



海外人才“七项指南”
the "Seven Guides"
for overseas talents

过境旅游指南

TRANSIT TRAVEL GUIDE

上海国际服务门户网站长宁官方网页



INTERNATIONAL SERVICES
SHANGHAI CHANGNING



When
you travel to
Shanghai on a visa-free
transit, this guide provides **short-
term living service tips** and
sightseeing routes to help you easily
manage **accommodations**,
transportation, **short trips**, and other
daily arrangements, making your
trip planning hassle-free.



上海虹桥海外人才一站式服务中心

Shanghai Hongqiao One-Stop Service Center for Overseas Talents

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I. Travel Convenience



1.1 Visa-free Policies for Foreign Nationals



Announcement of National Immigration Administration, P.R.C. on Further Relaxing and Optimizing Visa-Free Transit Policy for Foreign Nationals



Scan the code



FAQs on Unilateral Visa-free Policies

Scan the code
for the answer

- 1、 Who does the visa waiver apply to?
- 2、 Do foreign nationals eligible for a visa waiver need to make declarations to Chinese embassies and consulates in advance?
- 3、 Will the purpose of intended stay in China be examined by Chinese border inspection authorities when entering China? How will it be done? Are other documents needed for entering China in addition to a passport?
- 4、 Is there any additional requirement for minors eligible for a visa waiver?
- 5、 Are there any requirements on the type and validity of entry documents?
- 6、 How to calculate the duration of stay of 30 days?
- 7、 Does the visa waiver apply to foreign nationals who travel from a third country?
- 8、 Does the visa waiver apply to foreign nationals who travel by forms of transport other than aviation?
- 9、 Does the visa waiver apply to tour groups?



10、 If the length of intended stay exceeds 30 days, can the visa waiver be extended?

11、 Does the visa waiver allow multiple entries? Is there any requirement on the length of intervals between each entry, or any restriction on the number of entries without a visa or total days of stay?

TRAVEL

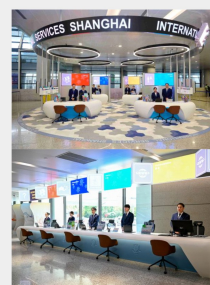
1.2 Airport One-Stop Comprehensive Service Center

LET'S GO

Service Content

We offer a comprehensive range of services across four main modules: payment, culture and tourism, communication, and transportation. Our one-stop services for travelers include foreign currency exchange, transportation card sales, travel consultation, mobile payments, and information desk.

Service Location and Service Hours



Service Location :

Arrival halls for international flights and flights from Hong Kong, Macao, and Taiwan

Service Hours :

09:00 am until the last arriving flight

1.3 Accommodation Guide

Accommodation Registration for Foreign Visitors in Shanghai



1. The regulations for overseas personnel regarding accommodation registration

According to Article 39 of the "Exit and Entry Administration Law of the People's Republic of China", foreign nationals staying in hotels in China must have their accommodation registered by the hotel in accordance with public security regulations. The hotel is required to submit the accommodation registration information of foreign guests to the public security authorities in the location where the hotel is situated.

For foreigners who reside or stay in private residences rather than hotels, they, or the individuals hosting them, must complete the registration procedures with the local public security authorities within 24 hours of the foreigners' arrival.

Additionally, as per Article 17 of the "Interim Administrative Regulations for Chinese Citizens' Private Travel to Hong Kong and Macao Regions" and Article 16 of the "Administrative Regulations for Chinese Citizens' Travel to Taiwan Region," residents of Hong Kong, Macao, and Taiwan who travel to Chinese mainland are also required to register their accommodation in accordance with relevant regulations.

2. How can overseas personnel handle accommodation registration?

Option 1: Overseas personnel staying at guest hotels must present valid identification documents, which the hotels will use to register the accommodation details. This process applies to all guest hotels in Shanghai.

Option 2: Foreigners staying in a community (residential community) can complete the process online through the following steps:



Scan the QR code beside to access the official website of the Shanghai Hongqiao One-Stop Service Center for Overseas Talents.

Navigate to the "Self-Service Guide for Overseas Personnel's Accommodation Registration" and complete the self-service registration online.



Scan the code for more information

High-quality Hotels in Changning District



Scan the code



Youth Hostels in Shanghai

Youth hostels are accommodations designed for independent travelers, particularly young travelers, with a focus on encouraging outdoor activities and cultural exchange. Typically less formal than traditional hotels and more budget-friendly, they are a top choice for cost-conscious backpackers and solo travelers. The main difference between them and hotels is the presence of communal areas like social lounges and kitchens, as well as the option to choose group rooms with bunk beds or shared sleeping spaces.



Scan the code

1.4 Transportation Guide

Travel Guide for Foreigners in China

1. Train



2. Airplane



3. Bus, Metro, Ride-hailing



4. Vehicle Rentals



Scan the code

Shanghai Metro Guide



For more information
on other types,
scan the code

The ticket types are as follows:

1. Single-journey tickets:

- Physical card single-journey ticket: Purchased based on the fare between the starting and ending points, valid for one ride on the day of purchase. The card is collected upon exit and does not support virtual transfers;
- Paper single-journey ticket: Purchased based on the fare between the starting and ending points, valid for one ride on the day of purchase. The ticket is not collected upon exit and does not support virtual transfers.

2. Public transportation card:

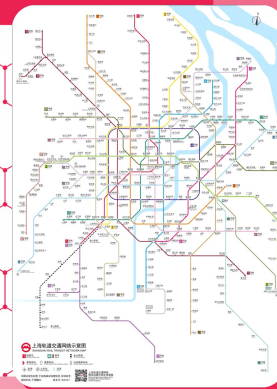
This is a stored-value card issued by Shanghai Public Transport Card Co Ltd which can be accessed via mobile devices like phones, watches, and bracelets with a loaded transportation card. It can be used on all Shanghai metro lines by swiping the mobile device at the ticket gate for entry and exit.

3. One-day ticket:

Valid for 24 hours from the first entry, allowing unlimited rides on all Shanghai metro lines (excluding the Maglev Line and suburban lines opening in 2024 and beyond). The ticket is not collected upon exit.



Shanghai Metro Lines



磁浮列车运行信息表 Information

龙阳路站 Longyang Road Station

首班车 First Train	龙阳路站 Longyang Road Station	06:45
末班车 Last Train		21:40
发车间隔 Interval	06:45 — 07:00	15mins
	07:00 — 21:40	20mins
最高时速 Max Speed	全天	300km/h

浦东1号2号航站楼站 Pudong Airport Terminal 1&2 Station

首班车 First Train	浦东1号2号航站楼站 Pudong Airport Terminal 1&2 Station	07:02
末班车 Last Train		21:42
发车间隔 Interval	07:02 — 21:42	20mins
最高时速 Max Speed	全天	300km/h

列车发车前1分钟关闭车门
Train doors close 1minute before departure
末班车发车前1分钟停止售票
Check-in stops 5minutes before departure of last train
上海轨道交通服务热线 HOTLINE: 021-64370000

Maglev Train Schedule



Airport Link Line Information



1.5 Convenience Services



**Payment Services
Guide**



**"Shanghai QR Code"
Guide for Foreign
Nationals**



Mobile SIM Card Application Guide for Foreign Nationals



Q

How can I get a SIM card in China?

A:

Tourists or people coming to Shanghai for the first time should apply for their Chinese SIM cards at airports, Shanghai Hongqiao One-Stop Service Center for Overseas Talents, or outlets of domestic telecommunications companies.

The nation's three major state-owned telecom companies are: China Mobile, China Unicom and China Telecom. There are also some other big brands such as China Broadnet.



Q

What should I do when I arrive at the telecom company's outlet?

A:

You should carry your passport or permanent residence permit to the telecom company's outlet.

After arriving at the outlet, you should take a number and wait for your turn.

You can consult the staff and choose a mobile communication service package according to your requirements.

The mobile communication service packages usually include different amount of data, minutes and texts.

Then the staff will ask you to fill in some forms.

After getting the SIM card, you should activate the mobile communication services at the site or later by phone or through the company's mobile app.

If you cannot speak Chinese, it's better to take a Chinese friend or person who can speak Chinese with you in case the staff at the outlet are not good at English.

Data traffic is usually limited. If your package includes a small amount of data, you can turn off the Internet when not in use.

travel



Q

I will stay in China for just a few days.
Do I have any other option rather than getting a SIM card for long-term use?

A: Now China Telecom provides short-term SIM cards for seven to 30 days for tourists and people coming to Shanghai to have easier accesses to Chinese telecommunications services.

There are English services in outlets and hotline and fully online application services.

The 7-Day card is priced at 85 yuan (US\$11.8), while the 15-Day card costs 125 yuan and 30-Day Card costs 195 yuan.



Q

Can I apply for my Chinese SIM card before entering the country?

Can I buy the SIM card in places such as supermarkets like I can back in the US?

Q

Q

Is there any English online platform where I can buy pre-paid SIM card?



What should I do if I lost my cellphone?

Q



Scan the code for the answer



A

Source: City News Service





2、Urban Tourism

2.1 Shanghai



1. Oriental Pearl Tower



2. Shanghai Wild Animal Park



3. The Bund



4. Yuyuan Garden



5. Nanjing Road Pedestrian Street



6. Shanghai Disney Resort



7. Shanghai Grand Theatre



8. Shanghai Library

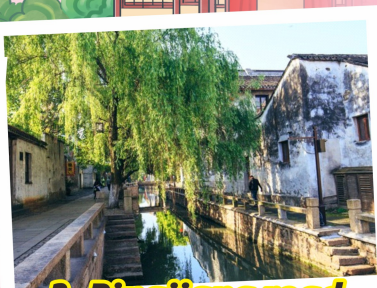


Scan the code

2.2 Suzhou



1. Humble Administrator's Garden



2. Pingjiang road



3. Suzhou Museum



4. Seven-li Shantang Scenic Area



5. Hanshan Temple



Scan the code

2.3 Hangzhou



Scan the code



1. Hangzhou West Lake Scenic Area



2. Lingyin Temple



3. Leifeng Pagoda



4. Qiandao Lake Scenic Area

2.4 Nanjing



Scan the code



**1. Sun Yat-sen
Mausoleum Scenic
Area**



2. Confucius Temple



**3. Nanjing
Presidential Palace**



**4. Ming Tomb Scenic
Area**

2.5 Huangshan



**1. Mount Huangshan
Scenic Area**



2. Xidi



3. Hongcun village



**4. Huizhou Ancient
City**



Scan the code



5. Jadeite Valley



3. Useful Expressions

3.1 Common Phrases for Hotel Accommodation

1. Hotel

In Chinese, there are several terms for "hotel," each with its specific meaning and usage. Here are some of the most common ones:

Hotel

酒店

jiǔ diàn

This is a general term for hotel and can be used for various types of accommodations, ranging from budget to luxury hotels.

Hotel

宾馆

bīn guǎn

This term is often used for smaller, more affordable hotels or guesthouses.

Youth hostel

青年旅舍

qīng nián lǚ shè

This term specifically refers to youth hostels, catering to younger travelers or backpackers.

2. Booking a hotel

When booking a hotel room (房间 fáng jiān), you'll encounter several important terms. Here are some of them:

<i>reservation</i>	预订	yù dìng
<i>single room</i>	单人间	dān rén jiān
<i>double room</i>	双人间	shuāng rén jiān
<i>includes breakfast</i>	含早餐	hán zǎo cān
<i>check-in time</i>	入住时间	rù zhù shí jiān
<i>check-out time</i>	退房时间	tuì fáng shí jiān

Tip

Using Chinese booking apps can be helpful, as they often offer cheaper prices and a wider range of options. Here are a few suggestions:

<i>Ctrip</i>	携程旅行	xié chéng lǚ xíng
<i>Qunar</i>	去哪儿	qù nǎr

3. Checking-in

As you get ready to travel, let's learn some useful phrases for checking into a hotel.

01. Confirming reservation

Here's how to inform the reception staff that you have a reservation when you arrive at your hotel:

Hello, I have a reservation.

您好,我预订了一个房间。

nín hǎo, wǒ yù dìng le yī gè fáng jiān.

02. Police registration

When you check in, the hotel will need to copy the main page of your passport, your visa, and your latest entry stamp for police registration (公安局登记 *gōng ān jú dēng jì*). Here are the keywords you need to know for this step:

Passport	护照	hù zhào
visa	签证	qiān zhèng

Note

To verify your identification and complete the registration process, the hotel will request your passport by saying:

Please show your passport.

请出示您的护照。

qǐng chū shì nín de hù zhào.

03. Payment and deposit

You can use various payment methods such as WeChat, Alipay, or a bank card. If you want to request a specific payment method, you can ask:

Can I pay with _____?

我可以用……支付吗?

wǒ kě yǐ yòng.....zhī fù ma?

The hotel may ask you to pay a deposit:

Deposit

押金

yā jīn

Note: Here's how this word can be used in Chinese:

We need to collect a deposit.

我们需要收取押金。

wǒ men xū yào shōu qǔ yā jīn.

03. Breakfast time

After completing check-in, you can ask about breakfast times by saying:

Excuse me, what time is breakfast?

请问, 早餐是几点?

qǐng wèn, zǎo cān shì jǐ diǎn?

05. Late check-out

Usually, check-out time is at noon. If you need a later checkout, you can ask:

Can I extend my check-out time?

我可以延迟退房时间吗?

wǒ kě yǐ yán chí tuì fáng shí jiān ma?

In this phrase, "延迟 *yán chí*" means "to delay; postpone", and "退房 *tuì fáng*" means "to check out of a hotel room".

4. Hotel services

Here are some useful phrases for various hotel services along with examples:

01. Laundry service

Laundry service

洗衣服务

xǐ yī fú wù

Example

If you want to use the laundry service at the hotel, you can ask at the reception:

Does the hotel provide laundry service?

酒店提供洗衣服务吗?

jiǔ diàn tí gòng xǐ yī fú wù ma?

02. Car service

Car service

叫车服务

jiào chē fú wù

*Example**Here is a phrase you might use when asking for a car service:***Please call a taxi for me.**

请帮我叫一辆出租车。

qǐng bāng wǒ jiào yī liàng chū zū chē.

03. Wake-up call

Wake-up call

叫醒服务

jiào xǐng fú wù

*Example**To arrange a wake-up call service, you can say:***Can I schedule a wake-up call?**

我可以预订叫醒服务吗?

wǒ kě yǐ yù dìng jiào xǐng fú wù ma?

04. Luggage storage

Luggage storage

行李寄存

xíng lǐ jì cún

*Example**If you want to use the hotel's luggage storage service, ask at the reception:***Can I store my luggage?**

我可以寄存行李吗?

wǒ kě yǐ jì cún xíng lǐ ma?

05. Wi-Fi

Wi-Fi

无线网络

wú xiàn wǎng luò

*Note:**Simply say "Wi-Fi" in English when asking for the password, and the hotel staff will understand you right away.***What is the Wi-Fi password for the hotel?**

酒店的Wi-Fi密码是什么?

jiǔ diàn de Wi-Fi mì mǎ shì shén me?

06. Invoice

Invoice

收据

shōu jù

*Example**Here's a phrase for requesting an invoice:***Please give me an invoice when I check out.**

退房时请给我收据。

tuì fáng shí qǐng gěi wǒ shōu jù.

3.2 Common Phrases for Dining

Food / 食物 / shí wù

Vegetables / 蔬菜 / shū cài

<i>cabbage</i>	白菜	bái cài
<i>scallion / green onion</i>	葱	cōng
<i>onion</i>	洋葱	yáng cōng
<i>celery</i>	芹菜	qín cài
<i>coriander</i>	香菜	xiāng cài
<i>bamboo shoot</i>	笋	sǔn
<i>mushroom</i>	蘑菇	mó gū
<i>tomato</i>	西红柿 / 番茄	xī hóng shì / fān qié
<i>potato</i>	土豆	tǔ dòu
<i>corn</i>	玉米	yù mǐ
<i>eggplant</i>	茄子	qié zi
<i>cucumber</i>	黄瓜	huáng guā
<i>bean sprout</i>	豆芽	dòu yá
<i>spinach</i>	菠菜	bō cài

Meat / 肉 / ròu

<i>pork</i>	猪肉	zhū ròu
<i>beef</i>	牛肉	niú ròu
<i>chicken</i>	鸡肉	jī ròu
<i>lamb</i>	羊肉	yáng ròu

<i>ribs</i>	排骨	pái gǔ
<i>pork belly</i>	五花肉	wǔ huā ròu
<i>steak</i>	牛排	niú pái

Seafood / 海鲜 / hǎi xiān

<i>crab</i>	螃蟹	páng xiè
<i>shrimp</i>	虾	xiā
<i>fish</i>	鱼	yú
<i>lobster</i>	龙虾	lóng xiā
<i>spicy crawfish</i>	麻辣小龙虾	má là xiǎo lóng xiā

Regional dishes / 地方菜 / dì fāng cài

Peking duck

北京烤鸭

běi jīng kǎo yā

Shanghai small steamed buns

上海小笼包

Shàng hǎi xiǎo lóng bāo

Xi'an hamburger

西安肉夹馍

xī ān ròu jiā mó

Sichuan hotpot

四川火锅

sì chuān huǒ guō

Lanzhou hand-pulled noodles

兰州拉面

lán zhōu lā miàn

Hangzhou braised pork belly

杭州东坡肉

háng zhōu dōng pō ròu

Changsha - style stinky tofu

长沙臭豆腐

cháng shā chòu dòu fu

Drinks / 饮品 / yǐn pǐn

<i>tea</i>	茶	chá
<i>red wine</i>	红酒	hóng jiǔ
<i>white wine</i>	白葡萄酒	bái pú táo jiǔ
<i>beer</i>	啤酒	pí jiǔ
<i>juice</i>	果汁	guǒ zhī
<i>ice water</i>	冰水	bīng shuǐ
<i>cola</i>	可乐	kě lè

Key ordering phrases**Hi, what do you want to order?**

你好, 请问你想点什么?

nǐ hǎo, qǐng wèn nǐ xiǎng diǎn shén me?

I'd like to have ___.

我想要__。

wǒ xiǎng yào__.

Hi waiter, I'm a vegetarian, can you recommend some vegan food to me?

你好, 服务员, 我是素食主义者, 请问你能推荐我一些素食菜吗?

nǐ hǎo, fú wù yuán, wǒ shì sù shí zhǔ yì zhě,
qǐng wèn nǐ néng tuī jiàn wǒ yī xiē sù shí cài ma?**I really like to eat steak!**

我很喜欢吃牛排!

wǒ hěn xǐ huān chī niú pái!

3.3 Common Phrases for Travel

<i>travel</i>	旅游	lǚ yóu
<i>plan</i>	计划	jì huà
<i>sit / ride</i>	坐	zuò
<i>high-speed train</i>	高铁	gāo tiě
<i>plane</i>	飞机	fēi jī
<i>underground</i>	地铁	dì tiě
<i>but</i>	但是	dàn shì
<i>what / how come</i>	怎么	zěn me
<i>buy a ticket</i>	买票	mǎi piào
<i>simple / easy</i>	简单	jiǎn dān
<i>add</i>	添加	tiān jiā
<i>frequent contacts</i>	常用人	cháng yòng rén
<i>Information</i>	信息	xìn xī
<i>follow / according to</i>	按	àn
<i>passport</i>	护照	hù zhào
<i>fill in</i>	填写	tián xiě
<i>full name</i>	全名	quán míng
<i>over / finish</i>	完毕	wán bì
<i>the high-speed rail station</i>	高铁站	gāo tiě zhàn
<i>manual / artificial</i>	人工	rén gōng
<i>ticket office</i>	售票处	shòu piào chù
<i>verify / verification</i>	验证	yàn zhèng
<i>success</i>	成功	chéng gōng
<i>online</i>	线上	xiàn shàng

note.

A pink notepad with horizontal lines. The bottom section features a polka-dot pattern. On the left, there is a black airplane icon. On the right, there is a table with three rows and two columns of blue boxes. The table is empty.

note .

