

YOUR TRAVEL GUIDE & PHRASEBOOK

# China & Tibet



Wendy Wu Tours



Li River, Guilin

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## WELCOME TO WENDY WU TOURS

China continues to amaze, fascinate and thrill our passengers, many of whom have travelled to more and more areas of this wonderful country with us, year after year. We urge you to keep in mind all the rewards, as well as challenges of travelling in a country with a history, culture and attitude so unlike your own.

A typical day's sightseeing may include the bustle and noise of a city street, sights and smells of a local market and interacting with the locals. Travelling in China requires patience and potential delays are to be expected due to different standards of service. There is a low level of English spoken throughout China, so your National Escort/Local Guides will be indispensable during your trip.

Almost everything will be different to what you may be used to. We have found that our passengers who embark with a sense of humour and adventure, who accept that things do not always go to plan, are those who find their experience most rewarding.

Although China is developing quickly, please note that health and safety standards overseas can differ greatly from those we enjoy at home, often of a lower standard. However, all of our suppliers meet local and national safety standards as a minimum.

At Wendy Wu Tours we are continually working with our suppliers to maintain and improve safety standards by seeking good practice in health and safety and we will do our best to ensure that your holiday is safe and trouble free. Part of the enjoyment of travelling abroad is experiencing a different way of life and cultures, but it may also mean experiencing different safety and hygiene standards than those we are used to in the UK. We want you to have an enjoyable holiday so we ask that you take extra care, use your common sense as well as refer to notices and follow the advice from your National Escort/Local Guides.

**Your Travel Guide** provides you with practical advice and cultural information to help you prepare for your holiday. We are aware that this can seem like a lot of reading material, but we ask that you take some time to familiarise yourself with this information prior to departure and refer to the contents within throughout your travels.

**The Tour Dossier** provides a straightforward description of the physical activities involved in each day's sightseeing for your itinerary. If there are any particular challenges, from the length of time spent on your feet, the duration of drives and flights, to the standard of remote accommodation for our more adventurous tours; they will be explained there.

Occasionally traffic, parking restrictions and construction will mean you will have to walk extra distances from the bus to sights/train stations/airports, which could involve carrying your own luggage.

Sightseeing in China can involve walking for a few kilometres over uneven ground or uphill/up steps. All passengers must be able to walk unaided. Whether you are exploring Shanghai's bustling Old Town or climbing the Great Wall of China; you will need to pay attention to your surroundings. The streets and pavements are uneven, roads are busy and the traffic follows very different rules!

Our National Escort/Local Guides always endeavour to provide the highest level of service and assistance, but they cannot be expected to cater for passengers who are unfit to complete the itinerary.

**Our tours are operated at a moderate pace with appropriate rest stops and are designed to be comfortable for people of all ages. A normal level of fitness and mobility is all that is required to enjoy our tours – unless stated in your Tour Dossier.**

## ELECTRICITY

There is an electricity supply of 220 volts throughout China. 240-volt appliances will work safely with this supply. The UK three-pin plug can be used in some of our hotels with an adaptor. The plugs in China are mainly two-pin (US) plug. You can buy adaptors, also known as conversion plugs, from hardware, department and duty free stores.



US Plug

## IN REMOTE AREAS

In some areas of China the electricity supply is uncertain. Many buildings will only have a few hours each day of electricity from either the town's supply or a diesel generator. Whenever there is limited electricity supply this will also mean limited hot water supply. Remote and village areas may experience power surges or outages, both of which can make re-charging electrical appliances very difficult. **If you are travelling on the Sichuan Explorer, Silk Road Explorer, Dreams of Nature, Himalayan Adventure, Tibetan Dreams or Epic Dreams**, then this information applies to you.



## MONEY

The local currency in China is known as the Renminbi. It is divided into the units yuan, jiao and fen (where 1yuan = 10jiao = 100fen). One hundred yuan can be written as 100RMB or ¥100.

Here is a reference table of approximate exchange rates (for up-to-date exchange rates, please check before you travel):

	GB£1	US\$1
Renminbi (Yuan)	10	6.5

*We recommend that you have access to more than one source of money – bringing a combination of cash and a credit/debit card will give the most security and flexibility while travelling.*

**Keep some of your exchange receipts:** You can convert any unused notes into USD at the international airport exchange desks when you depart. You will need to present your passport, airline ticket and some receipts of the money exchanged/withdrawn in China. Some banks in the UK maybe able to convert your money back into Sterling, however please check before departing the UK.

**Plan ahead:** Exchange desks can close and ATMs can run out of cash and your group could be scheduled to leave your hotel at 7am tomorrow morning! Once you have started your tour, you will quickly get a sense of how often or how much you need to exchange money. Try not to leave this to the last minute.

**Spending Money:** We recommend you take Chinese Yuan as well as Sterling and/or US Dollars. We also recommend taking a debit and/or credit card. Please ensure you have sufficient funds to pay for personal expenses such as drinks, snacks, souvenirs, additional tipping and optional extras.

**Counterfeit Cash:** This is a problem in China so shop owners and clerks at banks or exchange desks are very cautious and can refuse to accept notes in bad condition. When purchasing cash in the UK or when exchanging them during your holiday – it is a good idea to stand at the desk to count and check the condition of each note. Do not accept any notes which are torn, very faded, a different shade, have ink stamps or any writing on them. If you accept the notes and sign the exchange receipt, then notice a problem, you will not be able to exchange them.

## IN REMOTE AREAS

Outside of major towns banking becomes less reliable and requires you to plan ahead. If you are travelling in these areas you should take cash in USD as Sterling currency is not always recognised. **If you are travelling on the Sichuan Explorer, Silk Road Explorer, Dreams of Nature, Himalayan Adventure, Tibetan Dreams or Epic Dreams**, then this information applies to you.

## Credit/Debit Card

Taking one credit/debit card is recommended in case of emergency and may be used for large purchases in most of your hotels, department stores and souvenir stores. The most widely accepted credit cards include Visa, MasterCard and American Express. However, please do not rely on a credit/debit card as your only source of spending money and keep a photocopy of your card(s).

## Travellers Cheques

We do not recommend taking any travellers cheques to China.

## ATMs

Unless you are in a major city, most ATMs will only work with the Chinese Banking system. We strongly recommend that no passenger rely on this method – although there appear to be many ATMs available in China, they often run out of cash, have different minimum withdrawal amounts, may not be in English and reject foreign cards. If you must use an ATM, we recommend you use the Bank of China machines, preferably during the open hours of the attached Bank of China branch so that you can go to their staff if anything goes wrong. Try to withdraw as few times as possible because overseas withdrawal fees are very high. Check with your bank before departing the UK.

## OPTIONAL EXTRAS

A number of optional extra programmes/activities may be offered by your National Escort/Local Guide whilst on tour, time permitting. These can range from 100-300 yuan per person and involve experiences such as a rickshaw ride through the Hutong

district in Beijing or a ride on the Maglev train in Shanghai. If your tour visits the Chengdu Panda Reserve, you will have the opportunity to hold a panda. This will cost approximately 1000 yuan (£100) per person but is subject to change.

Please feel free to ask your National Escort/Local Guide about any optional touring they may be planning over the next few days and the approximate cost so you can ensure you have the appropriate funds. All the optional extras must be paid for in local currency.

If you do not wish to take part in any optional extras, you will have the option of enjoying some free time at leisure or to return to the hotel.

## INSURANCE

Anyone joining our tours must take out comprehensive travel insurance. Please ensure you have the appropriate cover for your holiday as overseas medical costs are expensive. Please inform our office of your relevant policy number and note it on the booking form and keep details of the policy in your travel documents including policy number, 24 hour emergency number and next of kin details.

**If you are taking out travel insurance with your credit card company**, you need to investigate the policy's inclusions and conditions fully. You should receive a policy number, an international access phone number to contact them in an emergency and a copy of full conditions.

**It is essential you inform your insurance company of all pre-existing conditions.** All travel insurance providers require you to contact them ASAP in the unlikely event that you need medical treatment, hospitalisation or change travel plans (evacuate) to inform them of your situation. They will then decide the best course of action in regards to further treatment and/or repatriation and make appropriate booking arrangements. Our staff in China will be able to assist you in contacting your travel insurance company.

## KEEPING IN TOUCH

### Phone Calls

International and domestic calls can be made from your hotel room. Call costs are approx £1 per minute to the UK, plus a 10% service charge. To call the UK the international access code is 00, followed by the country code 44, then the local area code (omitting the first 0), then the number. To call Wendy Wu Tours it is 00 44 207 403 7860.

Phone cards bought in the UK or in China can be used in most public pay phones, but if you plan to use these to call from your room – always check the costs and procedure with hotel reception beforehand. If the hotel does enforce a call charge, you will be unable to refute it after making your call.

## Mobile Phones

Mobile phones are quite popular in China and you will find high quality coverage. China has active roaming agreements with all phone carriers, however SMS and call rates can be expensive. We recommend that you contact your mobile supplier if you intend to use international roaming during your holiday and ensure you investigate all associated costs *before* you leave the UK.

## Fax

Most hotels will have a business centre which will also have a fax machine. The cost is approx £4 for the first page and £2 for each page thereafter. To receive a fax costs approx £1 per page.

## Postage

We recommend that you use the Post Offices, rather than your hotel to post items. From capital cities or major towns, airmail letters and postcards take 5-10 working days to arrive and from smaller towns, they will take over a month. We advise you to use a courier service from Post Offices to send anything valuable or important.

## Internet & Email

Internet cafes can be found in all major cities and even in some small towns. This is often the easiest and cheapest way to stay in touch. Most hotels have a business centre with internet access, but at a slightly higher rate.

## IN REMOTE AREAS

In remote areas you will rarely be able to access phone or internet facilities and mobile phones are not likely to have reception. We advise that you let friends and family at home know that you will be out of phone contact during these sections of your itinerary. **If you are travelling on the Dreams of Nature, Himalayan Adventure, Tibetan Dreams or Epic Dreams**, then this information applies to you.



## TRANSPORT

We use a variety of transportation to operate your itinerary at the best pace and to give you an authentic travel experience so you are not always 'removed' from the locals.

### Domestic Flights

The flight schedule of domestic airlines in this region changes frequently, hence all domestic flights that appear in your itinerary are very subject to change. Please ensure that all valuables and any medications you may need for the rest of the day are taken onboard with you. The luggage limit is 20kg per passenger and all seats are economy class. Airlines currently do not allow liquids (alcohol, spirits, wine, water, perfume etc) or sharp objects to be carried on-board the aircraft and these will be confiscated. Wendy Wu Tours issues all internal domestic flight tickets in China and will be handled by you National Escort / Local Guide and given to each passenger just prior to their flight.

### Coaches

Our coaches are comfortable, air-conditioned vehicles. Please note – seatbelts are not compulsory by law here and local people largely choose not to wear them. Wendy Wu Tours cannot guarantee that vehicles will be fitted with operable seatbelts.



Li River, Guilin

### Overnight Trains

All travel will be on first class 'soft sleeper' trains, which are the best available in China. Each compartment is shared by four people and are air-conditioned, with lockable doors and four beds which are fixed in place. There is room for passengers to sit on the lower berths and a folding table. A pillow, clean sheets and a quilt are provided.

Your National Escort/Local Guides will try to organise the whole group to be sleeping in the same carriage but in busy periods of travel, this may not be possible. Each group will receive tickets with sequential berth numbers; these may be sharing with people from another tour group/company, or with some of the locals.

In the past we have had requests for 'upgrades' so that a single passenger or a couple do not need to share with anyone else. As there are no two-berth or single-berth compartments available, the only way we can arrange this is to purchase the empty berths (if available) and thus give you a private compartment. Cost of this upgrade is on application and subject to availability.

There is usually a western style toilet at one end and a squat toilet at the other end of the carriage. Hot drinking water is available from a boiler which is located at the end of the carriage.

**Keeping valuables safe on the train:** Carry all valuables with you at all times. A passenger should remain in the compartment at all times to watch all belongings. Your main luggage must have a lock on it.

**Pack for the train:** We recommend you bring a small overnight bag to carry whatever you need until the following morning as you will not have access to your main luggage which will be stored on a separate carriage of the train. Consider including a face towel, all toiletries, medication you require until midday next day, a tracksuit or similar outfit to sleep in and toilet paper, as the train supply tends to run out. There is no dining car, so please carry snacks with you.

### Environmental Vehicles

The Chinese government is attempting to protect the natural environment, animals or architecture by forbidding public vehicles access to them by using 'environmental vehicles' in places such as Heavenly Lake (Tian Chi) near Urumqi and the Nine Villages Valley. You will therefore need to leave your group coach and transfer onto these vehicles, which will be shared by other tourist groups. **If you are travelling on the China Splendour, Sichuan Explorer, Dreams of Nature, Himalayan Adventure, Silk Road Explorer or Epic Dreams**, then this information applies to you.

## Yangtze River Cruise

If your tour includes a Yangtze River Cruise, please note that this section of your itinerary is *especially* subject to change. The movement of each vessel along the Yangtze is regulated by the government's Yangtze River Authority (YRA). The river's rapid flow, the narrowness of her gorges and a recent increase in passenger numbers means that timetables are pressured.

The YRA allocates times for access to mooring points, dis/embarkation docks and passage through the gorges. This means that the captain of each cruise ship is unable to confirm a final itinerary until shortly before departure (usually 24hrs prior). This can affect both the time and location where you dis/embark your cruise ship. Your National Escort/Local Guide will explain any such changes to you as soon as they are informed by the cruise operator.

The cruise ships themselves have comfortable, western facilities; however steep riverbanks, which make this scenery spectacular, also make shore excursion physically demanding. Typically a shore excursion requires all passengers to cross between ships and moving pontoons which may be moored together and climb multiple flights of stairs – sometimes without assistance or handrails. All shore excursions are alongside other passengers of the ship who may be from another tour group/company.

One of the results of the Three Gorges Dam Project and fluctuating water levels is that the docks and pontoons tend to be temporary and rather makeshift – sometimes with assistance and handrails and it is possible that you may have to disembark down a narrow, wooden gangway (e.g. in Chongqing).

If you choose not to participate in a shore excursion then you are welcome to stay onboard the cruise ship and enjoy some free time, however a refund of the shore excursion fee(s) is not possible, as these costs are included in the cruise package.

## QUEUING FOR MAJOR ATTRACTIONS

Be prepared for the often large numbers of other tourists, both foreign and domestic at many of the attractions you will visit. As the incomes of the Chinese rise, so does their ability and enthusiasm for visiting their own famous sites. The highest number of visitors can be expected at the main attractions in Beijing, Xian and Shanghai. Your National Escort/Local Guides will queue for your entrance tickets but you may still need to wait to get into some attractions.

## FESTIVALS

China has several festival celebrations throughout the year which are public holidays. The most significant of these falls annually between 1-7 May and 1-7 October. During this time, various sites and attractions may be more crowded than usual.

## TRAFFIC

The number of vehicles in China is rapidly increasing. Please keep in mind that major events or holidays and new construction projects create traffic that can interfere with your tour and meal times. Your National Escort/Local Guides will do their utmost to avoid possible delays, changes or in rare cases, cancellations to sections of your itinerary.



Giant Pandas, Chengdu

## IN REMOTE AREAS

Coaches in Sichuan Province: Parts of Sichuan Province, for example the Nine Villages Valley is quite remote. The coaches used in this area are not the latest models, but the best available here. **If you are travelling on the China Splendour, Sichuan Explorer or Dreams of Nature**, then this information applies to you.

## 4WD VEHICLES

Our overland tours into Tibet will use air-conditioned 4WDs. They tend not to be latest models, but the best available. Each vehicle will hold three passengers and one staff member per vehicle. They will drive in convoy and endeavour to stay within sight of each other throughout the day. **If you are travelling on the Tibetan Dreams or Epic Dreams**, then this information applies to you.

## TIME DIFFERENCE

China is 8 hours ahead of the UK during winter and 7 hours ahead of the UK during summer. In Xinjiang Province, although the time zone officially remains the same as Beijing, people and businesses run on an unofficial time that is two hours behind. Shops and banks open from 10am to 7pm and you might find yourself eating dinner at the official time of 9pm. **If you are travelling on the Silk Road Explorer or Epic Dreams**, then this information applies to you.

## SAFETY & SECURITY

All travellers should maintain a high level of personal security. Although China is considered safe for travellers, please keep in mind that cash or wallets in pockets, obvious jewellery, swinging handbags etc may attract unwanted attention. Keep your belongings with you at all times and beware of pickpockets in market areas and at train stations.

Do not leave any valuables unattended in your hotel room. Lock away cash you do not need during the day/evening, credit cards, airline tickets, passports, jewellery etc either in your room's safe or at Reception; as not all hotels will have an in-room safe deposit box.

Wearing a money belt under your clothing is strongly recommended. We advise you not to bring valuable jewellery etc with you to China and keep a photocopy of your passport and debit/credit card(s).

### Swapping Scam

Typically if someone hands over a ¥100 note to pay for a cheap souvenir (e.g. postcards), they will be given back a note that says '50'. However this might turn out to be 50 sum from Kazakhstan, which is worth a fraction of what you were owed. We suggest you familiarise yourself with the Renminbi Chinese yuan notes.



Grand Buddha, Leshan

## TRAVEL HEALTH

A health certificate is not required for entry into China.

### Do you need to visit a doctor before travelling?

We strongly recommend that you see a doctor at least six weeks before your holiday to allow time for any necessary vaccinations etc. Remember to take your itinerary with you to the appointment. For the very latest travel advice, please check [www.fco.gov.uk](http://www.fco.gov.uk) before you depart the UK.

### Drinking Water

It is not safe to drink the tap water, nor take ice in your drinks. There will usually be a kettle or flasks of boiled water in your hotel room and onboard trains. Boiled water is suitable for drinking and cleaning teeth. Safe, bottled drinking water is readily available for sale everywhere – from small shops, supermarkets, restaurants and hotels. It is not customary for hotels to provide complimentary bottled drinking water. Always ensure that the seal is unbroken.

### Toilets

Toilet facilities are very basic throughout Asia and it is rare that you will find a 'western' style toilet (except in hotels). 'Squat' toilets are very common in public places and toilet paper is never supplied. We suggest that you carry toilet paper in your day backpack as well as not turn down the opportunity to use a 'nice' toilet when you see one!

### Altitude

Some of our tours reach areas of high altitude. **If you are travelling on the China Splendour, Sichuan Explorer, Dreams of Nature, Silk Road Dreams, Himalayan Adventure, Tibetan Dreams and Epic Dreams**, then this information applies to you.

Your Tour Dossier will list altitudes reached each day. Please refer to this information to satisfy yourself that you are physically able to undertake your chosen itinerary.

AMS (Acute Mountain Sickness) occurs in some people of varying ages and fitness levels when they travel to altitudes over 3,000m. Symptoms include dizziness, fatigue, nausea or loss of appetite, breathlessness or headache. These usually develop over the first 36 hours at altitude and not immediately on arrival. Usually the symptoms will subside after a day, however; if symptoms worsen you should seek medical advice and descend in altitude immediately. It is recommended to drink more water, non-alcoholic and non-caffeinated drinks and avoid exertion after arriving over 3,000m. Our itineraries ensure you will stay overnight at least 100m below the maximum altitude reached during that day.

## TRAVEL ADVICE

We strongly recommend that you check [www.fco.gov.uk](http://www.fco.gov.uk) for up-to-date travel information and advice from the UK Foreign and Commonwealth Office for China before departure.

## PERSONAL MEDICAL KIT

Take all pharmaceutical products that you may require on your tour; do not rely on being able to purchase these during your holiday. You will see pharmacies all over China, but they stock local traditional medicine and many unregulated brands of western medicine. You are also very unlikely to find anyone who can speak English, nor any products with English writing.

Consider taking a 'personal medical kit' containing any medication or medical equipment you may need during your time in China:

- ✓ All prescribed medication (with a cover note from your doctor for prescribed medication and/or equipment you will carry)
- ✓ Headache tablets
- ✓ Anti-diarrhoea tablets
- ✓ Cold and flu tablets
- ✓ Travel sickness tablets
- ✓ Lozenges
- ✓ Insect repellent and sunscreen
- ✓ Antibacterial hand wipes and/or hand wash

If you need to purchase any pharmaceuticals or medical equipment while in China – you may ask your National Escort, Local Guide or hotel staff to help you locate a pharmacy, identify medication or to translate from the local language to English.

If you need medical attention they will be able to arrange a call from a doctor, usually one who speaks English. However, the decision to purchase or take any non-prescribed (either western or traditional local medicine) is entirely your own.

*The staff at Wendy Wu Tours (in the UK and in China) are not medically qualified. Therefore they are neither able, nor allowed to give any medical advice, recommendations or administer medications.*

## ACCOMMODATION

### Hotels

Hotel rooms usually all have private western bathroom facilities, television, air-conditioning and a telephone. (unless otherwise stated). Some hotels may have hot water restrictions, operating for only a few hours at a time, usually in the mornings/evenings.

It is not customary for hotels in China to have in-room fridges, tea/coffee making facilities and a safe deposit box. Most hotel rooms do not have irons or boards, but most will offer a laundry service that can launder your clothes (typically in 24hrs). Generally all beds in China have very hard mattresses.



Forbidden City, Beijing

Most hotels throughout China will collect your passports each time you check-in and the hotel will keep them safely for a few hours or overnight to register details. Please keep this in mind if you need to exchange money or get a credit advance at the bank. In China, check-out time is 12 midday and check-in time is 2pm. Please keep this in mind on the days when you are travelling between cities as it may result in a delay of access to your room or a change of itinerary. Hotels in this region cannot guarantee late check-out.

In China and countries in Asia, you may be approached by 'ladies of the night' trying to procure business. A sense of humour is the best way to handle this, but if in or near your hotel, contact reception staff or your National Escort/Local Guides.

### Hotel Ratings

Star ratings identify the standard of quality for hotels. Not all star systems are created equal. Countries throughout the world adopt various classification systems for hotels in accordance to their chain name and the type of hotel. No international classification system exists. Typically, a three-star Chinese rated hotel cannot be compared to a three-star UK rated hotel. Attempts at unifying the classification system have been made so that it becomes an internationally recognised and reliable standard. However, differences do exist in the quality of accommodation which plays an integral part in defining which hotel category the specific accommodation fits into. Please be advised that all hotels used by Wendy Wu Tours are regularly inspected by our staff and our operators so that standard of quality is maintained.

### IN REMOTE AREAS

The hotels in Kashgar are occasionally forcibly re-booked by government officials and are subject to last minute change. **If you are travelling on the Silk Road Explorer or Epic Dreams**, then this information applies to you.

### IN REMOTE AREAS

Sections of the Xinjiang-Tibet Highway and the Yunnan-Tibet Highway are without any two or three-star accommodation. **If you are travelling on the Tibetan Dreams or Epic Dreams**, then this information applies to you.

## LUGGAGE

All passengers are limited to two (2) items of luggage each:

- ✓ One (1) suitcase or backpack, with a maximum weight of 20kg. Your main luggage must have a lock on it.
- ✓ One (1) piece of hand luggage, with a maximum weight of 5kg. It is advisable that your hand luggage consist of a 'daypack' – a small bag which you can access during the day and carry items like your camera, bottled water, toilet paper, hat etc.

### IN REMOTE AREAS

Luggage on 4WD's must be practical and durable. **If you are travelling on the Tibetan Dreams or Epic Dreams**, please refer to your **Tour Dossier**.

## CLIMATE

You will find helpful climate charts in your **Suggested Packing List**, with maximum, minimum and average temperatures. We recommend you also check weather conditions before you depart.

With four distinct seasons; the ideal travel periods are spring (Mar to May) and autumn (Sep to Oct). Many people travel at other times of the year, but please bear in mind that the summer months may be very hot and winter months may be very cold. Freak weather conditions could result in delays, changes or in rare cases, cancellations to sections of your itinerary.

## TIPPING

Tipping is a firm and expected element in the tourism industry today and China is no exception. We strive to establish trust with our guides who rely on and expect tips from passengers. If the guides are keen to work with our passengers regularly, they become familiar with our itineraries as well as the Wendy Wu Tours' philosophy and expectations we have of their work.



Black Dragon Pool, Lijiang

Many passengers are often uncertain of how much to tip so we have established a tipping system whereby every passenger gives a set amount (in US Dollars) to the National Escort who will distribute the amount appropriately. On multi-country tips, this amount will be paid in stages on arrival in each country. All group tour passengers are expected to contribute to the tipping kitty. (If there is no National Escort, please give the money directly to your Local Guides and tipping amounts for each city will be shown in your final itinerary).

The amount for the kitty is calculated for each tour depending on the length, group size and services used during the trip. Your final documents will specify the exact tipping amount for your group. The tipping kitty will cover hotel porters, local guides and drivers in each city/province, local and/or site guides and your National Escort.

### ADDITIONAL TIPPING

If your tour incorporates a Yangtze River Cruise, then additional discretionary tipping of 100-200 yuan is expected for the crew. For independent passengers, or group passengers with pre/post tour arrangements, you should allow USD5 per person per day.

**If you are travelling on the Grand Yangtze Cruise, Pure Yangtze or Yangtze in Focus tours**, please note that an additional compulsory tipping surcharge has been imposed by the Victoria Cruises company. The vessels utilised on these tours are five-star and the amounts below must be paid by cash or debit/credit card upon check-in.

TOUR	TIPPING AMOUNT
Grand Yangtze Cruise	US\$45 per person
Yangtze in Focus	US\$45 per person
Pure Yangtze	US\$22.50 per person

### CUSTOMS & DUTY FREE

Each person can bring two bottles of alcohol and a carton of cigarettes into China. Good quality foreign alcohol is more expensive in China than in the UK, while cigarettes are much cheaper. If you carry over US\$5000 in cash (or equivalent in another currency) you need to declare it on entry and/or exit. Cultural relics, handicrafts, gold and silver ornaments and any jewellery purchased in China must be declared at exit. All luggage is x-rayed and if any of the above is not declared, customs agents will seize them. You must also declare all food items on exit if carrying them in your luggage.

## EATING IN CHINA

The cost of all meals is included in your group tour cost. Breakfast is served in the hotel and usually includes western dishes. As is traditional in China, lunch and dinner consists of small dishes of local cuisine which is then placed on a 'Lazy Susan' so you can experience the variety of speciality dishes. The amount of food served is enough for the whole group and caters to the tastes of the majority of people so dishes are not too spicy or unusual in their taste. If you do not feel confident with chopsticks please ask the restaurant staff for cutlery.

At some restaurants the meal cost will include one glass of beer, soft drink or bottled water and green tea. All other drinks will be at your own expense. Beer is widely available and cheap. Wine lovers should remember that western style wine is expensive to import, so most restaurants will not stock it. Chinese wine is available, but these are not the same quality as those available in the UK. Bottled drinking water, soft drinks and fruit juices are also widely available – however, remember that you should only have ice or fruit juices from a trusted restaurant; where they will use boiled or bottled water to prepare ice and juices.

It is possible to buy snacks in supermarkets within major towns or cities. Alternatively, you may also like to bring comforts like cereal, biscuits, muesli bars and tea/coffee from home.

**Any food/diet requests MUST be specified on your booking form at the time of booking** and you should mention it again to the National Escort/Local Guides when you meet them – they will do their utmost to cater for any special requests, such as vegetarian meals or food to be avoided in case of allergies.

**People on restricted diets should expect complications in China.** Some people have misconceptions about the Chinese diet. The Chinese attitude to food has been shaped by a cuisine and nutrition philosophy with a history over a thousand years and they have great pride in it. Vegetarians should remember that although vegetarian dishes are available, they may be offered meat by restaurant staff who do not understand why anyone who can afford meat can choose not to eat it. In these cases, patience and understanding, will go a long way.

## IN REMOTE AREAS

Whilst travelling away from major cities, it is highly recommended that those passengers with food intolerances take additional food items with them as not all dietary requests will be met due to the limited foods available. **If you are travelling on the Sichuan Explorer, Dreams of Nature, Silk Road Explorer, Tibetan Dreams, Himalayan Adventure and Epic Dreams**, then this information applies to you.



The Bund, Shanghai

## TRAVEL WITH CONSIDERATION

At Wendy Wu Tours we believe responsible travel is not about how much you give, rather it is about how much you consider. Some of our group tours may include visits to local schools, villages or homes. We urge you to use this opportunity to give something back to the country by learning a little and behaving with respect and consideration.

### Gifts & Begging

Wendy Wu Tours does not condone the practise of giving gifts such as sweets, coins and souvenirs to local people while in China. Instead, think about how you would like to be treated (or how you would like your children to be treated) when at a village, school or home. Taking sweets to a village or school is unhealthy, encourages begging and embarrasses the adults.

As a rule it's best to take school materials (pens, pencils, exercise books, calculators etc) for children, or useful household items and local treats (candles, sugar, tea, rice, shampoo etc) for families or village groups. You will be making more of a contribution to the local economy if you buy these items in China, rather than in the UK.

When giving any gifts try to present these to the teacher, the head of the household or village leader. This not only discourages begging or over excited grabbing, but shows that you respect their traditions and pattern of authority.

### Taking Photos

*"Tourists stick their cameras in our faces and promise they'll send photos back, but they never do."* Once again, we encourage you to think about how you would like to be treated by camera-wielding tourists – always check that it is ok before taking a photograph of a local person. Simply indicate to your camera to ask and never take the photograph if someone gestures or says that they do not want you to.

Carry a small notepad with you so that you can write down the email or postal address of people who you have promised to send a copy of the photo to and keep your promise! Please remember that you are an ambassador of your country and your interaction with this person shapes their attitude towards the tourists that come after you.

### Observe Local Rules

The laws, regulations and behaviour in China are affected by their different culture. Please pay attention to a few simple rules so that you do not accidentally offend anyone –

- ✓ Do leave your shoes outside a temple or anyone's home.  
If you do not want to remove them, you should remain outside
- ✗ Cameras are not allowed in some sightseeing spots, particularly temples. Please consider the reason behind this before getting upset just because you may miss a souvenir photograph
- ✗ Do not raise your voice as this can be very offensive and it will not get you anywhere

### Dress Appropriately

The Chinese dress conservatively. According to their culture only very poor labourers would wear clothes which reveal shoulders and legs, or go without a shirt. Brief shorts or skirts can be offensive – no matter how hot the weather. For men, full length cotton trousers or shorts that cover the knees are acceptable. For women, skirts or trousers that reach below the knee are ideal, worn with tops that cover the shoulders.

In Xian and Xinjiang Province in western China, the majority of the population is Muslim. Female passengers should wear modest clothes that cover knees and shoulders. A 'modesty shawl' – either a large shawl or sarong – can be useful to carry in your daypack while sightseeing, to cover up in these places.

### HAGGLING OR BARGAINING

In local shops, markets and street stalls all over China, haggling is the accepted way to agree on a selling price. It can be a great way to save money, as well as a wonderful way to interact with some local people you may not otherwise meet. However, some foreign visitors find it too confronting and prefer to shop in the more upmarket tourist shops or department stores, where prices are set.

### SHOPPING

Shopping can be fun and entertaining, especially in local markets in China where souvenirs can be purchased for next to nothing. However passengers must realise that **in China the authenticity and value of goods is always questionable**. If the price seems too good to be true, then it probably is!

A lot of tourist shopping in China is made up of copied brand items and reproduced antiques. We have had cases where passengers have bought goods in stores, especially jewellery including pearls, jade items, silk products etc, only to find upon their return home that they are of inferior quality.

Wendy Wu Tours, our staff, National Escort and Local Guides are not qualified nor permitted to guarantee the quality or value of any goods purchased during your holiday. All passengers who make purchases during their holiday must accept responsibility for their decision regarding the good's value, as well as the risk and process of credit card purchase and/or shipping. **Unfortunately, we cannot assist in returning or refunding goods in any circumstances.**

In keeping with most people's interest whilst on holiday, your tour will include a reasonable number of opportunities in local shops and government factories. This may vary depending on local conditions, and should never interfere with your itinerary's included sightseeing.

### READING LIST

- China: Renaissance of the Middle Kingdom (Odyssey Illustrated Guides, 8th edition) – Chan and Art
- Yangtze River: The Yangtze and The Three Gorges (Odyssey Illustrated Guide, 7th edition) – Bonavia, Hayman, et al
- Foreign Babes in Beijing: Behind the Scenes of a New China – Rachel DeWoskin
- River Town (Two Years on the Yangtze) – Peter Hessler
- Balzac and the Little Chinese Seamstress – Dai Sijie
- Red China Blues. My march from Mao to now – Jan Wong
- Life and Death in Shanghai – Nien Cheng
- Riding the Iron Rooster – Paul Theroux
- The River's Tale – Edward A. Gargan
- In Search of Old Shanghai – Pan Ling
- China Inc. – Ted C. Fishman
- Mao's Last Dancer – Li Cunxin
- The Good Women of China: Hidden Voices – Xinran Xue
- Wild Swans (Three Daughters of China) – Jung Chang
- From Rice to Riches – Jane Hutcheon
- The Silk Road (Odyssey Illustrated Guides, 6th edition) – Bonavia, Lindesay and Qi
- The Great Game (on secret service in Asia) – Peter Hopkirk
- Wild West China: The Taming of Xinjiang – Christian Tyler
- News from Tartary: A Journey from Peking to Kashmir – Peter Fleming
- Foreign Devils on the Silk Road – Peter Hopkirk
- Extremes Along the Silk Road – Nick Middleton
- In Xanadu – William Dalrymple
- Tibet (Odyssey Illustrated Guides, 2nd ed) – Elizabeth Booz
- Tibet, Tibet: A Personal History of a Lost Land – Patrick Frenc
- The Autobiography of a Tibetan Monk – Palden Gyatso
- Seven Years in Tibet – Heinrich Harrer
- On Top of the World: Five Women Explorers in Tibet – Luree Miller

The information contained within this travel guide is correct at March 2011 and is subject to change.

YOUR PHRASEBOOK

# China & Tibet

## GUIDE TO PRACTICAL CHINESE

It is believed that Chinese writing originated almost four thousand years ago and that the spoken language goes back many thousands of years before that, thus Chinese is one of the world's oldest languages and even today one of the most widely used living languages.

Chinese belongs to the Sino-Tibetan family of languages. The standard Chinese language, spoken by almost 95% of the population of China is 'Hanyu', literally 'language of the Han'. Standard Chinese is also known as 'Putonghua', its official designation. In the UK we know it as "Mandarin".

'Putonghua' is based on the northern dialect, using the dialect of Beijing as the basis for its pronunciation. Learning to speak a small amount of this fascinating language when you are travelling in China will not only be enjoyable and fun for you, but also shows the Chinese people your respect for their local culture and they will warm to you for your efforts.

We have tried in this phrase book to stick to the words and phrases that you will most commonly want to use, but with the help of the few verbs we have included here, you could expand your vocabulary and speaking ability much further. We have added space at the back of this book for you to add your own additional words. Ask your National Escort or Local Guide for a word and then write it down in this book and you are set to go.

For each word or phrase we have given the English followed by the Anglicised Chinese equivalent or 'Pinyin', then a phonetic version that should make it easier for you to pronounce.

First though you need to know about the four tones as follows:

- a flat inflection            v a down and up inflection
- / an upward inflection    \ a downward inflection

In the Chinese language the four tones change the meaning of a word here are some examples of how the tone can make a huge difference.

- shuǐ = water                      shuì = to sleep
- xīn = heart                        xìn = letter
- èr = two                            èr = son

Something else to help you is the pronunciation of the 'initials' and 'finals', try these pronunciation exercises:

### Initials:

b	= b in boat
p	= p in port
m	= m in mother
n	= n in nut
l	= l in lean
h	= h in heart
d	= d in dopey
t	= t in turn
g	= g in goal
k	= k in kennel
f	= f in fort

zh	= j in juice
ch	= ch in chase
sh	= sh in shoot
r	= r in race
j	= j in jim
q	= ch in chase
x	= sh in shirt
z	= ds in heads
c	= ts in hats
s	= s in sat

### Finals:

a	= a in father
e	= ea in heard
i	= ee in peel
o	= a in call
u	= oo in pool
ao	= ow in cow
en	= en in open
ie	= ye in yes
in	= in in pin
ing	= ing in ping
uo	= wa in water
ei	= a in late
ou	= ow in sow
an	= an in answer
ang	= ung in dung
eng	= eng in length
iao	= yow
iou	= yo
ai	= i in high
uai	= why
ong	= ong in long
ia	= ya in yard

ian	= yen
iang	= young
uei	= way
uen	= when
un	= win
er	= er in her
iong	= yong
ua	= wa in wand
uan	= one
uang	= u in mule with ung in dung
ü	= This is a tough letter as we don't have a similar sound in the English language it is more like a sound in the French or German languages. Try pursing your lips and saying 'ee'.
üe	= ü with ye in yes
ün	= ü with in in thin

## GETTING STARTED

All phrases throughout this booklet are set out in the following order;

ENGLISH	Hello or Hi
PINYIN	nǐ hǎo
PHONETIC	knee how

### The first thing to know is the various forms of greeting:

Hello or Hi  
nǐ hǎo  
knee how

How are you?  
nǐ hǎo ma?  
knee how mar

### If you are asked the question "How are you?" then the answer is:

I am very good  
wǒ hěn hǎo  
war hun how

### If you ask the question first and ask "How are you?" the response will probably be:

I am very good, and you?  
wǒ hěn hǎo, nǐ ne?  
war hun how, knee ner

### To which the final response will be:

I am also very good  
yě hěn hǎo  
yer hun how

### So the full conversation will be:

(you)	knee how mar?
(them)	war hun how, knee ner?
(you)	yer hun how

Practice this with your partner or a friend.

### Here are the words you have learnt:

You	Good; well; fine
nǐ	hǎo
knee	how

### add to the end of a word or phrase to pose a question:

PINYIN	ma
PHONETIC	mar

I; me	Very
wǒ	hěn
war	hun

### forms an elliptical question:

PINYIN	ne
PHONETIC	ner

Too; also  
yě  
yer

### Here are some more greeting words that you can easily use:

Pleased to meet you  
rènshe nǐ hěn gāoxìng  
earn she knee hun gow shing

Good morning  
zǎoshàng hǎo  
sow shung how

Goodbye  
zàijàn  
sigh shun

Good evening  
wǎnshàng hǎo  
one shung how

You (formal)  
nín  
neen

'nín' is the polite form of 'nǐ', commonly used to refer to an elderly or senior person during a conversation or to a person of a similar generation when speaking on a formal occasion. It is also a good form to use just to show good manners and respect.

Now you have learnt how to greet someone you may like to learn something about them, their name, where they are from or what they do for a living.

**The following words and phrases should help you with that.**

May I ask your name?

qǐngwèn, nín guixìng  
ching when nin gwee shing

**The above form of asking someones name is quite formal and would be answered thus:**

My family name is Brown, given name John

wǒ xìng Brown, jiào John  
war shing Brown, jow John

**A less formal and easier way of asking a name is thus:**

What's your name?

nǐ jiào shénme míngzi  
nee jow shenmer minzar

Where are you from?

What is your country?

nǐ shì nǎ guó rén  
knee sher nar gorun

**If you are asked this question your answer would be:**

I be      wǒ shì      war sher

Australia

Àodàliyà rén  
owdarleeyar run

England

Yīngguó rén  
eelingor run

New Zealand

Xīnxīlán rén  
shinshilun run

South Africa

Nánfēi rén  
nunfay run

Ireland

Àièrlán rén  
iairlan run

Scotland

Sūgēlán rén  
sir ger larn run

Canada

Jiānádà rén  
geemunar run

Chinese

Zhōngguó rén  
dzonggur run

What do you do?

What is your work?

nǐ shì nǎ gongzuò?  
knee sher na gondzer

You have learnt a very important word in this last exercise and that is the verb "to be".

**Actually, in the Chinese language, unlike in English, there is only one word for all the parts of the verb "to be" and that is:**

To be

shì  
sher

Thus:

I am  
wǒ shì  
war sher

You are

nǐ shì  
knee sher

He is

tā shì  
ta sher

She is

tā shì  
ta sher

They are

tāmen shì  
tar mun sher

We are

wǒmen shì  
war mun sher

The Chinese word shì is the equivalent of the English verb "to be" and describes a person.

This should not be confused with another very useful Chinese word zài which is "to be in a location" and can be used to express the English equivalent of; here, there, in, on, at.

## Let us review some more new words you have learnt:

<b>May I ask?</b> qǐngwèn ching when	<b>To be</b> shì sher
<b>You/your (formal)</b> nín neen	<b>He</b> tā ta
<b>What</b> shénme shun mer	<b>She</b> tā ta
<b>Name (informal)</b> míngzi mun zer	<b>They</b> tāmen tar mun
<b>Name (family)</b> guìxìng gwee shing	<b>We</b> wǒmen war mun
<b>Name (given)</b> jiào jow	

## Here are some other words you may find useful:

<b>This</b> zhè jer	<b>His/hers</b> tā de tar der
<b>That</b> nà nar	<b>Theirs</b> tāmen de tar mun der
<b>Which</b> nǎ nar	<b>Both; all</b> dōu der
<b>Who</b> shéi shay	<b>Friend</b> péngyou pung yo
<b>Mine</b> wǒ de war der	<b>Male</b> nán nun
<b>Yours</b> nǐ de knee der	<b>Boy friend</b> nán péngyou nun pung yo

**Girl friend**  
nǚ péngyou  
noo pung yo

**No; not**  
bù  
boo

**Want**  
yào  
yow

**Hence:**  
**Don't want**  
bù yào  
boo yow

**Understand**  
dǒng  
dong

**Hence:**  
**I don't understand**  
bù dǒng  
boo dong

**Hence:**  
**Do you understand**  
dǒng bù dǒng  
dong boo dong

**Today**  
jīntiān  
jean tea arn

**Tomorrow**  
míngtiān  
mean tea arn

**Tonight**  
jīnwǎn  
jean one

## Asking the whereabouts of something or someone:

**Where is the toilet?**  
qǐngwèn cèsuǒ zài nǎ?  
ching wen, zer swore sigh nar

**Where is John?**  
qǐngwèn John zài nǎ?  
ching wen, John sigh nar

**Where is the dining room?**  
qǐngwèn cāntīng zài nǎ?  
ching wen, tan ching sigh nar

**Where is the market?**  
qǐngwèn shāngchǎng zài nǎ?  
ching wen, sun shung sigh nar

When asking a question of someone, always start with the Chinese word qǐngwèn which means literally "may I ask?" You can see from this that with just these few small words you should be able to find directions to most places and things.

## SHOPPING

I would like to buy water  
wǒ xiǎng mǎi shuǐ  
war shung my shway

Do you have water?  
nǐ yǒu shuǐ mā?  
knee yo shway mar

Just looking  
wǒ kàn yíxià  
war carn yeesha

How much does this cost?  
zhèige duōshǎo qián?  
dzersher dwoorshow chian

It is too expensive  
tai guì le  
tie gway ler

Excuse me  
duìbuqǐ  
durbuchee

Miss  
xiǎojiě  
show share

I want  
wǒ yào  
war yow

Thank you  
xièxie  
share share

Very good  
hěn hǎo  
hun how

Not good  
bù hǎo  
boo how

No thank you  
bù xièxie  
boo share share

In the dictionary at the end of the phrase book you will find most shopping items listed that you may want to buy and you can substitute in the above phrases.

## CAFES & RESTAURANTS

Do you have coffee?  
nǐ yǒu kāfēi ma?  
knee yo car fay mar

I want coffee  
wǒ yào kāfēi  
war yow car fay

We all want coffee  
wǒmen dōu yào kāfēi  
woo men doo yow car fay

No milk thank you  
bù jiā niúǎi xièxie  
boo jyar new nigh share share

I would like to drink beer  
wǒ xiǎng hē pí jiǔ  
war shung her pea jo

Please bring a knife & fork?  
qǐng ná chāzi hé dāozi?  
ching nar shazi her dowzer

Waiter!  
fúwùyuán  
foowoo yoo arn

Do you have an English menu?  
nǐmén yǒu yīngwén càidān ma?  
knee men yo yeen gwun ky dun mar

The bill please  
mǎidān  
maydarn

**Let us review some more new words you have learnt:**

**toilet**  
cèsuǒ  
zer swore

**milk**  
niúnnǎi  
new nigh

**where is**  
zài nǎ?  
sigh nar

**Waiter!**  
fúwùyuán  
foowoo yoo arn

**dining room**  
cāntīng  
tan ching

**Cold**  
lěng  
lung

**market**  
shāngchǎng  
sun shung

**Beer**  
pí jiǔ  
pea jo

**water**  
shuǐ  
shway

**menu**  
càidān  
ky dun

**looking**  
kàn  
carn

**excuse me**  
duìbuqǐ  
durbuchee

**Miss**  
xiǎojiě  
show share

**want**  
yào  
yow

**thank you**  
xièxie  
share share

**good**  
hǎo  
how

**coffee**  
kāfēi  
car fay

**NUMBERS**

**Once you have learnt the numbers 1 to 10 you can count easily to 99.**

ENGLISH	PINYIN	PHONETIC
1	yī	ee
2	èr	are
3	sān	sun
4	sì	sir
5	wǔ	woo
6	Liù	lee oo
7	qī	chee
8	bā	bar
9	jiǔ	jee oo
10	shí	sher
11	shíyī	sher ee
12	shí'èr	sher are
13	shísān	sher sun

and so on to 19 and then:

20	èrshí	are sher
21	èrshíyī	are sher ee

and so on to 29 then:

30	sānshí	sun sher
40	sìshí	sir sher

and so on to 99 then:

100	yībǎi	ee buy
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## DICTIONARY

You may find this dictionary useful when practising your Mandarin skills, or whilst out shopping. If there are any specific words you want to know that are not shown here, simply ask your National Escort or Local Guide to write them down for you in the space provided.

ENGLISH	PINYIN	PHONETIC
<b>A.</b>		
Accident	shìgù	sher goo
Ache	téng	tung
Adaptor	chāzuò	char sor
Address	dìzhǐ	der sher
Allergic	guomin	gwor meen
Antibiotics	kàngjūnsù	kung joon soo
Apple	píngguǒ	peen gwor
Aspirin	āsīpīlín	arshee peeleen
ATM	zìdòng qǔkuǎn jī	seedung chuchuan gi
<b>B.</b>		
Bad	huài	who eye
Bakery	miànbāo diàn	meeun bow deearn
Banana	xiāngjiāo	sheeung geeow
Band aid	chuàngkètiē	chooung kertay
Bank	yínháng	yeen hung
Bar	jiǔbā	she ooba
Beer	píjiǔ	pee joe
Black	hēi sè	hay sher
Blue	lán sè	larn sher
Boiled water	kāishuǐ	ky shwai
Bookshop	shūdiàn	shu dee arn
Bread	miànbāo	mee arn bow
Brown	hèsè	her sir
Buy	mǎi	may
<b>C.</b>		
Cabin	kècāng	cur chung
Cake	dàn gāo	darn gow
Camera	zhàoxiàngjī	show shang gee
Change (money)	duìhuàn	dway one
Cheese	nǎilào	nay lou(d)
Chemist	yàodiàn	yow deearn
Chilli	lǎjiāo	lar gee ow
Chocolate	qiǎokèlì	show ker lee
Chopsticks	kuàizi	kway see
Coffee	kāfēi	car fay
Cold	lěng	lung
Cough drops	késou táng	kay sue tung
Credit card	xìnyòngkǎ	sheen yerng car
Cup	bēizi	bay sir

ENGLISH	PINYIN	PHONETIC
<b>D.</b>		
Damp	cháoshī	chow sher
Dark	àn	arn
Deaf	lóng	long
Delicious	hǎochī	how chee
Dentist	yáyī	earr yee
Diabetes	tūngniàobìng	tung knee ow beeng
Dirty	zāng	darnng
Doctor	yīshēng	yee shung
Dollar	yuán	you arn
Double bed	shuāngrén chuáng	shoo arn grun choo arng
<b>E.</b>		
Earache	ěrduo téng	er duoor toong
Eat	chī	chee
Egg	jīdàn	shee done
Electricity	diàn	dee arn
Elevator	fúti	foo tee
Empty	kōngde	koong der
Enough	gòu le	gow ler
Exchange (rate)	duìhuanlǜ	dew one ler
Excuse me	duìbuqǐ	doer ber chee
Expensive	guì	gwee
Eye drops	yǎnyàoshuǐ	yun yow shwee
<b>F.</b>		
Fan (electric)	diànshàn	de earn sharn
Far	yuǎn	you arn
Fast	kuài	queue eye
Fever	fāshāo	far show
Fire	huǒzǎi	hwores eye
Fish	yú	eeyou
Flower	huā	who ar
Forget (I forget)	wǒ wàng le	war wung la
Fork	chāzi	char zer
Fresh	xīnxiān	shin shee arn
Fruit	shuǐguǒ	shooi gwor
Fruit Juice	guǒzhī	gwor jer
Funny	hǎoxiào	how shee ow
<b>G.</b>		
Genuine	zhēnde	jern der
Glass	bēizi	bay der
Good	hǎo	how
Green	lǜse	loorsa

ENGLISH	PINYIN	PHONETIC
H.		
Hair	tóufa	tal far
Hairbrush	fàshuā	far shoo are
Hairdresser	lǐfàdiàn lēe	far deearn
Handbag	shǒutíbāo	shoo tee bough
Happy	gāoxìng	gow shing
Hard (not soft)	yìng	eing
Headache	tóuténg	too turn
Heater	qǔnuǎnqì	choo non chee
Heavy	zhòng	jong
Help!	Jiùmìng!	Gee oo meeng
Honey	fēngmì	fern g me
Hot	rè	r (rolled r)
Hot water	rèshuǐ	r (rolled r) shway
Husband	zhàngfu	jung foo
I.		
Ice	bīng	beeng
Ice cream	bīngqǐlín	beengkeeleen
Incorrect	búduì	boo dooe
Indigestion	xiǎohuàbùliáng	show har boo leeang
Insect repellent	chúchóngjì	choo choong gee
J.		
Jacket	duǎnshàngyī	dooarn sharn gyee
Jade	yù	eeyoo
Jam	guāojiàng	gwo gee arng
Jasmine Tea	molihuacha	mall eehooacha
Juice	zhī	jee
K.		
Key	yàoshi	yow she
Knife	dāozǐ	dowsi
L.		
Lamb (meat)	yáng ròu	yarn growl
Lamp	diàndēng	deearn dung
Leader	lǐngdǎo	leeng dow
Leather	pígé	pee ger
Lemon	níngméng	neeng merng
Lipstick	kǒuhóng	cow hong
Litre	shēng	shung
Lose	diū	dee oo
Loud	chǎo	chow
Lunch	zhōngfàn	jarngfarn

ENGLISH	PINYIN	PHONETIC
M.		
Magazine	zázhì	sarjee
Mail	jì	gee
Manager	jīnglǐ	jeenglee
Married	yīhūn	yee hoon
Meat	zòu	sow
Melon	guā	gooa
Menu	càidān	sigh darn
Milk	niú nǎi	new nigh
Mineral water	kuàngquánshuǐ	kooarn charn shway
Music	yīnyuè	yeen yooer
My	wǒde	war der
N.		
Name	xīngmíng	sheeng meeng
(to) Need	xūyào	shoo yow
Newspaper	bàozhǐ	bowjee
No	bù	boo
None	wúyí	woo yee
Noodles	miàntiáo	meearnteeow
Notebook	bìjìběn	beegee bun
O.		
Okay	hǎo	how
Old (thing)	jiù	geeoo
Orange (fruit)	júzi	joosee
Orange juice	júzhī	jooseejee
Overcoat	dàyī	daryee
P.		
Padlock	guàsuǒ	gwo swar
Pain	tèngtóng	tung toong
Paper (writing)	xīnzhǐ	sheenjee
Passport	hùzhào	hoojow
Pastry	gāodiǎn	gowdeearn
Pastry shop	gāodiǎnpù	gowdeearnpoo
Peach	táozǐ	t ow dsee
Pen	bǐ	bee
Photo	zhàopiàn	jowpeearn
Pillow	zhěntóu	jernt ow
Plate	pánzi	parn dsee
Police	jǐngchá	jeeng char
Police station	pàichūsuǒ	pie chew swar
Post office	yóujú	yow joo
Problem	wèntí	wern tee
Pure	chúnde	choonder

ENGLISH	PINYIN	PHONETIC
<b>Q.</b>		
Quick	kuài	koo eye
Quiet	ānjing	arn jeeng
<b>R.</b>		
Raining (its)	xià yǔ le	she ar you ler
Razor	tìdāo	tee dow
Razor blades	tìdāo piàn	tee dow pee arn
Receipt	shōujù	show joo
Red	hóng sè	horn sir
Repair	xiū	she oo
Restaurant	fānguǎn	fung ooarn
Room	fángjiān	fung jeearn
Room number	fángjiān hàomǎ	fung jeearn howma
<b>S.</b>		
Safety pin	biézhēn	beerjern
Same	yíyàng	yee yung
Scrambled egg	chǎojiǎn	chow ji dun
Shampoo	xífǎjī	shee fajee
Shirt	chènshān	chun sharn
Shoe	xié	sheer
Silk	sīchóu	seeshow
Sorry	duìbuqǐ	doy berchee
Spicy	là	lar
Spoon	sháozi	shower zer
Sugar	táng	tung
<b>T.</b>		
Tailor	cáiféngdiàn	ky fung deearn
Tea	chá	char
Telephone	diànhuà	dee arn hoo ar
That	nèige	ner ger
Thirsty	kǒukě	cow cur
This	zhèige	jer ger
Time	shíjiān	shee jeearn
Toast	kǎomianbāo	cow meearn bow
Today	jīntiān	jeen tee arn
Toilet	cèsuǒ	ser swore
Tomorrow	míngtiān	meeng tee arn
Too expensive	tài guì le	tie gwee ler
Too much	tài duō le	tie door ler
Toothbrush	yáshuā	yar shoo ar
Toothpaste	yágāo	yar gow
Towel	máojīn	mow jeen
<b>U.</b>		
Umbrella	yǔsǎn	yoo san

ENGLISH	PINYIN	PHONETIC
<b>V.</b>		
Vegetarian (I am a)	wǒ chī sù	war chee soo
Vinegar	cù	tsoo
Vitamins	wéishēngsù	wee shung soo
<b>W.</b>		
Waiter	fúwùyuán	fwoo yuarn
Want	yào	yow
Warm	nuǎnhuo	nooarn hall
Wash	xǐ	shee
Water	shuǐ	shway
Watermelon	xīguā	shee gwor
Wet	shī	sher
White	báisè	buysher
Write	xiě	sha
Writing paper	xìnzhi	sheen jer
<b>Y.</b>		
Yellow	huángsè	hoo arn sir
Yes	duì	doer
Yogurt	suānnǎi	soo are nigh
<b>Z.</b>		
Zoo	dòngwùyuán	dornng woo yooarn

**LAST UPDATED:** March 2011

## NOTES

We hope that these few words and phrases will help you when communicating with the locals. We have added space below for you to add additional words and phrases.

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