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## Welcome

The Parents of BISS Puxi look forward to welcoming you to the FOBISIA Under 15's games taking place over three days from Sunday 20th November to Tuesday 22nd November 2016. We look forward to meeting the athletes and parent supporters from all the participating teams; Bangkok Patana School, The British International School HCMC, Discovery Bay International School, Tanglin Trust School, The British International School of Kuala Lumpur and Shrewsbury International School Bangkok.

As parents of Fobisia athletes ourselves, we have put together some information which we hope you will find both useful and informative. If you need any further information please get in touch with us.

### Visiting Parent Coordinators

Janice Yeo (wechat : yjaniceus) tel : +8615901767111 email: [yjaniceus@yahoo.com](mailto:yjaniceus@yahoo.com), or

Fiona Jones (wechat : fijonesinshanghai) tel : +8615801783247 email: [fijjones@gmail.com](mailto:fijjones@gmail.com)

The parents of all our BISS athletes will also be on hand throughout the games to show you venues and answer any questions you may have. It is our intention to allocate a minimum of two BISS Puxi parents to each school as your point of contact, more information on this will be given on your arrival.

On behalf of the parents at BISS Puxi we hope that your athletes will have an enjoyable and memorable experience here in Shanghai.

## Parent Liaison

Each school is requested to appoint a Parent Representative - to collect money, gather information and be the key person of contact for the parents of that school.

Janice Yeo and Fiona Jones are the Visiting Parent Co-ordinators for BISS Puxi and will be liaising with each school's Parent Representative regarding the Gala Dinner tickets, transportation arrangements and other items. If you require assistance with airport transfers, please let us know as we may also be able to help.



## Shanghai 上海

Currently listed as the most populated city in the world, Shanghai has just over 24 million residents. It lies at the mouth of the Yangtze River and is the location for the world's busiest container port. Shanghai has a colourful history and many of its influential inhabitants have left their mark over the years in the architecture throughout the city.

Notable areas to explore include 豫园 (Yu Gardens) – made up of smaller areas, each of them are separated by undulating walls topped with the body and head of a Dragon. There is also a bustling commodities market nearby on 福佑路 (Fuyou Rd) – a great place to experience the fast pace of Shanghai life! Strolling down the 1km promenade on the Bund is also another great way to experience this vibrant city. Witnessing the transition from day to night from the Bund is a memorable experience (particularly if you are in an elevated position – Char Bar @ Hotel Indigo has a strategically positioned terrace to help make the most of the views). The city lights come on around dusk.

## Currency Rate

This is a reference table for the exchange rate. Please refer to real time currency software for real time currency exchange rate, e.g **XE.com**

#	Unit	RMB
1	1 SGD	4.8861
2	1000 VND	0.3
3	1 HKD	0.8717
4	1 MYR	1.606
5	1 THB	0.1931

## ATM's and Credit Cards

Please note that Shanghai is a predominantly cash society. Unionpay cards are accepted in many stores and chains but VISA and Mastercard are generally only accepted in the larger multinational stores. The closest ATM to BISS Puxi is the China Construction Bank on the corner of Jinfeng Rd and Baole Rd which accepts VISA cards for cash withdrawals.

## Weather/Air Quality

Weather for Shanghai in November is cool, ranging from 9-20 degree Celsius. We suggest that you bring some warm clothing and a windbreaker or waterproof jacket. Air quality is fair and we are optimistic that the events can all take place outside as planned. For the latest updates, please refer to popular mobile applications like **Weather, Global Pm2.5**.

## Taxis/Uber

Taxis offer a cheap and convenient way of travelling around Shanghai. In order to make your journey the easiest it can be we would recommend carrying some smaller notes (10, 20 & 50 RMB denominations) for shorter journeys. Downloading an app like City Weekend or Hi Shanghai before you come to Shanghai will give you access to "taxi cards" for venues and restaurants (this gives the address in Chinese characters). Most taxi drivers do not speak English (some will only speak Shanghainese) so having the address in characters makes it easier to be understood.

Uber is widely used and payment can be made via credit card. 百度地图 (Baidu Maps) is the most popular software used for location in China.



## Local Food

China is known around the world for having some wonderful foods available. Here's a few of the local, less well known specialities that the Chinese like to keep for themselves! *Xiaolongbao*, *Guotie*, *jiaozi*, *guihualianou*, *jianbing*, *dazhaxie*, *shaomai*, *qingtuan*, *xiaomigao* etc, are easily available in any Shanghainese restaurants. You can get all of these at Yu Gardens too.

## Around the Hilton Hotel

Close by the Hilton Hotel, Hongqiao is 老外街(Laowaijie) is as a pedestrian food street with food options from around the world. It is about a 10-15 minute walk from the hotel - exit the front of the hotel and turn right and right again until you reach the multi carriageway road. Turn right and walk for about 10 minutes until you see a pedestrian bridge crossing the road. Walk across the bridge and you will be at the start of Laowaijie.

If you would like to do some shopping whilst in Shanghai there is a large market situated on Hongmei Rd, easily accessible from Laowaijie. Continue walking through Laowaijie until you reach a road (Hongmei Rd). Cross the road (carefully!) and walk to your right for about 100 yards. The International Pearl City is on your left. You can purchase many types of goods here including toys, clothing, souvenirs, bags and shoes.

## Sports Itinerary

Day	Schedule
Saturday 19 November	Parents arrive in Shanghai. Check-in to hotel.
Sunday 20 November	Morning – Athletics @ SAS Puxi Afternoon – Swimming @ BISS Puxi Evening – Welcome drinks @ BISS Puxi
Monday 21 November	Boys Basketball, Girls Football @ BISS Puxi
Tuesday 22 November	Boys Football, Girls Basketball @ BISS Puxi Gala dinner @ Radisson Blu

For detailed fixtures, please refer to our website:

<http://www.nordangliaeducation.com/our-schools/shanghai/puxi/u15-fobisia-games-shanghai-2016>

BISS Puxi is pleased to provide you with complementary transfers to and from the tournament locations. Buses will leave the Hilton Hongqiao at **6.45 am (SUN), 7:30 am (Mon), 7:30 am (TUE) sharp** to ensure you are at the venue in time for the Opening Ceremony and to catch the 8.30 am tournaments. Please be in the lobby 15 minutes before departure.

## Food and Drink available during the competition

During lunchtimes, we will provide transport to our local food mall – Fashion Park. There are numerous restaurants including a mix of Western, Mexican, Indian and Asian cuisines. Fashion Park also has a supermarket where additional drinks and snacks can be purchased.

On Sunday 20 Nov, food snacks will be available from SAS canteen (in the morning) and BISS canteen (in the afternoon).

On Monday and Tuesday 22 Nov, we will have a selection of freshly prepared hot & cold snacks and hot & cold drinks available from “The Lion’s Den” located by the football pitches from 9.30 till 4:30 pm.

IMPORTANT - Please note, all timings are approximate as tournament events may overrun due to circumstances beyond our control. Please be aware that traffic in Shanghai can vary enormously depending on the weather – if you plan to make your own way to BISS Puxi, please take this into account.

## Parents Welcome Event

We would like to cordially invite you to the Supporter’s Warm Welcome. This will take place at BISS Puxi, after the Sunday swim competition. Light snacks, tea, coffee and wine will be served. All parents and supporters are welcome but we ask that you confirm numbers attending with Fiona Jones ( BISS Puxi Parent Coordinator) by Wednesday 16th November to enable us to cater effectively. A bus will leave for the Hilton Hongqiao Hotel after the Welcome event at approximately 6:45 pm.

## Gala Dinner

The Gala Dinner will be held at the Radisson Blu. Parents are welcome to attend the dinner and prize giving ceremony, with tickets costing 220RMB per person. Transport will be provided from BISS Puxi to The Radisson Blu and afterwards to return you to the Hilton Hongqiao. The dress-code for the Gala dinner is casual smart.

Please confirm with your school parent representative if you would like to attend this event. We will collect payment for the Gala Dinner on the first day (Sunday 20 November).

## Internet

百度地图 (Baidu) map is the most popular software used in China. Most eateries offer free wifi. You will need VPN to access Facebook, Google, Twitter and Youtube.

## Useful Words

你好 nihao - How are you?

谢谢 xie xie - Thank you

对不起 dui bu qi - Sorry

请带我去 qing dai wo qu - Please take me to.....

外滩 wai tan - The Bund

老外街 laowaijie - Pedestrian food Street (Expat)

英国学校 yingguoxuexiao - British International School, Shanghai (BISS)

美国学校 meiguoxuexiao - Shanghai American School (SAS)

上海 Shanghai - Shanghai

## Useful Contacts

- **Parents' Hotel:**

### **Hilton Shanghai Hongqiao**

上海虹桥元一希尔顿酒店

No. 1116 Hong Song East Rd, Shanghai, 201103, China TEL: +86-21-3323 6666 FAX: +86-21-3323 6999

闵行区长宁区红松东路 1116 号 邮区: 201103

### **Shanghai Marriott Hotel Hongqiao**

上海万豪虹桥大酒店

2270 Hong Qiao Road, Changning District Shanghai 200336 China

上海长宁区虹桥路 2270 号 邮编 200336 电话: +86-21-6010 6000 传真: +86-21-6010 6001

- **Gala Dinner:**

### **Radisson Exhibition Centre Shanghai**

上海国展宝龙丽筠酒店

No 1550 Xinfu Road Middle Road, Qingpu District Shanghai, China 201708

上海青浦区新府中路 1550 号 邮编 201708

- **Competition Venue:**

### **British International School Shanghai, Puxi**

上海英国学校浦西

No 111, Jinguang Rd, Minhang District, Shanghai, China 201107 TEL: +86-21-5226-3211

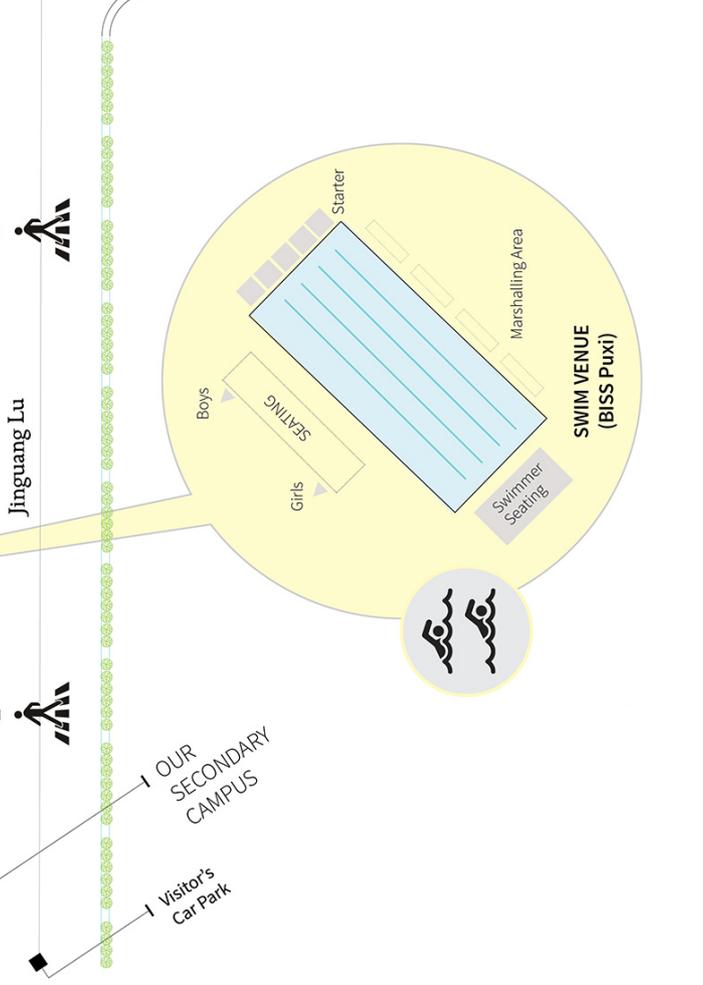
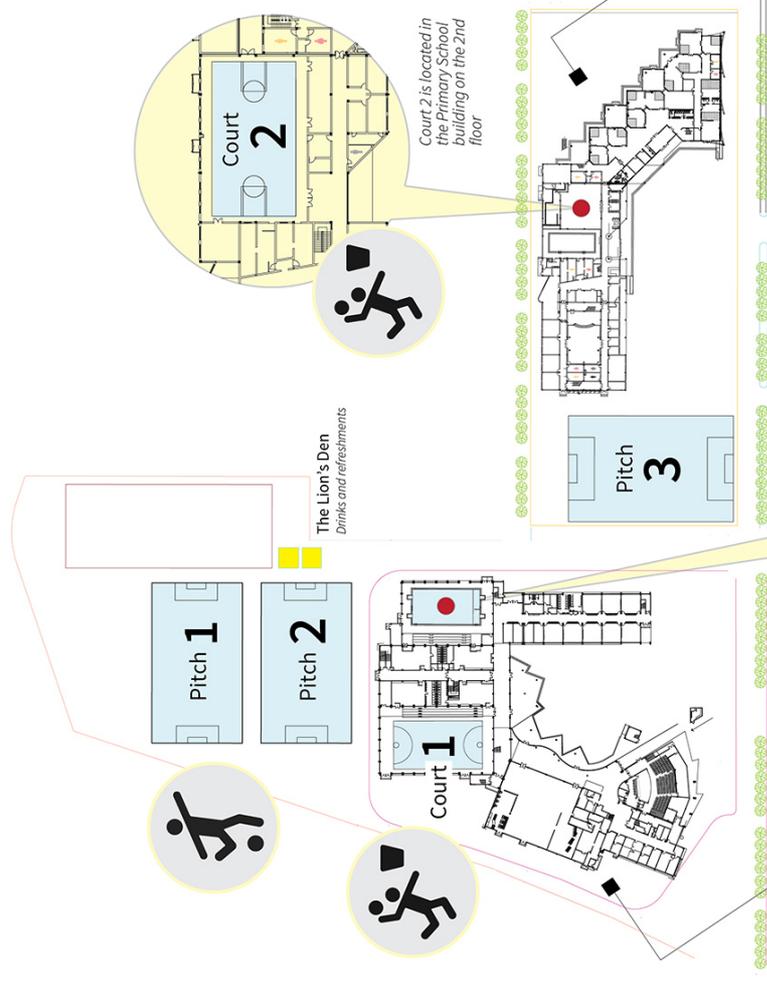
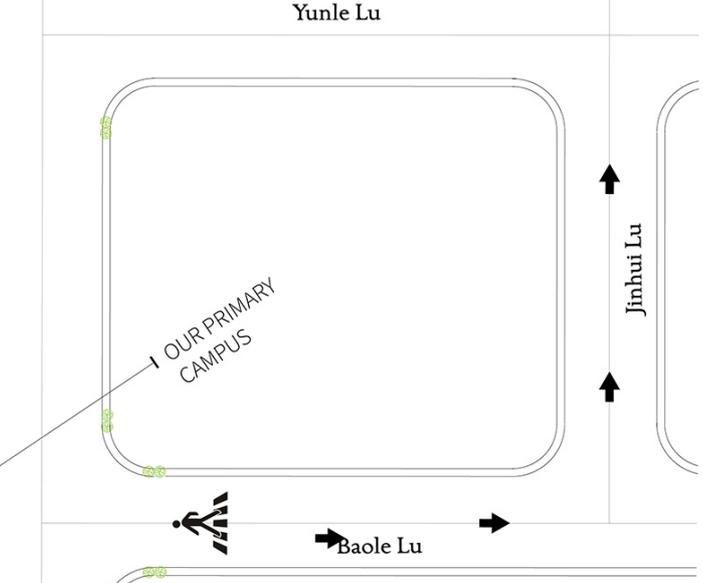
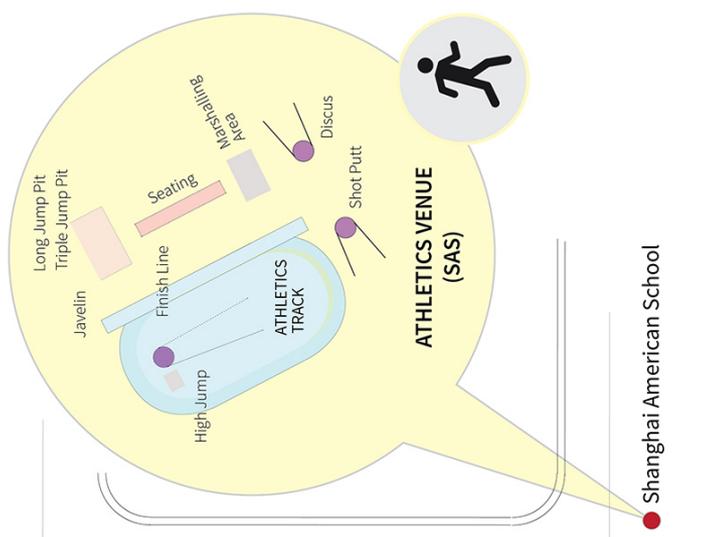
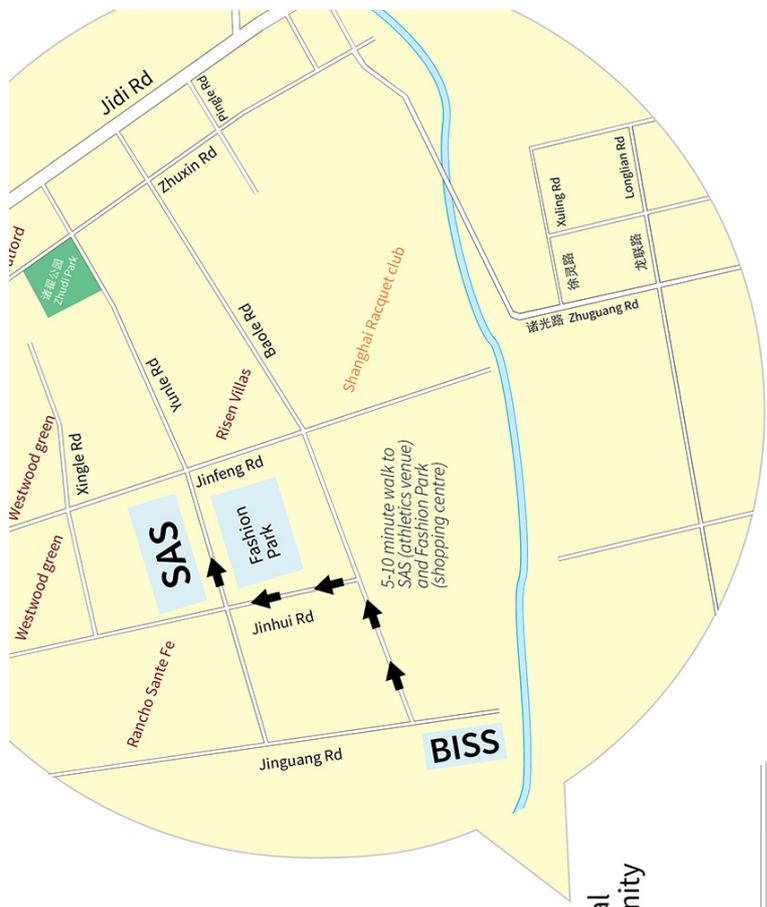
上海市闵行区华漕镇金光路 111 号 邮编: 201107 电话: +86-21 5226 3211

### **Shanghai American School, Puxi**

上海美国学校浦西

258 Jinfeng Road Huacao Town, Minhang District Shanghai, China 201107 Telephone: +86 21 6221-1445

闵行区金丰路 258 号 邮编: 201107 电话: +86-21 6221 1445



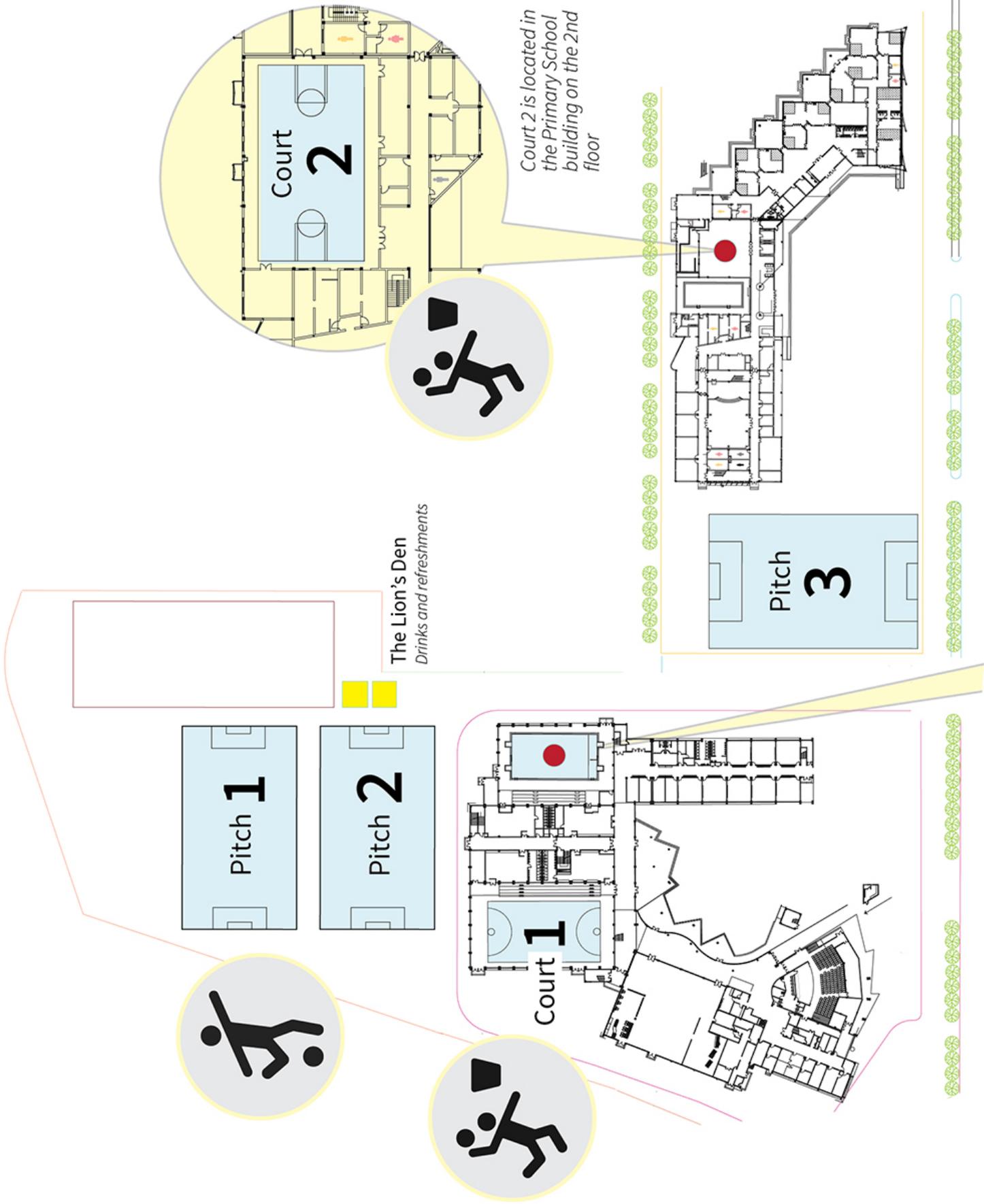
Our local community

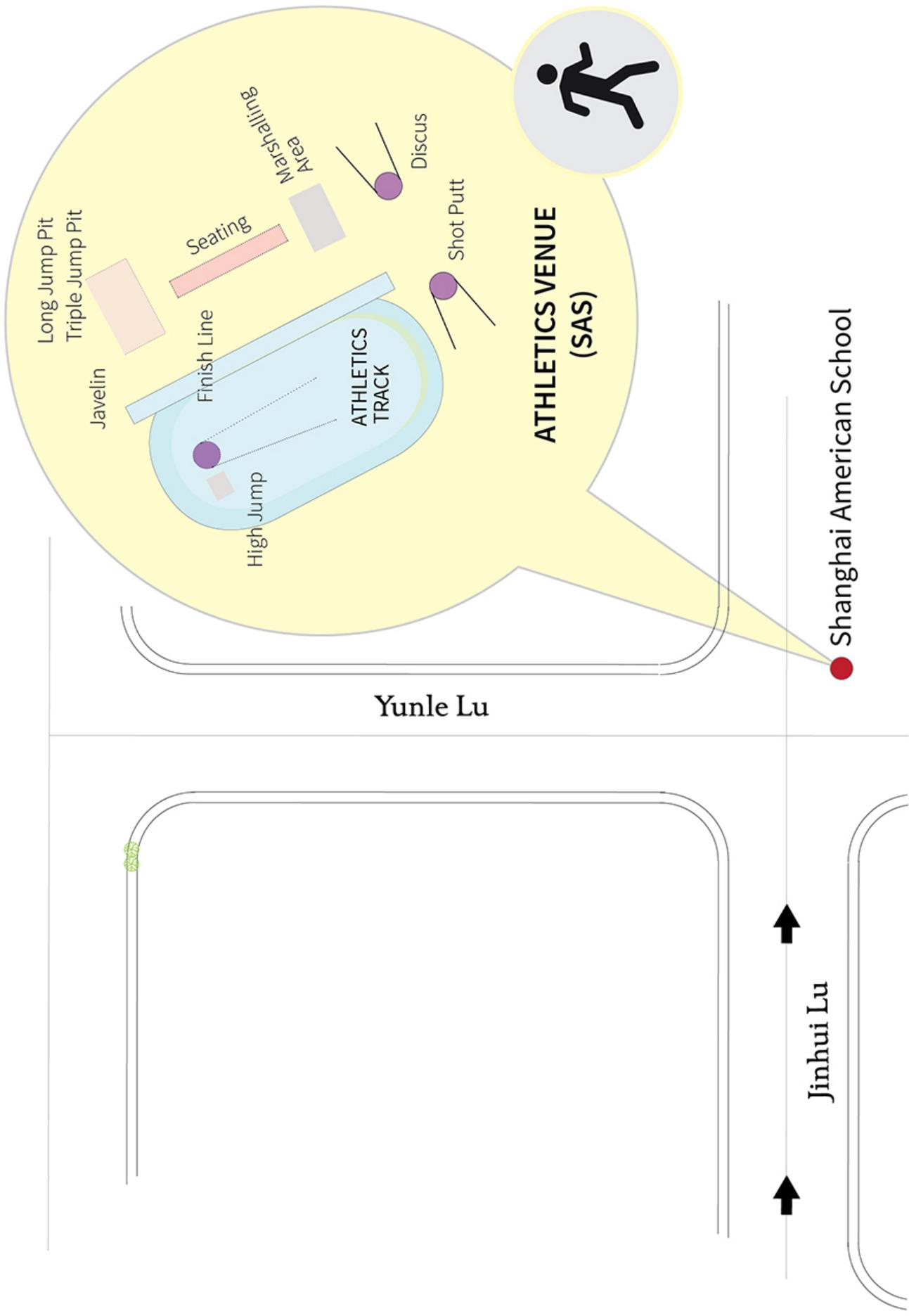
OUR PRIMARY CAMPUS

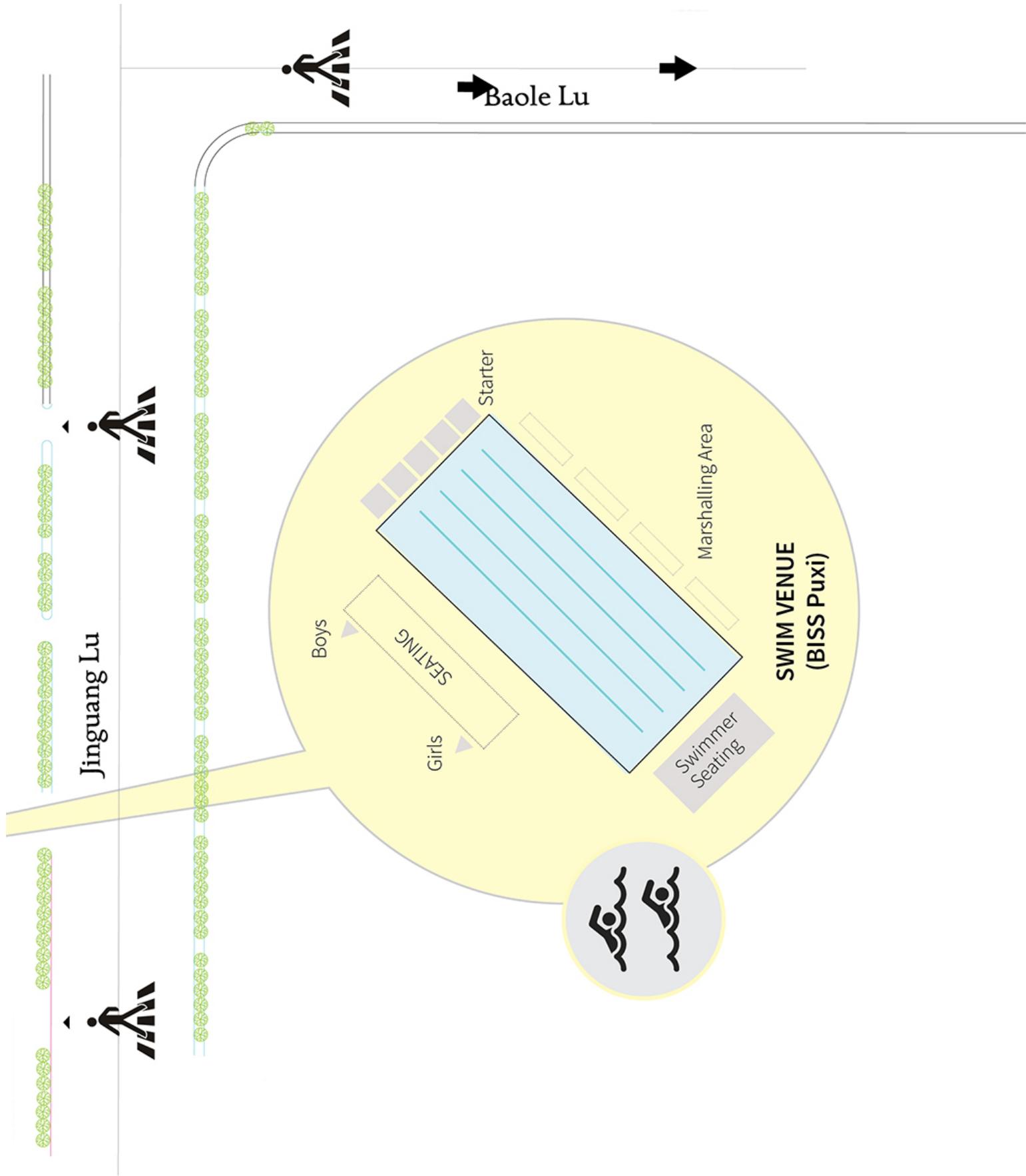
OUR SECONDARY CAMPUS

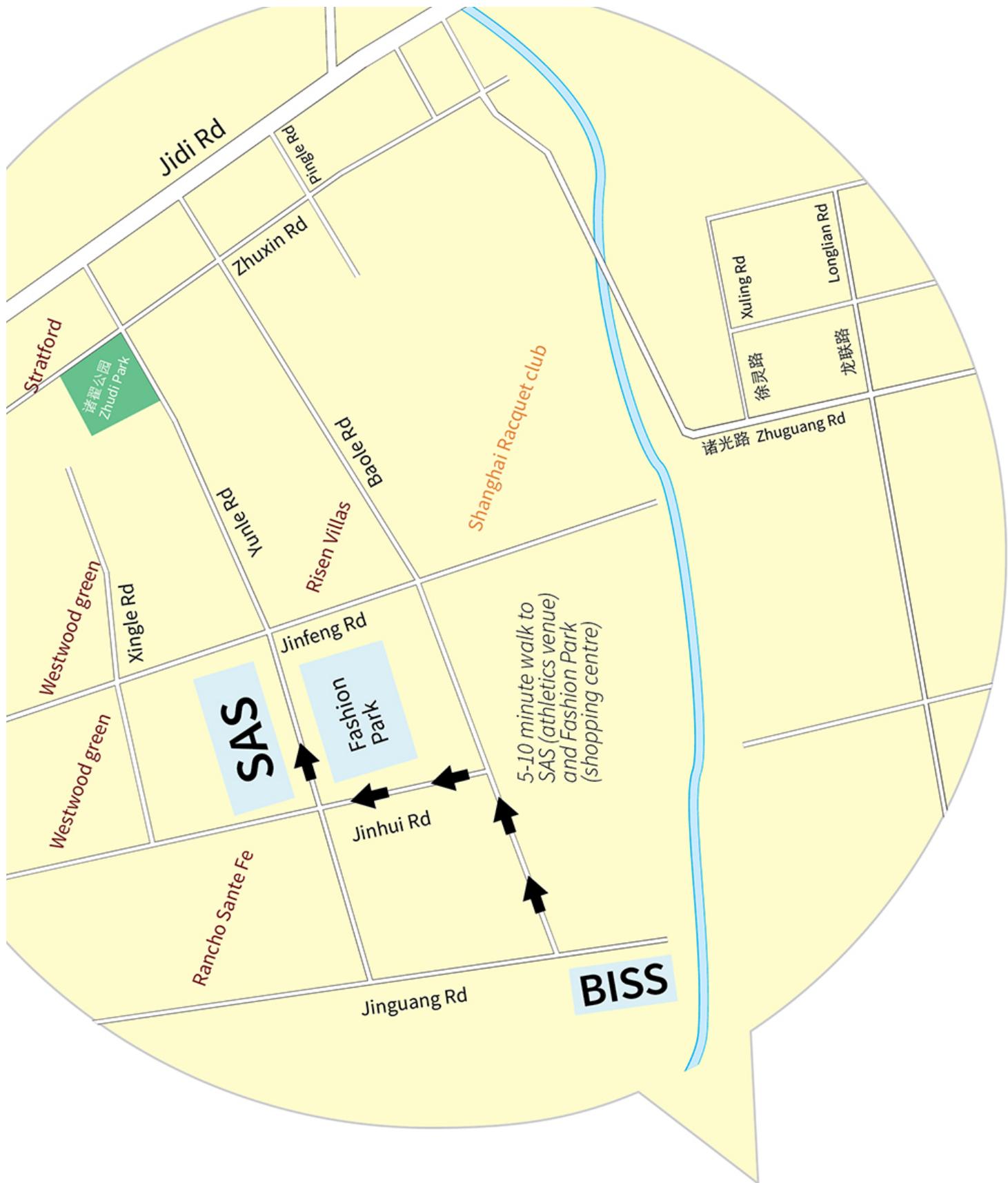
SWIM VENUE (BISS Puxi)

Shanghai American School









Jidi Rd

Pingle Rd

Zhuxin Rd

Stratford

诸翟公园  
Zhudi Park

Yintie Rd

Risen Villas

Shanghai Racquet club

Xuling Rd

Longlian Rd

徐灵路

龙联路

诸光路 Zhuguang Rd

Westwood green

Xingle Rd

Jinfeng Rd

SAS

Fashion Park

5-10 minute walk to  
SAS (athletics venue)  
and Fashion Park  
(shopping centre)

Westwood green

Jinhui Rd

Rancho Sante Fe

Jinguang Rd

BISS