Observations from China
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Provinces and Cities Visited

**Provinces**
- Jiangsu
- Zhejiang
- Shandong
- Hebei

**Cities**
- Shanghai
- Hangzhou
- Ningbo
- Qingdao
- Rizhou
- Qufu
- Beijing
Health and Fitness

- Prevalence of the martial arts, Tai Chi and calisthenics in parks
- Umbrellas to protect skin from the sun
- Lots of pollution
- Lots of dust due to sandstorms in Siberia
- (car wash at the airport)
- They eat tomatoes and cucumbers for snacks routinely
- Older adults look very young
- No obesity, starting to see it in the younger kids
Health and Fitness

- Spitting in public is acceptable
- Everyone seems to smoke
- Seems to be a lot of emphasis on the body, mind and spirit
- Fen Shway
Nutrition/Food

- Tea leaves, not tea in packets
- Fruit at the end of each meal, no desserts
- No empty glasses of wine or beer at banquets
- Tea served at every meal
- Banquets with 13-28 dishes on a lazy susan
- Tsingtau Beer at lunch and dinner
- Chopsticks used at every meal
- Lots of varieties of food
Nutrition/Food

- No diet drinks
- No decaffeinated coffee
- Don’t routinely serve coffee
- Starbucks, McDonalds, and KFC everywhere
- 7/11 stores everywhere in Shanghai
Nutrition/Food

- Interesting preparation of vegetables
- Presentation of food was beautiful
- Wet wash clothes in paper at each meal
- Lack of diversity of things to drink: lemonade, sprite, diet coke
- No ice in the drinks
- Can’t drink the water or rinse toothbrush
- Yogurt milk, soy milk, warm milk, warm Tang
Driving Habits

- Lots of honking, come to intersection “honk and go”
- Close calls with bicyclists
- Sheer number of bicycles
- Cyclos- push bicycles
Bathrooms

- Women’s toilets are holes in the ground
- No toilet paper in bathrooms, you must bring your own
- No paper towels
- No soap for hand washing
- Kids don’t wear diapers, slits in clothing, kids squat and use the restroom anywhere
- Foot pedal type flushers
Hotels

- Slippers provided in hotel rooms
- Stick key in the wall to activate and deactivate electricity in the room
- Turn off the hot water between 11pm and 6 am
- Difference in price from University lodging and a 5 star hotel is only 50.00
Disabilities

- Less acceptance of disabilities, not ADA accessible
- Saw very few WC’s
- Archaeic types of crutches
- Group begging and pooling or assets
Interesting Seafood Eaten

- Eel
- Snails
- Scallops
- Jellyfish
- Squid/octopus
- Shrimp
- Crabs
- Crayfish
- Abalone
- Sea cucumber
- Oysters
- Seaweed
- Rock lobster
Other Interesting Food Eaten

- Donkey
- Goose
- Pigeon
- Quail Legs
- Duck
Miscellaneous Cultural Differences

- Little smiling, a sign of embarrassment
- Women hikers wear high heels to the Great Wall
- They take lots of pictures, everyone has a digital camera
- Sincerity of the people
- A desire to take “westerners” pictures
- Mop the carpet
Miscellaneous Cultural Differences

- Number of VW’s and Toyotas
- Height of thresholds and tubs
- Number of motorized vehicles
- Rickshaws
- Pool tables located outside
- Washing clothing in the river
- A small city is one of 5 million
Miscellaneous Cultural Differences

- Red lanterns denote a restaurant
- Can’t really tell that it is a Communist Country
- A country of the very new and very old, traditional and modern
- Gombay with toasting at meals means to chug your drink
- They call us Foreigners
Miscellaneous Cultural Differences

- No clothes dryers, hang clothes to dry
- They take great pride in their history
- No English Speaking TV stations, even in the big cities
- Japanese television shows with Chinese subtitles
- People are pretty much the same as we are
Miscellaneous Cultural Differences

- Haircuts given on the street
- Girls holding hands and having their arms around one another
- Expandable stools for persons to sit on in the street
- Americans cannot drive in China
- Bargaining in the marketplace
- Flight delays due to the Chinese Air Force performing maneuvers