

# CHINA

YOUR TRAVEL GUIDE  
AND PHRASEBOOK





## CONTENTS

Your China Holiday with Wendy Wu Tours	4
Joining Your Tour	6
Whilst on Tour	6
Tipping	7
Optional Extras	7
Eating in China	8
Transport	10
Accommodation	12
Electricity	14
Luggage	14
Suggested Packing List	14
Money	17
Shopping	17
Customs & Duty Free	18
Internet restrictions & eSIM's	18
Time Difference	19
Insurance	19
Safety & Security	19
Travel Health	20
Responsible Travel	22
Sustainable Travel Tips	22
Reading List	23
Customer Health & Safety Information	24
Climate Chart	28
Chinese Phrase book	32

## YOUR CHINA HOLIDAY WITH WENDY WU TOURS

China is home to amazing sights and wonders of the world. To explore the Forbidden City, walk on the Great Wall, sail the Yangtze River, see Giant Pandas or stand face-to-face with the Terracotta Warriors is the fulfilment of a lifelong dream. Yet, these fascinating experiences could be just the start of an amazing journey across one of the world's largest countries and beyond to Japan, Mongolia, Nepal, Uzbekistan, Kyrgyzstan and Vietnam. Expect lands of contrast, unique and compelling landscapes, incredible history, heritage and culture – all quite unlike anything you might have imagined.

Your Wendy Wu Tours experience begins before you travel and we are there every step of the way until you return home. Our customers are our priority, and we will do all we can to ensure your holiday is one to remember.

This 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.



Your **Detailed Itinerary** provides a comprehensive description of almost everything to expect 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.

### MORE ABOUT YOUR HOLIDAY

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.

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.

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.

**Our tours feature a physical rating graded from level 1 to level 5 to help you select the right holiday for you and is shown on the tour page of our brochure, on our website and in the Detailed Itinerary. For more information on the more active aspects of our tours, please refer to your Detailed Itinerary.**

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.

## JOINING YOUR TOUR

**Check-in Information:** With most airlines you can check in online 24 hours prior to departure. Make sure you have your passport information and airline reference number handy. Your airline reference number can be found on your e-ticket receipt. You will be able to select your seats and you must print your boarding pass. At the airport, go to the bag-drop area of your airline to check your luggage in. Please note that some airlines will allow you to pre-book seats more than 24 hours in advance but will usually charge a fee to do this which needs to be paid to the airline directly by phone or via their website. Please refer to your airlines website for further information. We recommend you arrive at the airport 3 hours prior to departure, even if you have checked in; this is due to the increased security measures now in place at all airports.

If you are unable to check-in online, we again recommend you arrive at the airport 3 hours prior to departure and you may either use one of the available check-in desks or use the self-service kiosks and take your luggage to the 'drop-off' area.

**Baggage Information:** We request that you do not exceed 20kgs of checked baggage on your international flights as many of the domestic airlines within China have a luggage allowance of only 20kgs. As a guide, your main baggage should not exceed the following dimensions: 90cm x 75cm x 43cm (35.5ins x 29.5ins x 16ins), including the handle, pockets and wheels. Your cabin baggage should not exceed 55cm x 40cm x 20cm (22ins x 16in x 8ins) and have a maximum weight of 5kgs. For further information please refer to your airlines website.

**Terminal Information:** This is shown on your e-ticket. On arrival in China, you will be met by your National Escort or Local Guide at the arrivals exit.

## WHILST ON TOUR

Every location on the itinerary will be visited with entrance fees to the main areas included, although the order may change depending on weather, traffic, last minute alterations or other conditions. If you wish to visit places that are not included in the itinerary, you may do so at your own cost. Please check in advance with your National Escort/Local Guide. After a day's sightseeing, you may sometimes be taken directly to dinner rather than have the opportunity to go back to the hotel to shower and rest first. Whilst out sightseeing, western toilets are difficult to find in remote areas.

## QUEUING FOR MAJOR ATTRACTIONS

Be prepared for 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, Shanghai, Chengdu, Lijiang, Kunming, Hangzhou and Nine Villages Valley. Your National Escort/Local Guides will queue for your entrance tickets but you may still need to wait to get into some attractions.

## PUBLIC HOLIDAYS & FESTIVALS

China has several festival celebrations throughout the year which are public holidays. The most significant of these public holidays typically occur in the first week of May and the first week of October. During this time, various sites and attractions will be more crowded than usual.

## 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. 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 Chinese RMB in China, HKD in Hong Kong and USD in other destinations) 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 and invoice will specify the exact tipping amount for your group. The tipping kitty will cover local guides and drivers in each city/province, local and/or site guides and your National Escort. For independent passengers, or group passengers with pre/post tour arrangements, you should allow the equivalent of £5-10 per person, per day.

## OPTIONAL EXTRAS

A number of optional extra excursions/activities may be offered by your National Escort/Local Guide whilst on tour, time permitting. These can range from RMB100-RMB600 (£10-£60) per person and involve experiences such as Kung Fu show in Beijing or a ride on the Maglev Train in Shanghai.



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. Our philosophy is that these optional extras are only offered when there is sufficient time available, and they should never compromise the standard sightseeing. It is for this reason that it is difficult to pre-plan the optional extras because they depend on the time available.

## EATING IN CHINA

The cost of all meals is included in our Classic Group tours. For our Go Beyond, Tailormade and Private tours, meal inclusions are listed in the Detailed Itinerary.

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' for everyone to share so you can experience the variety of speciality dishes. In China all the dishes are served in various styles and brought out to the table. The amount served is more than ample for the whole group. We aim to cater to the tastes of the majority of people and so the food is not too spicy or unusual in taste.

If you would like to drink beer, wine or soft drinks with your meals, payment is to be made directly to the restaurant staff. Beer is traditionally consumed in small glasses; not the larger pints glasses that you may be used to. Green tea is sometimes provided complimentary. All other drinks will be at your own expense.

Each individual place setting will consist of a bowl of *fan* (rice), a pair of chopsticks (you may request western cutlery if you prefer), a flat bottomed soup spoon and a saucer. Chinese food is usually served in courses where a typical meal will consist of rice, one to four meat or fish dishes, two vegetable dishes and one soup dish. Almost all food is cut into bite sized pieces. The centre of the meal is the *fan* or rice. The meats and vegetables that we think of as the focus of the meal are known as *ts'ai*, which roughly translates as 'side dishes'. Fish is not always available, particularly outside of the bigger cities. The Chinese are also not big on desserts instead meals are normally complemented with fruit to clean and refresh the palate.

Sichuan cuisine is distinguished by its use of ginger, chilli and the 'Sichuan peppercorn' called the *fagara*. Each meal will usually have some mild dishes but many of the local speciality dishes will be hot. If your group finds there are not enough mild dishes served, please inform your National Escort/Local Guide so that they may resolve the problem for the next meal.

If you have booked a tour that does not include all meals, your local guides will be able to recommend a variety of restaurants to meet your taste and budget.

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 requirements MUST be specified 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, however this cannot be guaranteed.

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 would choose not to eat it. In these cases, patience and understanding will go a long way.

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.

Gluten free diets are not well-known in China, which makes it something of a challenge to avoid wheat-containing ingredients which are common in Chinese cooking. It is possible to avoid foods that contain gluten if you are vigilant. If travelling on a group tour, your National Escort/Local Guide will help you with this.

Although taken seriously, food allergies are much less common, and therefore less understood in China. Therefore, you are likely to need to explain quite clearly what you cannot eat. For those who do not have all meals included and will be without the help of the National Escort on some occasions, there are plenty of resources online that will help you find the correct wording for your allergy in Mandarin Chinese, so printing out little flash cards with these phrases on could come in very handy.

Please be aware that on some days where a lot of sights are covered, dinner times may be early (around 6pm) and your tour group may head directly to the restaurant after sightseeing.

## 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 always subject to change. Please ensure that all valuables and any medication you may need for the rest of the day are taken on board with you. The luggage limit is 20kg per passenger and all seats are economy class. Airlines 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 these will be handled by your National Escort/Local Guide and given to each passenger just prior to their flight.

### Coaches

Our coaches are comfortable, air-conditioned vehicles. Please note – in many parts of the world, seatbelts are not compulsory by law and local people largely choose not to wear them. Where available we recommend seat belts should be worn at all times while travelling.

Some places we travel to, e.g. parts of Sichuan Province, Yunnan, Tibet & Mongolia are quite remote. The coaches used in these areas are not the latest models but the best available in these areas.

### Day trains

A 2nd-class soft seat is booked for the day train journeys including bullet trains and high speed trains. There is limited space for storing luggage. While our guides are there to assist, you will need to load and unload your own luggage on and off the train. Day trains only stop for several minutes at each stop, so you must be ready to leave the train when your guide instructs.

### 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 is air-conditioned, with four beds which are fixed in place. There is room for passengers to sit on the lower berths. 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. We regret that it is not possible to arrange private train cabins. 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.

**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 the next day, a tracksuit or similar outfit to sleep in and toilet paper, as the train supply tends to run out.

**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.

### National Park Transportation

In certain National Parks, 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.

### Yangtze River Cruise

If your tour includes a Yangtze River Cruise, please note that this section of your itinerary is always 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. All cabins are on a standard twin bed basis and are equipped with air conditioning, private western facilities, television and telephone. However, there is no coffee shop or swimming pool on any of the boats.

**Accessibility:** Steep riverbanks, which make this scenery spectacular, also make some shore excursions 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 without 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. If you are taking one of our Private Tours, shore excursions taken whilst on your Yangtze Cruise will be operated on a shared basis, with the rest of the cruise passengers (who may not be Wendy Wu passengers).

If you do not wish to join a shore excursion but wish to leave the cruise ship, you will need to pay a mandatory port tax.

## **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.

## **ACCOMMODATION**

### **Hotels**

Group tour hotels are generally of three-four star local standard. Rooms feature heating/air-conditioning, television, telephone and en-suite bathroom. Some hotels, especially those in regional areas may have hot water restrictions, operating for a few hours at a time, usually in the morning/evenings. Hotels in China are bound by Government laws which mean that air conditioning is switched on nationally in May and central heating is switched

on in November. 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. Triple rooms in China consist of a normal-sized twin room with a rollaway bed, meaning space is very limited. This is not something we would recommend for three adults.

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 around 12 midday and check-in time is around 2pm. Remember that on the days when you are travelling between cities, 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. At many hotels, the reception staff speak very little English. If you require help, please contact your National Escort/Local Guide.

In China and countries in Asia, you may be approached by 'ladies of the night' trying to procure business. A polite 'no thank you' and 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**

Worldwide star ratings identify the standard of quality for hotels, however not all star rating 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 high standards of quality and safety are maintained.

Hotels in remote areas such as Kashgar, are occasionally forcibly re-booked by government officials and are subject to last minute change. Sections of the Xinjiang-Tibet Highway and the Yunnan-Tibet Highway are without any two or three-star accommodation.

## 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, or the Australian three-pin plug. You can buy adaptors, also known as conversion plugs, from hardware, department and duty free stores.



In remote areas of China and Tibet, the electricity supply is unreliable. 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.

## 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.

For information on luggage restrictions please visit our website [www.wendywutours.co.uk/help-and-visas/holiday-faqs/baggage-transportation-rules-of-airlines-and-trains-in-china/](http://www.wendywutours.co.uk/help-and-visas/holiday-faqs/baggage-transportation-rules-of-airlines-and-trains-in-china/)

## SUGGESTED PACKING LIST

We recommend that you check the weather forecast prior to your departure so that you can pack accordingly. We have included a temperature chart on page 28-31 of this travel guide for your reference.

**Winter** – January and February fall in the middle and end of winter in China. In northern and eastern China, the weather is cool and dry with occasional days at freezing temperatures. The Yangtze and southern regions have milder temperatures but as

it is more humid here, cold days can feel quite damp. During the winter months you will need to bring layers of warm clothes, as well as water/windproof clothing for the possible freezing conditions.

**Spring** in northern and eastern China is traditionally marked by cool, comfortable weather with lower rainfall, while the Yangtze and southern regions still experience mild temperatures with higher humidity.

**Summer** in northern and eastern China experiences warm weather and strong sun, while the Yangtze and southern regions will have higher humidity levels.

**Autumn** in northern and eastern China experiences warm weather but temperatures definitely get cooler towards the end of the year. By mid-October there are occasional days at freezing temperatures. The Yangtze and southern regions have milder temperatures for longer but can have damp, cool days. During these months you will need to bring clothing suitable for sun exposure and mild temperatures, as well as water/windproof clothing for the possible freezing conditions. Loose fitting, lightweight cotton materials are the most comfortable for humid and warm conditions.

**If you are travelling to the Sichuan Province:** Much of the southern regions have a sub-tropical climate, while the mountains of Sichuan (such as the Nine Villages Valley or Mt. Huang) experience cooler temperatures and higher rainfall.

**If you are travelling to Tibet:** The Tibetan plateau experiences a greater range of temperatures than the other regions of China. No matter what time of year, or how warm the average temperature is, sudden and unpredictable drops in temperature, snow or storms can hit on the mountain passes. The sun is also much stronger at high altitude so you will get sunburnt much more quickly.

**If you are travelling on the Silk Road Explorer:** You will be travelling over a vast distance, from temperate areas near the east coast to high mountains and desert; you need to consider your packing carefully. Northwest China has a desert climate – with higher temperatures that drop at night-time. The hottest places are Turpan and Kashgar, which can reach the high 30°C during the day. Xiahe is located at an altitude of 3,100ms, high in the mountains and can be cold and damp at any time of year. At the warmest time of year (August) temperatures can reach 20°C but can drop to 5°C in the evening. You will need some warm and waterproof/windproof clothing for the two days in Xiahe.



**Dress code** – throughout all Wendy Wu tours is casual; however, it is important that all passengers dress respectfully when visiting temples. Smart-casual clothes are highly recommended for evening banquets and shows.

**Example packing list:**

- Travel documents and passport – including a photocopies. Keep one photocopy at home and take another photocopy on your trip with you
- Main luggage and luggage padlocks
- 'Day bag' – a smaller bag to carry with you during the day
- Money belt to carry passport, cash, credit cards, airline tickets, etc
- Shirts or long-sleeved tops of light cotton material
- A water/windproof jacket
- Light jumpers or thermals are great for layering
- Walking shoes and socks – it is important to have sturdy and comfortable shoes for sightseeing every day
- Sun protection – hat, sunscreen and lip balm
- Personal medical kit
- Antibacterial wipes – or hand sanitiser
- Tracksuit/similar outfit of soft material is recommended for the overnight train journeys
- A 'modesty shawl' or sarong to wear in Muslim or conservative areas (for women)
- Torch and spare batteries
- Conversion plug and necessary chargers
- Toilet paper – not all public toilets will provide this
- Snacks – tea bags/coffee, milk powder or sachets, instant soups or noodles, or anything you can't go without!
- Camera and spare memory card



## MONEY

**Spending Money and payment apps** When travelling, it's best to have multiple payment options - cash, a credit/debit card, and a mobile payment app, for flexibility and security.

For important information for paying in China, please scan the QR codes below, or visit our China Travel Tips page:

[www.wendywutours.co.uk/help-and-visas/china-travel-tips](http://www.wendywutours.co.uk/help-and-visas/china-travel-tips)

### Paying in China



## SHOPPING

Shopping can be a fun and entertaining component to any travel adventure, and China has a vast array of shopping opportunities for those who love to seek out a bargain. From hand carved jade to local silk products or pearls from the South China Sea – the variety and choice can seem endless.

In keeping with most people's interests whilst on holiday, your tour will include a reasonable number of opportunities to shop for local goods and souvenirs. We have included visits to establishments that not only provide an opportunity to purchase a locally produced, great-value souvenir; but you'll witness first-hand how these local products are made, their history and how they support the local economy. We endeavour to ensure the shops you visit have a reputation for quality, honesty and authenticity – we do our best to ensure that you don't get ripped off. Most establishments will also feature a place where you can buy refreshments and take a break.

Wendy Wu Tours, our staff, National Escorts 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 item's value, authenticity, as well as the risk and process of credit card purchase and/or shipping

Please note, although some large items may include shipping to the UK with the cost, UK customs, handling, import & VAT charges may be passed on to you once the item has reached the UK. It is your responsibility to ensure that these costs are covered. Delivery to your home in the UK from the shipping port may not be included.

It is recommended that you double check any items purchased before leaving the store (the item and any credit card receipts) and if you are having a large item shipped, make sure you take a photo of your purchase and the contact details of the store. We encourage all passengers to enjoy their local shopping expeditions but to take care and buy wisely.

We cannot assist in returning or refunding goods in any circumstances, including purchases made at shops or factories which you may visit as part of your tour with us.

### 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 tourist shops or department stores, where prices are set.

### CUSTOMS & DUTY FREE

Before you travel, please check the latest entry and exit customs requirements here: [www.gov.uk/foreign-travel-advice/china/](http://www.gov.uk/foreign-travel-advice/china/)

### INTERNET RESTRICTIONS & ESIM'S

In China, apps such as Google, Gmail, Facebook, and WhatsApp are blocked due to government internet restrictions. To access these services, many travellers choose to download an eSIM.

For more detailed information on internet access & eSIM's, please scan the QR codes below, or visit our China Travel Tips page: [www.wendywutours.co.uk/help-and-visas/china-travel-tips/](http://www.wendywutours.co.uk/help-and-visas/china-travel-tips/)

#### Accessing the internet in China



#### How to download an Airalo E-Sim



### TIME DIFFERENCE

China is 8 hours ahead of the UK during winter and 7 hours ahead of the UK during summer.

### INSURANCE

It is a condition of booking a holiday with us that all travellers take out comprehensive travel insurance. Please ensure you have the appropriate cover for your holiday as overseas medical costs are expensive. **It is essential you inform your insurance company of all pre-existing conditions. Any undeclared conditions could invalidate your policy.** Please inform our office of your relevant policy number 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.

All travel insurance providers require you to contact them as soon as possible in the unlikely event that you need medical treatment, hospitalisation or change travel plans, 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. Wendy Wu Tours can help you to purchase travel insurance.

### 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. Wearing a money belt under your clothing is strongly recommended.

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. 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

As in any country, it pays to be vigilant. One example of a common 'swapping scam' is 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.

TRAVEL ADVICE

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

TRAVEL HEALTH

A health certificate is not required for entry into China.

Visit a doctor before travelling

We strongly recommend that you see a doctor for the latest health advice 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.gov.uk/foreign-travel-advice](http://www.gov.uk/foreign-travel-advice) before you travel.

	Recommended
China	Hepatitis A; Hepatitis B; Rabies; Tetanus; Tick-borne Encephalitis; Typhoid.
Hong Kong	Hepatitis A; Hepatitis B; Tetanus.

*This information is given as a guide only and no responsibility can be taken for any errors or omissions. Source: [www.fitfortravel.nhs.uk](http://www.fitfortravel.nhs.uk). Always seek your doctor's advice.*

Drinking Water

We strongly recommend you do not drink the tap water and avoid 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. Always ensure that the seal is unbroken.

Toilets

Toilet facilities are basic throughout China and 'squat' toilets are very common in public places. Toilet paper is rarely supplied so 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. Your Detailed Itinerary will list altitudes reached each day where necessary. Please refer to this information to ensure 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.

PERSONAL MEDICAL KIT

Take all pharmaceutical products that you may require with you on your tour; do not rely on being able to purchase these during your holiday. While there are pharmacies throughout China, 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)
- ✓ Headache tablets
- ✓ Anti-diarrhoea tablets
- ✓ Cold and flu tablets
- ✓ Travel sickness tablets
- ✓ Lozenges
- ✓ Insect repellent and bite/sting relief
- ✓ 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.*

## TRAVEL WITH CONSIDERATION

Tourism can impact the natural, economic and social environment. At Wendy Wu Tours we are committed to addressing this impact wherever possible without compromising our customers' experience.

### 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.

### Taking Photos

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. Cameras are not allowed in some sightseeing spots, particularly temples and government buildings.

### Dress Appropriately

The Chinese dress conservatively in more rural areas. Full length cotton trousers or shorts that cover the knees are acceptable and for women, skirts or trousers that reach below the knee are ideal, worn with tops that cover the shoulders.

In certain areas in China, the majority of the population is Muslim. Female passengers are advised to 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. Your guide will be able to advise you where and when this may be appropriate.

## SUSTAINABLE TRAVEL TIPS

Travel is one of life's great joys and we can all explore the world in a way that's kinder to the planet and the places we visit. These simple tips can help you reduce environmental impact and support local communities we visit.

- Packing only what you need will make your travels more comfortable and help reduce CO<sub>2</sub> emissions.  
*Bringing 1kg of extra luggage on an 8-hour flight creates about as much CO<sub>2</sub> as using an electric heater at home for 5 hours*
- If you have a refillable drink bottle and a tote/calico shopping bag, these two simple items can help you avoid single-use plastic while you travel
- Turning off lights and air-conditioning when leaving your hotel rooms can cut around 5kg of CO<sub>2</sub> each day, about the same as driving 30km. Not bad for a 2-second habit!

- When out enjoying nature on your travels, stick to marked paths for your safety and it'll also help protect delicate ecosystems
- Whenever you get the chance, consider buying souvenirs directly from local artisans and small local businesses – it helps keep communities thriving
- Visiting a place of spiritual or religious significance? Covering your shoulders and knees is respectful, even if it's hot. When in doubt, ask your National Escort

Remember, travelling purposefully isn't about being perfect – it's about making better choices one step at a time. Enjoy your travels!

## 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
- Letters from Hankow; The Chinese Revolution of 1911 – The Eyewitness account of Laura Beckingsale – Compiled by Tony Beckingsale
- 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
- 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

## CUSTOMER HEALTH & SAFETY INFORMATION

### We Care

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 and/or Local Guide.

### Flight Safety

- Do not place flammable liquids, lighters, matches, gasses or aerosols in your suitcase
- Always carry medication in your hand luggage
- Keep your passport safe and have a photocopy with you just in case
- Pay attention and follow any in flight safety information
- To avoid DVT, drink plenty of water and follow simple exercises or occasionally move around the cabin

### Transport Safety

- In vehicles always wear a seat belt
- In minibuses, never place luggage in the aisles or footwells
- Ensure you know where your nearest emergency exit is.
- Check the location of the fire extinguisher, first aid kit and break glass hammer
- Follow any safety instructions provided by your driver/guide

### Road Safety

- Traffic in most Asian countries travels on the opposite side of the road to the UK. Ensure you look both ways before crossing the road
- In many countries vehicles do not automatically stop at crossings
- Often paving can be uneven and loose with kerbs higher than in the UK. Please take more care whilst walking around cities and resort areas
- Car Hire is not recommended in most areas
- Crash Helmets are often not provided with mopeds and motorbikes – we do not recommend you hire these vehicles

### Fire Safety

- Ensure you know the location of your nearest fire exit
- Check the location of the nearest fire extinguisher
- Study the fire instructions in your room
- Identify how to raise the alarm if a fire occurs
- Do not smoke in bed – many rooms are non smoking

- If a fire occurs, leave immediately, do not stop to collect your belongings
- Proceed to an assembly point well away from the building

### Glass Safety

- Glass doors and windows may not be toughened glass
- Take care in bright sunlight, it may not be obvious doors/windows are closed
- Check to see if anti-collision stickers are in place at adult and child height

### Balcony Safety

- Never lean over, sit or climb on the balcony
- Families with small children should request ground floor rooms whenever possible
- Do not climb or stand on balcony furniture
- Keep all balcony furniture away from the wall/railings

### Pool Safety

- Familiarise yourself with the pool and its layout, deep and shallow ends
- Make note of the depth markings and any hazards
- Most pools do not have life guards, so please take care
- Shower before entering the pool
- Do not swim if suffering from an upset stomach
- Observe pool rules and information signs at all times
- Do not swim at night, even if it is lit
- Do not swim immediately after a meal or when drinking alcohol
- Pool surrounds can be slippery, don't run around them
- Observe 'No Diving' signs at all times
- Never jump or dive from raised pool features
- In the event of an emergency ensure you know how to raise help

### Food Safety

In order to avoid the possibility of stomach upsets

- Ensure that you wash your hands prior to eating, especially after a day of sightseeing
- Make sure your food has been thoroughly cooked
- Hot food should be hot, cold food should be cold
- Avoid any uncooked food, except fruit and vegetables, (notably those you can peel or shell yourself)
- Always drink bottled water and ensure the seal is intact when purchasing
- Use boiled or bottled water for brushing your teeth
- Avoid ice in drinks as this is generally made from unsafe tap water
- Avoid purchasing food from street vendors, we cannot vouch for the health and safety of the food and drinks they provide



### Personal Safety

- Avoid walking in poorly lit areas
- Be aware, stay away from situations where you do not feel comfortable
- Avoid carrying too much money and/or valuables
- Use of a money belt is encouraged at all times
- Ensure your room is left secure when you go out
- Place all valuables in a safety deposit box, where available, or with reception (use of these are often a condition of your insurance policy)
- Never leave windows or balcony doors open
- Ensure your main luggage can be locked when left unattended in rooms, carriages, luggage rooms etc.
- Do not take any valuable jewellery on holiday with you

### Sun Care

- Ensure you have adequate protection for your type of skin, high factor sunscreens should be utilised initially
- Re-apply sunscreen frequently
- Stay out of the sun during the hottest time of the day
- Drink plenty of water to avoid dehydration
- At the first sign of burning, cover up and get out of the sun
- Beware, you can still burn, dehydrate and get sunstroke in the shade or in the water
- Take a sunhat, sunglasses and lip balm

### Insurance

- Ensure you have appropriate insurance for your holiday and that it covers any activity you intend to undertake
- If participating in any high risk activity, appraise yourself of the safety standards being operated by the supplier
- Avoid purchasing activities or excursions from anyone not connected to Wendy Wu Tours, they often lack public liability insurance and have unchecked safety standards
- Any accident or injury should be reported immediately to the National Escort/Local Guide or Tour Guide and a report obtained

### Altitude Sickness

- High altitudes on some tours can affect customers. Please see your Detailed Itinerary, which will indicate if altitude is relevant to your tour
- AMS (Acute Mountain Sickness) can affect people at altitudes above 3,000m
- Symptoms include dizziness, fatigue, nausea, loss of appetite, breathlessness or headache
- Symptoms usually develop in the first 36hrs and not immediately on arrival
- The symptoms can affect people of all ages & level of fitness

- Symptoms will usually subside on their own after 24/48hrs, if they persist you should consult a doctor
- Drink lots of water and/or non-alcoholic, non-caffeinated drinks
- Avoid any exertion over 3,000m
- Our overnight accommodation is generally 100m below the highest level reached in the day, another effective method for combating AMS

### Online Information

- For the latest Health & Safety information for travellers visit [www.gov.uk/foreign-travel-advice/china/safety-and-security](http://www.gov.uk/foreign-travel-advice/china/safety-and-security)



CLIMATE

We recommend you 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.

	Ave. Temp °C min /max	Ave. Humidity	Ave. Rain mm
JANUARY			
BEIJING	-10 / 1	LOW	4
CHENGDU	3 / 11	HIGH	10
CHONGQING	5 / 12	MED	20
GUILIN	5 / 12	MED	50
SHANGHAI	1 / 8	MED	48
KUNMING	1 / 14	LOW	15
LIJIANG	5 / 17	LOW	9
TAIYUAN	-14 / 2	LOW	<5
XIAN	-4 / 5	LOW	5
ZHONGDIAN	-1 / 12	LOW	0.3
FEBRUARY			
BEIJING	-8 / 4	LOW	5
CHENGDU	4 / 11	HIGH	15
CHONGQING	7 / 13	HIGH	25
GUILIN	7 / 13	MED	90
SHANGHAI	1 / 8	MED	58
KUNMING	3 / 17	LOW	15
LIJIANG	5 / 20	LOW	7
TAIYUAN	-10 / 4	LOW	<5
XIAN	-3 / 7	LOW	15
ZHONGDIAN	2 / 13	LOW	0.3
MARCH			
BEIJING	-1 / 11	LOW	8
CHENGDU	8 / 16	MED	25
CHONGQING	10 / 19	HIGH	45
GUILIN	11 / 17	MED	125
SHANGHAI	4 / 13	HIGH	84
KUNMING	6 / 20	MED	20
LIJIANG	8 / 24	MED	15
TAIYUAN	-4 / 10	MED	15
XIAN	2 / 14	LOW	30
ZHONGDIAN	3 / 16	LOW	1.3
NINE VILLAGES	-2 / 14	MED	5
MT. HUANG	-1 / 6	MED	180
XIAHE	-5 / 11	LOW	20

	Ave. Temp °C min /max	Ave. Humidity	Ave. Rain mm
APRIL			
BEIJING	7 / 19	MED	26
CHENGDU	12 / 21	MED	47
CHONGQING	15 / 22	HIGH	102
GUILIN	16 / 22	HIGH	263
SHANGHAI	10 / 18	HIGH	102
KUNMING	9 / 23	MED	27
LIJIANG	11 / 25	MED	30
TAIYUAN	5 / 19	LOW	24
XIAN	8 / 20	LOW	50
ZHONGDIAN	8 / 18	LOW	1.8
NINE VILLAGES	6 / 20	MED	15
MT. HUANG	5 / 11	HIGH	230
LHASA	7 / 18	MED	25
SHIGATSE	2 / 16	LOW	22
XIAHE	1 / 11	LOW	20
MAY			
BEIJING	13 / 27	MED	29
CHENGDU	17 / 26	HIGH	87
CHONGQING	19 / 26	HIGH	159
GUILIN	20 / 27	HIGH	334
SHANGHAI	15 / 23	HIGH	115
KUNMING	13 / 25	MED	91
LIJIANG	7 / 17	MED	22
TAIYUAN	10 / 25	MED	35
XIAN	13 / 25	MED	65
ZHONGDIAN	11 / 22	MED	5.8
NINE VILLAGES	11 / 25	HIGH	30
MT. HUANG	9 / 15	HIGH	270
LHASA	7 / 21	MED	25
SHIGATSE	2 / 16	LOW	22
XIAHE	5 / 21	MED	40
JUNE			
BEIJING	18 / 30	HIGH	71
CHENGDU	20 / 27	HIGH	103
CHONGQING	21 / 28	HIGH	166
GUILIN	23 / 30	HIGH	320
SHANGHAI	20 / 27	HIGH	152
KUNMING	16 / 23	HIGH	173
LIJIANG	16 / 25	MED	185
TAIYUAN	14 / 28	MED	55
XIAN	18 / 31	MED	51
ZHONGDIAN	15 / 22	MED	17
XIAHE	8 / 24	MED	50

	Ave. Temp °C min / max	Ave. Humidity	Ave. Rain mm
JULY			
BEIJING	21 / 31	HIGH	176
CHENGDU	22 / 29	HIGH	231
CHONGQING	24 / 32	HIGH	171
GUILIN	24 / 32	HIGH	206
SHANGHAI	24 / 31	HIGH	128
KUNMING	16 / 23	HIGH	204
LIJIANG	17 / 26	HIGH	213
TAIYUAN	18 / 29	MED	120
XIAN	21 / 32	HIGH	93
ZHONGDIAN	15 / 22	MED	24
XIAHE	11 / 26	HIGH	80
AUGUST			
BEIJING	20 / 29	HIGH	182
CHENGDU	21 / 29	HIGH	231
CHONGQING	24 / 32	HIGH	138
GUILIN	24 / 33	HIGH	168
SHANGHAI	24 / 31	HIGH	133
KUNMING	15 / 23	HIGH	205
LIJIANG	17 / 28	HIGH	180
TAIYUAN	16 / 27	HIGH	94
XIAN	20 / 31	HIGH	67
ZHONGDIAN	14 / 22	MED	21
NINE VILLAGES	19 / 28	HIGH	220
MT. HUANG	15 / 20	HIGH	300
LHASA	9 / 21	HIGH	122
SHIGATSE	9 / 21	MED	134
XIAHE	10 / 20	HIGH	80
SEPTEMBER			
BEIJING	14 / 25	MED	49
CHENGDU	18 / 26	HIGH	132
CHONGQING	20 / 26	HIGH	149
GUILIN	21 / 30	HIGH	72
SHANGHAI	20 / 27	HIGH	156
KUNMING	14 / 22	HIGH	121
LIJIANG	15 / 23	HIGH	155
TAIYUAN	10 / 23	MED	64
XIAN	15 / 24	MED	108
ZHONGDIAN	12 / 19	MED	15
NINE VILLAGES	18 / 28	MED	97
MT. HUANG	11 / 17	HIGH	180
LHASA	19 / 29	HIGH	180
SHIGATSE	7 / 20	MED	50
XIAHE	6 / 25	MED	80

	Ave. Temp °C min / max	Ave. Humidity	Ave. Rain mm
OCTOBER			
BEIJING	7 / 19	MED	19
CHENGDU	14 / 20	HIGH	39
CHONGQING	16 / 21	HIGH	96
GUILIN	17 / 25	MED	93
SHANGHAI	14 / 22	HIGH	61
KUNMING	11 / 20	MED	88
LIJIANG	12 / 21	MED	80
TAIYUAN	4 / 17	MED	29
XIAN	9 / 19	MED	66
ZHONGDIAN	8 / 18	MED	70
NINE VILLAGES	12 / 18	HIGH	20
MT. HUANG	7 / 13	HIGH	110
LHASA	1 / 16	HIGH	10
SHIGATSE	-5 / 12	LOW	9
XIAHE	1 / 15	MED	20
NOVEMBER			
BEIJING	-1 / 10	MED	6
CHENGDU	9 / 15	HIGH	17
CHONGQING	11 / 15	HIGH	53
GUILIN	11 / 20	MED	81
SHANGHAI	8 / 16	MED	51
KUNMING	6 / 17	MED	40
LIJIANG	7 / 17	MED	22
TAIYUAN	-2 / 9	MED	12
XIAN	2 / 12	LOW	26
ZHONGDIAN	1 / 18	LOW	3
NINE VILLAGES	4 / 15	MED	5
MT. HUANG	1 / 8	MED	80
LHASA	-4 / 11	HIGH	2
SHIGATSE	-5 / 12	LOW	9
XIAHE	-7 / 8	LOW	5



# YOUR PHRASEBOOK CHINA

## GUIDE TO PRACTICAL CHINESE

It is believed that Chinese writing originated almost four thousand years ago and that the spoken language goes back 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  
xīn = heart  
èr = two

shuì = to sleep  
xìn = letter  
ér = son



Initials:

b	= b in boat	zh	= j in juice
p	= p in port	ch	= ch in chase
m	= m in mother	sh	= sh in shoot
n	= n in nut	r	= r in race
l	= l in lean	j	= j in jim
h	= h in heart	q	= ch in chase
d	= d in dopey	x	= sh in shirt
t	= t in turn	z	= ds in heads
g	= g in goal	c	= ts in hats
k	= k in kennel	s	= s in sat
f	= f in fort		

### Finals:

a	= a in father	ian	= yen
e	= ea in heard	iang	= young
i	= ee in peel	uei	= way
o	= a in call	uen	= when
u	= oo in pool	un	= win
ao	= ow in cow	er	= er in her
en	= en in open	iong	= yong
ie	= ye in yes	ua	= wa in wand
in	= in in pin	uan	= one
ing	= ing in ping	uang	= u in mule with ung in dung
uo	= wa in water		
ei	= a in late	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'.
ou	= ow in sow		
an	= an in answer	üe	= ü with ye in yes
ang	= ung in dung	ün	= ü with in in thin
eng	= eng in length		
iao	= yow		
iou	= yo		
ai	= i in high		
uai	= why		
ong	= ong in long		
ia	= ya in yard		

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  
rènsi nǐ hěn gāoxìng  
earn she knee hun gow shing

Good morning  
zǎoshàng hǎo  
sow shung how

Goodbye  
zàijiàn  
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

Australian  
Àodàliyà rén  
owdarleeyar run

British  
Yīngguó rén  
eeingor run

New Zealander  
Xīnxīlán rén  
shinshilun run

South African  
Nánfēi rén  
nunfay run

Irish  
Àièrlán rén  
iairlan run

Scottish  
Sūgēlǎn rén  
sir ger larn run

Welsh  
Wēi'ěrsi rén  
way er sher 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:**

May I ask?  
qǐngwèn  
ching when

To be  
shì  
sher

You/your (formal)  
nín  
neen

He  
tā  
ta

What  
shénme  
shun mer

She  
tā  
ta

Name (informal)  
míngzi  
mun zer

They  
tāmen  
tar mun

Name (family)  
guìxìng  
gwee shing

We  
wǒmen  
war mun

Name (given)  
jiào  
jow

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

This  
zhè  
jer

His/hers  
tā de  
tar der

That  
nà  
nar

Theirs  
tāmen de  
tar mun der

Which  
nǎ  
nar

Both; all  
dōu  
der

Who  
shéi  
shay

Friend  
péngyou  
pung yo

Mine  
wǒ de  
war der

Male  
nán  
nun

Yours  
nǐ de  
knee der

Boy friend  
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 qingwen 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

coffee

kāfēi

car fay

where is

zài nǎ?

sigh nar

milk

niúǎi

new nigh

dining room

cāntīng

tan ching

Waiter!

fúwùyuán

foowoo yoo arn

market

shāngchǎng

sun shung

Cold

lěng

lung

water

shuǐ

shway

Beer

pí jiǔ

pea jo

looking

kàn

carn

menu

càidān

ky dun

excuse me

duìbuqǐ

durbuchee

Miss

xiǎojiě

show share

want

yào

yow

thank you

xièxie

share share

good

hǎo

how

## 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
-----	-------	--------

## 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
A.		
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.		
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
C.		
Cabin	kēcāng	cur chung
Cake	dàn gāo	darn gow
Camera	zhàoxiàngjī	show shang gee
Change (money)	duìhuàn	dway one
Cheese	nǎilǎo	nay lou(d)
Chemist	yàodiàn	yow deearn
Chilli	làjiāo	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
D.		
Damp	cháoshī	chow sher
Dark	àn	arn
Deaf	lóng	long
Delicious	hǎochī	how chee
Dentist	yáyī	eear yee
Diabetes	tángniàobìng	tung knee ow beeng
Dirty	zāng	zarn
Doctor	yīshēng	yee shung
Dollar	yuán	you arn
Double bed	shuāngrén chuáng	shoo arn grun choo arng

E.		
Earache	ěrduo téng	er duoor toong
Eat	chī	chee
Egg	jīdàn	shee done
Electricity	diàn	dee arn
Elevator	diàn tī	dee arn tee
Empty	kōngde	koong der
Enough	gòu le	gow ler
Exchange (rate)	duìhuānlǜ	dew one ler
Excuse me	duìbùqǐ	doer ber chee
Expensive	guì	gwee
Eye drops	yǎnyàoshuǐ	yun yow shwee

F.		
Fan (electric)	diànshàn	de earn sharn
Far	yuǎn	you arn
Fast	kuài	queue eye
Fever	fāshǎo	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

G.		
Genuine	zhēnde	jern der
Glass	bēizi	bay sir
Good	hǎo	how
Green	lǜse	loorsa

ENGLISH	PINYIN	PHONETIC
H.		
Hair	tóufa	tal far
Hairbrush	fàshuā	far shoo are
Hairdresser	lǐfàdiàn	lee 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	xiāohuàbùlǐáng	show har boo leeang
Insect repellent	chúchóngjì	choo choong gee

J.		
Jacket	duǎnshàngyī	dooarn sharn gye
Jade	yù	eeyoo
Jam	guǒjiàng	gwo gee arng
Jasmine Tea	molihuacha	mall eehooacha
Juice	zhī	jee

K.		
Key	yàoshi	yow she
Knife	dāozī	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	niúnnǎi	new nigh
Mineral water	kuàngquánshuǐ	kooarn charn shway
Music	yīnyuè	yeen yooer
My	wǒde	war der

N.		
Name	xíngmíng	sheeng meeng
(to) Need	xūyào	shoo yow
Newspaper	bàozhǐ	bowjee
No	bù	boo
None	wúyī	woo yee
Noodles	miàntiáo	meearnteeow
Notebook	bìjìběn	beegeebun

O.		
Okay	hǎo	how
Old (thing)	jiù	geeoo
Orange (fruit)	júzi	joosee
Orange juice	júzhī	jooseejee
Overcoat	dàyī	daryee

P.		
Padlock	guàsuǒ	gwoswar
Pain	tèngtóng	tung toong
Paper (writing)	xínzhǐ	sheenjee
Passport	hùzhào	hoojow
Pastry	gāodiǎn	gowdeearn
Pastry shop	gāodiǎnpù	gowdeearnpoo
Peach	táozi	t ow dsee
Pen	bǐ	bee
Photo	zhàopiàn	jowpeearn
Pillow	zhěntóu	jernt ow
Plate	pánzi	parn dsee
Police	jīngchá	jeeng char
Police station	pàichūsuǒ	pie chew swar
Post office	yóujú	yow joo
Problem	wèntí	wern tee
Pure	chúnde	choonder

ENGLISH	PINYIN	PHONETIC
Q.		
Quick	kuài	koo eye
Quiet	ānjìng	arn jeeng
R.		
Raining (its)	xià yǔ le	she ar you ler
Razor	tídāo	tee dow
Razor blades	tídāo piàn	tee dow pee arn
Receipt	shōujù	show joo
Red	hóng sè	horn sir
Repair	xiū	she oo
Restaurant	fànguǎn	fung ooarn
Room	fángjiān	fung jeearn
Room number	fángjiān hàomǎ	fung jeearn howma

S.		
Safety pin	biézhēn	beeurnjern
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	duìbùqǐ	doy berchee
Spicy	là	lar
Spoon	sháozi	shower zer
Sugar	táng	tung

T.		
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

U.		
Umbrella	yǔsǎn	yoo san

ENGLISH	PINYIN	PHONETIC
V.		
Vegetarian (I am a)	wǒ chī sù	war chee soo
Vinegar	cù	tsoo
Vitamins	wéishēngsù	wee shung soo
W.		
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	buysheer
Write	xiě	sha
Writing paper	xìnzhi	sheen jer
Y.		
Yellow	huángsè	hoo arn sir
Yes	duì	doer
Yogurt	suānnǎi	soo are nigh
Z.		
Zoo	dòngwùyuán	dorng woo yooarn

## 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.