



## Concert Venues

1. Shanghai Oriental Art Center  
<http://en.shoac.com.cn/>  
No.425 Ding Xiang Rd., Shanghai China  
200135 (Lujiazui Financial & Trade Zone)  
Tel: 4006-466-406 / 86-21-68541234
2. Shanghai Grand Theatre  
[www.shgtheatre.com](http://www.shgtheatre.com)  
Add: No.300 Renmin Avenue,  
Shanghai, 200003 (People's Square)  
Tel: 8621-63868686
3. Shanghai Concert Hall  
Website:  
[www.shanghaiconcerthall.org](http://www.shanghaiconcerthall.org)  
Add: No.523 East Yan'an Road,  
Shanghai, 200021 (Dashijie Stop Line 8)  
Tel: +86-21-8386-6666
4. Shanghai Culture Square  
[www.shculturesquare.com](http://www.shculturesquare.com)  
Add: No.36 Yongjia Road, Shanghai,  
200020 (South Shaanxi Rd. Stop, Line 10)  
Tel: +86-21-5461-9961

## Museums

1. Shanghai Science and Technology Museum  
[www.sstm.org.cn/](http://www.sstm.org.cn/)  
Add: No.2000 Century Avenue  
Tel: 86 21 6862 2000 ext. 6888
2. Shanghai Museum  
[www.shanghaimuseum.net/en/index.jsp](http://www.shanghaimuseum.net/en/index.jsp)  
Add: No.201 People's Avenue  
Tel: 86 21 6372 3500 ext. 132
3. Power Station of Art  
[www.powerstationofart.com/en/](http://www.powerstationofart.com/en/)  
Add: No.200 Huayuqiang Road  
Tel: 86 21 3110 8550
4. China Art Palace  
[www.sh-artmuseum.org.cn/](http://www.sh-artmuseum.org.cn/)  
Add: No.205 Shangnan Road  
Tel: 86 21 2025 2018
5. Aurora Museum  
[www.auroramuseum.cn/en/](http://www.auroramuseum.cn/en/)  
Add: No.99 Fu Cheng Road, Pudong  
Tel: 021-5840-8899
6. MOCA Museum  
[www.mocashanghai.org](http://www.mocashanghai.org)  
Add: No.231 West Nanjing Rd (inside People's Park)  
Tel: 8621-63279900
7. Liu Li Museum  
[www.liulichinamuseum.com](http://www.liulichinamuseum.com)  
Add: 2F, No.25 Taikang Road, Shanghai  
Tel: 8621-64672268
8. Wushu Museum  
[www.wushumuseum.com](http://www.wushumuseum.com)  
Add: No.399 Changhai Rd., Yangpu, Shanghai  
Tel: 8621-51253386
9. Long Museum  
[http://thelongmuseum.org/html/index\\_en.html](http://thelongmuseum.org/html/index_en.html)  
a. Pudong: LONG MUSEUM, No.210, Lane 2255, Luoshan Road, Shanghai. Tel: 021-68778787  
b. West: 3398 Longteng Avenue, Xuhui District Shanghai.  
Tel: 021-64227636
10. Himalayas Art Center  
<http://www.himalayasart.cn/en/>  
Add: No. 869, Yinghua Rd., Pudong District, Shanghai  
Tel: 021-50339801



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## Health Services

1. Shanghai East Hospital, ER  
Add: No.150, Jimo Road  
Tel: +86-21-3880-4518
2. Parkway Health  
[www.parkwayhealth.cn](http://www.parkwayhealth.cn)  
Tel: +86-21-6445-5999  
Note: Call for appointment at the most convenient clinic and time.
3. Shanghai United Family Hospital  
<http://shanghai.ufh.com.cn/>  
Tel: +86-21-400-639-3900  
Note: Call for an appointment

## Pharmacies

1. NEPSTAR DRUGSTORE  
Add: No.398 Pudian Road  
Tel: +86-21-5015-6626  
Near Academic Building  
(Business Hours: 8:00 am - 10:00 pm)
2. NEPSTAR DRUGSTORE  
Add: No.276 Yushan Road  
Tel: +86-21-6853-7491  
(Business Hours: 8:00 am - 10:00 pm)
3. Parkway Community Pharmacy  
[www.parkwaycommunitypharmacy.com/](http://www.parkwaycommunitypharmacy.com/)  
Add: 9-B101A, Green Garden  
333 Bi Yun Road (Near Jinqiao)

## Fitness Centers

1. Yuanshen Sports Center  
Add: No.655 Yuanshen Road  
Note: Athletic complex with swimming, tennis, badminton, basketball, soccer, etc.
2. Alexander Health Club  
Add: No.555 Zaozhuang Road near East Boshan Road  
[www.alexander.cn](http://www.alexander.cn)  
Tel: 13818655501
3. Star Gym (Yuanshen subbranch)  
Add: No.1458 Yuanshen Road 4-5 floor of Yuanshen Sports Stadium  
[www.stargym.com.cn](http://www.stargym.com.cn)  
Tel: 13817612235
4. Star Gym (Boshan subbranch)  
Add: No.815 Boshan Rd Near Jinqiao Road  
[www.stargym.com.cn](http://www.stargym.com.cn)  
Note: NYU Shanghai special: 1180 RMB/year
5. Will's Gym (Hongjia subbranch)  
Add: No.388, Fushan Rd near Dongfang Road  
[www.willsfitness.net](http://www.willsfitness.net)
6. Gaodian Bowling and Billards  
Add: No.3611 Zhangyang Road  
[www.sh-hipoint.com/fendian.aspx](http://www.sh-hipoint.com/fendian.aspx)
7. Luhang Middle School, Badminton Court  
Add: No.1288 Jinqiao Road  
[www.hslh.pudong-edu.sh.cn](http://www.hslh.pudong-edu.sh.cn)
8. Indoor Basketball in Jinqian Square  
Tel: 86-21-2023-3158
9. Changdao Badminton hall  
Note: 40 yuan per court but if you buy over 500rmb, you pay 35 yuan per court



## Supermarkets

1. Carrefour  
[www.carrefour.com.cn](http://www.carrefour.com.cn)  
Add: No.555, Biyun Road 碧云路 555 号  
Near Jinqiao Residential Hall  
Hours: 7:30 am - 10:00 pm
2. Lotus  
[www.cplotus.com](http://www.cplotus.com)  
Add: No.2128 Middle Yanggao Road,  
Hours: 10:00 am - 10:00 pm  
Department Store - Supermarket/ good mix of western and Chinese groceries as well as household and electrical goods"
3. Lotus  
[www.cplotus.com](http://www.cplotus.com)  
Add: No.1126-1128 North Yanggao Road  
Hours: 7:30 am - 10:00 pm
4. Century Mart  
Add: No.357 Pudian Rd. (Pudian Rd. Stop, Line 4&6)  
Phone: +86-21-6876-9925  
Hours: 7:30 am- 10:00 pm
5. City Shop  
Add: NO. 480 Hongfeng Road (Near Jinqiao)  
City shop has an extensive range of imported foods and daily necessities from around the world.

## Delivery Service

1. DHL  
[www.cn.dhl.com/en.html](http://www.cn.dhl.com/en.html)  
Tel: +86-800-810-8000  
Off during the Spring Festival
2. UPS  
[www.ups.com/content/cn/en/contact](http://www.ups.com/content/cn/en/contact)  
Tel: 400-820-8388  
Off during the Spring Festival
3. EMS  
[www.ems.post/operators](http://www.ems.post/operators)  
Tel: 11183 (9:00 am – 6:00 pm)  
No off during holiday
4. STO Express  
[www.sto.cn](http://www.sto.cn)  
Tel: 400-889-5543 (9:00 am – 6:00 pm)  
No off during holiday
5. SF Express  
[www.sf-express.com/hk/en](http://www.sf-express.com/hk/en)  
Tel: 4008 111 111 (9:00 am – 6:00pm)  
No off during holiday

## Transportation

1. Shanghai Railway International Travel  
[www.srtg.com.cn](http://www.srtg.com.cn)  
Add: No.1071, Zhangyang Road  
Tel: +86-21-6867-2066
2. Explore Shanghai by bus - cheap & easy  
<http://msittig.wubi.org/bus/>  
or download the App \$129  
Buses cost from 1-2 RMB, they are very convenient and announce the next stop in Chinese and English. I recommend that you check the closes bus stop for the numbers and then check the website. If you use google maps and select public transport, it will also tell you the bus number. Buses run later than the subway, are clean and very reliable. A bit crowded on the weekend and at peak times. If it is raining or just cannot find a taxi, a bus will get you closer to where you want to go!

## Services for Expats in SH

### Shanghai Call Center

Tel: 962288

The center offers free information consultation services all the year around in 10 languages. The information is involved in basic facts, entry and exit, education, investment, foreign trade, transportation, justice and public health in Shanghai. The center also provides a free emergency translation service for foreigners.

## Social Service Agencies

1. Lifeline Shanghai (English Only)  
[www.lifeline-shanghai.com](http://www.lifeline-shanghai.com)  
Tel: +86-21-6279-8990  
Hours: 10am-10pm  
Lifeline Shanghai provides free, confidential, and anonymous emotional support via telephone 10AM to 10PM, 365 days a year.
2. Gender In China 女权之声  
<http://weibo.com/genderinchina>  
<http://www.douban.com/people/Women-Voice/>  
Tel: +86-10-3480-8179  
Email: [genderwatchina@gmail.com](mailto:genderwatchina@gmail.com)  
Based in Beijing but very actively providing workshop/speech all over China



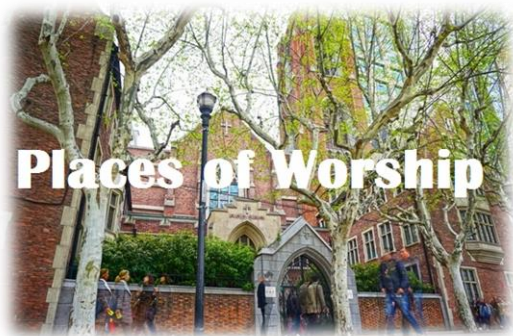
## Travel

1. TripAdvisor - A website helps you book and plan your trip  
<http://www.tripadvisor.com/>
2. Ctrip – book train & flight tickets, hotels and vacation  
<http://english.ctrip.com>



## Vegan

1. Gong de Lin or GODLY Restaurants - Buddhist Cuisine  
Buddhist- since 1922- pretty cheap, fun experience - check the google for other branches of this restaurant. Vegan food created to taste like meat. Highly recommend the vegetable dumpling soup- 30Rmb for a big bowl  
Opening hours: Daily 11:00-14:00, 17:00-22:00  
Add: No.445 Nanjing Xi Lu, near Chengdu Bei Lu, Huangpu District, Shanghai  
Tel: +86-21-6327-0218
2. iVegan (Pudong)  
Add: No.87 Song Lin Road, Pudong (near Zhang Yang Road)  
Tel: 86-21-5058-6016
3. Kate & Kimi  
This is an Online veggie grocery store which delivers all over Shanghai from Monday to Sunday.  
[www.kateandkimi.com](http://www.kateandkimi.com)  
Tel: +86-21-6167-1620



## Methodist

### Moore Memorial Church (Mu En Tang)

316, Xizang zhong Rd, close to Hankou Rd, Huangpu District

Transportation: People's Square Station of Metro Line1/Line2/Line8.

Tel: 021-63225069

Hours: Sun 07:30, 09:00, 14:00, and 19:00

## Christian

### Abundant Grace Church (Hong En Tang)

455, Hongfeng Rd, close to Mingyue Rd, Pudong New District

Tel: 021-50307556

Services are Sundays at 15:00.

Abundant Grace International Fellowship is also known as the English Service of Hong En Church.

## Protestant

### Shanghai Community Church (Guo Ji Li Bai Tang)

53, Hengshan Rd, close to Wulumuqi Rd S, Xuhui District

Transportation: Hengshan Rd Station of Metro Line1.

Tel: 021-64376576

## Catholic

- 1. St. Joseph's Church (Sheng Ruo Se Tang)** (English Speaking Roman Catholic Parish)  
Add: No.36, Sichuan Rd S., close to Jinling Rd E, Huangpu District  
Tel: +86-21-6328-0293
- 2. St. Francis Xavier Church (Sheng Fang Ji Ge Sha Wu Lue Tang)** (English Mass Available)  
Add: No.185, Dongjiadu Rd, close to Wanyu Street, Huangpu District  
Tel: +86-21-6378-7214.  
English Mass Time: Monday at 07:00, Tuesday-Friday at 12:30, Saturday at 17:00 and Sunday at 10:30 and 12:30
- 3. St. Peter's Church (Sheng Bo Duo Lu Tang)** (English, Korean, French, and German Masses available)  
Add: No.270, Chongqing Road S., close to Fuxing zhong Rd, Huangpu District  
Tel: +86-21-6467-0198, 6767-8181  
Open: 08:30-20:30  
English Masses: Sat 17:00, Sun 12:00

## Jewish

- 1. Chabad Jewish Center of Pudong**  
[www.jewishpudong.com](http://www.jewishpudong.com)  
Add: Villa # 69, 2255 Luoshan Road, Pudong Shanghai, 200235 ,PR China  
Tel: +86-21-5878-2008
- 2. Kehilat Shanghai**  
[www.kehilatshanghai.org](http://www.kehilatshanghai.org)  
Email: [info@kehilatshanghai.org](mailto:info@kehilatshanghai.org)  
Or Follow Facebook page [facebook.com/KehilatShanghai](https://facebook.com/KehilatShanghai)
- 3. Moishe House Shanghai**  
[www.moishehouse.org/houses/shanghai](http://www.moishehouse.org/houses/shanghai)  
Wechat: moisheshouseshanghai  
Facebook: Moishe House Shanghai

## Buddhism

- 1. Jade Buddha Temple**  
Add: No.170 Anyuan Road  
Tel: +86-6266-7647  
Hours: 8am-12pm, 1-5pm
- 2. Sanwei Temple**  
Add: No.107 Dong Jiangyin Road  
Tel: +86-21-6377-2722
- 3. Long Hua Temple**  
Add: No.2853 Longhua Road  
Tel: +86-21-6456-6085



## Taoism

### Bai Yun Taoist Temple

Add: No.8 Lane 100 Xilin Hou Lu  
Tel: +86-6387-6402

## Islam

- 1. Shanghai Xiaotaoyuan Mosque**  
Add: No.52 Xiaotaoyuan Street, Nanshi District, Shanghai. The Xiaotaoyuan Mosque is the largest mosque in the city.Sanwei Temple
- 2. Shanghai Pudong Mosque**  
Add: No.375 Yuansheng Road, Pudong District, Shanghai
- 3. Shanghai Fuyou Road Mosque**  
Add: No.378 Fuyou Road, Shanghai