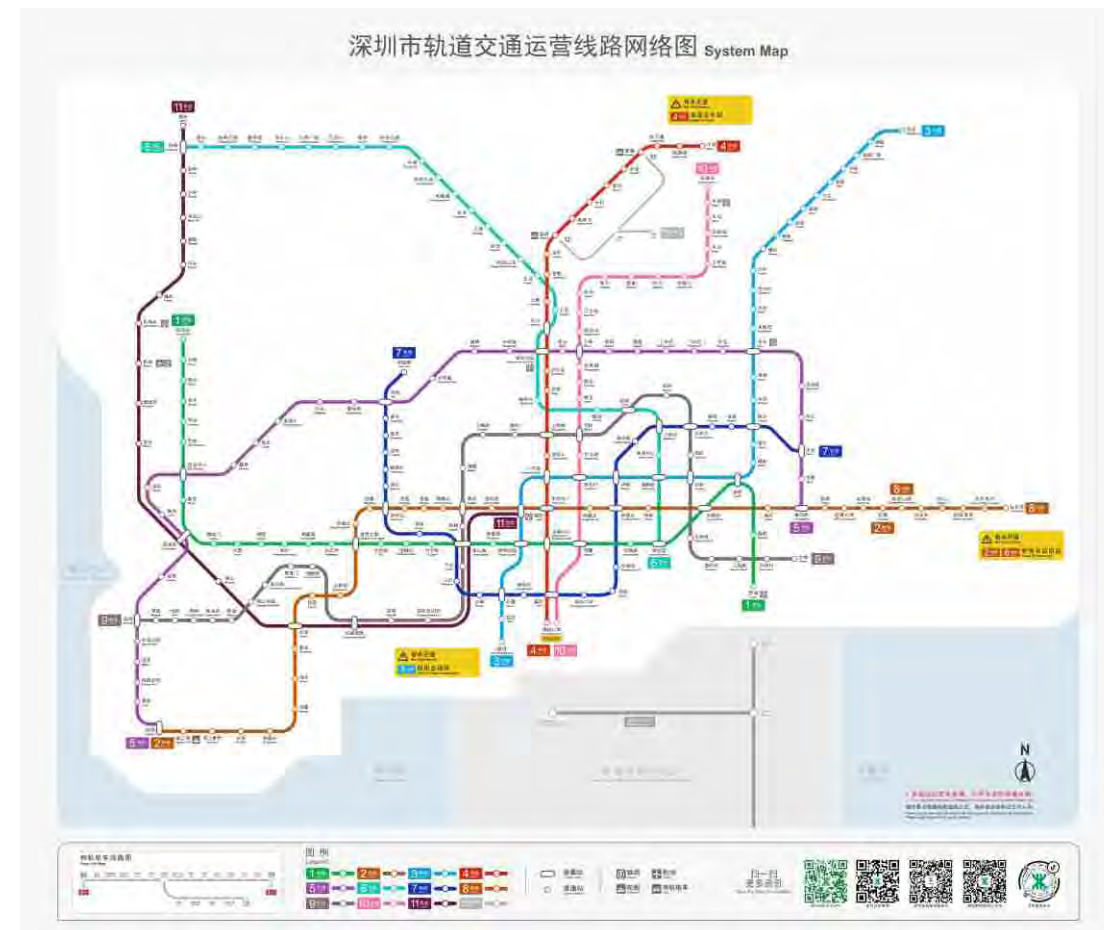


Metro

Since opening in 2004, the city's metro system has been developing at a stunning speed. It currently has nine lines extending a total of distance of 304 kilometers, which ranks it seventh in the country following Shanghai, Beijing and Guangzhou. By 2022, the total length of Shenzhen Metro lines will reach 580 kilometers, and by 2035 the city plans to have 33 Metro lines in operation with a total length of 1,335 km.

Upon entering the city, you can purchase a Shenzhen Tong IC Card for 50 RMB and charge it up with either 50 or 100 RMB for a convenient way to pay metro, bus and rail fares while also saving five percent on each ride. The Metro runs between 6:30 a.m and 11:00 p.m.

Metro, bus and rail fares can also be paid using the Shenzhen Metro mobile payment app, which is available as a convenient mini-app on Tencent's WeChat messaging platform. If you are using the Metro for business purposes that require a receipt, the operator's WeChat mini-app now offers a blockchain-based e-receipt service. The receipts will be sent to your WeChat wallet after you submit an application for reimbursement receipts. The blockchain-based e-receipt program was jointly launched by the Shenzhen tax authority and Tencent. It also can be used for the other sectors of the city's public transport system, including taxis and airport shuttles.



Line 1 (Luobao Line)

Luohu – Shenzhen Airport (Identification Color: Green)

Luobao Line runs east-west between Luohu District and Bao'an International Airport with 30 stations. On work days, it runs from 06:30 to 23:00 at intervals of 2 minute 45 seconds during peak hours (07:00-09:00; 17:30-19:30) and 5 mins 30 seconds during non-peak hours. On weekends, it runs from 06:20 to 23:00 at 3-minute intervals during peak hours and at 6-minute intervals during non-peak hours.

Line 2 (Shekou Line)

Chiwan - Xinxu (Identification Color: Orange)

Shekou Line runs west-east between Chiwan in Nanshan District and Xinxu in Luohu District with 29 stations. On work days, it operates daily from 06:00 to 23:00 at 8-minute intervals (3-minute intervals during peak hours). On weekends, it operates from 6:03-23:00 at intervals of 4 minutes 30 seconds during peak hours and 8 minutes during non-peak hours.

Line 3 (Longgang Line)

Yitian – Shuanglong (Identification Color: Light Blue)

Longgang Line runs south-north between Yitian Station and Shuanglong Station with 30 stations.

On work days, it operates daily from 06:20 to 23:00 at intervals of 3 minutes 25 seconds during the peak hours (07:00-09:00; 17:30-19:30) and 8 minutes during non-peak hours.

Line 4 (Longhua Line)

Futian Checkpoint - Qinghu (Identification Color: Red)

Longhua Line runs south-north between Futian Checkpoint Station and Qinghu Station with 15 stations. Futian Kou An (Checkpoint) Station connects to Lok Ma Chau Station on the Hong Kong MTR East Rail Line via Futian Checkpoint. Longhua Line runs from 06:30 to 23:00 at six-minute intervals.

Line 5 (Huanzhong Line)

Chiwan – Huangbeiling (Identification Color: Purple)

Huanzhong Line runs west to east between Chiwan and Huangbeiling, passing through 34 stations. On work days, from Huangbeiling to Chiwan, it runs from 06:14 to 23:03. From Chiwan to Huangbeiling, it runs from 6:21 to 23:00. On weekends, from Chiwan to Huangbeiling, it runs from 6:18 to 23:00. From Huangbeiling to Chiwan, it runs from 06:20-00:03. Line 5 runs at 8-minute intervals during non-peak hours and 3-minute intervals at peak hours.

Line 6 (Guangming Line)

Songgang-Science Museum (Identification Color: Mint Green)

Guangming Line passes through Bao'an District, Guangming District, Longhua District and Luohu District with 27 stations. It operates from 06:20-23:30 at 4 to 12-minute intervals.

Line 7 (Xili Line)

Xili Lake – Tai'an (Identification Color: Dark Blue)

Xili Line links Xili Lake and Tai'an, passing through 28 stations. It operates daily from 06:30 to 23:00 at intervals of 4 minutes 25 seconds during peak hours and 9 to 10-minutes at other times. Through Huanggang Checkpoint, one of the stations on this line, tourists can easily cross the border to Hong Kong.

Line 8 (Yantian Line)

Wutong Mountain South - Yantian Road (Identification Color: Orange)

The first phase of Line 8 is connected by the third phase of Line 2 at Liantang Station. It starts at Wutong Mountain South Station and ends at Yantian Road Station, passing through 6 stations. The operating time has yet to be determined.

Line 9 (Meilin Line)

Qianwan – Wenjin (Identification Color: light gray)

Meilin Line links Qianwan and Wenjin, passing through 32 stations. Consistent with other metro lines in the city, it operates daily from 06:20 to 23:00 every day at intervals of five to four – minutes during peak hours (07:00-09:00; 17:30-19:30) and 5-9 minutes intervals at other times.

Line 10 (Bantian Line)

Futian Port-Shuang Yong Street (Identification Color: Pink)

Bantian Line connects Futian Port and Shuangyong Street with 24 stations and 7 transfer stations. It only takes 45 minutes to reach Pinghu from Futian Port, which greatly eases the traffic pressure from Futian Central Area to the Bantian section. The operating time has yet to be determined.

Line 11 (Airport Line)

Bitou – Futian (Identification Color: Deep Purple)

Airport Line, which connects Bitou and Futian, is the fastest metro line in China, running at a speed of 120km/h (75mph). It takes only half an hour to go from Futian Station to the airport in Bao'an on the Airport Line. From Airport Metro Station, it is only a three-minute walk to terminal three (T3) of the airport. On work days, it operates from 06:30 to 23:30 at four-minute intervals during peak hours (07:00-09:00; 17:30-19:30) and ten-minute intervals at other times. On weekends, it operates at 5-minute intervals during peak hours and 10-minute intervals during non-peak hours.

Bus

There are more than 17,177 electric buses operating in Shenzhen,, which is more than the total number of buses in New York, Los Angeles, Toronto, New Jersey and Chicago combined. The bus network reaches every corner of the city, allowing efficient access to the more out-of-the-way areas. The route numbering system can be confusing at times, especially as services are split between a number of companies, but new technologies like the 交通在手 (jiaotongzaishou) app, digital schedule signboards, and QR-code schedule checking, as well as integration with several map apps, makes it easy to plan a route to any destination in the city.

Most buses operate between 7:00 a.m. and 11:00 p.m, and now all the buses in Shenzhen accept digital payment. If you have WeChat Pay, here is what to do:

Scan the QR code below

Click “scan to pay”



If you leave an item on a bus, there are a couple ways to try and locate it. Add Shenzhen Transport Bureau's WeChat account; locate the “lost items” option; enter the bus line, the time you were on the bus and the type of item you lost.

Alternatively, look up which company operates the bus route and call the respective lost and found hotline listed below. These hotlines don't offer English-language services, so if you can't speak Chinese you'll have to find a friend to help you.

SZ Bus Co. Ltd: 8316-1116

SZ Eastern Bus Co. Ltd.: 8998-3563

SZ Western Bus Co. Ltd.: 3635-7333

**Taxis**

It is easy to identify a traditional taxi in Shenzhen because the entire fleet is now solely comprised of blue and white electricity powered minivans made by the local EV company BYD. Fares can be paid with cash, WeChat or Alipay. The fare mechanism includes a 10 RMB flag-drop fee, plus 2.6 RMB per kilometer and 0.8 RMB per waiting minute. Between 11:00 p.m. and 6:00 a.m., the flag-drop fee is 13 RMB and an additional 30 percent is charged on top of the accumulated fare. For longer rides that require expressway tolls, such as a trip from the airport to Futian CBD, the price of the toll will be added to your total fare.

The city's transport bureau, taxation bureau and Tencent have launched a WeChat mini-app, 出租车助手 (chuzuchezhushou), that provides blockchain-based e-receipts, post-ride satisfaction surveys and lost-and-found services. To log onto this app, just scan the QR code on the screen of the taxi's intelligent terminal. You can request an e-receipt immediately instead of waiting for a printed receipt upon arriving at your destination.

An alternative is to use the WeChat app to pay the fare after the trip is completed. Upon e-payment you will receive a notification with a link to request an e-receipt and information about the taxi and driver, as well as a hotline to call in case you realize you left some personal belongings in the car.

As you exit major checkpoints and transport hubs, it is not uncommon to be approached and offered a ride to your destination. The solicitor may even speak a little English and allow you to haggle to a price that seems like a good deal, but don't be fooled. Even if you've done your research and they are unable to overcharge you off the bat, the best you can hope for is that these private car drivers will take detours or circle around the pick-up area trying to get another passenger (or two!) before taking you to your destination. Be assured, there are plenty of legitimate taxis lined up just down the corridor that are ready to transport you at a fair price.

Ferry

Inter-city ferry services out of Shenzhen provide access to Macao, Hong Kong and Zhuhai from two ports -- one in Shekou, Nanshan District, and another in Bao'an District near Shenzhen International Airport.

Shekou Cruise Center in Nanshan District provides ferry services to Zhuhai, Macao and Hong Kong. Take Metro Line 2 to Shekou Port and then a free shuttle bus to the new terminal. Alternatively, you can take bus B601 or M105 to Shekou Ferry Center (Shekou youlun zhongxin), or bus 331, 332 to Shekou Passenger Terminal (shekou matou zhongzhan).

The Shenzhen airport is connected with all three modes of transit: road, ocean and rail. The ferry service from the airport to Zhuhai is operated by Shenzhen Oceanus Group out of Fuyong Ferry Terminal. With eight trips made daily in each direction at 90-minute intervals, from 7:30 a.m. to 8:00 p.m., it should be easy to connect your flight's arrival with a nice trip east of the big city. The ferry service to Zhuhai is connected to the airport by a free shuttle bus service, takes around 65 minutes and costs 125 RMB (US\$19). Travelers from Shenzhen can either ride Metro Line 11 to the airport and then take the free shuttle bus to the ferry terminal or get off Metro Line 11 at Hourui Station and take a city bus on route M419 to the terminal.



There is also an intra-city ferry service between Yantian Port and Nan'ao Shuangyong Wharf in western Shenzhen's Dapeng New Area, which is operated by Shenzhen Oceanus Group. Four trips are made from Yantian to Nan'ao per day between 10:00 a.m. and 17:00 p.m. Four trips are made from to Yantian per day between 08:50 a.m. and 16:30 p.m. The fare for a single trip is 50 RMB (US\$7.35) for economy class and 70 RMB for business class. A single trip takes 70 to 90 minutes.



High-speed Rail

Shenzhen's rail network connects to 58 mainland cities, including the capital cities of 18 provinces and autonomous regions.

Futian Railway Station, located in the city's central business district between Fuzhong 3rd Road and Shennan Road, is the largest underground high-speed railway station in the world at 147,000 square meters. It intersects with Shenzhen Metro lines 1, 3 and 11, and provides intercity rail connections to Guangzhou, Wuhan, Changsha, Zhengzhou and Beijing, as well as a cross-border high-speed train to Kowloon Station in Hong Kong. The debut of the Hong Kong line in 2018 cut the travel time between Shenzhen and Hong Kong to 15 minutes.

Shenzhen North Railway Station operated 369 pairs of trains in the 2019 national train schedule. During travel peaks, such as holidays and the July to August summer period, some stations activate additional trains to compensate for the additional travelers.

The city also has railway stations in Luohu, Longhua, Longgang, Nanshan, Pingshan and Guangming districts. Tickets purchased online can be picked up at any ticket counter in the city by providing the traveler's passport.

LIVE
@755



Slow Traffic System

In 2019, Shenzhen was ranked “the most walkable city in China” by the Natural Resources Defense Council, an international nonprofit environmental organization. The city has been making great efforts in recent years to develop and integrate its network of bike lanes, greenways and hiking trails by setting up rest areas, environmentally friendly toilets, security stations, bi-lingual signage and lighting systems. Greenways are the soft tarmac paths installed along sidewalks and through parks. They are usually painted green.

For example, at a rest area on the Shatou greenway in Futian District, a station with drinking water, kettles, mosquito repellent and first-aid kits has been set up. Nursery rooms for mothers with infants and book bars have been built along other greenways.

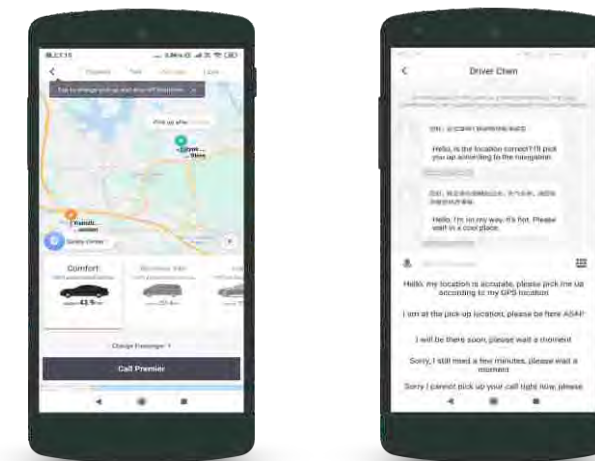
The Shenzhen greenway coverage map provides a layout of all the greenways in the city, and each district has its own map introducing the history and tourist destinations along its greenways.

Other Ways to Get Around

Ride Hailing App: Didi

Didi, the Chinese ride-hail behemoth that acquired ride-sharing giant Uber’s China operations, has further expanded its business by offering its services in English. Didi also offers car-renting services and long-distance commuting. You can rent a car with a professional driver for a specific time period. The service is a huge help when you are planning a small-load move.

Didi also offers real-time, in-app, text message translation between English and Chinese to facilitate rider-driver communication. Pay directly through the app, using Alipay, WeChat pay or a credit card, or pay in cash (taxi service only). To download the app, go to the App Store/Google Play and find the one called “Didi-Rider”.



Bike Sharing App

As a popular and healthy transportation option for short trips, bike sharing programs have been flourishing in China. As it strives to expand its overseas market, Mobike now allows you to open an account in your home country, add your own payment method to that account and then use it anywhere internationally, including China.

In order to do this, you simply need to:

- 1.Download the Mobike app to your Mobile Phone: Search for “Mobike” in the App/Play store on your mobile phone and click download.
- 2.Create an account and add payment method: Create an account with your phone number and attach it to your bank account.

Once you arrive in China, the Mobike app can be accessed easily wherever there is Internet. The charges will be made in the currency of the country where the account is registered, and Mobike will convert the payment automatically.

■ Renting a Car

Since China does not recognize driver's licenses from other countries, you first need to get a Chinese driver's license in order to rent a car in China.

Step 1: Get a Chinese driver's permit

a. Temporary driver's permit

Tourists who wish to drive in China for a short period of time can get a temporary driver's permit for a maximum of three months without needing to pass an exam. You will be asked to provide the following documents:

Driver's license from your home country translated into Chinese and notarized

International Driving Permit

Completed application form

Passport, visa and hotel reservation

Four one-inch color photos with a white background

Certificate of temporary registration of a foreigner (to be filled out and sealed by a hotel clerk upon the request of the hotel guest)

A certificate of temporary registration of a foreigner should be certified at Xili Vehicle Administration, Longjin Road, Longzhu Avenue, Xili, Nanshan District, Shenzhen (Tel: 0755-22222000)

Applicants should undergo a medical check on the spot, which takes about 15 minutes and includes an eye test as well as a test of one's ability to distinguish between colors.

b. Permanent driver's license (if you already have one from your home country)

In this case, you can get a Chinese driver's license (valid for six years) by passing a written exam.

Step 1: Book an appointment with the traffic police department, scan the QR code below to download the app:



Written exams can be done in English in Shenzhen. The exam consists of answering 100 multiple choice questions, lasts 45 minutes and requires more than 90 percent of the answers to be correct to pass. If you don't pass on the first try, you can repeat it at that time. If you don't pass the second time, you will have to wait at least 20 days to take it again.

Necessary documents include:

Passport and residence permit or Chinese Visa with at least three months of validity (original and photocopy)

Record of temporary residence registration obtained at the local police station (original and photocopy)

Driver's license from your home country (original and photocopy)

Notarized translation of your driver's license into Chinese

Medical certificate (complete health check-up done at a city hospital)

Four one-inch color photos with a white background

Step 2: Rent a car

In order to rent a car, you will need to present the following documents a few days before you actually need the car:

Your passport's personal information

Your passport's residence permit page

Your Chinese driver's license

Some reputable car rental companies in China include:

Avis China <https://www.avis.com/en/home>

eHi Car Service <http://en.1hai.cn>

Zuche <https://en.zuche.com>

Alternatively, you can rent a car on a car sharing app. Similar to bike sharing, you are required to download a company's app and submit necessary information, such as an image of your license. A hefty deposit (RMB500-1,500) is also generally required.

After your application has been approved by staff members, you can check to see whether there are any shared-cars near you. Then it's simply a matter of reserving the type of car you want, unlocking it with an app and driving off. When you're ready to return the car, choose a spot to drop it off, end your ride and pay on whatever app you're using. Here are four Car-Sharing apps that you can download to use.

PonyCar

Togo

United Journey

EVCARD

Step 3: Pick up the car

On the day you go to pick up the car you need to bring:

Your passport

Your Chinese driver's license

A credit card or debit card with enough money to cover the rental price as well as an amount that can be "frozen" by the car company in case of damage to the car

5、Internet

Shenzhen is one of the most wired cities in China. You can access Wi-Fi connections at the airport, train stations and most hotels, restaurants and cafes.

Getting Internet for your home is easy as well. There are three major Internet service providers to choose from: China Unicom, China Telecom and China Mobile. All you need to do is go to one of the office branches with your passport and ask to get your home connected. You can also ask a Chinese-speaking friend to call the provider's office and schedule a visit to your home. Have a copy of your passport and a copy of a Chinese bank card ready for when the technician arrives. Prices for broadband Internet vary from 50 to 200RMB/month, depending on the bandwidth and the duration of your contract. The larger international bandwidth does not necessarily mean faster speed for international Internet. The speed for the access to websites abroad, like the pricing for their broadband service, may differ by region. Before choosing an Internet service provider, it is recommended to ask local friends for advice.

6、Healthcare

Chinese hospitals are classified into three general levels from 1-3. Level 3 hospitals provide the highest standard of care, while level 1 facilities meet the lowest standards. There are also three sub-levels from A-C, with A being the highest and C the lowest. The best hospitals in China are always classified as 3A, but there are also cases of hospitals with a classification of 3A+, meaning they provide some of the best medical treatment in the country.

Shenzhen has a wide array of medical institutions to meet any need. As of 2019, Shenzhen had 453 community health centers located across the city, and more are being added every year as the local government is promoting the use and trust of grassroots health centers for minor ailments in an effort to alleviate congestion at the major hospitals.

When you register at a hospital for the first time, you will be given a white booklet, in which the doctor will record your health history. Make sure to hold on to this book to avoid having to repeat certain tests. You may need to bring it back for further visits.

As a city on China's cutting edge of technology as well as cultural opening up, Shenzhen has been selected to host pilot programs in many industries, including health care.

Smart Hospitals

The city is piloting a new infectious disease control program aided by advanced communications technologies that allow doctors to diagnose and treat patients remotely. Also, before a patient arrives at the hospital, real-time data, images and their conditions will be transmitted from the ambulance to the hospital within milliseconds, so that ER doctors can formulate a plan in advance and have the OR prepared.

Online Nursing Services

Sixteen institutions in the city are part of a pilot program trialing the booking program and Internet+ nursing service. Information on the hospitals' nurses will be published on the unified platform. Medical consultations will be offered at a standard price of 300 yuan per session. The services will mainly cover basic nursing services like changing dressings, taking out stitches and providing guidance on home care for patients recently discharged from hospitals, as well as chronic disease management, rehabilitation nursing, geriatric nursing, Chinese medicine nursing, maternal and childcare, orthopedic nursing and services for newborns. Service providers are all physical medical institutions with professional certifications and at least five years of clinical experience. Patients with complicated or unstable conditions, or whose treatment involves medical risks or drugs that are under special management, are not eligible for the service. Such patients must visit a hospital in person.

Southern Medical University Shenzhen Hospital and Nanshan District People's Hospital have already been accredited as Internet+ hospitals

Scan here to follow the Official WeChat account of Shenzhen Municipal Health Commission.



AEDs

In 2019, Shenzhen Medical Emergency Center has installed 1645 AEDs in public areas.

An additional 1,000 AEDs have been installed this year at checkpoints, railway stations, ferry terminals, communities, parks, sports and culture venues, social welfare and aid centers and schools.

The center has also released a WeChat mini-app to help the public locate AEDs.

Helicopter Rescue

The Shenzhen traffic police is cooperating with Dongbu General Aviation Co. Ltd. to provide paramedics helicopter services for cases when fatalities and injuries are reported in accidents where ground rescue won't be able to arrive at the scene in a timely manner. A data-sharing mechanism will help streamline ground support to ensure patients can be brought to hospitals quickly. The helicopter service will also cover natural disasters and expressway patrols.

Centralized Drug Procurement

Twenty-five drugs have been selected for the adoption of centralized procurement from 2019 to 2020. The average price of these drugs has dropped by 23 percent, with the biggest decline reaching 74 percent.

Top hospitals

Shenzhen People's Hospital

A modern comprehensive hospital combining medical services, teaching, scientific research and healthcare, it is the largest 3A-rated hospital in Shenzhen and features the latest advanced equipment and significant technical advantages.

Address: No. 1017, Dongmen Road North, Luohu District

Tel: +86-755-25533018

Shenzhen Second People's Hospital

A comprehensive 3A-rated hospital providing clinical services, disease prevention and rehabilitation services, this hospital also serves as a teaching and research base. It is equipped with high-tech equipment, such as MRI, DSA, spiral CT and color ultrasound.

Address: No. 3002, Sungang W. Road, Futian District

Tel: +86-755-83366388

Peking University Shenzhen Hospital

A modern, comprehensive 3A-rated hospital, it is one of the city's most influential medical institutions, featuring some of the latest advanced equipment.

The Peking University Shenzhen Hospital Priority Clinical Center, an international and VIP health center on the sixth floor of the hospital's outpatient building, provides English-language services. However, there are no surgery, orthopedics, obstetrics or pediatrics departments at the Priority Clinical Center. Address: 6th Floor, Outpatient Department, 1120 Lianhua Road, Futian District

Tel: 0755-83923333-8607/8615/8600

Hours: 8:00 a.m.-12:00 a.m., 2:00 p.m.- 5:00 p.m.

International SOS Clinic

SOS is a global organization providing medical services for world travelers. Its clinic in Shekou has staff who speak Mandarin, Cantonese, English, Japanese, French and German. They offer vaccination and health check services, an on-site laboratory and X-ray, as well as consultations and after-hours clinic visits for emergencies.

Address: No. 6 Nanhai Avenue, Industry Mansion (East Annex), Shekou

Tel: 0755-26693667

Hours: Monday to Friday 9:00 a.m. - 6:00 p.m. and Saturday 9:00 a.m. - 1:00 p.m.

<https://www.internationalsos.com/clinicsinchina/cn/Shenzhen.aspx>

Shenzhen Traditional Chinese Medicine Hospital

A large, comprehensive hospital for traditional Chinese medicine, it is a 3A-rated hospital providing medical care, disease prevention care and medical rehabilitation services.

Address: Fuhua No. 1 Road, Futian District

Tel: +86-755-88359666

The University of Hong Kong-Shenzhen Hospital

Located near Shenzhen Bay, it is a comprehensive public hospital that utilizes a modern management mode introduced by The University of Hong Kong for medical services, research and teaching. The hospital currently has general practice, medicine, surgery, gynecology, pediatrics, orthopedics and traumatology departments, among others.

Address: No. 1, Haiyuan 1st Road, Futian District

Tel: +86-755-86913366

Shenzhen Can Am International Medical Center

1. Pediatrics is available.
2. English service is available.

Address: 1033 Nanhai boulevard, Nanshan District

Tel: 0755-26887106

Hours: 8:00 a.m.-11:30 a.m., 2:30 p.m.- 4:30 p.m.

Shenzhen Far-East Women & Children' s Hospital

1. Pediatrics is available.
2. English service is not available.

Address: No. 2097 East Shennan Road, Luohu District

Tel: 0755-88808888

Shenzhen Nanshan Hospital Special Health-Care Center

Service is mainly in Chinese, so if you need English language services, you need to make a reservation in advance.

No emergency or pediatrics services are available

Address: 1st Floor, Special Health-Care Center, No. 89, Taoyuan Road, Nanshan District

Tel: 86-0755-26476005

Hours: 8:00 a.m. -11:30 a.m., 2:00 p.m. - 5:30 p.m.

Shenzhen Kangning Psychiatric Hospital

This is a 3A-rated psychiatric hospital built in 1980. The hospital has 560 beds and offers psychiatric therapy, education, research and prevention.

Address: No. 1080, Cuizhu Road, Luohu District

Tel: +86-755-25603094

For consultation on health issues: residents can call the free hotline 400-11-91160 ext. 2.

Customer service is provided from 9 a.m. to 6 p.m.

7、Renting

Many employers provide a stipend, or even a pre-arranged apartment, as part of the contract. Some will also recommend housing agents. But if you want a little more choice in where you live and what you pay, there are a few ways to go about finding an apartment in Shenzhen.

Co-living Apartments

For those who prefer temporary homes that offer independent living spaces, reflect their taste in design and facilitate their social lives, co-living apartments may be a good choice. These long-term, multi-sized stylish rental spaces have gained popularity among young urbanites in China. Most of these rental apartments feature amenities like gyms, lobbies, pool tables, libraries and gaming rooms, where you get to meet and mingle with your neighbors. A 24-hour service is also available to handle any problems that may arise. Usually these apartments charge around 20 percent more than traditional rental apartments, approximately 2,000RMB-7,000RMB per month, depending on the location and room size.

Since your experience with co-living apartments largely depends on the services they provide, the apartments operated by large real estate developers are likely to be more reliable choices. There are some popular co-living apartments in Shenzhen. Developers usually have several branches in Shenzhen, and the prices and room sizes vary in different locations. You can learn more by browsing their websites, or scanning their QR codes to download their apps, follow their public accounts and book appointments.



Agents

Fees: The standard agent fee is one month's rent. The standard security deposit is two months' rent.

A common tactic among rental agents is to show places that are below your standards and then try to upsell you. Here are some tips for finding the apartment you want before you're at the end of your rope:

- Know the price range in the area and be clear about the range you are willing to accept.

- Don't rush. Frustration is like blood in the water to an agent with a bunch of bad apartments to unload.

- Clearly enumerate what things you cannot live without to avoid wasting time looking at bad apartments: western toilet, natural light, balcony, elevator, enclosed shower, furnishing, etc.

- Aim for midrange. The cheapest apartments are usually cheap for a reason: present or future construction, far from transport, street noise, bad natural light, pests, etc.

You can find a decent rundown of popular expat areas and their various characteristics and price ranges here: <https://www.wellcee.com/Shenzhen/Rent-Apartment>.

Agencies and local corner outlets

There are some comprehensive rental agencies that specialize in finding apartments for foreigners. They represent high value apartments in high demand areas, which generally rent for around 8,000-20,000RMB per month. They provide English-language services, help with setting up Internet and TV services, and bill payment, and may even check the utility meters to help you understand where exactly your monthly payments are going. You can find a list of some agents here:

<http://www.shenzhenparty.com/apartments/realestate-agencies>

If you know where you would like to live, you can go to the neighborhood and find a number of small storefronts with listings on the outside windows and a bunch of young agents inside decked out in business casual attire. You can't miss them. They usually don't speak much English, if any, but if you give them an idea of what you are looking for they can show you some options and communicate the basic numbers involved via phone translation.

Some common agencies: Lianjia, Centaline Property, Midland Realty, Jiajiashun Real Estate, Century21.

There are also freelance agents who work via WeChat moments and groups, and they often charge lower agent fees. They develop a list of represented properties and post vacancies as they open up. They will also help you narrow down a list of apartments based on your particular needs. These agents usually have a larger pool of low-priced apartments to choose from because they work for both locals and foreigners looking to live farther away from the city center. The bottom of their price range is usually around 4,000-5,000RMB per month. Ask around in expat groups and surf online to locate some of these gems.

Platforms

Websites and apps are a great resource to narrow down your search. Sometimes you can get lucky and cut out the middle-man to rent directly from a landlord. They also come in handy if you are trying to rent a room in an apartment or sublet for the summer. In some areas, it is easier to find a three bedroom apartment than a two bedroom, and because the rooms may feel small, it can be an affordable luxury to have an extra room as a little office getaway, or for storage, and then find a roommate.

Some useful apartment search websites: 58.com, ziroom.com, wellcee.com, anjuke.com, shenzhenparty.com

Bao'an inquiry

For the intrepid travelers among us who have a workable knowledge of the Chinese language and love finding a good deal, you can try going to a neighborhood you are interested in, approaching the security guards at the gates of the housing estates and simply asking them about any vacancies. They will get a kick out of talking with a "laowai" and might be able to connect you directly with a landlord.

Urban villages: Building posts and neighborhood agents

If you don't have much money or just have low standards, such as not needing an elevator, kitchen or enclosed shower, a similar approach can work in the older communities called "urban villages." There will often be listings posted on the sides of buildings along with phone numbers. Sometimes the details on these posts are fake, so when you call you will receive a response saying the place you are inquiring about was just rented out, but they will then offer to show you other similar apartments in the area. They will often try to upsell you, so be as clear as possible about your requirements and price ceiling to avoid wasting time. You can find single bedroom apartments in these villages for as low as 1,500RMB, but sometimes the landlords will be unwilling to rent to foreigners.

Chinese people who have lived in the city for a while will have more connections with small-time local agents. If you are able to make friends with people who live in urban villages, most often young migrant workers or recent college graduates, they might be able to introduce you to a neighborhood agent who will show you some apartments and charge a fraction of the standard agent fee.

8、Education

■ Childcare

As more young people are moving to Shenzhen for work, there has been a rapid development of the nascent childcare industry. One of the Shenzhen government's current goals is to become more of a "child friendly city." It has made many efforts in this regard, from piloting a Japan-inspired neighborhood-watch-like program in Luohu District, under which local shops are enlisted as volunteer safe zones to protect children from abuse, to building children's parks and public nursing rooms. For example, in Fuyong Subdistrict, Bao'an District, the local government solicited ideas from children for the new Fuwei Community Children's Park, which is a part of a campaign to build five small children's parks in urban villages as well as a huge sports park in the subdistrict this year. The aim of building parks like these across the city is to provide safe outdoor areas for kids to play, as well as venues for public activities regarding family education, health and psychological consultation, and the promotion of reading and the rule of law.

One of the larger campaigns over the last couple years has been a crackdown on unlicensed childcare centers. The industry had previously been little more than unregulated private apartments where kids could hang out after school. The government has also increased the requirements for aftercare and noon-care at schools to ensure kids always have a place to go.

Most international schools offer half-day and full-day nursery services. There are also about 250 nursery centers of all sizes in the city, including both Chinese-language and bilingual facilities. They provide services for children between three months and three years old, and cost between 7,000 and 12,000RMB per month. Most centers are open Monday to Friday and closed on the weekends. In addition to providing three meals and nap times for children, they also arrange outdoor activities and teach good habit development and early childhood lessons in areas like handmade crafts, music, games and language.

The top ranked centers include MoreCare and BeneBaby.

In addition to childcare, there also are centers nurturing other aspects of childhood learning and growth, and entertainment and leisure venues, such as swimming pools and children's parks.

There are more than 20,000 parent-child activity centers, institutions, clubs, kids' shops and childcare centers in Shenzhen. With many kinds of programs and activities, such as nursery school, early education, photography, swimming and other physical training, artistic training, language development, themed amusement parks, STEM and STEAM centers, and maternity and childcare stores, the industry can meet almost all of the parenting and educational needs of new parents. Most services charge on a package basis, for instance a package of 30 visits for a certain up-front price.

Da Zhong Dian Ping is a useful app for searching for these kinds of shops and services. You can look up the type of service and filter the search by location, and the app provides the contact information along with pictures and customer reviews.



Some of the top ranked STEM/STEAM centers are Tong Chung Tong Mei, Little Elephant Creative Center and Korei.

The amusement centers for kids include play pens, trampolines, sports venues, theme parks, themed party services, farm activity spaces, reading rooms, sports adventures, zoos and botanical gardens, science museums and more. Most museums are free, while admission to most parks costs 100-200RMB. A few parks and entertainment venues cost more than 300RMB per visit, but purchasing an annual or VIP membership can reduce the per-session price to within 100RMB.

Some of the top ranked amusement centers are iBaby and Dream Party.

There are two types of swimming centers for kids. The first is where children can swim in a special baby bath, which normally costs 50-80RMB per session. This usually includes a bath and a massage after the swim. The other kind allows parents to swim with the kid and costs significantly more, at around 300-600RMB per session. Both centers employ professional staff to guide the baby and provide first-aid rescue in case of an emergency.

One of the top ranked swimming center brands is called Starfish.

As far as shopping for kids, there are many baby and kid shops in the major shopping malls in most neighborhoods. The clothes for babies and kids generally cost between 50 and 300RMB, and prices vary based on different styles and seasons. Shopping online is generally cheaper, where you can find summer clothing for less than 50RMB, and winter clothing costing between 80-150RMB.

Formula

People in the big cities tend to buy milk formula that is imported from countries like New Zealand, Holland, Ireland, Germany and Denmark, because it is considered to be of better quality. The top brands are Aptamil, Friso, Biostime, Mead Johnson, Wyeth Ultima, A2 platinum, Similac, Nutrilon and Nestle. A normal-sized can (around 800ml-900ml) costs between 220 and 420RMB.

Diapers

Some of the main diaper brands, both domestic and imported, range in price from 1.4-5.9RMB per unit, for instance Leich, Pampers, Dodie, Miffy, Merries and Goon Premium.

If you want to ensure you are buying authentic imported formula and diapers, you can also go to Hong Kong, but you can only bring two cans of formula back each time you cross the border. Buying them at a shopping center is also reliable but a bit more expensive. If you buy from online platforms like JD.com or Taobao, you will normally receive them either the next day, or after several days, but be sure to order them from the top shops or famous brand-name shops, like Sunning, to ensure they are legitimate products.

International Schools

Being home to 44 percent of Shenzhen's expat population, Nanshan District is where most of the best international schools are located, but there are also a few scattered across the city's other districts, and new ones are being established almost on an annual basis. Almost all of the well-established institutions provide preschool through high school, and some have separate campuses for their high school students. The newer schools usually offer preschool and primary school classes at first and then add more age groups as they grow.

Tuitions range from around 100,000-190,000RMB per term for preschool to 220,000-240,000RMB for high school. Fees usually include an application fee of around 2,000RMB and a one-time Capital Fund Fee of around 30,000-60,000RMB. Extra fees are often charged for transportation and extra-curricular activities, as well as English as an Additional Language (EAL) and special education resources, if necessary. Applications for the upcoming fall term at most schools are due in January, with assessments taking place in the spring, while many schools also offer rolling admissions if vacancies open up.

What to look for

Knowing your preferred pedagogical approach and curriculum helps in choosing a school. The most common and reputable methods among high schools include International Baccalaureate (IB) and Project Based Learning (PBL), while preschools and primary schools often employ IB along with inquiry based and experiential learning approaches. There are also some schools offering alternative approaches, such as the Reggio Emilia method. The curriculum often depends on where the company was founded, such as common core and AP courses for U.S. citizens. Some schools focus on being international, while others cater more to a specific country's curriculum and standards. If you are planning on bringing your kids back to your home country before graduation, keeping them in a similar curriculum might be a priority.

Talk with other parents

Ultimately, you will find the most valuable information by talking with the parents of other kids at a school. Once you narrow down your options, you can schedule an appointment to visit the school or have a tour. Try to find some parents and ask how consistently the professed pedagogy is followed, how engaged the teachers are, how the kids are treated when the parents aren't around and how receptive the administration is to questions and complaints.

Other factors to consider include:

- Association memberships and affiliations
- Percentage of teaching staff made up of foreigners and employment requirements.
- Accreditations and qualifications, such as CIE, CIS, MSA, etc.
- Student to teacher ratio.
- EAL resources for non-native English speakers
- Discounts for siblings
- Specific nationalities: Japanese, Korean, British boarding models

Some of the top international schools in Nanshan District

Shekou International School (SIS)

Established in 1988, SIS is the oldest and largest international school in Shenzhen. It offers preschool to high school enrollment across two campuses, with a primary school in Shekou's Sea World and a high school a bit to the north in the Dongjiaotou neighborhood. It is an IB World School offering PYP and DP curriculum accredited by Western Association of Schools and Colleges (WASC). To work there, teachers must have full teacher certifications and licenses from an English speaking country. It offers programs for native French speakers from preschool to grade 1 and for native German speakers from kindergarten to grade 5.

School Website: <https://www.sis-shekou.org/>

Quality Schools International (QSI)

QSI is a global international school organization founded in 1971 that now boasts 37 schools in 31 countries across five continents. Its Mastery Learning approach focuses on individualized feedback to ensure each student is overcoming his or her particular weaknesses and being rewarded for learning. The Shenzhen school opened in Nanshan in 2001, and is accredited by MSA/CESS. It has two campuses, with the preschool and primary school in Sea World and the high school on a separate campus also in Nanshan. The school's middle and high school International Baccalaureate curriculum follows U.S. education practices by using the Measures of Academic Progress (MAP) computerized adaptive test for placement and progress data. It is affiliated with the College Board AP program and SAT testing, as well as NWEA, ACAMIS, EARCOS, IBO, National Honor Society, National Beta Club, Rho Kappa National Social Science Honor Society, National Chinese Honor Society, TEDx and TRI-M Music Honor Society. Teachers are required to have a degree and teaching qualification from a U.S. state or Canadian province.

School Website: <http://www.qsi.org/china/szn/>

SZ American International School (SAIS):

Accredited by AdvanceED, SAIS is 10 years old and provides enrollment in preschool through grade 9 (ages 4-14). The curriculum was formulated based on High Tech High in San Diego, California, which was opened with a grant from the Bill and Melinda Gates Foundation and is structured around four basic principles: personalization, adult world connection, common intellectual mission and teacher as designer. The school employs PBL and Maker education to deepen learning and develop creativity through hands on projects, such as making instruments or cookbooks and baking, in order to incorporate American common core knowledge. Foreign teachers account for 75 percent of the faculty. They provide a language resource room for EAL students, have a makerspace on campus and are affiliated with Next Generation Science Standards, AERO Social Studies Standards and American national standards in Music, Physical Education and Art. Teachers must have a teaching certificate from an accredited university or college.

School Website: <http://www.szsaais.org/>

International School of Nanshan Shenzhen (ISNS):

ISNS was founded in 2002 and is a kindergarten to grade 12 school accredited by New Brunswick Department of Education in Canada. It follows the IB World School Canadian Curriculum and is an authorized IB Primary Years Programme, Middle Years Programme and Diploma Programme. There are no more than 25 students per class at all grade levels. Students write Provincial assessments (Province of New Brunswick, Canada) to ensure the consistency of curriculum delivery and are also prepared to take the SAT. It is an official examination site for SAT, PSAT/NMSQT and AP exams. The curriculum prepares students for two esteemed international diplomas, the Canadian and the International Baccalaureate Diploma. EAL classes are offered for non-English speaking students based on assessment using the Cambridge System upon admission. The school is affiliated with UNESCO and ACAMIS (Association of China and Mongolia International Schools). Teachers must have a BA and full teacher certification or license from an English speaking country.

School Website: <http://www.isnsz.com/>

Shen Wai International School (SWIS):

SWIS is a nonprofit, publicly funded international school, offering an IB program for students 4-18 years old. Its IB Primary Years Programme (PYP), Middle Years Programme (MYP) and Diploma Programme (DP) are authorized by the council of International Schools (CIS) and Western Association of Schools and Colleges (WASC). Enrollment is open to expats as well as Hong Kong, Macau and Taiwan passport holders. Applicants must demonstrate sufficient English-language skills, but additional English and Special Education resources are available for extra fees.

School Website: <https://www.swis.cn/>

**Outside of Nanshan:****Shenzhen College of International Education (SCIE):**

SCIE is a high school authorized by Cambridge International Education (CIE) in Futian District, just north of the border with Hong Kong. Cambridge qualifications are recognized for admission by U.K. universities (including Oxford and Cambridge) as well as universities in the United States (including Stanford and all Ivy League universities), Canada, the European Union, the Middle East, West Asia, New Zealand, India, Pakistan, Bangladesh, Sri Lanka and Nepal. Founded in 2003, it offers Cambridge IGCSE and A-level courses that are all taught in English except for the Chinese-language and Physical Education classes. Only 10 percent of applicants are accepted. Foreign teachers make up 60 percent of the faculty. Teachers must have a degree in their area of expertise and a teaching qualification, such as PGCE, BEd or equivalent. SCIE is an accredited member of Council of International Schools (CIS), and affiliated with the regional organizations East Asia Regional Council of Schools (EARCOS) and FOBISIA as well as SISAC, DELE, ASDAN, RGS, Trinity College examinations and the International Award. It offers 13 AP courses for U.S. applicants and is an approved Edexcel examination center and UCAS UK university application center.

School Website: <http://www.scie.com.cn/>

Other nationality international schools:

Shenzhen Japanese School

Korean International School in Shenzhen

For a full listing of international schools in Shenzhen visit:

<http://www.shenzhenparty.com/education/international>

LIVE
@755

Private Schools

There is also a wide array of private and “experimental” schools that have some international-style courses but are not accredited as international schools. Most of these schools are not bilingual in a true sense, so unless your child has a decent level of Chinese, they are not recommended. The English-language classes, and some electives, may be taught by a native English speaker, but the majority of the curriculum is taught in Chinese. These schools may be a good option for mixed-nationality children who speak Chinese but can't attend local public schools.

These schools are cheaper and have a variety of facilities, student bodies and locations, but the external factors are not really sufficient for evaluation. Just below the surface, most of these schools look about the same. Open houses and tours are helpful with evaluation, but the only way to really judge the quality of the school is to investigate with a critical eye and ask pointed questions. If you are interested in some of the smaller, less established schools, do some homework on the history of the school and the origins of the administration. The longevity of the institution can go a long way as a proxy for stability and thus quality.

Higher Education

Shenzhen intends to reinvent itself as a center of higher education in the coming years. The Shenzhen government plans to increase the number of colleges and universities to 20 by 2025 and the number of students to 250,000, of whom 200,000 will be full-time. At present, 14 colleges and universities have been founded in Shenzhen, quite a few of which are ranked among the top universities nationwide.

Tsinghua Shenzhen International Graduate School

As the sole branch campus of Tsinghua University, the Shenzhen International Graduate School (SIGS) serves as Tsinghua's scientific research and graduate education platform in southern China. SIGS is committed to continuing Tsinghua's academic legacy and promoting scientific innovation.

Launched on March 29, 2019, Tsinghua SIGS is a collaboration between Tsinghua University and the Shenzhen Municipal Government that builds on the strengths and experiences of the Graduate School at Shenzhen (GSST) and the Tsinghua-Berkeley Shenzhen Institute (TBSI). It aims to bring together world-class faculty and students, tackle global challenges through cutting edge research and international collaboration, and nurture the next generation of global leaders by creating an international, borderless and entrepreneurial learning environment.

Official English Website: <http://www-en.sz.tsinghua.edu.cn/enhtml/index.html>



Peking University, Shenzhen Graduate School

A graduate education institution located in the University Town of Shenzhen, Peking University Shenzhen Graduate School (PKU Shenzhen) is an integral part of PKU's progression toward becoming a world-class university. It offers majors in Finance, Economics, Management, J.M., MBA, Ecology, Human Geography, Information Sciences & Technology, Electronic & Communication Technologies, Chemical Biology, Environmental Science, Environment and Energy, Architectural Design, Sociology and Psychology. Its HSBC Business School and School of Transnational Law offer fully English-taught degrees with world-class professors, curricula and facilities. In 2018, the HSBC Business School became one of only five percent of business school's in the world to earn the prestigious AACSB International Accreditation. By 2018, there were 3,218 full-time graduate students enrolled at PKU Shenzhen, including 288 doctoral degree students, 2,930 master's degree students and 137 full-time international students from all over the world.

Official English Website: <http://english.pkusz.edu.cn/>



Harbin Institute of Technology, Shenzhen

One of the top universities in the country with a focus on science and engineering, HIT has been ranked No. 6 in the Best Global Universities for Engineering by U.S. News for three consecutive years from 2017 to 2019. In 2002, its satellite graduate school was established in the University Town of Shenzhen in collaboration with Peking University and Tsinghua University. Previously a postgraduate-only university, it started to recruit undergraduate students in 2016. Committed to international exchange and collaboration, around 50 percent of the courses are conducted in English, making it the only member of China's elite C9 League universities in Shenzhen that offers a whole set of bachelor's, master's and Ph.D. programs to both domestic and international students. By 2023, it plans to recruit 10,000 students, 5,500 of whom will be undergraduates, along with 3,500 master's or PhD students and 1,000 international students.

Official English Website: <http://en.hitsz.edu.cn/index.htm>





The Chinese University of Hong Kong, Shenzhen

Located on Longxiang Boulevard, the Chinese University of Hong Kong, Shenzhen, carries on the educational philosophy and academic systems of The Chinese University of Hong Kong. The university has programs in science, engineering and economic management, the humanities and social sciences as well as life and health science. Currently, it has more than 5,000 undergraduate and postgraduate students, and its long term goal is to recruit 11,000 domestic and international students, 7,500 of whom will be undergraduate students, along with 3,500 master's or PhD students. Featuring an international learning environment, a bilingual teaching pedagogy, a collegiate system, general education courses, multidisciplinary programs and a student-centered educational philosophy, the university stresses the importance of academic exchanges, global perspective and sense of social responsibility. Currently it has concluded agreements with more than 90 prestigious universities to jointly nurture undergraduate and postgraduate students.

The university has also established several institutes and research centers, including Arieh Warshel Institute of Computational Biology, Kobilka Institute of Innovative Drug Discovery, Ciechanover Institute of Precision and Regenerative Medicine, Shenzhen Research Institute of Big Data, and Shenzhen Finance Institute.

Official English Website: <http://www.cuhk.edu.cn/en>



Southern University of Science and Technology

Southern University of Science and Technology (SUSTech) is a research-oriented public university that was founded in 2011. In April 2012, the university was identified as a National Comprehensive Reform Experimental School for Higher Education. At SUSTech, the core curriculum is delivered in English. All course materials, lectures, exams and coursework are completed in English, with Mandarin Chinese taught separately to international students as an additional course. SUSTech applies the innovative 2+2 system, allowing undergraduates to study a varied STEM curriculum during their first two years and select their major at the end of their second year. It operates departments at the undergraduate, master's and doctoral levels with an emphasis on science, engineering and medicine.

Official English Website: <https://www.sustech.edu.cn/en/>



Shenzhen University

With two campuses in Houhai and Xili, covering a total area of 2.72 square kilometers, Shenzhen University (SZU) is the largest university in Shenzhen. Founded in 1983, Shenzhen University (SZU) has grown into a multi-disciplinary university hosting over 34,000 students, and 3,770 faculty and staff members. SZU offers bachelor's, master's and PhD degrees in a wide range of programs, and is committed to accelerating its pace toward achieving rich diversity and robust internationalization. With over 200 overseas partnership universities, SZU attracts about 1,500 international students every year. It is regarded as the fastest developing university in China, and also one of the "Top 100 Universities in China."

Official English Website: <https://en.szu.edu.cn/>

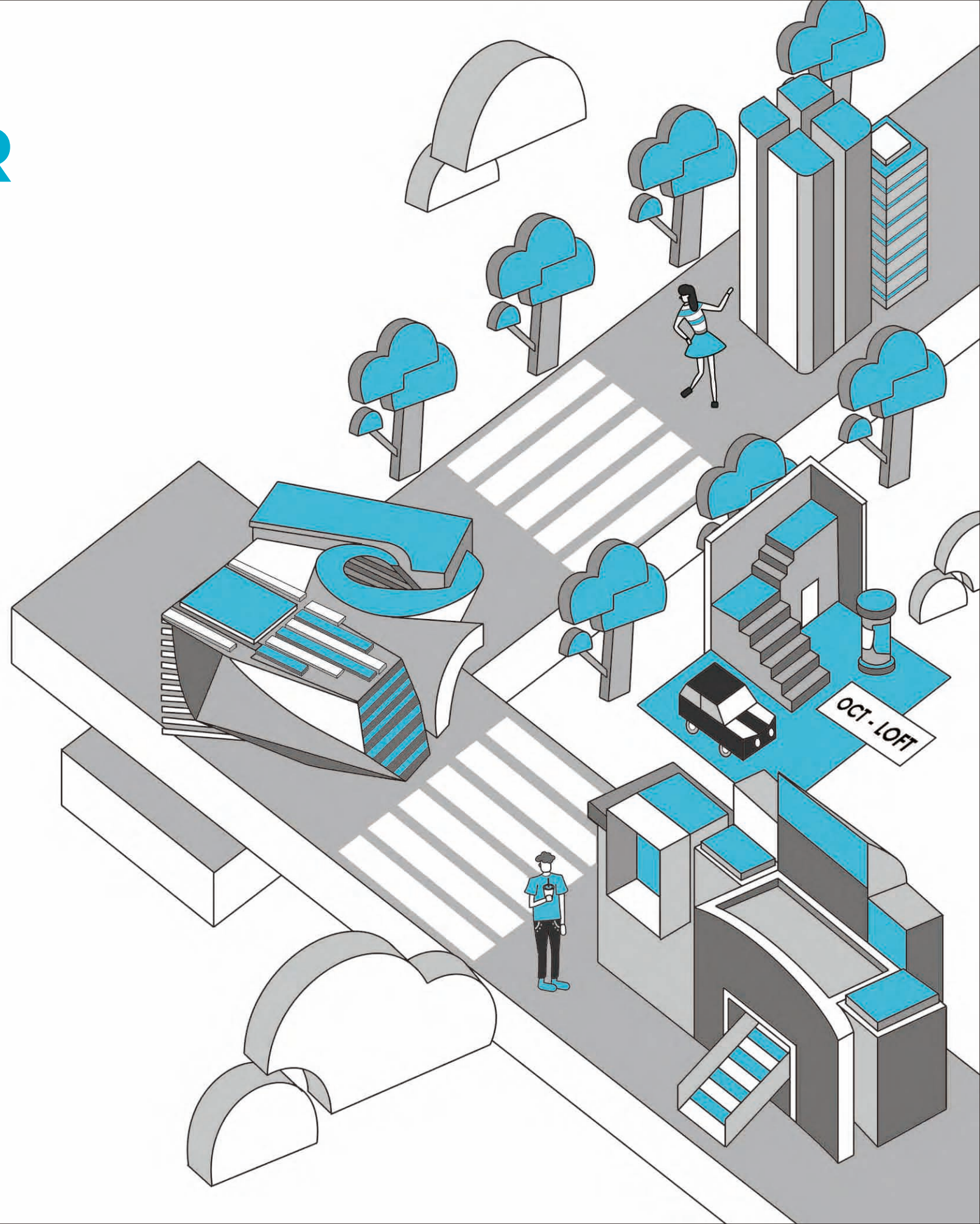


CHAPTER FOUR

Thriving in Shenzhen

L I F E G U I D E I N S H E N Z H E N

FOUR



1、Just Shenzhen Routes

Just Shenzhen city experience routes aim to help you learn about the culture, history, technology and living conditions of Shenzhen by solving puzzles.

You can choose to complete the game on your own or in groups. The Just Shenzhen routes fit players of all ages and occupations. Whether you're a newcomer or a Shenzhen local, there are always new and interesting places and stories waiting to be discovered!

As an open city experience, there is no tour guide. Every participant gets a “tool pack” to help them explore the city on their own. Along the different routes, Just Shenzhen has set up various levels, with puzzles and online model city exploration games hidden in each level. After unlocking each level, you will be impressed by the interesting facts about Shenzhen's history and culture you learn!

When designing each level, the language barriers foreign tourists may encounter were taken into consideration, and all of the Chinese instructions were converted to symbolic ones. Meanwhile, the city exploration games are equipped with an accurate map with city traffic routes, so that friends from all over the world can engage in the game freely.

With just a map and a brochure, you can embark on the adventure! Under the program's guidance, you and your friends will overcome challenges one after another, solve puzzles and win hidden bonus prizes. What's more, there is no time limit. You can do it at your own pace and find surprises at every level.

Just Shenzhen was initiated by Shenzhen Foundation for International Exchange and Cooperation (SFIEC) CityPlus, a platform that welcomes all international friends living or passing through Shenzhen. Pivoting on the idea of "leveraging the Internet to realize the city's internationalization," it has developed an online-offline interactive platform that enables Shenzhen and cities around the world to learn about each other in a warm and interesting way. They have also always believed that "the best way to get to know a city is not by looking at it from an outsider's perspective but by immersing yourself from within."

At this moment, three routes have been designed and four will be more soon!



Barbora Sloupova

Participant in Just Shenzhen City Discovery Route 1

Hometown: Prague, Czechia

Talents: I am good at being me :D

Time in SZ: four years

Favorite lazy day activity: hiking, in-line skating

Barbora is a vibrant soul from Prague, the Czech Republic. Her travels have led her to over 30 countries across North America, Asia and Europe. Now, after amassing a wealth of intercultural experiences, she is one of the first adventurers to have completed the “Just Shenzhen” City-wide Discovery Route. The route took Barbora on a journey across the city, where she had the chance to visit eight iconic sites that are characteristic of Shenzhen. Throughout her adventure, she recorded her experience and is sharing tips with future “stamp hunters” on the perfect sequence for playing through this innovative experience!

Q&A

Q

What made you decide to try the CityPlus tour?



B: A friend of mine was visiting Shenzhen for the first time and he only had one and a half days to enjoy this vivid city! I started panicking and could not decide on what to show him. Even though Shenzhen's public transport is almost flawless, it still takes ages to get from one side of the city to the other. Luckily, a few days before my friend arrived, I came across an article by CityPlus, which made my friend's visit unforgettable and let us spend a wonderful time together, doing what I call the "Stamp Hunt!"



Q

Which route do you recommend?



B: As I looked at the map for the first time, the perfect route immediately popped into my mind. After living in Shenzhen for four years, I was very familiar with all the options we had. Allow me share my personal idea of the perfect route:

Starting in Luohu, at Guomao Station (国贸), Exit A, you will be able to find the first U Station. In case you cannot communicate in Chinese, show the volunteers at the U Station the picture of the map below and they will give you all you need – a map, a postcard and the first stamp (do not forget to ask for it).

From where you are standing, you will be able to see the oldest skyscraper in Shenzhen, the International Trade Center building, which was opened December 29th, 1985, after only 37 months of construction!

After enjoying the view (and maybe grabbing a delicious local breakfast/snack at one of the surrounding food stands), I recommend taking metro line 1 to Huaqiang Road Station (华强路). From Exit A, go straight and take the first left to turn onto the main square's plaza. Take the next left turn to find another U Station. Two stamps received!

Don't forget to take a close look at this major electronics manufacturing hub, nicknamed "China's Silicon Valley" or the "Silicon Valley of Hardware."

Take the metro from Huaqiang North Station (华强北) to Children's Palace Station (少年宫). I recommend taking Exit E, going straight ahead and crossing the road towards Lianhuashan Park (莲花山公园). The U Station is right by the entrance!

At this station you will be able to receive stamps for three sites:

Shenzhen Concert Hall

Lianhuashan Park

Ping An International Financial Center

Do not forget to tell the volunteers, they might forget or not think about giving you all three stamps. We learned that the hard way, yet the volunteers were more than helpful and incredibly friendly!

After obtaining all of the stamps, head into the park!



The park is full of interesting places to see: marriage markets, a lake with paddle boats, oceans of flowers and, most importantly, on the top of the hill you will find a statue of Deng Xiaoping, the leader who initiated the era of economic reforms in 1979, when Shenzhen was designated a special economic zone. Go up the hill, not only to see the statue but also to enjoy the breathtaking view of Shenzhen.

Head down the hill and take your time to look around. It's a nice walk to the tallest building in Shenzhen, which is the second tallest building in China and the fourth tallest building in the world, the Ping An International Financial Center (平安金融中心). The best way to get there is to walk through Futian Metro Station, which takes around 15-20 minutes. Take Exit 7 or 8 and you will be almost under the building. Going up the building is a bit expensive (200RMB) and in my opinion not worth it. Instead, I recommend grabbing a good lunch in the area (Shopping Park) to catch your breath. You will need it.

The next stop is OCT Loft, another one of my favorite spots in Shenzhen. Not only is it a great artistic place, always filled with something new to see, but it is also home to one of the best cafes in town.

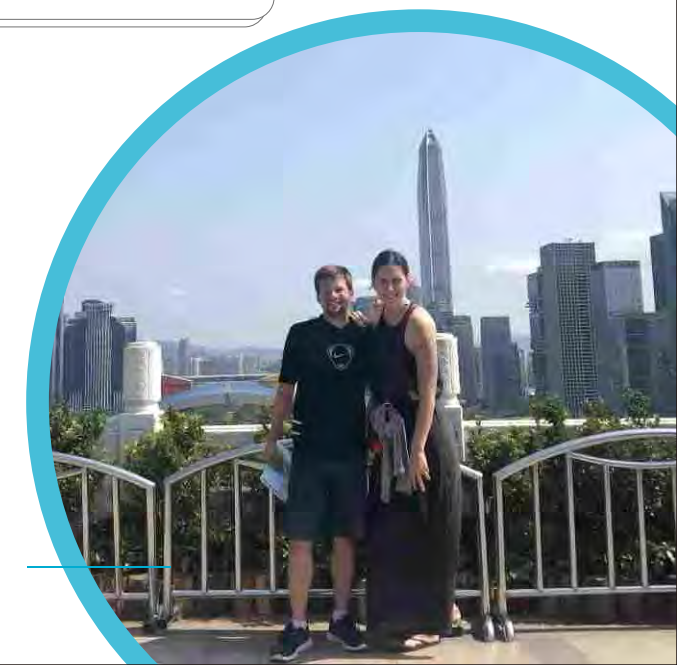
Need a cup of coffee? Get on metro line 1 and head to Qiaocheng East Station (侨城东), Exit A. Follow the map below and you'll get all the way to Penny Black Jazz Cafe. Get another stamp. Stroll around, enjoy this vibrant place and get back on the road if you want finish up in just one day.

I suggest taking the metro from Qiaocheng North Station (侨城北), which will take you all the way to Houhai Station (后海).

From Houhai Station you have many choices. I recommend taking Exit E, because you can find a lot of bicycles nearby, and even if you decide to walk, I think that is the closest exit to the U Station at the beginning of the Shenzhen Talent Park. The park is pretty, so if you are on a bike, why not bike all the way down to the next destination — Shekou.

If you are too tired or do not feel like biking all the way there, you can head back to the metro and go a few more stations to Sea World Station (海上世界), Exit A. The final U Station is right behind the exit. YOU MADE IT!!

Do you feel tired? Enjoy your little gifts and the countless restaurants, bars, clubs, and whatever else you can find! Sea World is the perfect last stop on this wild ride.



Q&A



Any other suggestions?



B: Please use this route as an inspiration, as there are many options, and the more time you have the better. Also, be patient at some of the stations; the staff might not know exactly what you want from them at first, but they will always be happy to help!!



Route 1: Just Shenzhen City Discovery Route

This route covers Luohu District, Futian District and Nanshan District. Our team provides a total of 40 tasks at eight game spots. You can either enjoy the competition and win prizes as quickly as possible, or slow down your pace and enjoy each task.

At “History Sites,” you may pay a visit to “the first McDonald’s” in mainland China and experience shopping at the local market. In the CBD, you can learn what is meant by “Shenzhen speed” at Guomao Mansion and find your own career path in this prosperous land. “Technology Sites” show Shenzhen’s impressive technological strength. You can see “Shenzhen’s No. 1 Building” and the highest point in the city. You can visit the tallest steel-cement building in the world, which is an environmentally friendly and smart building, as well as check out the various advanced electronic devices inside it.

“Culture Sites” displays the gathering of artistic creativity. You can feast your eyes on exhibitions of both traditional and modern art. Besides the exhibitions, there are many themed restaurants and characteristic coffee shops. You can have a taste of some handmade coffee, or take a seat in a themed coffee shop, which features a gramophone record playing background music, and reflect on current events. What’s more, you can find some lovely gifts at the T-street creative market, which is the most popular market in Shenzhen. You will surely feel the warmth and be moved when you listen to street singers singing at dusk.

“Community Sites” help you learn about the transformation of “SZ Seaworld” since Reform and Opening up and meet “the Father of Shekou.” You can experience public art at the Culture and Art Center, and gain a feeling of integration and communication with the space. In the talent park, you may also read about how our predecessors developed this city and find the motivation to achieve your dream.

Selected sites:

International Trade Center Building

Its construction in 1982 was implemented with “Shenzhen speed,” “building one floor every three days,” making it the tallest architectural landmark in Shenzhen at the time.

Huaqiang North

Constructed in 1982 as China’s largest distribution center for IT products, SEG Plaza is known as China’s “First Electronics Street.”

Shenzhen Concert Hall

Designed by the Japanese master of architecture, Mr. Arakisakia, its exterior wall combines Eastern and Western styles by using the “5 Chinese Elements” symbolized by the colors, yellow, red, blue, white and black.

Lianhuashan Park

Built in 1992, the park is shaped like a lotus flower in full bloom and is thus named “Lotus Hill.” It is one of the “Top 10 Shenzhen Attractions.”

Ping An International Finance Center

Located in Futian’s CBD, this 118-story building, nicknamed “Dragon Ridge,” is the tallest skyscraper in Shenzhen.

OCT-LOFT

What used to be an old industrial area has since been transformed into a cultural hub where creativity, design and art thrive.

Shenzhen Talent Park

As China’s first talent-themed park, it pays tribute to the outstanding scholars that have contributed to Shenzhen’s development over the past 40 years.

Shekou Sea World

With 80 percent of Shenzhen’s international education resources and almost half of Nanshan’s expat population, Shekou has developed into a “mini-UN.”



Route 2: Just Shenzhen Culture and Creative Route

Although Shenzhen is renowned for its technological and economic development, the city has also gradually gained recognition (both domestically and abroad) as a “Design City” with a booming “culture and creativity” scene.

The bilingual Discovery Route featuring “culture and creativity” was designed to educate the public about the development of Shenzhen’s culture and arts industry. Participants following this route can learn more about Shenzhen in a fun and innovative manner. This Discovery Route was designed to enhance a sense of belonging to the city, while increasing attention on Shenzhen’s rapidly expanding “Culture and Creativity” landscape.

Selected sites:

Sea World Culture and Arts Center

Sea World Culture and Arts Center, located in Shekou Sea World -- an expatriate hub in Shenzhen -- features several top-class exhibition halls for culture and arts, and aims to be the next visionary site for the spread of the arts and culture globally.

G&G Creative Community

An experiential and industrial creative design center focusing on the exploration of new lifestyles, the G&G Creative Community is a creative destination and content incubator driven by a shared economy. The many new commercial arts initiatives that the community has kick-started include: ING Market, ING Creative Space, ING Street, Crazy Grass Festival and Creative Forum.

Hua Art Museum

Hua Art Museum is the country’s first design-themed art museum, and its exterior is shaped like a beehive. Along with the He Xiangning Art Museum and OCT Contemporary Art Terminal, it forms the “Art Triangle” in the Overseas Chinese Town. The museum also houses an art salon, which serves as a comprehensive engagement platform for art lovers.

He Xiangning Art Museum

Located in the Overseas Chinese Town in Shenzhen, the museum first opened its doors April 18, 1997. With the inscription of its name handwritten by Jiang Zeming, it is the first national art museum named after an individual. A prestigious institution in Chinese art and academia, and for society at large, the museum is currently extending its influence to the global stage.

MixC

Located in Nanshan District, MixC integrates cafes, food and shopping into one, incorporating innovative, cultural and humanities-related fashion, art and social elements. Offering an “all-new leisurely urban creative space,” the mall has become a popular hit for social media influencers

Block Sixteen

Block Sixteen is a creative park located at 16 Gaoxin North 6th Road, Shenzhen High-Tech Park, hence its name. The park explores and creates prototype street zones for lifestyles of the future, with a focus on the culture, creation and technology industries. Arts and entertainment events, such as concerts, forums and book clubs, are frequently held in the park.

OCT-LOFT

OCT-LOFT takes its name from the renovated factory buildings on which it is based. Combining

creativity, design and art, the park is shaping up to be a landmark area in Shenzhen and a new open community for cultural industries, serving as a hub for arts events and Shenzhen's hipsters.

Shenzhen Museum of Contemporary Art and Urban Planning

The Shenzhen Museum of Contemporary Art and Urban Planning was designed by “deconstructivism pioneer” Coop Himmelf(l)au. As the new landmark for culture and the arts in Shenzhen's Futian District, the museum functions both as a site for cultural exchange and architectural exhibitions under one roof.

Shum Yip Upperhills

Located in the center of Futian District and surrounded by three major central parks, it is connected to the Lotus Hill and Bijiashan parks by a sightseeing bridge. Shum Yip Upperhills is a leader in the concept of “high-end quality living,” focusing on creative design and product innovation.

Guan Shanyue Art Museum

Guan Shanyue Art Museum is a national art museum named by the artist Guan Shanyue, which was built in 1995.

Shenzhen Grand Theater

Built in 1984, Shenzhen Grand Theater was the first building in China to introduce a stage design shaped after the character “pin,” and was built using advanced mechanical equipment sourced from abroad. It has since become a progressive symbol for modern theater architecture in China, marking the beginning of the “Era of the Grand Theaters.”

Dafen Oil Painting Village

The oil painting industry of Dafen Village traces its roots back to 1989. Today's Dafen Village is the biggest production and trading base for commercial oil painting in the country, and an important oil painting distribution center for the world. It is the creative cultural industry area that is most representative of Shenzhen and attracts a large number of visitors.

Shangwei Art Village

Shangwei Art Village is an urban village cultural project with a government-built platform serving as a performance space for traditional opera artists. It was transformed from an old, dilapidated and rubbish-filled village that was unsuitable for living into an ecological base for the arts that blends artistic reinvention with environmental management.

Guanlan

Guanlan is the hometown of China's first-generation printmaking artist Chen Yanqiao. Converted from a 300-year-old Hakka village, the Guanlan Original Industry Base for Printmaking is an ideal and peaceful place much-loved by artists. It combines print art creation and printmaking, with print art exhibition, collection, exchange, research, training and market development, all in one space.

New Who Art Village

New Who Art Village is a century-old Hakka village in Longhua District. In 2012, a group of artists came and started exploring the village as an artistic base for creative work, which evolved into the Aohu Art Village of today. Featuring the Aohu Art Museum, Courtyard of the Arts, Diaolou Theater and specialty shops, the village embraces artists, local residents, visitors and large numbers of tourists.

Route 3: Just Shenzhen Eco-Discovery Route

Jointly initiated by nine NGOs, Just Shenzhen Eco-Discovery Route contains 12 sites that offer fantastic scenery and inspirational learning experiences. The route also introduces over 60 public ecological education sessions or events scheduled from July 2019 to June 2020!

When talking about Shenzhen, you might think of keywords like economic development, finance, high-tech, entrepreneurship, modernization, vibrant, etc. This city, whose residents have an average age of 32, has become the dreamland of many entrepreneurs and the young generation. After commuting daily in this bustling city, you may have gotten used to the fast pace. However, have you ever spent time making a retreat to explore the ecological scenic places in the city?

As a “green city,” with a green space coverage rate of 45.1 percent in the built-up areas, Shenzhen has more than 1090 public gardens. The total length of the urban greenways reaches 2,448 km. The total area of sustainable architecture in the city is over 100 million square meters. Strolling in a park, therefore, is a common leisure activity for local residents.

“Just Shenzhen” Eco-Discovery Route consists of 12 representative sites, each specially chosen by the designers to help you explore the five main eco-systems of Shenzhen: coastal wetlands, public parks, mountains and forests, sustainable architecture and coastlines.

Selected sites

OCT Wetland: Seashore / Nature School / Mangroves

OCT wetland is the green lung of Shenzhen. Come explore the diverse species here and learn about wetland protection; visit the mangroves in the spring and catch a glimpse of hundreds of migratory birds; enjoy the shade within the mangroves in the summer; and join handiwork classes using leaves in autumn.

Shenzhen Bay Park: Migratory birds / Mudskipper / Sea view

Shenzhen Bay Park is known as a habitat for migratory birds and for its mangroves. Here you will see thousands of migratory birds, including black-faced spoonbills. You can also see creatures in the tidal zone and walk or bike on the multiple paths along the shore.

Futian Mangrove Ecological Park: Ecological restoration / Outdoor Classroom / Ecological classes

Converted from an abandoned dock, Futian Mangrove Ecological Park is the first city park run by an NPO in China. The bordering estuary provides a habitat for fish, shrimp and crab. In this area, you can find mudskippers and black-faced spoonbills. The Outdoor Classroom co-built by Nature Explore Classrooms is an ideal place for preschool kids to have fun while learning about nature.

Honey Park: Sponge city / Lychee orchard / Ecological water system

Honey Park is an example of a sponge city with an ecological water system. It is decorated with flowers throughout the year. You can enjoy the view of a 100,000-square-meter lychee orchard or observe aquatic plants and insects by the lake, providing plenty of fun childhood experiences.

Fairy Lake Botanical Garden: Plant Ark / Cycads / Magnolia / Begonia

Fairy Lake Botanical Garden is a scientific research site. This natural oxygen bar comprises nearly 12,000 species of plants. You can find China's rare plants like *Alsophila spinulosa* and *Camellia nitidissima*. You can meander through cycads, shade plants, cacti and succulents. Additionally, you can enjoy birds, flowers and butterflies in this kingdom of plants.

Location: 160 Liantang Xianhu Road, Luohu District

Honghu Park: Lotus / Waterbirds / Bald cypress

Known for its lotuses in summer and bald cypresses in winter, Honghu Park hosts a big lotus festival each June, boasting 120,000 square meters of lotuses. Walking by the lakeside, you can immerse yourself in the fragrance of the lotus. It is also a paradise for waterbirds, so you may have a chance for an up-close experience with them.

Tanglang Mountain Park: Asian leopard cat / Butterflies / Trekking

Tanglang Mountain is covered by greens, and you can find rare plants, such as *Alsophila spinulosa* and *Aquilaria sinensis*, as well as traces of wild mammals like the Asian leopard cat, small Indian civet and masked palm civet. Several trails will lead you to the peak where you can enjoy a splendid sunset.

Wutong Mountain: Rhododendron moulmainsense / Streams / Amphibians

The tallest mountain in Shenzhen, Wutong Mountain greets you with streams, waterfalls and an abundance of greenery. Trekking along a stream, you will meet butterflies, dragonflies and damselflies in the air, and Hong Kong newt and frogs in the water. In spring, the blooming *Rhododendron moulmainsense* flowers all over the mountain will fill you with joy.

Qiniang Mountain: Geopark / Geological museum / Fuchsia hybrida

Qiniang Mountain, formed by volcanic eruption, contains a variety of rock types. You can explore the remains of ancient volcanoes as well as visit the only geographic museum in Shenzhen. The verdant forest nurtures a rich eco-system, which makes it perfect for excursions.

Gangxia 1980 Green Roof: Urban village / Sponge city / Green roof

Gangxia 1980 is a Japanese style youth apartment complex transformed from an old village house. The metal structure on the roof contains 400 planter boxes that collect rainwater. The rooftop serves as a green space for the building's residents while also improving the overall environment of the neighborhood. It is open on Tuesdays and Thursdays from 14:00-16:00.

Yangmeikeng: Intertidal zone / Hermit crabs / Coast road

Yangmeikeng coastline is dazzlingly beautiful and biking along it will provide you with radiant views. The intertidal zone is habitat to creatures like sandworms, hermit crabs and sea anemones. You can also trek along the stream and taste fresh seafood here.

Dongxichong Coastline

This is listed as one of the ten most beautiful hiking trails in China by National Geographic. Besides the pristine water and soft beach, you will see rugged rocks and seaside trees. You can also look into the stars at the Observatory of Xichong



2、Bars and Restaurants:



Bruno Schuyten

Food Guru

Hometown: Liege, Belgium

Training: master's degree-equivalent in French Gastronomy, certified chef, managerial degree, certified in aromatherapy, and in the process of life coaching certification.

Talents: cooking (of course), handy with practically anything (with the exception of music to my dismay), learning (fast and broad), avid listener and storyteller.

Time in SZ: 7+ years

Favorite lazy day activity: listening to podcasts or real life stories, reading books or exercising (roller-skating, rock climbing, etc.)

Occupation: Independent Holistic Wellness Educator

Bruno is a happily retired chef, enjoying his newly found passion for learning and sharing his discoveries for healthy living with everyone willing to listen, after having overcome depression, homelessness and multiple drug addictions (alcohol, cigarettes, etc.) caused by the tragic loss of multiple family members and friends while living abroad.

Through all of those challenges, he discovered that life without a feeling of belonging is borderline worthless and has since built an international tribe of humanitarian, uplifting, positive and health-oriented entrepreneurs, and is focused on giving back to the community (be it expat or local) by serving the people wherever his services may be needed. He is a board member of a charity in Uganda, and has also created the first international volunteers team in Shenzhen sponsored by the Yanshan community in the Zhaoshang subdistrict of Nanshan and supports a local charity in Guangdong Province.

Q&A



What are your favorite foods?



B: Being a trained chef in French and Italian cuisines, I am a meat lover with a big tendency for savory meats (think salami, Parma hams and all kinds of raw cheeses) and sweets with a heavy hint of buttery creaminess (certainly including Belgian chocolate, and the fondant version is my favorite treat. I also have a hard time saying no to a good ice cream accompanied by heavy buttery caramel and other such really flavorful pleasures). That being said, I'm fond of slight notes of bitterness (think the bitters in cocktails or the peel of an orange) and the tart feeling of an acetic lemony sourness. The best bribery for me is for sure covered in dark bitter chocolate and stuffed with creamy sourness, like a good lemon cheesecake, though with time and having had to overcome so many health challenges, I've learned to appreciate a healthier variety of the same pleasures. But I still sin every now and again by indulging (once a chef, forever a chef).



What are your best dishes?



B: My best dishes are all very juicy, saucy and often creamy, such as pork chops with orange sauce sided with rosemary roasted potatoes, or the infamous roast turkey in heavy mustard cream sauce (with a hint of whiskey) sitting on buttery mashed potatoes, as well as my delicious crab/lobster in its little veggie reduction that marries very well with linguine. I can give you heart attack with a multitude of homemade mayonnaise variations (easily over 100 different tastes), and when it comes to sweet treats dentists love me especially for my old-school tiramisu recipe or the good old fashioned "fondant au chocolat" with a side of peppermint chocolate mousse et a bowl of vanilla ice cream.



Describe your dietary habits?



B: Bulletproof oriented (low carb, clean whole food) with a very sweet tooth and a knack for simple black coffee and intense dark chocolate.



What is your favorite local food?



B: I could thrive on Hotpot 火锅 and Lanzhou La Mian 兰州拉面 every day, and for snack I'd devour 4-6 Liu Sha Bao 流沙包



Where to go on a first date in Shenzhen?



B: If you aim at Western food to impress your date, Baia is the place I brought my girl for our first outing. If you are looking to show how knowledgeable you are about local cuisine, I'd definitely go to the Xinjiang restaurant. Both are on the top floor of the Seaworld area, and have extremely good cuisines and services.



|| Bruno's picks

Hanover Coffee

I almost always start my day (after working out) with a cup of home brewed coffee, and as I am a chef, the flavor matters as much as the taste, texture and health attributes of what I put in my body, so I mostly work with Hanover Coffee. Founded in Germany by a German family, the young couple Fabian and Isa decided to bring its culture of specialty coffee and amazing traditions to China. They use single origin beans tested for both European and Chinese standards, assuring the lowest possible amount of mold toxins before they freshly roast them in small batches, ensuring a fresh batch for every customer and giving you the best aroma you can get your hands on in Shenzhen without the jitter caused by larger quantity and lower quality productions.

My favorite is The Kenya Peaberry Plus, a unique bean that is carefully selected. While normal coffee cherries contain two coffee beans, a Peaberry cherry only has one seed. The round shape is responsible for achieving a more even roast and the higher density leads to a fuller taste. Peaberries require an extreme amount of careful sorting, which leads to an even and high grade output. This coffee has a unique citric taste and a complex body, in other words, the perfect way to start a day.

© Address: 203 B Section, Building 4, Software Industrial Base, No. 1 Haitian Road

© Cost: 50RMB (per person)

© Hours: 8:00-18:00

© Specialty: specialty coffee

© Phone:13632024497

© Website: hanover-coffee.cn



BBC/Baia

For lunch, I most definitely recommend the Baia Burger Concept (BBC), which focuses on craft burgers, beers and juices. All the patties are made of 100% Australian Wagyu beef that is ground in-house, cooked to a tender juicy medium pink and served on a freshly baked brioche bun. With two locations in Shenzhen, and one in Koh Tao Thailand, Baia Burger Concept is committed to high quality products, unique recipes, and a one of a kind atmosphere. The Baia Restaurant Bar & Grill, not to be confused with their casual burger concept, is perfect for a date, a celebration, or to impress business associates. This is a much finer dining experience, offering a vast dining area, an exclusive private dining room and al fresco seating, and serving authentic Mediterranean and Italian cuisine made with only the freshest ingredients and products. Both offer amazing lunch deals and the food is simply what you would expect from a Western restaurant almost anywhere outside of China.

From the ambiance to the staff, it is a good experience if you want to introduce any of your local friends to real restaurant service and food quality, and their prices aren't high considering their location and the quality experience delivered.

They also do awesome parties on the weekends and their catering service is top notch. If you love meat, Baia is the place to go. Never underestimate their burger, as they make the whole thing from scratch with some of the best buns and sauces you can eat, generally served with fries and a side of truffled mayonnaise, which is the best part to me as people generally only give ketchup with fries. Vegetarians, don't feel bad, they also have a great selection of salads and meals to please you.

It's also a great place for great cocktails, so bring your date, be it for an afternoon drink with friends or to start an evening and party mood. Their breakfast is also really generous and yummy, so it's 100% worth checking both places out.

© Address: #077, 1st Floor, COCO Park, Futian 0755-82906696

#B302, Sea World, Nanshan 0755-26818890

© Cost: BBC 100RMB / Baia restaurant 380RMB

© Hours: BBC 8:00-24:00

© Baia restaurant Sun-Thu 11:30-1:00 Fri-Sat 11:30-2:00

© Specialty: Craft burgers, beers and juices / Italian-Mediterranean cuisine, an ideal spot for a party

© Phone: Christy Li (+86)18565603875





Magpie

Whenever I'm looking for something unusual, to make a change in my daily life and get an out of the ordinary meal, there is one place that always comes to mind.

Magpie is always a surprise for the eyes as well as the taste buds with their ever changing or should I say transforming menu, their creations are as awesome as the quality of the meat they serve. That is to say way up there with best of the best of what you can find here, and even pretty high quality compared to Europe. They always have something stunning on the menu, and if you're like me and love tartar, well this is the one of the only places I would take the risk of eating one in the whole Asia area.

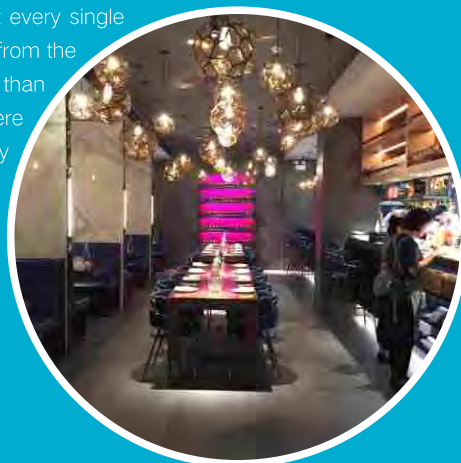
They're a bit out of the way down in OCT Loft, but I couldn't think of a better place for them to be with the unique style of the surroundings. The fact that it takes a conscious effort for a lazy chef like me to go there makes it important that the whole experience is a hit every single time. It's not only the staff that makes it for an enjoyable outing, but from the moment you enter to the moment you leave everything is better than you'd expect. As I mentioned with the meats, the cocktails are up there as well, as the fancy glasses and decorations are not the only awesome thing in those drinks, and it is overall an amazingly satisfying experience for the five senses that never gets old. It is the most refreshing in this beautiful city of Shenzhen.

© Address: A5-125 North Section, OCT, Wenchang Street

© Hours: Tue-Fri 14:00-22:30 Sat-Sun 11:00-22:00

© Specialty: Northeastern Chinese Fusion

© Cost: 250-300RMB



George and Dragon

If you're looking for a real European experience for dinner or an epic deal on any day of the week, George and Dragon is the place to go. A hidden gem across from the Seaworld Square, this British Pub is filled with history as it's been around for what seems like forever, being one of the oldest Western restaurants in town. It is also a charming place and, for me, a comforting taste of home, as they serve the classics and basics of European cuisine, which brings back lots of memories from prior to China.

The place is cozy and awesome for the whole family. The meals are solid, the hearty the portions are generous and the prices are more than fair, especially if you include the epic deals they offer every day of the week. They're also very well known for their pig in a box, as they're the only ones to roast the whole beast on their outdoor BBQ, where they also grill their meats, ribs and more, giving it the awesome summer taste of smoked/charred meat.

The staff is awesome and the restaurant works very much like a well-oiled machine, where the regulars are called by name, and favorite drinks are remembered and served before they find a seat, bringing that family feeling. It makes for awesome dinners, be it for a lonely foreigner looking to feel some warmth as well as for families or extended family (like me, with our team of entrepreneurs and our volunteers group), to gather and share a big, rich and tasty meal.

My favorite here varies from time to time between the meatloaf, the cordon bleu and the infamous Maggie's ribs, but their burgers are also worth a mention.

© Address: Shop No. 3, behind Taizi Hotel, Taizi Road, Seaworld, Shekou

© Cost: 68RMB-134RMB

© Hours: 11:30-23:00

© Phone: Maggie Gan (1598949007);0755-2669-8564



Other recommendations

AZZURRO Italian Restaurant Homemade

This excellent Italian restaurant has some of the very best pizzas in Shenzhen as well as a varied assortment of delicious traditional Italian foods, such as pastas, soups, wonderful meat dishes and fresh bread. Originally from a family of restaurateurs in Ischia province of Naples, Italy, beside the Mediterranean Sea, Azzurro’s chef Diego Di Costanzo aspires to bring his customers the taste and the pleasure of authentic homemade Italian cuisine.

- ◎ Cuisine: Italian
- ◎ Address: Zhongxin 2nd Road 115, Shopping Park Station, Exit B, beside SHARK Restaurant, Futian District
- ◎ Hours: 10:30-14:30 17:30-02:30
- ◎ Cost: 200RMB
- ◎ Phone: +86 (755) 83167994/135 82355626

Decanter & Malt

Perched on the 100th floor, Decanter & Malt is a romantic Japanese restaurant boasting Shenzhen’s largest wine selection as well as breathtaking city views and a private tasting room. The food is made to order and varies daily according to what they have for that day. After the meal, move down to the 96th floor to finish off your bottle of wine in the lounge on a comfortable sofa while soaking in the panoramic views of Shenzhen.

- ◎ Cuisine: Gastropub, Japanese
- ◎ Address: No. 5016 Shennan Road East, Luohu District
- ◎ Hours: Mon-Fri 17:00-2:00 Sat-Sun 14:00-2:00
- ◎ Cost: 200RMB-500RMB
- ◎ Phone: 0755-8308888

Flavorz

One of the most popular one-day dining restaurants in town, Flavorz features live cooking stations, including Chinese and Western barbecue, noodles and dim sum, sushi and sashimi, and a bakery with pastries and desserts. The open kitchens showcase seasonal, fresh produce and chefs at work. In addition to the food offerings, a large beverage selection is available, including Old World and New World wines from renowned vineyards. Works by international artists add to the light ambiance, creating an energetic and welcoming atmosphere.

- ◎ Cuisine: Grill, International
- ◎ Address: No. 116 Fuhua 3rd Road, Futian District
- ◎ Hours: 6:30-10:30 12:00-14:30 18:00-22:30
- ◎ Cost: 258 - 600RMB
- ◎ Phone: +86 755 2222 2222

Namaste Vegetarian Cuisine

An Indian restaurant specializing in combo/set lunch and dinner with a menu and delivery options that change daily. The prices are very affordable and ingredients are fresh.

- ◎ Cuisine: Indian, fast food, vegetarian
- ◎ Address: Zhenhua Road, Huaqiang North Street | 42-27 1/F, Building 1, Zhonghang Beiyuan Mansion
- ◎ Hours: 11:00-22:00
- ◎ Cost: 30RMB – 50RMB
- ◎ Phone: +86 131 6377 0022

Bollywood Caf é

Located conveniently in the heart of Luohu, Bollywood Caf é has a contemporary and warm feel. This restaurant serves up a diverse range of high-quality authentic Indian dishes that are hard to come by in Shenzhen at affordable prices.

- ◎ Cuisine: Indian
- ◎ Address: 2045 Renmin South Road, Carrianna Shopping Plaza, Luohu District
- ◎ Hours: 10:30-15:30, 17:30-23:30
- ◎ Cost: 100RMB - 200RMB
- ◎ Phone: +86 755 8628 7265

McCawley's (Seaworld)

Founded in 2003, McCawley’s Seaworld in Shekou has quickly established itself as the premium place to watch sports and eat wonderful Western food while drinking and socializing with friends and business acquaintances.

- ◎ Cuisine: Irish, Pub
- ◎ Address: Seaworld Square, NO.32 Taizi Road, Nanshan District
- ◎ Hours: 11:00-0:00
- ◎ Cost: 150 - 250RMB
- ◎ Phone: 075526684496

Haidilao Hot Pot Restaurant

Twenty-three years after opening its first restaurant, China's Haidilao hot pot chain is hotter than ever. Well-known for its fresh ingredients, top-quality services and fun environment, this eatery has earned a spot on the "must-try" list for foodies. There are several branches in Shenzhen, and you can use Haidilao’s public WeChat account to find the one that is closest to your location and make a reservation.

- ◎ Cuisine: Hot pot
- ◎ Cost: 100RMB-160RMB

Fanlou

One of the locals' favorite restaurants, it serves authentic Cantonese dim sum and shrimp at affordable prices. Shrimp dumplings, red rice sausage and fried bread sticks are on the must-try list.

- ◎ Cuisine: Cantonese
- ◎ Address: No. 118 Zhenghua Road, Huaqiangbei, Futian District
- ◎ Hours: 9:00-21:30
- ◎ Cost: 90RMB
- ◎ Phone: 0755 83206939

The Terrace

Founded in 2005, The Terrace is where you can enjoy award-winning live music, authentic Thai cuisine, a scenic view of Shekou's Seaworld Square and outstanding choices of spirits and cocktail mixes, all in one place. It is a must-see destination for those who travel to Shenzhen.

- ◎ Cuisine: Thai, Bar
- ◎ Address: 201 Seaworld Plaza, Shekou, Nanshan District
- ◎ Hours: 11:00-2:00
- ◎ Cost: 70RMB-250RMB
- ◎ Phone: 0755 2682 9105
- ◎ Website: <http://www.theterracechina.com/>

Tequila Coyote's Mexican Food & Grill

Tequila Coyote is a highly rated Mexican restaurant in close proximity to Seaworld Plaza. Its main attraction is undoubtedly having the very best, most authentic Mexican food, with lunch buffet deals and daily specials. It is also a chill destination for meeting friends for a few drinks on a Sunday afternoon.

- ◎ Cuisine: Mexican, Latin
- ◎ Address: Shop 113A, Seaworld, Taizi Road, Shekou, Nanshan District
- ◎ Hours: Sun-Thu 10:00-23:30, Fri-Sat 10:00-1:30
- ◎ Cost: 145RMB
- ◎ Phone: 0755 2683 6446

SHARK - Steakhouse & Wine Lounge

A global wine bar that offers more than 100 different selections of wines from 12 different countries that are hand-picked by international sommeliers. These exquisite wines are accompanied by trendy mouthwatering tapas, oysters, grilled meat and fish, and unique continental cuisine animated by international chefs.

- ◎ Cuisine: Steakhouse, Seafood, Wine Bar, Mediterranean
- ◎ Address: No.115 Zhongxin 2nd Road, Futian District
- ◎ Hours: Sun-Thu 12:00-2:30, Fri-Sat 12:00-03:30
- ◎ Cost: 300RMB
- ◎ Phone: 0755 8203 1999

Grange Grill

Located on the top floor of a hotel, Grange Grill features a chic space with a panoramic view of Shenzhen. Dinner dishes include steak freshly imported from Australia and grilled over hot coals.

- ◎ Cuisine: Steakhouse, Grill
- ◎ Address: 9028-2 Shennan Road, Nanshan District
- ◎ Hours: Sun-Thu 14:30-16:30, 18:00-22:30
Fri-Sat 14:30-16:30 18:00-23:00
- ◎ Cost: 199RMB-9,998RMB
- ◎ Phone: 0755 86348431

1881 Beijing Roast Duck Restaurant

Set in a stylish yet casual setting, 1881 features Northern Chinese and Sichuan specialties, including the signature Wood Fried Beijing Duck and shrimp in "Kong Bao style." It provides a "dining in the kitchen" atmosphere and is suitable for gatherings of family and friends.

- ◎ Cuisine: Chinese
- ◎ Address: First Floor, Junyue Hotel, 1881 Bao'an Nan Road, Luohu District
- ◎ Hours: 11:00-14:00, 17:00-22:00
- ◎ Cost: 300RMB
- ◎ Phone: +86 755 2218 7338

Willy's Crab Shack

Willy's Crab Shack is an authentic American seafood experience, specializing in "Buckets of King Crab" and other delicious seafood. It also has a great selection of non-seafood dishes, including steaks, chicken, burgers and a wide variety of appetizers.

- ◎ Cuisine: Bar, Seafood, American, Pizza, Pub
- ◎ Address: 18 Shi Yun Road, Shekou, Nanshan District
- ◎ Hours: 10:00-1:00
- ◎ Cost: 70RMB-300RMB
- ◎ Phone: +86 755 8827 8002

Paulaner Brauhaus

The first authentic Brauhaus in Shenzhen, Paulaner Brauhaus provides its customers with delicate Munich cuisine, fresh home-brewed beer and hospitable service in an elegant and relaxing environment.

- ◎ Cuisine: German, European
- ◎ Address: C-500, Block C, Haishang Shijie, Nanshan District
- ◎ Hours: 10:00-23:00
- ◎ Cost: 120RMB-400RMB
- ◎ Phone: +86 755 2668 7230

3、Places of interest



Joe Macpherson

Experienced traveler



Hometown: Cardiff, UK

Training: BA in Criminology

Occupation: Teacher/writer

Time in SZ: 4 years

Favorite lazy day activity: Reading a book and enjoying a good coffee

Joe has lived in Shenzhen for four years and has a passion for exploring and the outdoors. With interests in nature, art, history and more, he has uncovered most of Shenzhen's hidden secrets and is now eager to help others do the same. He instantly fell in love with the futuristic city of Shenzhen and adores the varied and exciting things the city has to offer. For more information, please check out his website www.wanderlustwelshman.com and his Facebook page <https://www.facebook.com/ShenzhenGuide/>.

Q&A



For a traveler who will be in Shenzhen for a short stay, where do you recommend they visit?



J: Definitely the light shows. They are free and will leave you completely awestruck. The coordination of lights and music, along with the breathtaking architecture around you, gives the feeling that you are in a kaleidoscope. To any visitor to this city, the light show is an absolute must see! Shenzhen is a new vibrant city of the future, and that is completely reflected in this futuristic and one-of-a-kind experience.

N.B: Apart from the many small light shows around the city, there are three major venues for light shows.

1). Where: Futian District

Start: 19:00, 20:00 and 21:00 every Friday, Saturday and National Holiday

Best Observing Spot: Civic Square

2). Where: Nanshan District

Start: 19:30, 20:30 and 21:30 every day

Best Observing Spot: Starlight Bridge in Talent Park, Houhai Bridge

3) Where: Bao'an District

Start: 19:00, 20:00 and 21:00 every Friday, Saturday and National Holiday

Best Observing Spot: Coastal Square



LIVE
@755



Q&A

Q

Your favorite spot in this city?



J: Garden Expo Park (Yuanboyuan) in West Zhuzilin of Futian District. It is a free themed park bringing together garden and flower expo, arts and culture, science education, tourism, exhibitions, and solar power grid-connected electricity generation. As the name suggests, it is an international garden where you can see the various styles of architecture and sculptures, such as Nepal Garden, Japanese Garden, American Garden, Pakistan Pavilion, Canadian Garden, French Garden, Bulgarian Garden, Indian Garden, Kenyan Garden, etc., all with different styles. Strolling around the park is definitely a refreshing experience. It's also a good place to jog on any given time and day. It is the place I go when I need some quiet alone time.



Q

Best hiking route in Shenzhen?



J: Maluanshan Mountain in Xiaomeisha. Unlike other hiking trails in Shenzhen, this one is all natural and has no stairs. You hike through the abundant flora and fauna and pass some magnificent waterfalls along the way. The nature is serene and you can experience peace and quiet in what is usually a hectic city. I suggest lunch at one of the local village restaurants at the top; the perfect accompaniment to a perfect hike.



Q&A

Q

A place that you find interesting but is rarely known by others?



J: King Zhaobing's Mausoleum of the Song Dynasty. It is one of the few genuine historical sites in the otherwise modern city of Shenzhen. To see an emperor's tomb outside of Beijing or Xi'an is very unusual, and it is one of the wonders of Shenzhen. It is located in a nice quiet area and is a five-minute walk from one of the oldest temples in the city, so very easy to find. Entry is free, which is a bonus. Legend has it, visitors to the tomb must pay special respect to the late emperor! This would involve kneeling in front of the tomb three times and then bowing nine times, or else the visitors would "die." (Don't worry if you have been there and did not do so, there is a Chinese saying, "those who do not know will be forgiven.")



Q

If one wants to learn a bit of the history of Shenzhen, where should they go?



J: Nantou Ancient Town. This comprises one of the oldest parts of Shenzhen, dating back to when the whole city was only a Bao'an County fishing village. The buildings are in the traditional style, and the community is still home to a thriving local population going about their daily lives. Hidden amongst the narrow alleyways and stone streets you can sample local street food, check out the temples or just unwind and imagine what life was like here 500 years ago



Q

Any good museum that you would like to recommend?



J: Shenzhen museum, located at the Civic Center. This is a modern museum with frequently changing exhibitions. It is free to enter and comprised of three large floors. The building is stunning and you can learn about the history of Shenzhen. There is also a large "stuffed" animal display from Africa, which is indeed quite a sight!

Website: <https://www.shenzhenmuseum.com/museum/html/aboutus/index.html>

Price: free

Hours: 10:00-18:00, Tuesday-Sunday (visitors are not allowed to enter the museum after 17:30)

(Closed on Mondays and the first day after major festivals)



Joe's Picks

Fairy Lake Botanical Garden

One of the most beautiful areas in Shenzhen, this huge swathe of greenery is perfect for a fun day out for kids and adults alike. There is a plethora of things to do here, from Hongfa Temple with its Beijing style orange roofs, a petrified tree garden that takes you back to the time of the dinosaurs, a beautiful lake you can take a boat on, a butterfly garden and even a tree planted by Deng Xiaoping. This place is highly recommended.

◎ Price: 15RMB

◎ Address: No. 160 Liantang Xianhua Road, Luohu District



Dapeng Ancient Town

Built inside an old fortress that was used for protection from the pirates and marauders of the time, this large well-preserved architectural masterpiece is a great choice for a break from the hectic city. Located around 90 minutes from downtown Futian, this is a great option for a day out. With its magnificent buildings, local food to sample and artisanal crafts to buy, this is a snapshot of life in the past. A short hop from here is Dapeng Peninsula, which has one of the cleanest and quietest beaches in Shenzhen. You can combine these locations for a great day out.

◎ Price: Free

◎ Address: Dapeng Street, Longgang District



Shenzhen Bay Park

Located next to the ocean, this is a place you can go to clear your head and be at one with nature. With views of Hong Kong and the sea air blowing all around you, it makes for a peaceful and exhilarating experience. I suggest renting a bike and riding the length of this greenway, or simply relaxing on the grass with a picnic.

◎ Price: Free

◎ Address: Binhai Avenue, Nanshan District



Other recommendations:

Yangmeikeng

A valley facing Daya Bay, on Dapeng Peninsula, Yangmeikeng is particularly famous for its natural beaches. The scenic spot is dotted with green mountains and small fishing villages, and surrounded by a white cycling track, clean rivulets and the blue sea. It is a great place for hiking and cycling.

◎ Address: Near Daya Bay, Majiao Mountain, Dakeng Village, Dapeng Town, Longgang District

◎ Price: Free



OCT East Theme Park

It is the first large-scale comprehensive national ecological tourist zone that combines leisure, tourism, outdoor sports, science education and eco-adventure experiences in China. With a Buddhist temple, two large theme parks, three small scenic towns, resort hotels and golf courses, this one-stop holiday wonderland covering an area of nine square kilometers reflects the harmony between man and nature.

◎ Price: 200RMB Daily Pass for Adults

◎ Address: Dameisha, Yantian



Guanlan Print Village

Situated in Bao'an District, Guanlan Print Village is a place where a 300-year-old Hakka village merges with a fairly new artist village. Apart from workshops and galleries showcasing printmaking artists from China and overseas, the town is also home to rows of quaint houses, tree-lined paths and lotus ponds, overseen by a pair of five-story watchtowers in the town.

◎ Price: Free

◎ Address: Guanlan Subdistrict Office, Longhua District



Dafen

Dafen is the world's largest center for handmade oil paintings with an annual production of approximately five million paintings, a sizeable number of which are reproductions of Western masterpieces. Taking a stroll down the narrow lanes and alleys in Dafen, you will be able to see artists painting, have a chat with them and order a bespoke painting at a negotiable price. In its transition from "the world's factory" to a global art center, Dafen has been promoting its original art. If you pay a visit to Dafen Art Museum, you will see a lot of original pieces created by local artists.

◎ Price: Free

◎ Address: Buji, Longgang District



Splendid China Folk Village

Situated by Shenzhen Bay, Splendid China is the world's largest and most comprehensive miniature park, with reproductions of nearly 100 famous tourist attractions in China. In China Folk Culture Village, there are 25 full-scale ethnic villages that allow you to experience folk customs and watch folk performances by China's 56 ethnic groups.

◎ Price: 220RMB for adults, 85RMB for children

◎ Hours: 10:00-18:00 (Mon-Fri), 9:00-18:00 (Sat-Sun)

◎ Address: Shennan Avenue, Huaqiaocheng, Nanshan District



4. Shopping



Alekz Leong Ming Hao

Savvy shopper

Hometown: Singapore

Time in Shenzhen: 2 years

Favorite lazy day activities: traveling, reading for pleasure, cooking, jogging



As a Company CEO, Alekz is currently running his own business focusing on commercializing and investing in the biomedical industry. Like a lot of entrepreneurs in Shenzhen, Alekz lives a hectic life, but he always manages to keep a decent work-life balance. A caring and charismatic person, he has made a lot of friends during his two-year stay in Shenzhen. A good planner, Alekz knows how to combine multiple purposes during a single shopping trip and make the most out of it.

Q&A



What is your shopping philosophy?



A: My shopping philosophy is less is more -- fashion fades: only style remains.



How has your shopping experience been in Shenzhen?



A: Fantastic. One of the major features of Shenzhen is that it is very multi-cultural, and this also manifests in the wide array of goods it offers to its people. Electronics, clothes, jewelry and food... you can easily find most of what you are looking for, if not everything. As a UNESCO City of Design, Shenzhen is China's largest production base for clothing. There are more than 800 Chinese fashion brands in Shenzhen. Some of the local designers are really worth checking out.



Any tips for shopping in Shenzhen?



A: Take the metro. The large shopping malls in Shenzhen are usually very close to metro stations. It saves you from traffic jams and the fare is pretty cheap.



Any local specialty to bring home after a trip to Shenzhen?



A: As a big fan of Cantonese food, I would recommend Cantonese pastries, delicatessen and dried seafood. Huaqiangbei also has a lot of interesting gadgets.



■ Alex's Picks:

Uniwalk

The largest mall in Shenzhen, Uniwalk covers a total area of 360,000 square meters and hosts more than 400 brands, most of which are fairly high-end. There are over 100 restaurants to choose from and, so far, each restaurant I have tried has not disappointed. There's also a children's playground and a large cinema, making this retail and leisure spot perfect for a day of family fun.

I particularly like Seesaw Coffee there. It is an ideal choice for those who want full-flavored, fuss-free coffee. It also has excellent homemade French desserts. With its chill atmosphere and refreshing decor, Seesaw is a perfect spot for an afternoon away with a coffee, cake and chitchat with friends.

◎ Address: No. 99 Xinhua Road, Bao'an District

◎ Hours: Monday-Sunday 10:00-22:00



MIXc World

Covering an area of 200,000 square meters with around 300 stores, MIXc World is a place where you can find well-known luxury and top fashion brands, entertainment, culture, and both Eastern and Western cuisines. Its unique spatial planning and innovative "block + mall" business model delivers a distinct consumer experience. I like the fact that it is a one-stop popular living platform with a lot of happy gathering places, such as the World Ice Arena, Gold Harvest Cinema and Meland Club.

The food court is open 24 hours a day and there are plenty of eateries there too. My favorites are the burgers at 23 Burger Store and the Japanese food at Zhuantun,

◎ Address: 9668 Shennan Avenue, Nanshan District, Shenzhen

◎ Hours: Sunday-Thursday 10:00-22:00

Friday-Saturday 10:00-22:30

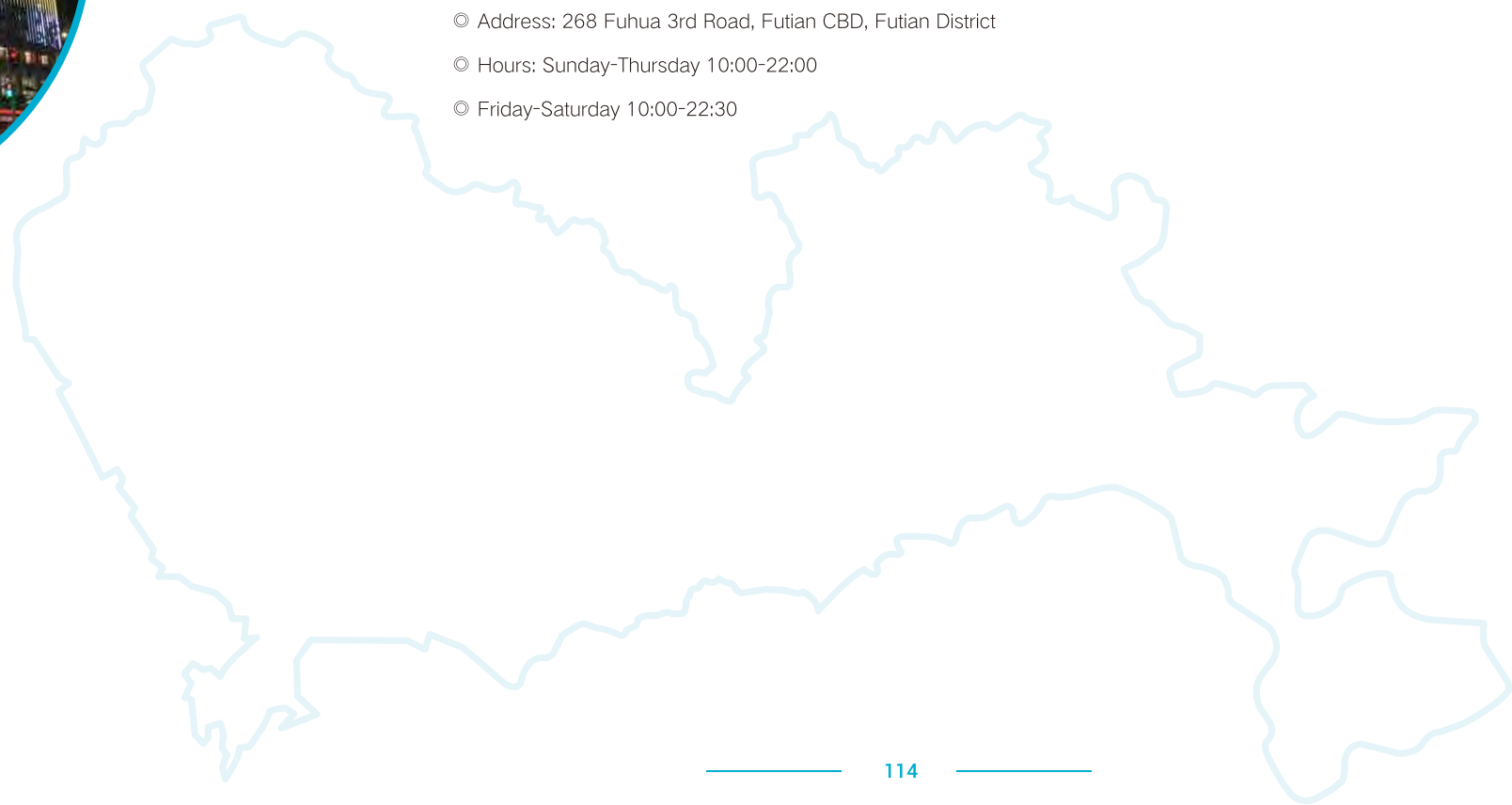
COCO Park

Located in the center of the city, Futian COCO Park is not only a popular shopping mall but also a landmark in this area. The mall has five levels, covering 85,000 square meters and hosting over 200 domestic and international brands. It is about much more than shopping because it also features a popular bar street, large open public spaces and some great restaurants. Its vast open area as well as holistic choice of dining options makes it a pleasant place for anyone.

◎ Address: 268 Fuhua 3rd Road, Futian CBD, Futian District

◎ Hours: Sunday-Thursday 10:00-22:00

◎ Friday-Saturday 10:00-22:30



Other recommendations:

Supermarkets

Craving blue cheese and jamones? Here is a list of the best places in Shenzhen to get your imported food fix. These locations are also easy to find on any map app.

Ole

Owned by China Resources Vanguard Co. Ltd., one of the largest retail chain enterprises in China, Ole Supermarket has a full spectrum of consumer products from over twenty countries, including cereals, pastas, herbs, spices, meats and healthcare products. In particular, it features a large range of chocolates, beers, spirits and wines.

Note: Some Ole chain stores occasionally host cooking classes and tasting classes for foodies.

Ole Seaworld Store was the first to introduce the casual dining brand O' Vamos to China. It is a unique corner of the supermarket where you can slow down and enjoy authentic Western cuisine meticulously prepared by a professional chef.

BLT

Operated by the same parent company as Ole, BLT has a good selection of imported food. Dubbed a flagship boutique supermarket, BLT is well-known for its fruit and vegetable lines. Although it's a bit on the pricey side, the reliable quality of the goods has secured a dedicated customer base. BLT's bakery and salad lines are particularly recommended by customers.

Jusco

Jusco is a chain of general merchandise stores under Japan United Stores Company. You can find a variety of imported Japanese spices and ingredients here. It also features the best prices on some imported fish along with other imported lines including pasta, herbs, cheeses, and Australian and New Zealand milk.

Note: Don't forget to bring along your Jusco membership card -- you can collect points to exchange for goods, and Tuesday is Jusco's membership day, when a lot of goods are sold for 10RMB.

Sam's Club

Sam's Club is a members-only store that directly imports more than 500 selected items from over 30 countries. With a passport, the membership only costs 260RMB, and you can get a year-long membership at Sam's Club to purchase hard-to-find imports, such as high quality fresh beef from Australia, at a reasonable price. Food is generally sold in large quantities.

Note: Sam's Club offers a mobile app in English. Download and sign up as a member and you can enjoy the 1-hour free delivery service in Shenzhen with purchases of over 99RMB.

Hema

Hema is a cashless grocery chain owned by Alibaba that features an impressive selection of both domestic and imported goods. Customers can download the app “盒马” (hema) to pay. Moreover, you can use the app to

scan the barcodes and reveal a product's origin and recommended recipes. The store also sells pre-packaged meal kits and has a stand-by kitchen that sells freshly cooked food.

Note: Products can be bought both online and offline with the Hema app. A delivery is guaranteed to arrive within 30 minutes of when an order is placed if the customer lives within a three-km radius of the store.

Super Species

Similar to Hema, Super Species is another phenomenal success in China's “new retail.” Not only can consumers buy various kinds of specially selected high-quality products from around the world and have them delivered to their door, but they can also order freshly cooked products, such as Boston lobster, Australian steak and Faroe Islands salmon, from the canteen in the store.

Note: Super Species also offers a delivery service for customers within three kilometers. You can purchase daily necessities, food, fresh fruits, vegetables, aquatic products, meats and even prepared food online via the Yonghui Life app or the Yonghui Life miniapp on WeChat.

Nogogo Online Market

Nogogo is a one-stop online supermarket for imported groceries and goods that can be ordered online from the comfort of your home or office and delivered to your door. It stocks over 8,000 lines of imported and high quality local goods that meet the stringent requirements of the purchasing team.

Website: <https://store.nogogo.cn/>

Phone: 0755-2667 2080

Email: info@nogogo.cn

WeChat: lovenogogo

Note: To order from Nogogo, log onto the site www.nogogo.cn, create an account and off you go. You can browse through the great weekly specials and subcategory sections to choose the items you want or search for a specific product to see if it is available. Once you have selected all your items and have proceeded to the checkout, you can then choose a delivery time that best suits you and your preferred payment method. Nogogo accepts cash, international credit cards, Union Pay and Alipay, all of which can be used online or when Nogogo delivers to your door as the courier will carry a Mobile POS Machine. If you have any problems, they have English speaking customer service staff that can assist you during office hours.



Wholesale markets

As a manufacturing base for a wide range of industries, Shenzhen also has some wholesale markets where you can shop for goods with superior quality at competitive prices. They are usually jam-packed with a massive variety of products. With a little patience, you will find some real gems. Make sure you have WeChat set up in order to pay, as WeChat Pay is regarded as a safe payment method by the vendors at the market. You can also use WeChat to exchange contacts with the vendors. WeChat's translation feature will make it much easier to negotiate prices and get access to more information about their products.

Huaqiangbei Electronics

Regarded as a geek's heaven, Huaqiangbei is renowned as the world's greatest electronics market. The huge complex of buildings is located right next to Huaqiang Road Metro Station. This giant multi-floor shopping mall is characterized by the constant movement of people and by the millions of products on display in each section. From shanzhai (imitation) smartphones to electronic components, anything you can think of can be found there. Therefore, it is important that you go when you have lots of time on your hands.

If you have a clear idea of what you need, go to the appropriate section or floor, and make sure you compare the prices and, most importantly, the quality of the products before buying anything that comes your way.

The big malls for electronics include:

SEG Electronics Market

This landmark of Huaqiangbei, the first high-tech themed building in China has more than 100,000 electronics goods, including cables, tools, electronic parts, PC's, laptops, GPS devices and all types of gadgets, as well as a new section for wearables, like fitness trackers and smart watches.

Huaqiang Electronics World

The second largest wholesale electronics trading center in Shenzhen, its focus is on electronic parts, electronics repair, tools, chips, LED and cables, as well as consumer electronics. Its second-hand computer trading market is particularly famous.

Yuanwang Digital Market

Known for selling mobile cell phones, computers, gadgets, iPhone & iPad cases, drones and accessories.

Longsheng Mobile Phone Market

This market specializes in wholesale and retail parts for cell phone repair.

Seedstudio, the Shenzhen based open source hardware design firm has released a fantastic Shenzhen map for Makers, pointing out specific buildings to visit. Check out the link to the downloadable PDF at <https://www.seedstudio.com/Shenzhen-Map-for-Makers-p-1585.html>.

Nanyou Clothes Market

A cloistered facility tucked away in western Nanshan District, Nanyou stands out as one of the nation's largest distributing centers for medium- and high-end original design fashion brands. It covers an area of 150,000 square meters, housing over four thousand merchants. While these stores mainly target the wholesale market,

around 70 percent of them are also open to retail customers.

The neighborhood of Nanyou Clothes Market consists of around twenty buildings. Among them, Building No. 107 and No. 108, also known as Tairong clothing wholesale market, house the most Chinese designer brands, and there are hundreds of wholesale boutique shops selling trendy apparel by young local designers. Some shops on the second and third floors of Building No. 108 attract a lot of buyers. Century Plaza clothing market houses many Chinese designer brands. Building No. 109 specializes in originally designed clothes made from silk. Jintai clothes city houses many shops that are direct representatives of Shenzhen's clothing factories. Nanyou Original Design Center focuses on designer styles. It's an ODM center targeting medium- and high-end boutique shops with unique designs and quality manufacturing.

Shuibei - Jewelry

Easily approachable from Tianbei Metro Station, Shuibei is the hub of the Shenzhen wholesale jewelry industry. Home to more than ten buildings, Shuibei is a must-see place for importing jewelry from China that can be sold for much higher prices in other parts of the world.

To make things easy, we've outlined some jewelry wholesale markets in Shuibei you won't want to miss.

Shuibei International Jewelry Trade Center

This is a key player that houses a myriad of silver and gold jewelry and diamonds. The first floor specializes in gold, karat gold and diamonds, while the second and third floors focus on silver jewelry and accessories.

Shuibei Jade Wholesale City

Dedicated to various kinds of jade, it is a perfect place for seasoned buyers who are looking for rings, necklaces, bracelets, tea sets and statues made of jade.

Jinli International Jewelry Trade Center

Housing different kinds of jewelry, including gold, platinum, silver, jade, pearls and gems, it has an impressive collection of pearl related jewelry.

Other important players include Wanshan Jewelry Trade Center, Jinzhan Jewelry Trade Center, The Gold Plaza and The Silver Plaza.

There's a great number of jewelry inspection and testing centers in the neighborhood, where you can rest assured that you won't be ripped off.

Sungang Stationery and Toys Market

A stone's throw from Yuanling Metro Station on Line 9, Sungang Arts & Crafts city features an exceptionally extensive range of products, including stationery, toys, gift items, costumes and other festival decorations. Covering an area of about 10,000 square meters and consisting of three buildings, the market caters to every holiday, be it Chinese or Western, updating its offerings every season. There are also shops selling decorations for different occasions, such as Chinese knots for Chinese weddings.

Shopping Coupons and Festivals

Government-sponsored voucher platform

As a website of the CPC and a content technology enterprise, People's Daily Online has launched "开券", a nationwide platform for shopping voucher aggregation and distribution. "开券" supports the issuance, collection, consumption and write-off of various types of coupons, such as consumption coupons, tourism coupons and vouchers issued by governments and businesses. A large variety of coupons are provided for users to make shopping more affordable; discounts and events will also be published here. The platform has a large number of products and can make intelligent recommendations, allowing you to easily buy what you need!



Download the app:
Scan the QR code

Shopping Festivals in Shenzhen

In order to resume work and production in all walks of life during the epidemic, provide display opportunities for companies and entrepreneurs, and improve your shopping experiences, Shenzhen districts -- such as Luohu, Bao' an, Longhua -- held shopping festivals and distributed coupons, which attracted the participation of many merchants and consumers. Shenzhen also has some regular exhibitions, creative bazaars and other activities.

Shenzhen Online Shopping Festival

The city-level consumption promotion activities, sponsored by the Commerce Bureau Shenzhen Municipality, responding to the guidance requirements of "stabilizing residents' consumption, developing online consumption, increasing support for companies that are greatly affected by the epidemic, and helping companies with difficulties," in the context of epidemic prevention and control, link major e-commerce platforms and companies to promote orderly resumption of work and production.

Time: March-June every year

Participation: Online Activities (Scan the QR code to download and install the WeChat Mini Program - 'Shenzhen Shopping Festival')



August Joyful Shopping Trip in Shenzhen

August Joyful Shopping Trip in Shenzhen is sponsored by Shenzhen Government and undertaken by Commerce Bureau of Shenzhen Municipality. It is a series of consumption promotion activities aimed at stimulating residents' potential consumption. With the advantages of coastal resources and products, summer consumption and gatherings of young people, and the linkage of businesses and urban areas, Shenzhen summer consumption fest will be created.

Time: August 1st-August 31st each year

Participation: Offline Activities

Place: Shenzhen, Various Districts

Scan the QR code for more information



Happy New Year Shopping Festival

In order to meet your needs for purchasing New Year goods offline, promote traditional culture, create a strong atmosphere, integrate commercial resources, and promote exchanges and cooperation, a 10-day New Year Shopping Festival is usually held every New Year. The exhibited products include: clothing and accessories, daily necessities, new year food, snacks, and urban fashion.

Time: End of December each year, lasting 10 days

Participation: offline

Place: Shenzhen Convention & Exhibition Center

Ceremony Luohu

Introduction: Ceremony Luohu, sponsored by the Shenzhen Luohu government, has different themes each year. In August 2020, around the four themes of "quality economy, Night-time Economy, trending consumption, Joyful Consumption," integrating the power of five business clusters, namely Caiwuwei, Renmin South, Dongmen, Shuibei and Sungang, covering consumption areas like commodity, jewelry, furniture, home appliances, car, tourism, combining online and offline channels, Ceremony Luohu concentrated on promoting consumption activities.

Time: unfixed

Participation: Online+Offline

Place: Luohu District

Scan the QR code for information and coupons



Futian Shopping Festival

Led by Futian District Committee and Government, held by Futian District Bureau of Industry and Information Technology, Futian Shopping Festival integrates the consumer carnival created by more than 10 large shopping malls in Futian District. Promotional activities are divided into "buy" colorful, "happy" colorful, "spring" colorful, etc. to meet your needs for shopping, amusement, spring travel, and gourmet food.

Time: Around Lunar New Year

Participation: Offline Activities

Place: Major Shopping Centers and Commercial Complexes in Futian District

Bao' an Shopping Festival

Bao' an Shopping Festival is organized by Bao' an District Government. It combines online shopping and information consumption to invigorate the consumption atmosphere of various business clusters in the district and launch a series of consumer activities in conjunction with key business clusters in Bao' an District. Online activity platforms such as WeChat, Weibo, etc. carry out interactive activities to invite you to participate in experiential consumption - "High Shopping All District."

Time: October or November

Participation: Online+Offline

Place: Business Clusters in Futian District

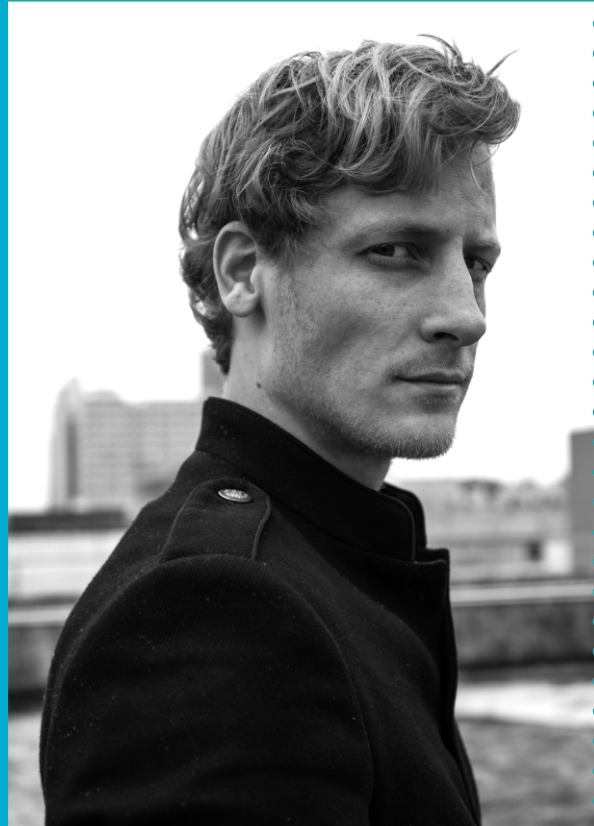
T-Street Creative Bazaar

Sponsored by Shenzhen OCT creative group, with the purpose of creativity, design and art, T-Street Creative Bazaar hosts two bazaars with different themes every month. All participating stall owners are creative brands and original designs. The business products include: leather bags, aromatherapy skin care, jewelry decorations, cultural and creative peripherals, clothing, food and creative home appliances.

Time: Weekend of the First and Third Week of Each Month

Participation: Offline Activities

5、Performing Arts



Maarten Rischen



Music Pro

Hometown: Zwolle, The Netherlands

Training: MA Contemporary Music, Royal University Groningen

Occupation: Musician, composer, producer

Time in SZ: 3.5 years

Favorite lazy day activity: Reading books and listening to podcasts on a bench in Shenzhen Bay, overlooking the water stretching from Nanshan to Futian.

Maarten Rischen is a multi-instrumentalist and composer/producer working in a myriad of styles and media. He has bounced around “from smelly punk rock stages to the grandeur of the modern dance theatre, and everything in between,” according to his personal website, www.maartenrischen.nl. He currently runs a production studio in Futian, and curates the music while leading the house band at The Brew Futian. Always keeping a number of musical irons in the fire, Maarten’s most recent original project, Vivid, features “the mighty Sovi Wong”, while he plays and loops beats, piano, bass and guitar. Vivid gave regular performances at Bar Ink in OCT Loft this spring and released an EP on NetEase called “Leave the lights on” in May.

Q&A



Anything interesting about the performing arts scene in Shenzhen?



M: The performing arts scene in Shenzhen is so new and eclectic, as opposed to the “established” scenes in older cities. Even though there are many advantages to having a longer tradition of the arts, in many cities this eventually results in a form of staleness. In city X the “veterans” of the art community have developed style Y as the style of that city, and that is not only their pride but pretty much the boundaries you should color in as a new artist. Or, like in Amsterdam, there is a “been there, seen that” attitude to performing arts, even though what you are doing is truly new. In Shenzhen, there are no veterans, no decades-old established groups as such, but instead the very definition of a cultural melting pot, from Chinese and international artists, resulting in not only the most interesting mash-ups of art but also a very receptive, open community and audience.



What is the best performance you’ve attended in the city?



M: Colin Phils, a mathrock outfit that had their roots in Shenzhen, playing at Futian Beach. Futian Beach was a strip of sand with a tiny stage in the middle of a parking lot in Futian -- because, why not?



What event, group or venue, of which you think most expats are unaware, would you recommend to a fresh expat?



M: Because things are changing so rapidly, my recommendations would shift every week from this hip-hop jam here to that jazz festival there. So my advice would be to get people to invite you to as many arts themed WeChat groups as possible and just see what’s posted there. Also, the magazine THAT’S (PRD) has a weekly Best Live Events post on their official WeChat account.



Q&A

Q

How has the scene in SZ grown since you've been here?



M: I think the quality has gone up, simply due to the increase of people. Where a couple of years ago there was only one group in a certain genre, right now they most likely have to compete with several more.



Q

What is the most important thing a city can do to cultivate the arts, and do you think SZ is doing enough in this regard?



M: In terms of infrastructure, the building of a wide variety of venues, SZ is definitely doing its part. We have opera houses, pop venues, underground rock bars (albeit not enough) and even a healthy attitude towards busking. What could improve things is to have their own version of funding promising acts and artists, just like Western Europe did before the financial crisis. It kick-started so much talent that otherwise wouldn't ever have had a chance to actually play in those fancy venues.



Q

What is the general impression you get of the local opinion of Western performing arts?



M: Generally, a very genuine interest and excitement towards Westerners doing Western art. For some layers of the community, a "Chinesed" version is preferred: for example Western people playing Chinese songs in a Western way, or at least communicating in Chinese. But this is definitely not the case for the "serious" arts lovers, for whom I can summarize their attitude as truly "open and respectful."



Maarten's Picks



The Brew Shenzhen

Shenzhen's favorite Central Walk staple, The Brew Shenzhen is a premier live music destination in town, with a wide range of local and international bands rocking the stage. The Brew promises a range of quality shows including indie-pop, rock & roll, funk and occasionally rap music. I run the music program here. Twice a week (Fri & Sat), we have our own international band going through all the styles and musical moods we can possibly think of, and on Thursday we open the stage for the best-visited jam session in the city.



© Address: L1015-1016, Fuhua Road, Futian District
 © Phone: +86 755 2389 2669
 © Email: yumi@thebrew-china.com
 © Facebook: <https://www.facebook.com/thebrewchina/>



B10 OCT Loft

B10 Live is a music & art space in Shenzhen, organized by OCT-LOFT and curated by artist Teng Fei and independent music curator Tu Fei. B10 Live has been presenting over a hundred live music performances to the audience annually since Nov. 24, 2012, including two distinctive festivals: OCT-LOFT Jazz Festival and Tomorrow Festival. This rock venue reminds me of places in Europe: a real nice stage, great sound and a really great selection of international bands and festivals.

◎ Address: North side of Building C2, North District, OCT-LOFT, Shantou Street, Nanshan District

◎ Website: <http://www.b10live.cn>

◎ QQ Group: 222923713

◎ Facebook: <https://www.facebook.com/b10live>



Penny Black OCT Loft

Located in the OCT Loft area of Shenzhen, Penny Black hosts the best (jazz) musicians in town on a regular basis. The owner often sings with the musicians (in Chinese, English, Spanish and French) and is quite good. It will certainly delight tourists who are looking for a cozy and smooth place to sip an original English Ale while listening to some fresh jazz music.

◎ Address: No. 134 Building A5, North Section of OCT-LOFT

◎ Phone: +86 755 8609 8585

◎ Facebook: <https://www.facebook.com/waytojazz/>





Shenzhen Concert Hall Futian

Located in central Futian District, Shenzhen Concert Hall was designed by Arata Isozaki, a world-renowned Japanese avant-garde architect. It embraces classical performances and hosts a large number of famous artists and orchestras year round, including Zubin Mehta, Lang Lang, Tan Dun, Gidon Kremer and Israel Philharmonic Orchestra. Great acoustics, fantastic programming.

◎ Website: <http://www.szyyt.com/enindex.html>

◎ Address: No. 2016, Fuzhong 1st Road, Futian District, Shenzhen, China

◎ Email: szyyt@shenzhenconcerthall.com



Brown Sugar Jar Luohu

This basement dive is an underground live music venue that attracts a respectable array of talented local and overseas musicians. It is where the “scene” really is: a small rock venue with cheap beer and LOUD speakers, serving as a window into the local music tastes and subcultures.

◎ Address: 1F, Leyang Fengjing, Huangbei Road, Luohu District

◎ Contact: 13360547060



Other recommendations:

Yidutang (C: Union)

Located in the heart of OCT-LOFT, Yidutang is an eclectic venue that hosts a variety of live bands from China and sometimes abroad. A good choice for someone who is looking for a laid back bar with good live music.

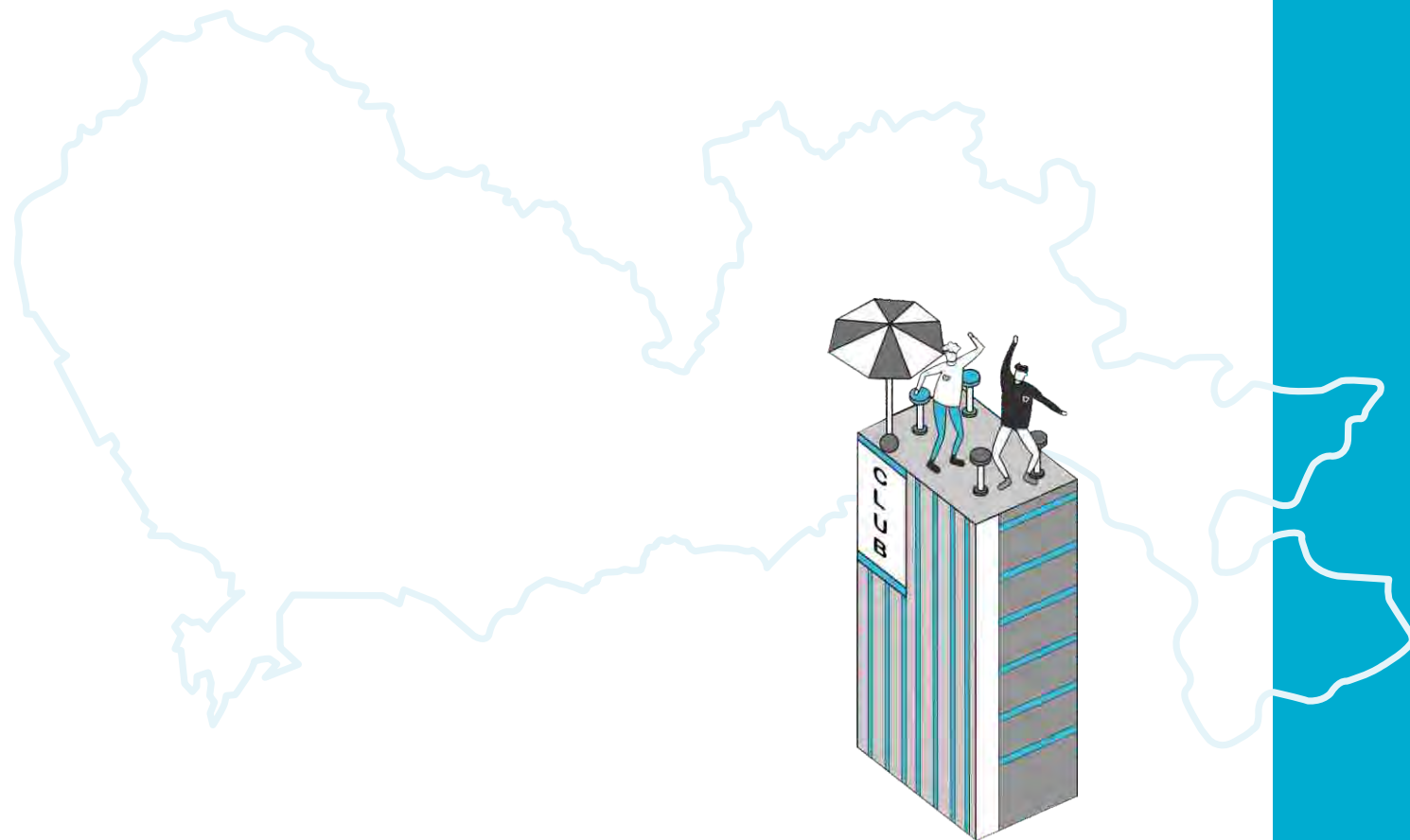
Address: F3 Block, Enping Jie, Overseas Chinese Town, Shenzhen

Shenzhen Grand Theatre

A “palace of refined arts,” Shenzhen Grand Theatre is a multifunctional, modern and comprehensive cultural site combining art, song and dance shows, cultural tours and leisure.

Address: 5018 Shennan East Road, Cai Wu Wei, Luohu District

Website: <http://www.szdyj.net/>



6. Fitness and Sports



Geoffrey Schofield

Fitness Master



Hometown: Southbury, the U.S.

Training: B.A. in economics from the University of Connecticut

Time in SZ: 8 years

Favorite lazy day activity: Having an all-you-can-eat buffet, reading, going to the movie theater.

Geoffrey originally came to Shenzhen almost a decade ago as an English teacher, working for institutions like the Nanshan, Futian and Luohu foreign language schools. He was a runner in both high school and college, sometimes logging hundred-mile weeks. In 2014, however, a new fitness bug bit him: lifting weights. Over the following years, he slowly transformed his physique, going from 68kg all the way up to 96kg, and multiplying his strength on most lifts. This process was fueled by his burning passion and a relentless quest for knowledge about all things diet, nutrition, performance and technique related. He's since turned to helping other people transform their bodies, working with everyone from competitive athletes to those just looking to get healthier by making small changes in their lives. His articles on fitness have more than 8 million views on Quora (ID: Geoffery Schofield). He believes that your health is your wealth and that there is real value in taking care of yourself.

Q&A

Q

What is the fitness scene like in Shenzhen?



G: It's becoming both international and varied. When I got here, there weren't really many specialized gyms or foreigners. Now, there are powerlifting gyms, crossfit gyms, strongman gyms, high intensity training gyms and more.



Q

How are gyms in Shenzhen different from those in your hometown?



G: The number of gyms has roughly doubled in the past four to five years, from what I can tell. The US\$6bn a year fitness and health industries are clearly big business, and expanding rapidly. Not every gym is completely professional, however, and not every trainer here is educated about how to train clients. I still sometimes see trainers giving their clients ineffective exercises. Equipment is also sometimes an issue. Often dumbbells only go up to 30kg or so, whereas most gyms in Western countries will have up to double that. The standards are also lower, as people here will praise my average 210kg deadlift, but in most Western gyms that would go completely unnoticed. But on the whole, things are getting better.



Q

A piece of advice for those who want to keep fit?



G: Focus on the motivation. If you figure that out, everything else will fall into place. If you have motivation, you can do anything! The trouble is, motivation is a limited resource, so you need to manage it wisely. Getting a coach can help a lot, as seeing results will motivate you further. A workout buddy or class can help as well, as the social aspect is important to a lot of people. Finally, if you focus on activities that you truly enjoy -- inside the gym or out -- then it will require almost no motivation or discipline to do regularly.



Q&A

Q

What is the most exciting sporting event that you've attended in the city?



G: I went to an American football game here in Bao'an Stadium once. My friend had gotten free tickets and we thought we'd check it out. The audience clearly didn't really understand the rules, and I can't say that both teams were anywhere near professional level, as they both fumbled the ball so, so many times. Still, it was fun.



Q

Any local sports that you want to introduce to your fellow expats?



G: While most sports here are very similar to those worldwide, there is one "sport" that I think China is way ahead of the curve on: street dancing. Yes, I think all those old ladies gathered around dancing together every night is great. It's not only a great way to keep the older generations waistlines in check, but solidifies the glue that holds society together.



Q

Any newly emerging sporting event you find interesting?



G: One that I am personally interested in is the Spartan race. I have a few friends who took part in a race last year in Shenzhen, and I regret not doing it myself. It's almost like crossfit on a course -- lots of running combined with obstacles and tasks you have to complete. I have another friend named Cody (codyfuitenfitness.com) who does these races all around Asia, as well as coaches people, so it's interesting to see how he trains and coaches.



|| Geoff's Picks

LiftOn

LiftOn is a personal transformation company that helps people change their bodies through customized meal plans and group fitness training classes. It was co-founded by Travis Hayes, a NASM certified fitness personal trainer hailing from the USA, and Ambru, an ISSA certified sports nutritionist. What is truly awesome is that this bilingual duo can train their students in both English and Chinese. Another thing that makes their training program special is that apart from providing training for each person, it also makes all the delicious meals for the students. This is a great way to take all of the hassle and planning out of dieting -- you are given delicious and healthy food, and all you have to do is eat and train!

© Address: Zone D, 3rd Floor, Building 4, Shenzhen Bay Technology Park, Shekou

© Hours: Monday to Friday: 08:00-20:00

Saturday and Sunday: 10:00-20:00

© Website: <http://lift-on.com/>



Nuli Strength

Powerlifting is a growing sport that tests athletes at just three lifts: squat, bench press and deadlift. Nuli Strength is a powerlifting gym focused on helping athletes of all levels get in shape and improve their strength. Getting strong at those major compound movements is one of the healthiest things that any person can do, and Nuli is one of the best places to do it. They have tons of specialized equipment that is very hard to find elsewhere in China and, for advanced trainees in particular, this can be the difference between improvement and stagnation.

© Address: Room 402, No. 2 Building, NH E-Cool, Shekou





F45

This is a gym in Shekou that runs transformation challenges as well, and they focus on high intensity group classes, which are a great way to keep motivation high and achieve top results. Both foreigners and locals alike compete to try and win the award for the most improved during the six week training program, which features a variety of bodyweight exercises and weightlifting. They've done several cycles of the training program before and always get great results!



Other Recommendations

There are also several fitness/sports groups that may be of interest:

Shenzhen International Amateur Football League (SIAFL)

SIAFL was founded in 2013 by a small group of expats who spent their free time playing soccer in Shenzhen. It is a foreign run, amateur football league with the goal of providing well organized and competitive football for expatriates residing in Shenzhen. The 2018 SIAFL had over 250 players registered and participating from 52 countries. Register a profile at SIAFL's website to get access to the managers of the SIAFL teams.

© Website: <http://siafl.org/>



Shenzhen Dragons Rugby Club

Formed in 2008, the Shenzhen Dragons have been a mainstay of the rugby circuit in South China and beyond ever since. The club has both a Men's and Women's team, who train regularly, play full contact matches, and compete in the best tournaments in the region and beyond. The club is made up of friends who love playing rugby together, have fun competing in tournaments, and enjoy having a drink or two socially. This friendly and lively bunch are always open to welcoming all newcomers, regardless of age, ability, experience, or background.

© Website: <https://www.facebook.com/ShenzhenDragons/>



Shenzhen Zen Ultimate Frisbee Group

Shenzhen Zen Ultimate Frisbee Club is a mix of ultimate players from both Shenzhen Ultimate Players Association & Shenzhen Flying Disc Association. They are united by the goal to cultivate the ultimate community in Shenzhen, and their aim is to play ultimate together and be competitive in order to send their teams to tournaments across China and at international events. All are welcome to join -- whether experienced or totally new, boy or girl, young or young at heart.

© Website: <https://azermuse.wixsite.com/shenzhzenultimate>

© Contact Weixin account “redbaronmia” for more info



Shekou Hash House Harriers

Founded in 1984, Shekou Hash House Harriers is a worldwide “Drinking Club with a running problem.” Members of the club meet every Saturday at 12:45 at the Snake Pit Seaworld. The bus departs at 13:30 for a trail run or walk in the mountains near Shenzhen. Their runs are between 7 and 11km long and tend to arrive back in Shekou between 18:30 and 20:00, pending traffic conditions. To pay for the buses, water, soda and, most importantly, beer, hashers are charged 30/60/80 RMB per kid/girl/guy per run. Everyone, local or foreign, is welcome to join the club.

© Website: <https://www.shekouhash.cn/>



Shenzhen CELTS Gaelic Football Team

Founded in the summer of 2004 by a couple of Shenzhen veterans, The Celts has emerged as one of the most admired and respected clubs the city has to offer, competing in and winning many Chinese and Asian competitions. The club has both a men's and women's team who regularly compete against our South China neighbors in Hong Kong. This friendly and dynamic bunch welcomes all comers, regardless of age, ability or experience.

© Website: <http://szcelts.weebly.com/>

© Address: Huanggang Park 7th Street, Shuiwei, Futian District



Shenzhen Lobsters

Shenzhen Lobsters are a group of amateur volleyball players who hail from all over the world and gather twice a week to play in Shenzhen. Members are organized into two groups based on ability and experience. They practice in the QSI gym and sometimes at other courts in Shekou. The Wednesday attendees are both men and women who play at an intermediate level. On Sundays, those in attendance are mostly men, who play at a more advanced level.

© Website: <https://www.facebook.com/shenzhenlobsters/?fref=ts>





Shenzhen Red Star FC

Shenzhen Red Star FC is a women's football club founded in 2018 by Kelly Diaz, Stephanie Leboeuf and Laura Cortés. The team first participated in the 2018 Phuket 7 aside International tournament and later became the organizer and founder of the Terrace International Women's Soccer Cup in Shenzhen, which took place in May 2019 and will also be held in 2020. To join the group, please contact Laura (WeChat: crtslaura), so that she can add you to the WeChat Group.

© Website: <https://www.facebook.com/ShenzhenRedStarFC>

MMFIT

More than just a chance to burn a few hundred calories, MMFIT is an energizing international community for getting started on, or improving, your fitness-centric lifestyle in a friendly atmosphere in Shenzhen.

Every MMFIT session is a high-intensity workout drawing on techniques from HIIT, circuit training, Tabata and other equipment-free plyometric approaches curated by the MMFIT coaches Georgiy Provorov (Gosha) and Zhang Yong (Josh). About 30 participants join each session, with new faces each week.

MMFIT has had its roots in Shenzhen since 2015, when Georgiy Provorov (Gosha) from Russia first began holding thrice-weekly workout sessions, which has helped keep the classes affordable and accessible for more people. Held in both English and Chinese, these one- to two-hour workouts are held outside in large public venues. The workouts, which cost 50RMB to join, are suited for people aged 18 to 50. Now the workouts are held once a week.

© Times, Days and Locations: Wednesday, at 19:30 (Futian)

© Contact on WeChat: crankmmd



7. International Organizations and Communities



Pam Code

Active Member of
International Communities



Hometown: Fort Knox, Kentucky, U.S.A.
Training: BS Business Administration/Marketing,

BA Religious Studies, HSK Level IV

Talents: Long-distance running.

Time in SZ: 3.5 years.

Favorite lazy day activity: Re-watching "The Office."

Occupation: Copy editor at a local newspaper.

Pam has been living in China for five years. She first lived in Xiamen, a beautiful island city, which made her fall in love with China. Later, she moved to Shijiazhuang to the north and then Changsha in central China. When Pam received job offers in Shanghai and Shenzhen, she chose to move to Shenzhen, preferring the lifestyle options made possible here by the fair weather, good air quality and proximity to Hong Kong. However, Pam admits that nowadays she does not travel for leisure often, preferring instead to spend her time off enjoying the company of friends she has met through clubs and supporting the goals of these clubs here in Shenzhen.

Q&A

Q

How did you become an active member of the communities in Shenzhen?



P: I have been an avid member of various Shenzhen communities since arriving in May 2016. I first got involved when I found out about other foreigners doing animal rescue work. Through that, I met the founder of the former Shenzhen event company Love, Shenzhen. Through Love, Shenzhen, I became co-organizer of the Shenzhen Health and Wellness Fair from 2016 to 2018, working closely with Vista-SK International Medical Center and getting to know many of the figures spearheading healthy-living products and services for English-speaking Shenzheners.



Q

What organizations are you involved in now?



P: After getting acquainted with many Shenzhen clubs and organizations for English-speakers, I am now a dedicated member of a few weekly fitness-related activities as well as the Karuna Rescue dog shelter.



Q

How do you figure out which activities or clubs you'll enjoy most?



P: I mainly look for warm and open leadership, reasonable cost and, of course, something that interests me. In my experience, these kinds of activities become my communal anchors, adding color to my life in Shenzhen, which would otherwise be dominated by work. I also love the people I get to meet through these activities – they tend to be very bright and inspiring.



Q

What's the best way to find clubs and communities?



P: Start by joining just one activity. People in Shenzhen are really nice, so when they find out you're new, they'll be quick to get to know you and help you out. Be open about what kind of things you're into or looking for, and the more experienced expats can probably recommend some groups for you to join.



Q

What are your tips for other people who'd like to get involved or join a community?



P: Shenzhen's social ecosystem is replete with opportunities for all sorts of activities with clubs and organizations, but it is also fast-changing, because people are often moving to and from the city. There's always a need for good organizers to lead new and interesting outings or events in Shenzhen. Getting involved in one scene can quickly coalesce into more opportunities than one can keep up with.



Pam's picks

Global Friendship

Guided by three pillars – education, society and culture, and community – Global Friendship builds meaningful connections between foreign and Chinese nationals with various lively meetups.

Global Friendship is one of the organizations I met through the health and wellness fair. Because of our shared passions for social good, I hit it off immediately with the leaders Fabiola, Rochelle and Patrick.

Global Friendship events include documentary screenings, personal and business development workshops, foodie nights, holiday/festival networking events, and charitable and environmental activities and initiatives. I actually had the honor of leading an event with Global Friendship in Shenzhen last year. We screened the documentary "The Mask We Live In" about gender and toxic masculinity.

Founded in 2014, Global Friendship has been working hard to build a meaningful and sustainable community in South China. In 2018, Global Friendship brought this mission to Shenzhen. Shenzhen events are held every month. With every event, Global Friendship makes positive impacts on the Shenzhen and Guangzhou communities. Global Friendship is really for people who are open-minded and curious, and like to learn, develop themselves, give back to their community and take part in diversity.

◎ Meetup Type: Documentary screenings, workshops and food, culture, networking, charity and environmental events, activities and initiatives.

◎ Cost: Varies by event

◎ Times & Locations: Vary by event



Karuna Rescue

Karuna Rescue is Shenzhen's largest foreign-run, non-profit, private animal welfare organization. I have been involved with and supporting Karuna Rescue since before they had a physical shelter.

Opportunities to work outdoors with animals are definitely hard to find in cities, and going to the shelter gets you out of the hustle-and-bustle of central Shenzhen. It is located in a forested area in northern Xili.

Originally a small group of volunteers spontaneously responding to animal rescue situations in Shenzhen and other parts of South China, Karuna Rescue now focuses on extracting dogs from the illegal dog meat trade and other inhumane situations, rehabilitating them, and then placing them in forever homes overseas.

Karuna Rescue is always in need of volunteers who can help raise funds for vet bills, dog supplies and shelter rent; social media advocates who can help find adopters, fosters and flight volunteers; and kind Shenzheners who would like to visit the shelter and socialize the dogs.

Getting to know the founders and other volunteers has also been one of the best experiences I've had in Shenzhen. Their dedication is motivating.

Karuna Rescue was founded in 2017 by Sachin Patel and Jenny Coulson after they became involved in the large-scale rescue of 121 dogs from the Yulin Litchi and Dog Meat Festival. The following year, they rescued 77 more dogs from a Changzhi dog meat festival in addition to responding to local animal emergencies in Shenzhen.

◎ Meetup Type: Animal care and socialization

◎ Cost: Free

◎ Times: Every day, 7:00-11:00, 16:00-21:00

◎ Location: Xili Mountains

◎ Contact on WeChat: Sachin-Patel-SZ, JennyCoulson

◎ Website: karunarescue.com



GreenFoot

GreenFoot organizes weekly meetups and activities on various topics related to environmental awareness and living an eco-friendly lifestyle. GreenFoot is probably one of the groups with the greatest variety for really outgoing people. They've organized hikes in Hong Kong, daytrips, rooftop farm trips and plogging, plus regular local meetups.

GreenFoot events are also one of the best ways to expand your social network, especially for people who follow green lifestyles. You're going to be able to find others who know where all the vegan and vegetarian dining options are and zero-waste lifestyle hacks at GreenFoot events.

Each week has a different activity held in Chinese and English, ranging from trash pick-up hikes and runs, eco-camping, eco boat trips, second-hand goods exchanges, talks and social meetups.

One of the most interesting things to me personally about GreenFoot is the founder, Angela. She is a really driven, high-energy woman who has an impressive background working for big brands, as well as an education in engineering.

Angela currently dedicates all of her energy to promoting this single cause – giving people a chance to live in a more eco-friendly way.

GreenFoot had a low-key start in 2015 as a simple recycling platform for university students, but it soon flourished as members and volunteers wished to extend their vision and energy into more extensive and various environmental preservation projects. In 2017, GreenFoot formally came into being as a community of dedicated, environmentally-conscious members taking proactive steps to promote environmentally-friendly practices while also expanding their social networks.

◎ Cost: Varies by event

◎ Times & Days: Vary by event

◎ Meetup Type: Trash pick-up hikes, plogging, eco-camping, boat trips, second-hand exchanges, eco-themed talks and social events.



Culture Salad

Culture Salad is one of Shenzhen's most vibrant and inclusive communities of culture- and language-curious Shenzheners. The meetups are really fun and you will definitely not leave before you've had interesting conversations with at least five new people.

Culture Salad is known for holding multilingual language mixes, where every attendee wears a nametag and flag stickers representing the languages they speak and the languages they'd like to practice. At any given Culture Salad meetup, you will find speakers of English, Chinese, French, German, Spanish, Korean, Japanese, Cantonese, Russian and more.

Demand for Culture Salad has grown, and in response the club has been expanding its offerings. Now, they hold two to four events per day. They have a dancing meetup almost every morning, a workout session almost every afternoon, and basically every evening there is some sort of casual social or sports meetup. These are all in addition to the regular Wednesday, Friday and Sunday language mixes.



There is really no excuse not to get to know people right off the bat in Shenzhen if you go to a Culture Salad event. There's bound to be someone there who shares something in common with you.

Culture Salad was started by Grace Fu, who began leading day trips in Shenzhen and Hong Kong in 2017. As her group became a social centerpiece for many of the regular attendees, their interests shifted toward language and culture. In late 2018, Culture Salad was born with a renewed emphasis on providing a "one of a kind cross-language experience" in which every member's culture is valued equally.

© Meetup Type: Social

© Cost: Free

© Times & Days:

Wednesdays, 19:00-23:50 (Shekou);

Fridays, 19:00-22:00 (Futian);

Sundays, 19:30-21:30 (Futian)



Other Recommendations

H.O.P.E.

H.O.P.E. means "Help One Person Everyday." It is an international volunteer team in Nanshan run with the support of Zhaoshang Subdistrict as a means to empower foreigners to give back to the local community and build bridges between people.



Shenzhen Travelers

Shenzhen Travelers is a group of travelers looking for the coolest getaways in China and to meet great new people while having the best time.

© <https://www.meetup.com/Shenzhen-Travelers/>

Shenzhen Wine and Cheese Club

Wine, networking and fun on the last Saturday of each month in Shenzhen. No nationality or gender limits.

© <http://www.shenzhenwineclub.com/>

Shenzhen Toastmasters

Shenzhen Toastmasters provides a mutually supportive and positive learning environment to promote self-help, confidence, communication and leadership skills. Meeting every Tuesday at 19:15 on the 12th Floor of Xinghua Building, 2018 Shennan Zhong Road, Futian District.

© <https://sites.google.com/site/shenzhentm/>

Shenzhen Toastmasters

Shenzhen Toastmasters provides a mutually supportive and positive learning environment to promote self-help, confidence, communication and leadership skills. Meeting every Tuesday at 19:15 on the 12th Floor of Xinghua Building, 2018 Shennan Zhong Road, Futian District.

© <https://sites.google.com/site/shenzhentm/>

Shenzhen Craft Beer Drinkers Meetup

Craft Beer Lovers and Drinkers Meetup is meant to give you an excuse to get together once in a while and try craft beers, local and imported, learn more about brewing and meet like-minded people in Shenzhen.

© <https://www.meetup.com/Shenzhen-Craft-Beer-Drinkers-Meetup/>

Shenzhen Stories

Shenzhen Stories is a community of people from all over the world who get together once a month to share their stories. These stories come from all walks of life and are told in a café in the Shekou neighborhood.

© shenzhenstories@gmail.com

© <https://www.facebook.com/ShenzhenStories/>

InterNations Shenzhen

InterNations Shenzhen is a community in which expats can network, join exciting events and groups, and exchange tips about expat life in Shenzhen. The group holds events twice a month, usually by partnering with a local bar or restaurant where members can enjoy a nice meal and some drinks.

© <https://www.internations.org/shenzhen-expats>

Vivi Shenzhen

Founded in 2013, Vivi Shenzhen is the city's Italian Community Hub. It is a non-profit organization that aims to lend a helping hand to newcomers in Shenzhen on a range of topics; from expanding their business horizons to simply helping them find the best place to enjoy an authentic Italian pizza in the city!

© <https://www.vivishenzhen.com/>



ōYL N.E.R.D.S

ōYL N.E.R.D.S stands for ōwn Your Life with Nutrition, Exercise, Rest, Detox and Self-care. The group usually has special events on Monday, Thursday, Saturday or Sunday, and regularly planned events, including Natural Solutions classes, DIY series, leadership development and more. All of their events are free (except the DIY series, which has to cover material costs), multilingual and appropriate for various age groups. They have built this as a platform to help people meet like-minded, health-aware, friendly and supportive friends among both locals and expats



AA Shenzhen

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other so that they may solve their common problem and help each other to recover from alcoholism. There are no dues or fees for AA membership; the only requirement for AA membership is a desire to stop drinking. AA is not allied with any sect, denomination or political organization or institution, does not wish to engage in any controversy, and neither endorses nor opposes any causes. Its primary purpose is to keep people sober and to help other alcoholics achieve sobriety.

© <http://aashenzhen.com/>

Shenzhen Women's International Club (SWIC)

The Shenzhen Women's International Club (SWIC) is a social club to connect like-minded women and forge a community. SWIC is of particular value to newcomers by providing a means to meet other expats, find resources and to learn about the activities that are available in the city. Membership is limited to foreign passport holders or those who have a spouse with a foreign passport (per government guidelines).

<https://www.facebook.com/ShenzhenWomensInternationalClub/>

TakeOut Comedy

TakeOut Comedy is a group of international comedians who hold monthly shows in Shenzhen. They also organize free open-mic events every Sunday night at 20:30 at 1 Kangle Road, Shekou, and every Thursday night at 21:30 at Shuiwei 7th Street South No. 131, Shuiwei Village, Futian.



8. Exploring the International Neighborhoods

In August 2019, the Central Committee of the Communist Party of China and the State Council set up a "three-step" plan to build Shenzhen into a top global city. According to the plan, by 2025, Shenzhen will rank among the top cities in the world in economic strength and quality of development, with intensive research and development investment and a world-class industrial innovation capacity. It will be built into a modern, international and innovative city by that time, with its cultural power greatly enhanced and the quality of its public services and ecological environment reaching an advanced international level. By 2035, Shenzhen will become a national model of high-quality development and a globally recognized center of innovation and entrepreneurship. By mid-century, Shenzhen will become a global benchmark city for its competitiveness, innovation and outstanding influence. To achieve these goals, the central government will support Shenzhen in implementing a more open and convenient system for the introduction of foreign talent and allow international contributors with permanent residence to set up scientific and technological enterprises in Shenzhen and serve as legal representatives.

To respond to the central government's call for a more globalized city, Shenzhen aims to set up 15 international communities in different areas by 2022 and build a network of international communities in the city by 2025. By 2030, international communities will become an important foundation for Shenzhen to build an international city in the new era, promoting international advanced production factors, and gathering knowledge, technology and high-end talents in Shenzhen. By fostering a multicultural, open and inclusive atmosphere, Shenzhen strives to make itself a land of opportunities and a destination for talents and professionals from all over the world. Check out the 15 designated international communities in Shenzhen.

Futian East Pacific

Honey Lake Area possesses obvious economic advantages and abundant international resources. By the end of 2017, it was home to 118 foreign-funded enterprises and 172 enterprises from Hong Kong, Macao or Taiwan. It hosts large commercial buildings represented by the headquarters of China Merchants Bank, East Pacific Center and Fortune Plaza, as well as 500 top global enterprises, such as Wal-Mart, Amer International Group Limited and China Merchants Bank, attracting thousands of foreigners to work and live there. Among them, 1,299 are registered foreign residents from 57 countries, including South Korea, America, Australia and Canada, with South Koreans accounting for 46 percent. Since 2011, the East Pacific Community has adhered to the idea of "building the community with projects and promoting exchanges through activities," and has created an international community by welcoming both foreign and traditional Chinese cultures and integrating foreigners into the community.



East Coast of Yantian

Based on the principle of being "people-oriented and serving residents," and focused on the overall goal of creating "one community and one brand" in an international community, the East Coast Community has dug deeply into the various social and human resources of the community, while adhering to the principle of "combining China with the West," and actively constructing an international human settlement environment. The neighborhood is home to nearly 130 foreigners from 27 countries. In recent years, by beautifying the environment, carrying out colorful cultural activities, building bilingual "volunteer" teams and providing bilingual consultations for foreign residents, the community has strengthened its services, cultivated its culture, listened to public opinion and gathered the people's wisdom to enhance the sense of belonging among Chinese and foreign residents.

Futian Shuiwei

Under the jurisdiction of Futian Street and adjacent to Futian Port, Shuiwei Community is conveniently located within walking distance of metro stations and bus stops. It covers a total area of 250,000 square meters, mainly composed of seven property districts. At present, the total population of the community is about 30,000, including 2,900 registered residents and 466 foreigners. The foreign residents are mainly from 29 countries, among which people from Russia and the United States, along with other European and American countries, are the main constituents. Approved by the Bureau of Education of Shenzhen Municipality and authorized by the Cambridge International Examinations (CIE), Shenzhen College of International Education, which is located in Shuiwei Community, was the first full-time International High School in Shenzhen.





Luohu Cuida

Located at Cuida Street and under the jurisdiction of Cuida Street, Cuida Community hosts more than 300 jewelry processing enterprises. Most of these enterprises are in Wanshan-Shuibei Industrial Zone, the hub for the jewelry industry in Shenzhen, whose output and trading volume account for more than 70 percent of the entire industry in the city. There are around 200 foreign residents in Cuida Community, 90 percent of whom are Indian. They are mainly engaged in the international jewelry trade. With the aim of promoting the integration of foreign residents with the local lifestyle, the community has initiated several projects, including Chinese and foreign children's talent training, a community English corner, a Chinese and foreign food sharing meeting and a family talent competition, to facilitate cultural exchange and enrich the spiritual and cultural lives of the Chinese and foreign residents.

Nanshan Yanshan

Covering an area of 3,058 square kilometers, Yanshan Community has a total population of 23,161, including 1,776 foreign residents. The Shekou Net Valley Park in the Shekou Industrial Zone is one of the first national innovation and entrepreneurship demonstration centers. With an annual output value of 40 billion yuan, it hosts well-known global enterprises, such as Apple, IBM, Nestle, Fibocom, Chigo and IIM, with around 30,000 employees, including more than 2,000 foreigners. There are five international colleges in the community, along with abundant international education resources. An International Summer Camp is set up in the community to provide free bilingual courses in foreign languages, the arts, Chinese studies and sports for the children of Chinese and foreign residents in the community. Additionally, a platform for multi-cultural communication has been set up, featuring activities like "Free Chinese Courses," a "Chinese Cultural Heritage Workshop" and "Sharing Salon Culture."



Nanshan Shuiwan

The Shuiwan Community is the most important gathering place for foreigners' entertainment and social life in Shekou. It hosts one international school with over 600 teachers and students, 47 foreign-related institutions and 938 foreign permanent residents, most of whom are from the United States, Britain, France or South Korea. As a representative of the city complex, Sea World -- which combines world-class cuisines, entertainment and exquisite products -- attracts hundreds of thousands of people to visit this place on weekends and holidays.

Longgang Vanke City

Vanke City is the most international community on Bantian Street. It hosts two garden-style communities as well as several famous high-tech enterprises, including Huawei and Xintianxia. There are 100 foreign permanent residents, accounting for about three percent of the registered household population. Among them, Indian, German and American nationalities make up the majority, and most of them are employees of high-tech enterprises like Huawei. With the most concentrated population of foreign residents on Bantian Street, this community is striving to improve its environment, enrich its cultural activities and enhance the quality of its residents by building Vanke International Community. Additionally, the community has set up a WeChat Group for Foreign Residents to provide them with online counseling services.

Longhua Guanlan

Guanlan Street has Guanlanhu District as its central axis and radiates out from the street to constitute Guanlan International Street, which has embraced its advantages of rich ecological resources, profound cultural heritage, high-tech industrial agglomeration, rapidly developing sports and leisure industries and improved services and amenities. At present, the area has about 282,000 permanent residents, including about 90 foreign permanent residents and about 700 residents from the Hong Kong, Macao or Taiwan areas. Additionally, about 300 foreigners from South Korea, Britain, the United States and France are scattered around at high-tech enterprises like Chang'an Peugeot Citroen and Silver Star Industrial Park, as well as Guanlan Lake Business Circle, Golf College, Aohu Art Village, a printmaking base and the like. To facilitate cultural communication and exchange among residents, the community organizes salons and activities in the fields of education, the arts, food, films, science and technology through the "Guanlan International Lounge" project. By 2018, more than 200 activities had been carried out, with around 90,000 residents participating.





APPENDIX

L I F E G U I D E I N S H E N Z H E N

FIVE

1、Essential Contact Numbers and Resources

Hotlines:

If you have an emergency while traveling (such as fire or traffic accidents), or other trouble, complaints or questions, the following telephone numbers may be useful.

Police (call)	Police (Text message)	Bank of China	China Construction Bank
110	12110	95566	95533
Industrial and Commercial Bank of China	Bank of Communications	Citibank	HSBC
95588	95559	800-820-8088	800-820-8828
China Everbright Bank	China Mobile	China Unicom	China Telecom
95595	10086	10010	10000
Air China	China Eastern Airlines	Hainan Airlines	Southern Airlines
95583	95530	950718	400-669-5539
Shenzhen Bao'an International Airport	Beijing Capital International Airport	Shanghai Pudong International Airport	EMS Express
23456315	010-96158	010-96990	11183
SF Express	Yuantong Express	Shentong Express	
400-811-1111	021-69777888	400-889-5543	

* 110 may be used for any emergency. It is the first number you should call in order to be quickly directed to English-speaking personnel. All of the banks listed above provide automated services in English, and some even provide English speaking staff, so if you have any bank-related trouble, you will be well served by them. All of the airlines, telecom companies and express delivery companies listed above offer English language services.

Nanshan International Cultural Exchange & Service Center

Founded in November 2018, Nanshan International Cultural Exchange & Service Center is committed to helping expats settle in Shenzhen with free authoritative information, consultancy and culture exchange events through online and offline services. Enjoy free Chinese lessons, yoga classes, movie nights, legal advice and much more. Located at Imperial Park in Shekou, Zhaoshang Subdistrict (Seaworld), the center is approximately 870 square meters of space open for community use and staffed with English-speaking social workers, who provide professional services for both Chinese and expat residents. As the largest international cultural exchange platform in Shenzhen, the center is committed to bridging the gap between the government and the city's expats via communication and supplementary services.

- ◎ Address: 1st Floor, Imperial Park I, Wanghai Road, Nanshan District
- ◎ Phone: 0755-2683 8514
- ◎ Hours: 9:00-12:00, 14:00-18:00 (Monday-Friday)
- ◎ Email: nsicesc@163.com



Shekou Management and Service Center for Expats

Opened on June 28, 2017, the Shekou Management & Service Center for Expats (known as Shekou MSCE) was the first of its kind to be set up by the Shekou Subdistrict Office. Shekou MSCE is devoted to making expats' lives more convenient by offering a wide range of administrative and consultation services, including expats' residence registration, public services guidance, and law and visa consultation. It also organizes a wide range of community activities that both help increase awareness of local regulations and also promote cross-cultural communication.

- ◎ Address: Intersection of Nanshui Road and Shiyun Road, Shekou, Nanshan District
- ◎ Phone: 26678381
- ◎ Hours: 9:00-12:00, 14:00-18:00



CityPlus

An online-to-offline interactive bilingual platform, CityPlus enables the world to get to know Shenzhen and lets Shenzhen citizens learn about their world in a warm and fun way. It has six sections on Shenzhen: "City Homepage," "City Experience," "Super Topic," "Shenzhen Lifestyle," "Information Exchange" and "About us." Its Mobile Platform (app) provides the online check-in function in "City Experience," an online-offline immersive exploration experience, and real-time promotion and registration channels for a series of large-scale events in Shenzhen. Thus, CityPlus is a window for users to get to know and experience Shenzhen anytime, anywhere.

- ◎ Website: <http://www.cityplus.com/>



Shenzhen Government Online

This is the portal of the Shenzhen Municipal Government. As an important part of Shenzhen's e-government, "Shenzhen Government Online" is the first platform where government agencies at all levels in Shenzhen can disclose government information, provide online services and conduct interactive exchanges via the Internet, allowing them to showcase Shenzhen's charm. Its English website provides detailed information on personal affairs, including residency, visas, immigration and customs, marriage and birth, checkpoints and accommodations, as well as enterprise affairs, including annual inspection and annual report, bankruptcy, taxation and employment.

- ◎ Website: <http://english.sz.gov.cn/>

i shenzhen

This is a newly-launched all-in-one government service to provide more convenient and efficient services to citizens. 300 service items can be approved online while another 300 items can be processed across the city; and 45 service items can be approved instantly.



QR code for
"iShenzhen" APP



QR code for
"iShenzhen"
public account

Shekou Daily

This is a foreign-owned and operated community-driven, content-sharing platform devoted to sharing information about businesses, events, deals and news as well as lifestyle content to help English speakers live happy, healthy and prosperous lives in Shenzhen. They accomplish this by working closely with local businesses, partners, their readers and volunteers to find, gather, edit and share useful and informative content through such sections as: News & Alerts; Resources, Guides & Tips; Community Articles; Events & Activities; Business Listings; and Special Offers & Promotions. You can find them at Facebook.com/shekoudaily and on WeChat, or you can sign up to receive their newsletter via their website, www.ShekouDaily.com, and receive valuable information directly to your inbox or browse yourself. If you need help with anything, you can visit ShekouDaily at the Foreigner Liaison Office at the Nanshan International Cultural Exchange & Service Center at Imperial Park across from Seaworld in Shekou, Shenzhen.



Shenzhen Party

A website keeping the expat and Chinese community of Shenzhen informed of events and other happenings around the city, Shenzhen Party provides a daily newsletter, event calendar, and job and apartment search functions, as well as other services.

© Website: <http://www.shenzhenparty.com/>



Nowshenzhen

A sister site of ShenzhenParty, Nowshenzhen is a great source for daily Shenzhen news and articles.

© Website: <https://www.nowshenzhen.com>

Shenzhen Daily

As the only English-language daily newspaper in southern mainland China, Shenzhen Daily is a great source for local news in English. The newspaper also runs the city's first English-language news portal, EyeShenzhen, where you can find the most relevant news for expats and have articles conveniently published directly in your WeChat subscriptions.

© Website: www.szdaily.com, <http://www.eyeshenzhen.com/index.htm>



That's Shenzhen

That's is a one-stop mobile-friendly website that offers guides on what's happening in your city, including events, restaurants, bars, nightlife, shows, art galleries, hotels, travel and more.

© Website: <http://www.thatsmags.com/shenzhen>

Shenzhen Shopper

This website offers practical information on Shenzhen, including shopping destinations, accommodations, attractions and things to do in the city.

© Website: <https://shenzhenshopper.com>

ShenzhenEat

This is an end-to-end system for ordering food online.

© Website: <https://www.shenzheneat.com/>

Shenzhen Fan

This Shenzhen information site is for Japanese people who live in Shenzhen, are traveling to Shenzhen, or are interested in learning more about Shenzhen.

© Website: <https://www.shenzhen-fan.com>

HiredChina

This platform provides expats with information on jobs in China from more than 5,000 companies.

© Website: <https://www.hiredchina.com/>



Lonely Planet (Shenzhen)

This Lonely Planet webpage is dedicated to those traveling to Shenzhen, providing a lot of practical information.

© Website: <https://www.lonelyplanet.com/china/guangdong/shenzhen>

2、Honors of Shenzhen (updated with the latest data)

|| Honors in Social Progress:

- ◎ A “National Civilized City” for the 6th time in 2018
- ◎ “Demonstration City for Harmonious Communities”
- ◎ Among “The Most Attractive Chinese Cities for Foreigners” for 10 consecutive years
- ◎ A "National Double Support Model City" for the 6th time in 2019
- ◎ A "Guangdong Provincial Double Support Model City" for the 7th time in 2019

|| Honors in Environmental Protection:

- ◎ “National Forest City”
- ◎ “International Garden City”
- ◎ UIA’ s Sir Patrick Abercrombie Prize
- ◎ UNEP’ s Global Top 500 Laureate Roll of Honor
- ◎ “National Model City for Environmental Protection”
- ◎ “National Ecological Garden City”
- ◎ “Model City for Protection of the Ozone Layer”
- ◎ “National Model Green City”
- ◎ “National excellent tourism city”
- ◎ The United Nations' World Habitat Award
- ◎ China Habitat Award
- ◎ “Healthy China City of the Year 2018”
- ◎ “National Sanitary City”
- ◎ “National Intellectual Property Rights Demonstration City”
- ◎ One of China’ s top ten cities with the best air quality
- ◎ “First-tier developed cities in Asia”

|| Honors in Indigenous Innovation:

- ◎ Ranked 1st among “The Top 30 Innovative Cities in China” by Forbes China in 2018
- ◎ Hailed as “Silicon Delta” by The Economist
- ◎ One of the Top 10 Chinese Cities for High-quality Basic Research by Nature
- ◎ Daya Bay neutrino experiment results were listed as one of the Top 10 Breakthroughs of the Year 2012 by Science
- ◎ “One of the Best Locales for International Entrepreneurs” by The Economist

|| Honors in Investment environment:

- ◎ The most successful out of the 4,300 special economic zones worldwide by The Economist
- ◎ Top city in terms of comprehensive competitiveness in Chinese Academy of Social Sciences’ The Blue Book of Urban Competitiveness.
- ◎ Forty-four Shenzheners among “the 100 richest people in China” by 2018 “Forbes China Rich List”
- ◎ One of the 10 Asian Cities of the Future 2011/2012 by The Financial Times’ Foreign Direct Investment (FDI)
- ◎ Ranked 4th Globally in the Global Urban Competitiveness Report 2019-2020
- ◎ One of the 55 world first-tier cities in GaWC’ s Roster for World-class Cities
- ◎ Ranked 10th in Asia’ s Top Fifty Cities by the Royal Society
- ◎ Developed first-tier cities in Asia in Asian Cities Ranking 2020

|| Honors in Culture and Creativity:

- ◎ “City of Design” by UNESCO
- ◎ “Outstanding Developing Knowledge City” by the Knowledge Cities World Summit
- ◎ “The Most Innovative City” by China Radio International
- ◎ “Global Model City for the Promotion of Nationwide Reading” by UNESCO

3、Table of Sister Cities and Friendship Cities of Shenzhen

(1) Table of Sister Cities of Shenzhen (Updated on October 22nd, 2019)

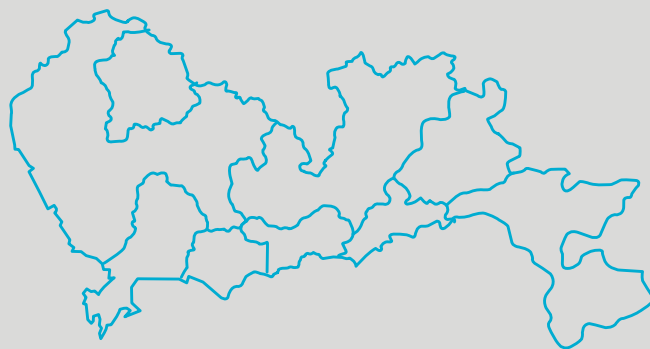
	Country	Province/City/Area	Signing Date
(23) Sister Cities			
1	U.S.	Houston	March 11 th , 1986
2	Italy	Brescia	November 12 th , 1991
3	Australia	Brisbane	June 22 nd , 1992
4	Poland	Poznan	July 30 th , 1993
5	France	Vienne	October 28 th , 1994
6	Jamaica	Kingston	March 5 th , 1995
7	Togo	Lome	June 7 th , 1996
8	Germany	Nuremberg	May 27 th , 1997
9	Belgium	Walloon Brabant	October 12 th , 2003
10	Japan	Tsukuba	June 9 th , 2004
11	South Korea	Gwangyang	October 11 th , 2004
12	Egypt	Luxor	September 6 th , 2007
13	Russia	Samara Oblast	December 19 th , 2008
14	Israel	Haifa	September 10 th , 2012
15	Belarus	Minsk	January 22 nd , 2014
16	Bulgaria	Plovdiv	March 24 th , 2014
17	Switzerland	Canton of Bern	February 13 th , 2015
18	Samoa	Apia	August 31 st , 2015
19	The Netherlands	Almere	May 31 st , 2016
20	Portugal	Porto	October 18 th , 2016
21	Kyrgyzstan	Bishkek	October 24 th , 2016
22	Cambodia	Phnom Penh	December 11 th , 2017
23	Britain	Edinburg	May 14 th May, 2019

(2) Table of Friendship Cities of Shenzhen (Updated on December 24th, 2018)

	Country	Province/City/Area	Signing Date
(65) Friendship Cities			
1	Britain	City of London; Square Mile	October, 2004
2	U.S.	Dallas	October 14 th , 2004
3	Russia	Ulyanovsk	May 30 th , 2005
4	Indonesia	Bogor	August 17 th , 2005
5	Canada	Saint John	October 12 th , 2005
6	Cuba	Havana	December 18 th , 2005
7	Russia	Siberia	May 24 th , 2006
8	Germany	Frankfurt	September 12 th , 2006
9	Italy	Turin	September 18 th , 2006
10	South Korea	Busan	September 24 th , 2006
11	The Netherlands	Delft	September 25 th ,2006
12	Indonesia	Batam	December 18 th , 2006
13	Hungary	Budapest	April 11 th , 2007
14	Brazil	Sao Paulo	April 27 th , 2007
15	South Korea	incheon	September 1 st , 2007
16	Rwanda	Kigali	January, 2008
17	Cape Verde	Mindelo	January, 2008
18	Germany	Berlin	May 16 th ,2008
19	Vietnam	Hai Phong	December 28 th , 2008
20	Serbia	Belgrade	June 12 th , 2009
21	Japan	Osaka	July 30 th , 2010
22	Greece	Kavala	September 10 th , 2010
23	U.S.	Los Angeles	November 8 th , 2010

	Country	Province/City/Area	Signing Date
24	Sweden	Malmö	March 28 th , 2012
25	U.S.	Atlanta	March 30 th , 2012
26	Russia	Kazan	April 29 th , 2012
27	Argentina	Buenos Aires	May 31 st , 2012
28	Spain	Barcelona	July 16 th , 2012
29	Britain	Scotland	July 26 th , 2012
30	Indonesia	Bandung	September 5 th , 2012
31	Russia	Irkutsk	November 17 th , 2012
32	Finland	Helsinki	June 10 th , 2013
33	Turkey	Ankara	November 17 th , 2013
34	Greece	Athens	November 17 th , 2013
35	Ireland	Cork	November 17 th , 2013
36	Fiji	Suva	November 17 th , 2013
37	Britain	British Virgin Islands	January 10 th , 2014
38	Colombia	Bogotá	January 13 th , 2014
39	Russia	St. Petersburg	January 13 th , 2014
40	Maldives	Malé	May 16 th , 2014
41	Romania	Bucharest	June 24 th , 2014
42	Nepal	Katmandu	September 17 th , 2014
43	Australia	Canberra	October 14 th , 2014
44	Sri Lanka	Colombo	November 17 th , 2014

	Country	Province/City/Area	Signing Date
45	The Netherlands	The Hague	November 17 th , 2014
46	New Zealand	Christchurch	April 1 st , 2015
47	U.S.	Seattle	June 25 th , 2015
48	Mexico	Mexico City	June 29 th , 2015
49	Thailand	Bangkok	July 10 th , 2015
50	South Africa	Cape Town	September 15 th , 2015
51	Mongolia	Ulaanbaatar	September 21 st , 2015
52	Germany	Hanover	October 28 th , 2015
53	Canada	Montreal	November 4 th , 2015
54	Ghana	Accra	May 13 th , 2016
55	Papua New Guinea	Port Moresby	May 27 th , 2016
56	Mauritius	Port Louis	May 30 th , 2016
57	Bahrain	Manama	September 4 th , 2016
58	Italy	Tuscany	September 25 th , 2016
59	Canada	Toronto	November 16 th , 2016
60	U.S.	Detroit	November 16 th , 2016
61	France	Yvelines	February 9 th , 2017
62	U.S.	Charlotte	March 16 th , 2017
63	Lithuania	Vilnius	June 16 th , 2017
64	Italy	Milan	June 13 th , 2018
65	UAE	Dubai	December 24 th , 2018



N22°32'43.86" E114°03'10.40"

Foreign Affairs Office of
Shenzhen Municipal People's Government

Shenzhen Foundation for
International Exchange and Cooperation