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.....
: *Travelers should always check with their* :
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Unit 1

Major Airport Hubs in China

The three busiest Chinese airports are in Shanghai, Beijing, and Guangzhou. Shanghai has two airports. Pudong International Airport, the city's gateway to the world, lies 19 miles east of the city center by the East China Sea. Its cargo terminal is the country's busiest. Construction of the first runway and terminal began in 1997 and took only two years to complete. The airport was soon expanded to include three runways and two terminals. Terminal 2 serves international airlines. Closer to downtown, the older Hongqiao Airport connects Shanghai to the rest of the country and major East Asian metropolises: Tokyo, Seoul, Taipei, and Hong Kong. A mega expansion in 2010 created a second terminal as well as concourses linking the city's subways, long distance buses, and high-speed railways. Beijing Capital Airport is China's largest airport and the world's second busiest after Atlanta's Hartsfield-Jackson International. Terminal 3, which covers an area of more than ten million square feet, is the world's second largest passenger terminal. It includes a main and two satellite concourses. Plans to build a second airport were approved by the central government in 2012. Guangzhou, formerly known as Canton, is the capital of Guangdong province, which is one of the country's most important economic engines. The Pearl River delta region is home to China's largest manufacturing base. Guangzhou hosts an annual trade fair, which attracts buyers from around the world. A large percentage of

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the overseas Chinese population in Southeast Asia and elsewhere originates from Guangdong. It is not surprising that Guangzhou Baiyun International is the third major airline hub in China.

Unit 2 The Huangpu River

The Huangpu, a tributary of the Yangtze River, meanders through Shanghai. The most scenic part of the river is called the Bund, an Anglo-Indian word meaning “embankment.” It bears a remarkable resemblance to the waterfront of Liverpool, England. The similarity is by no means accidental: the architectural legacy of the Bund is a reminder of the century-long British influence in Shanghai from the 1840s to the 1940s. The skyline is dominated by imposing former bank buildings in a variety of eclectic western styles. Many have been converted into luxury boutiques, upscale restaurants, and art galleries. Tourists throng the long esplanade to take in the views and snap pictures of the barges and buildings along the banks of the river. East of the Huangpu is the Pudong New Area. As its name suggests, until the 1990s that part of the city was still largely rural in character.

The Yu Garden

The Yu Garden and its surrounding area is a major tourist attraction in Shanghai. It is located in Shanghai’s

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Unit 2 (continued)

old city not far from the Huangpu River. First constructed in the 16th century, the historic garden features multiple pavilions, ponds, and artificial rockeries. The original owner intended the garden as a retreat for his parents, naming it the “Garden of Tranquility.” However, construction took so long that in reality the garden became a playground for the profligate retired government official. After he died, the garden quickly fell into decline. Over the centuries, ownership changed hands and the garden was rebuilt numerous times. Today the walled garden fronts a small man-made lake with a picturesque pavilion in the middle and a zigzag walkway called the Nine-Bend Bridge. The hexagonal pavilion was built in the 18th century as a gathering place for cloth merchants. Today it’s a teahouse. The walkway, originally made of wood, was destroyed by a fire in 1922. Two years later it was reconstructed in concrete. From the bridge skyscrapers on the other side of the Huangpu River are clearly visible over treetops in the garden forming a dramatic backdrop. The five-acre garden is embedded in a cobweb of narrow alleyways lined with restaurants and specialty shops selling traditional crafts such as chopsticks, combs, folding fans, and paper cuts. Nearby there are several Taoist temples including one devoted to the City God.

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Unit 3

Bridges over the Huangpu River

Until 1991, the only way to cross the Huangpu River in downtown Shanghai was by ferry. However, following the central government's decision to develop the area east of the river, within about ten years, four bridges were constructed over the river within the city limits. The first to complete was the Nanpu Bridge. It's a cable-stayed bridge with a main span of 1,388 feet. Because of its cramped location, the two-mile long ramp west of the river is in the shape of a double helix climbing to a height of 151 feet. Two years later the Yangpu Bridge opened to traffic. It is a double-tower and double-cable-stayed bridge. Its 1,975-foot span makes it one of the largest cable-stayed bridges in the world. It connects the Inner Ring Expressway in the industrial Yangpu District in Puxi to the Pudong New Area. The bridge, originally unpainted, received a festive coat of red paint for the new millennium. The third bridge, the Xupu, is very similar in design. It got its name from its location in Xupu District and is connected to the Outer Ring Expressway. It opened in 1997. The fourth bridge is the Lupu Bridge in downtown Shanghai. Like the Sidney Harbor Bridge in Australia, the Lupu is a through arch bridge. It has a main span of 1,804 feet. It is adjacent to the Expo 20 site and a popular attraction in its own right. Adventurers can climb to the observation deck at the top of the bridge. After a high-speed elevator ride, those unafraid of vertiginous heights can walk 367 steps along the arch of the bridge to the top.

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Unit 4

Skyscrapers in Pudong

The peninsula across the Huangpu River facing Shanghai's historic banking and business district (the Bund) is the new Lujiazui Finance and Trade Zone. Development of this wedge of land started in the early 1990s. Lujiazui occupies an area of about 12 sq. miles and has the city's highest concentration of skyscrapers. The tallest three, the Jinmao Tower, the Shanghai World Finance Center, and the Shanghai Tower, are clustered around a large public park. The Jinmao Tower at 88 stories was completed in 1999. Its exterior is clad in a combination of glass, metal, and stone. The design draws from Chinese and western architecture. Its overall shape evokes the Chinese pagoda. The setbacks of the building's top are reminiscent of Art Deco. The Shanghai World Financial Center was finished nine years later. It was developed by a big Japanese real estate company, the same company responsible for Tokyo's Roppongi Hills, a new upscale urban center in that city. It is an elegant building with 101 floors. Its nickname the "Bottle Opener" derives from the trapezoid opening at the top to reduce wind pressure. The tallest at 121 stories with a total floor area of 4,090,000 square feet is the Shanghai Tower. Its form is said to resemble a writhing dragon. All three skyscrapers were designed by American architectural firms.

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Unit 5

Jiading

Located in northwestern Shanghai, Jiading was incorporated into Shanghai in 1958, along with 9 other rural counties, to ensure the city's supply of food and produce. Jiading has more than 800 hundred years of history. During the Ming and Qing dynasties hundreds of Jiading's native sons passed the imperial examinations and went on to pursue successful official careers. Today this legacy of education and culture is reflected in Jiading's Temple of Confucius, which is one of the most important in the Shanghai region. Since the 1990s manufacturing has rapidly become the most important economic activity. There is a large automobile industry in Jiading. Some of its best-known companies are joint ventures with multinational companies including Volkswagen, General Motors, and General Electric.

Nanxiang

Nanxiang is an ancient town in Jiading. It's famous in Shanghai and beyond for its historic architecture and its soup dumplings. Connected to downtown Shanghai by Metro Line 11, Nanxiang is a pleasant destination for day trips. Its most important landmarks are a pair of ancient brick pagodas and a classical Suzhou-style garden. Nanxiang is also the birthplace of Shanghai's legendary soup dumplings, *xiaolongbao*. These are small bite-sized steamed buns with a minced pork filling. The delicate translucent skin is made from half-

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Unit 5 (continued)

raised flour. The buns are typically eaten at breakfast dipped in vinegar and finely shredded ginger. The characteristic soup or broth comes from the pork aspic in the filling. The buns also come in a gourmet version with a mixed filling of pork, crabmeat, and roe. Although originally a Shanghai specialty, Din Tai Fung, a Taiwanese chain, has earned rave reviews for its high-quality *xiaolongbao*. The company runs restaurants in major Asian cities, Australia, and on the American west coast.

Unit 6 Guyiyuan

Originally named Yiyuan (“Luxuriant Garden”), this garden was first laid out in the 16th century by a master bamboo carver, painter, and landscape designer. The name alludes to the garden’s extensive plantings of bamboos and a line from the *Classic of Poetry*, an ancient literary work: “Luxuriant are the emerald bamboos.” When the garden was restored and enlarged two hundred years later, it acquired its current name *Guyiyuan*, or the Ancient Luxuriant Garden. Its most recent expansion took place in the 1980s. It is now the largest of five large classical-style gardens in Shanghai and incorporates numerous historic structures such as carved Buddhist pillars, pagodas, and Ming era pavilions relocated from all over Jiading. Groves of rare and exotic bamboos are seen throughout the garden.

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Anting

Known as “Automobile City,” Anting is another old town in Jiading. Shanghai Volkswagen, a joint venture between the German auto giant and Shanghai Automobile Group, is located in Anting. Shanghai Volkswagen is one of the most important car companies in China.

Unit 7

Anting New Town

Anting New Town was planned as a sustainable residential community based on German expertise. It was part of a larger scheme to develop nine satellite towns on the outskirts of Shanghai. International consultants and designers from Germany, Britain, Italy, and elsewhere were invited to provide masterplans. Some of these towns, for instance Thames Town, have a quaint Ye Olde European appearance and have become tourist attractions in their own right. Anting New Town, which consists of mostly four- and five-story apartment blocks, was built in a contemporary German idiom and painted in bright candy colors. Unusual for Shanghai, the apartments were meant to have energy-efficient central heating and air-conditioning. A copy of a famous bronze monument to Goethe and Schiller in Weimar, Germany, standing in the center of Anting New Town, is a visible reminder of its German provenance.

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Unit 8

Shanghai Automobile Museum

Shanghai Automobile Museum is the first of its kind in China. It's located in Shanghai International Automobile City, a vast industrial park in Jiading. The museum's four galleries showcase the history of the automobile, vintage cars, cutting-edge technology, and famous automakers. The museum is housed in an aerodynamic ultramodern building.

Shanghai International Circuit

Shanghai International Circuit is a \$450 million racetrack about 4.5 miles from Anting. It was conceived as part of Shanghai International Automobile City and completed in 2004. It is one of the most advanced and challenging racecourses in the world. Since it opened, it has hosted the Formula 1 Chinese Grand Prix and other races, which attract fans from all over the city and beyond.

Unit 9

Cars, Bicycles, and the Environment

Bicycles were ubiquitous in Chinese cities until the 1990s when they were all but displaced by automobiles. The Chinese government promoted car manufacturing as one of the country's "pillar industries." Leading automobile companies from the West and Japan rushed to form joint ventures with Chinese state companies. Within a short space of time, China overtook the United

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Unit 9 (continued)

States to become the world's largest market for cars. In the meantime China developed a massive network of national and inner city expressways, now clogged with cars during peak hours and national holidays. The sudden surge in automobile ownership and road construction cannot but have consequences for the environment, which are exacerbated by the use of low-grade gasoline. In 2011 the Chinese government announced new standards for gasoline and diesel, bringing them to levels similar to those in the EU and North America. Some cities have also taken steps to encourage people to get back on bicycles by rolling out sharing schemes and dedicated bike lanes.

Unit 10 Exercise and Street Dancing

One of the most remarkable sights an international traveler is likely to encounter in Chinese cities is large groups of older men and women doing tai-chi, sword dancing, and calisthenics in the morning accompanied by loud music in parks and other open spaces. There is very often an instructor leading the exercises. In warm weather it is not uncommon to see men and women in their 50s and older practicing social dances such as the waltz and the Charleston in corner parks in the evening. As life expectancy increases, more and more senior citizens are out exercising and socializing at dawn and dusk. It is rare to see young people engaged in similar activities in the morning, as they are in a rush to go to

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Unit 10 (continued)

school or work. However, schools and some companies schedule exercise breaks.

Unit 11

“Little Emperors” and the “Silver Haired Tribe”

China is seeing a huge demographic change. The percentage of only children has increased dramatically since the government introduced the one-child policy in the late 1970s. Except for rural and minority families and for twin births or families in which the first-born is seriously handicapped, one child per family is the norm in China’s urban areas. This has given rise to the so-called “little emperors” phenomenon. These are children who grow up without any siblings. Parents and grandparents bend to their every whim and wish. They are said to be spoiled and self-centered, untrusting and timid. However, study results are contradictory. Some conclude that China’s only children are more confident and more likely to help others.

There is no controversy, however, on the burden of these children to care for their and their spouses’ elderly parents. China’s population is rapidly aging. According to government forecast, by 2020 more than 17% of the population will be sixty or over. China’s largest cities such as Shanghai and Beijing have already passed that percent. In 2011 one of every four registered Shanghai residents was aged 60 or over. By 2015 that percentage is predicated to climb to 30%. These

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Unit 11 (continued)

expanding demographic groups, “the little emperors” and the “silver haired tribe,” will have far-reaching consequences on every aspect of Chinese society.

Unit 12

“Is Professor Li’s son married?”

li jiao shou er zi jie hun le ma?

(李教授儿子结婚了吗?)

Chinese people use titles much more often than Americans. When speaking to a stranger, it is more deferential to address that person by his or her professional or academic rank and avoid the casual second person singular pronoun *ni* (你) or “you” altogether. “Is Professor Li’s son married” may sound like you are asking the question of a third person, but it is much more polite than the more direct “Is your son married?” People in northern China, especially in Beijing, frequently use the polite form of *ni*, *nin* (您), to convey respect, for instance, “*nin de er zi jie hun le ma?* (您的儿子结婚了吗?)” However, this usage is limited to northern China and rare even in Mandarin-speaking regions in the South such as Sichuan and Yunnan. Professions and ranks that are almost never used as courtesy titles in America, but are frequently used in China as formal addresses include “manager,” “section head,” “factory director,” “teacher” and so on.

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Unit 13

airen (爱人)

airen literally means, “loved one.” It is a term made popular in the 1950s by the communists, who preferred the word over more traditional ways to refer to one’s spouse out of the belief that marriage should be based on love rather than convenience or wealth. It is peculiar to Mainland China and never heard in Hong Kong or Taiwan. In Mainland China *airen* displaced *xiansheng* (先生) or “husband” and *taitai* (太太) or “wife.” The more literary terms for “husband” and “wife” *zhangfu* (丈夫) and *qizi* (妻子) are seldom used in speech. In recent years, however, *airen* has gradually fallen out of favor with young people, who are increasingly resorting to the very informal *laogong* (老公) and *laopo* (老婆), meaning literally “old man” and “old woman.” People in their forties and fifties may find the words too casual or even vulgar and tend to be more comfortable with the more old-fashioned *airen*.

Unit 14 Pet Ownership

With rising affluence pet ownership has become very common in Chinese cities. Pure breeds of dogs, in particular, are prized. The ferocious Tibetan mastiff, for instance, now commands hundreds of thousands of dollars and is a status symbol for the newly rich. As in the West, increased pet ownership has changed many people’s relationships to small animals such as cats and dogs, which are frequently pampered, elabo-

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Unit 14 (continued)

rately coiffed, and fancifully clothed. Cruelty towards pets generates much negative publicity and anger from passionate cat and dog lovers. There have been many large-scale private rescue operations to save cats and dogs from unscrupulous traffickers. At the same time the government tries to enforce laws to license the ownership of pets and ensure proper vaccination. There are also restrictions as to the number and size of dogs one can own, out of concerns for public safety.

Unit 15 Flower and Bird Markets

Large flower and bird markets are delightful places to explore in Chinese cities. In addition to all manner of plants and flowers, small pets such as birds, rabbits, turtles, and goldfish can be found at these large open-air markets. There are also bonsai, birdcages, and flowerpots for sale. Prices are often cheaper and the selections wider than in brick and mortar stores.

Auspicious Animals and Flowers

Turtles and cranes are symbols of longevity in China and are frequent decorative motifs in Chinese arts (the expression “old turtle,” however, is a vulgar curse word for an old man). Other auspicious animals include fish, which symbolize abundance, and bats, which represent luck because the Chinese words for fish and bats sound like those for bountifulness and fortune.

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Unit 15 (continued)

The peony, especially the bright red variety, is a symbol of wealth because of its large extravagant petals and festive color. Pines, bamboos, flowering apricots, and chrysanthemums are the so-called “Four Gentlemen” of Chinese painting. They represent fortitude because of their ability to not only withstand but flourish in cold weather.

Unit 16

Popular Associations with Chinese Zodiac Signs

There are many popular beliefs associated with the Chinese zodiac signs. For instance, many couples avoid getting married in the year of the rabbit because the animal’s short tail is a metaphor for a temporary state of affairs. Having a child in the year of the dragon, on the other hand, is considered very auspicious because the dragon projects vigor and authority. Some parents are reluctant to see their daughters who were born in the year of the lamb become engaged to a man born in the year of the tiger, again because of a popular saying, “The lamb ends up in the mouth of the tiger.” The rooster and the dog are fractious together as are the dragon and the tiger. Unions between *these* signs, however, are considered harmonious: the mouse and the ox, the tiger and the boar, the rabbit and the dog, the dragon and the rooster, the horse and the lamb, the snake and the monkey. Of course, not everyone takes these beliefs seriously, especially those about compatible zodiac signs. Other superstitions have a significant impact on people’s

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Unit 16 (continued)

behavior. For example, news reports have suggested that many more would-be parents try to give birth in the year of the dragon than in the year of the lamb. To some parents having a daughter born in the year of the lamb exposes her to a lifetime of vulnerability and hardship.

Unit 17 Organic Food

Food safety is a major concern in China. “Green” or organic food has become a popular, albeit expensive, alternative for those who are upwardly mobile. There is a nascent “green food” movement in China. Upscale supermarkets carrying organic produce and meat can be found in large cities. Where possible, some few have even taken to growing their own food.

Vegetarianism

Vegetarianism is traditionally associated with Buddhism in China. Devout Buddhists abstain from not only meat and dairy, but also strong-tasting vegetables such as garlic, onions, and chives. Collectively, these are known as *hunshi* (葷食) – “food that stimulates the senses.” Less committed followers of Buddhism refrain from eating the proscribed food periodically. The diet sanctioned by Buddhism is called *sushi* (素食) or “plain food.” It’s not to be confused with Japanese *sushi*. Many Buddhist temples serve vegetarian food to worshippers. There are also restaurants specializing in vegetarian food. There is a large variety of soy products that simulate the

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Unit 17 (continued)

texture of meat such as *suji* (素鸡) “mock chicken” and *suya* (素鸭) “mock duck.” Old commercial vegetarian restaurants, in particular, tend to serve food that looks and tastes like meat dishes. Newer vegetarian restaurants place more emphasis on bringing out the flavors of fresh vegetables instead of imitating meat.

Unit 18 Sichuan Cuisine

Sichuan cuisine has become one of the most popular regional cuisines in China. The general use of pepper, Sichuan peppercorns, chilies, garlic, onions, ginger, and fermented bean paste results in big, eye-watering flavors and tastes. A unique combination of flavors in Sichuan cuisine is the numbing and spicy sensation called *mala* (麻辣) caused by the mix of Sichuan peppercorns and chilies. Intensely spicy authentic Sichuan food is not for everyone, even in China. However, people’s tolerance for heat has increased dramatically in areas where the local food is very mild, such as southeastern China.

A Sichuan tradition that has become widespread in China is the hotpot. Originally associated with the city of Chongqing, hotpot allows people to sample many different kinds of thinly sliced meat, seafood, and vegetables that are cooked very quickly in a boiling broth in a metal pot at the table. Hotpot is especially popular for family gatherings and small parties with friends. The atmosphere in hotpot restaurants is lively and the food is flavorful.

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Unit 19

Chengdu

Chengdu is the capital of Sichuan, which is one of the most populous provinces in China. Its ancient history and relaxed atmosphere make it one of the most visited cities in the country. A historic site near Chengdu that is well known to almost all Chinese is the *Dujiangyan* (都江堰) irrigation system. A levee was first constructed in 256 BC to redirect the flow of the local river to prevent annual flooding. At the same time a channel was cut through the mountain to irrigate the dry Chengdu plain beyond. The system is still in use to irrigate some 2050 squares of land.

Chengdu is also famous in China for its huge variety of snack food and large number of teahouses. Whereas traditional teahouses have largely disappeared in other Chinese cities, Chengdu still has an abundance. Located in Sichuan basin, Chengdu and its environs have an almost unlimited supply of bamboos. Local teahouses feature bamboo furniture, particularly bamboo chairs. Surrounded by mountains, Chengdu's weather is often cloudy, which encourages people to stay indoors. Many people, especially retirees, while away time in teahouses playing cards, Chinese chess (*xiangqi* [象棋]), or mahjong.

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Unit 20

Halal Restaurants

China has a significant Muslim population, especially in the country's northwest. Many Chinese cities have halal restaurants, which serve food that is in compliance with Islamic dietary laws. The Islamic concept of cleanliness is called *qingzhen* (清真) in Chinese. The word means “clean and pure.” Because of the Islamic taboo against pork, *qingzhen* menus focus heavily on beef and mutton and use spices that are originally from central and west Asia, such as cumin and curry. Halal restaurants are easily identifiable from their green and white color scheme and use of the Arabic script and Islamic symbols.

Flat Bread in Mutton Broth and Xi'an Street Food

Flat bread in mutton broth is a signature Xi'an dish. Customers break flat bread into small pieces and dunk them in a mutton broth. It is a flavorful and filling dish. Like Chengdu, Xi'an is known for its vibrant street food culture, particularly in the city's Muslim quarter. Unlike in Chengdu, wheat is the staple in Xi'an instead of rice. Noodles, buns, dumplings, and breads are all made from wheat dough.

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Unit 21

Xi'an

The capital of thirteen dynasties, Xi'an is one of the most historically significant cities in China. Known as Chang'an during the Han, Sui, and Tang dynasties, it was the starting point of the legendary Silk Road. Particularly during the Tang dynasty, from the 7th to the 10th centuries, Chang'an's influence extended far beyond the Chinese borders. Paintings and tricolor-glazed pottery figures dating from the Tang dynasty showing heavily-bearded merchants and musicians from central and west Asia on camel back are concrete and vivid reminders of Xi'an's cosmopolitan past. Large communities of traders and diplomats from all over Asia and the eastern Mediterranean lived next to one another in Chang'an. It was the world's largest city for 138 years from 636 AD to 775 AD. Shaanxi History Museum in Xi'an is full of wondrous archeological finds. Its collection of bronzes, tomb murals, and pottery is particularly impressive.

Modern Xi'an is surrounded by ancient tombs. The most awe-inspiring is perhaps that of the First Emperor of China. The total area of the mausoleum is 50 sq. kilometers or 19 sq. miles. The burial mound has been left undisturbed. However, in the 1970s local farmers unearthed terracotta warriors and horses while drilling a well. Archeological explorations soon ensued. Four main pits of terracotta armies were excavated six miles east of the burial mound. The life-sized standing or

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kneeling warriors holding crossbows, swords, or spears in large phalanxes were buried with the First Emperor in 210-209 BC to safeguard him in his afterlife. A museum was constructed over the pits. It is one of the most visited archeological sites in China.

Unit 22 Northern and Southern China

The most important geographic and cultural divide in China is that between north and south. The climate is generally more arid north of the Yangtze River. In the north wheat is the main crop while in the south rice, which requires abundant water, reigns supreme. Except for brief periods of time, the country has been ruled from the north. The Yellow River in northern China is traditionally considered the cradle of Chinese civilization. However, at least since the 14th century, southern China, particularly the fertile Yangtze Delta, has been predominant economically and culturally. A disproportionate number of scholars, writers, and painters in the Ming and Qing dynasties hailed from the southeastern region. The purpose of the Grand Canal, which began in Hangzhou in the southeast and terminated in Beijing, was to transport grains to the capital in the north. Although modern mass media and frequent population moves have leveled the regional differences to a certain extent, geographic and cultural disparities are still evident. Southern China is very humid and southern dialects are very distinct from those spoken in the north. Southern cooking, which

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takes advantage of the region's natural bounty, incorporates a much larger variety of fresh vegetables and fresh water fish and seafood.

Unit 23 The 798 Art District

798 is the name of an old military electronics factory in Beijing. The 798 Art District refers to a large number of manufacturing facilities around the factory that were converted into art galleries and other kinds of exhibition and performance spaces beginning in 2002. The precinct covers an area of almost a quarter mile. Many of the soaring industrial buildings in reinforced concrete or bricks were donated by the East German government and designed by East German architects in the 1950s. Beijing is the undisputed artistic capital of China. The 798 Art District is one of the most important showcases of Beijing's artistic vibrance. In recent years, however, the 798 Art District has become increasingly commercialized. Many artists have moved into more affordable studios in the city's outer suburbs. Newer artistic hotspots have sprung up, but 798 remains the most famous to the general public.

Unit 24 Massage Parlors and Bath Palaces

Having a foot massage is a popular way to relax in China. One does not have to walk very far to find a foot massage parlor in Chinese cities. The routine is called a

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“foot bath.” The masseur or masseuse begins by pouring hot water infused with medicinal herbs into a bucket. The patron receives a complimentary back and shoulder rub while soaking his or her feet. The masseur or masseuse then applies pressure to various acupuncture points on the feet and calves. Each session lasts thirty to forty minutes. Massage parlors of every description from fancy western-style spas to modest neighborhood operations are also common sights in China.

Public bathhouses with lobbies that resemble those in five-star hotels are something one won't find in the United States. These multi-storied establishments feature multiple pools in various sizes and at different temperatures, massage rooms, mahjong parlors, cafeterias, even cinemas and theaters. These establishments are for family entertainment. One could easily spend hours or even stay overnight in these “bath palaces.”

Unit 25 Cupping and Acupuncture

Cupping is a traditional Chinese therapy. A partial vacuum is created in cups placed on the skin utilizing heat. The theory is that the treatment promotes healing by stimulating blood flow. Many people swear by it and think it alleviates symptoms of arthritis and other ailments; others find it overrated.

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Unit 25 (continued)

Acupuncture is another form of traditional Chinese medicine. The Chinese word *zhenjiu* (针灸) literally refers to two associated therapeutic methods -- acupuncture and moxibustion. In practice, the former is far more common than the latter. Small needles are inserted into the patient's skin at specific nodal points to direct the flow of *qi* (气), or vital energy, through channels called meridians. Moxibustion uses a plant material known as moxa, or dried mugwort, which is ground up and shaped into a stick. Moxa can be applied through acupuncture needles or burned on top of the patient's skin.

Unit 26 Kunming

Kunming is the capital of Yunnan province. Chinese people have dubbed Kunming the “City of Perennial Spring” because of its year-round temperate weather. Kunming is China's gateway to Southeast Asia with air, road, and rail links to the region. Many of the ethnic minority groups in Yunnan share similar languages and cultures with peoples in neighboring countries such as Myanmar, Thailand, and Laos. Lakes in and around Kunming attract large flocks of migratory birds in the winter, among them red-billed gulls. Numerous significant religious buildings are another reason for tourists to visit the city.

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Yunnan and Biodiversity

Yunnan is a highly mountainous province in southwestern China. Its rugged terrain gives rise to many localized atmospheric zones called “microclimates.” Depending on the elevation and other geographical factors, Yunnan’s climate ranges from temperate, to arctic-like, to subtropical and tropical. Its diverse geographic and climate conditions have made Yunnan the most biodiverse region of China. Roughly half of China’s fauna and flora find home in Yunnan. It is the world’s epicenter for rhododendrons and boasts more than 100 species of camelias.

Unit 27 Pu’er Tea

Pu’er tea is a type of fermented black tea originating from the city of the same name in Yunnan. Unlike green tea, which is the most common variety of tea in China and best consumed young, Pu’er can be stored to mature. The process of fermentation and oxidation darkens the leaves, which can then be pressed into different shapes. Depending on the variety, the ripening takes several months to ten or fifteen years. Another difference from green tea, which comes from the small-leaf varietal, Pu’er is made from the broad-leaf varietal common in southwestern China and India. It is the fermentation that gives Pu’er its characteristic mellow and sweet after-taste. In recent years Pu’er tea has become highly prized

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among connoisseurs and speculators, who buy and sell vintage Pu'er tea for big profits.

Yiwu

Yiwu is a small city about 190 miles southwest of Shanghai. Its wholesale small commodities market is the world's largest. The city boasts three clusters of trade marts covering a total area of 43 million square feet. The range of merchandise available in Yiwu is also staggering: clothing accessories, costume jewelry, Christmas decorations, stationery, sporting goods, toys, crafts, bags and suitcases, hardware, kitchenware. The list goes on and on. One rough estimate of the variety of goods for sale at Yiwu is over 400,000. Many traders from the Middle East and Africa have become long-term residents. Muslim restaurants and mosques have become part of Yiwu's cityscape.

Unit 28 Solar Energy and Solar Panels

The main source of energy in China is coal, the dirtiest of all fossil fuels. Along with low-grade gasoline, coal emits vast amounts of greenhouse gases and causes heavy smogs, especially in the country's north. In recent years China has announced ambitious plans to develop renewable energy such as hydro, wind, solar, biofuel, and geothermal power. China already is the world's largest manufacturer of solar panels. Rooftop solar

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water heaters can be seen all over the country. Nearly all the big rivers in China have been dammed to generate electricity. However, because China has huge reserves of coal, it remains to be seen whether China will be able to reduce significantly its dependence on coal. The environmental costs of the so-called green energy such as hydropower are also controversial.

The Canton Fair

The Canton Fair is the oldest and largest international trade fair in China. It takes place twice every year, in the spring and the fall. It started out in 1957 as China Export Commodities Fair and is sponsored by the Ministry of Commerce and the Guangdong provincial government. Before China opened up in the 1980s, the Canton Fair was the only venue for the country's exporters to exhibit their products. In 2007 its official name became China Import and Export Fair. Although it has continued to grow, the importance of the Canton Fair has been reduced somewhat by more specialized trade fairs and e-commerce.

Unit 29 Shenzhen

Before it was made the country's first Special Economic Zone in 1980, Shenzhen was the name of a small town in a rural county next to Hong Kong. Its growth since then has been nothing short of explosive. Within a few decades Shenzhen became one of

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Mainland China's first-tier cities, after Shanghai, Beijing, and Guangzhou, with a population of thirteen million. The city also hosts one of Mainland China's two stock exchanges. Along with China's four other Special Economic Zones, Shenzhen enjoys preferential economic policies from the central government, such as reduced tariffs. The city's cheap land and labor costs and geographic proximity to Hong Kong made it an attractive place to invest. Shenzhen's economy was initially heavily dependent on export processing and capital from across the border. However, in 2008 the so-called tertiary or service industry overtook manufacturing to become the largest contributor to the city's economy. Today Shenzhen is a stunning example of China's economic miracle. The number of skyscrapers in Shenzhen is second only to that in Shanghai on the mainland.

Unit 30

yum cha (飲茶)

yum cha is a Cantonese-style breakfast and morning tea. The word literally means, "drinking tea." In Mandarin, *yum cha* is pronounced *yin cha* (飲茶). It is the combination of a wide selection of dumplings, buns, pastries, savory and sweet dishes collectively known as "*dim sum*"-- *dian xin* (點心). The pastries, the tea, and the way in which the food is served make *yum cha* unique. Tea is the most popular drink in China, but people rarely drink tea at breakfast except

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in Guangdong and Hong Kong. Different versions of wontons and noodles can be found all over China, but it's the sheer variety available in Cantonese teahouses and restaurants that is unrivaled elsewhere in the country. Typically before the food arrives, a server brings a pot of tea and a bill. Customers then wait for other servers to roll out the food in bamboo steamers and plates on small steam carts and stop at each table. Customers pick what they like and the servers use different stamps to note the selections on the bill. Restaurants begin serving *dim sum* as early as 6:30 and continue through mid-afternoon.

Hong Kong

Hong Kong was a British colony until its sovereignty reverted to China in 1997 and it became a Special Administrative Region. Hong Kong enjoys a high degree of autonomy and has a separate legal, monetary, and economic system. Unlike the rest of China where Mandarin is the standard spoken language, in Hong Kong Cantonese holds sway in schools and mass media. Also unlike Mainland China, Hong Kong did not adopt simplified Chinese characters. These and other differences beside its colonial history give Hong Kong a unique identity. During the negotiations with the British, the Chinese government promised to allow Hong Kong to keep its way of life for fifty years. As Deng Xiaoping, China's paramount leader, reputedly

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put it to Margaret Thatcher, people in Hong Kong would be able to continue to race horses, play the stock market, and dance the night away in nightclubs after the turnover.

The British introduced horse racing to Hong Kong. The Hong Kong Jockey Club, which organizes racing and betting in the former colony, is a venerable institution in Hong Kong and has helped fund many educational and cultural bodies in the city. Hong Kong is also one of the most important financial centers in the world. Its stock exchange is the world's sixth largest in terms of market capitalization. Many Chinese companies try to list on the exchange. Hong Kong has a vibrant entertainment industry. Its films and popular music, nicknamed Cantopop, have large numbers of fans in Mainland China and Southeast Asia.

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