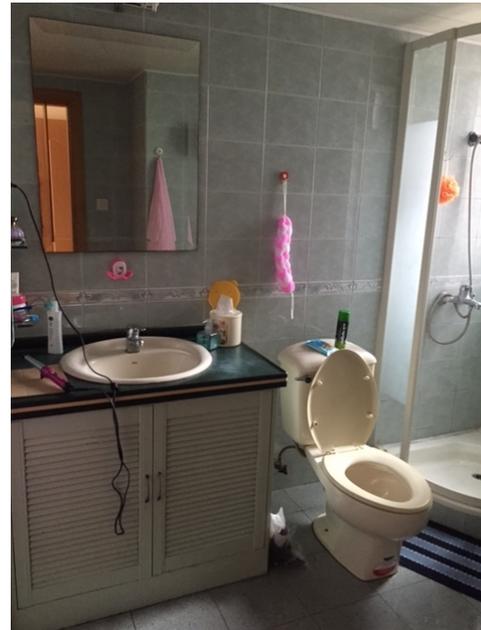
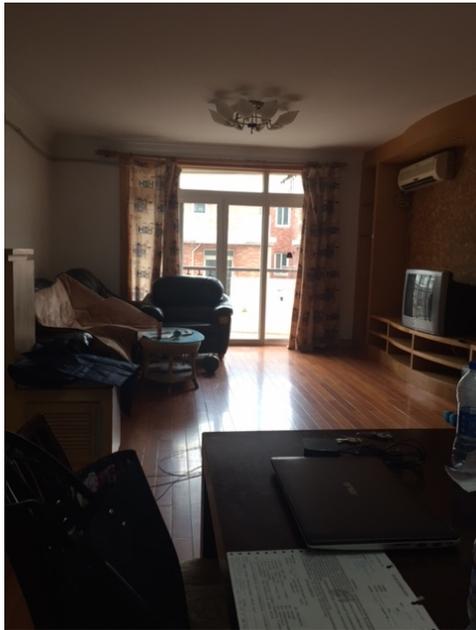




# Shanghai, China Internship

Leah Osborne

# Housing



# Living

- My two roommates and I were placed in an apartment near campus. It had 3 bedrooms and 2 baths. Everything was pretty similar to U.S. living except for the washer, which was less high tech and did not include an automatic dryer. We were in walking distance of many restaurants, gyms, and shopping centers. The campus had basketball, volleyball, and tennis courts as well as a track to run on, which were all heavily used by the students and community.

# Food



# Food Culture

- For breakfast most people drink soy milk and grab something from a food cart on their way to work. These items usually include some eggs, onions, hot sauce, dough, and occasionally some bacon or fried wontons. People would typically eat something easy for lunch like white rice with some meat/vegetables or dim sum which is like a large dumpling you can hold and eat. In the Chinese culture they practice a family-style dining experience for dinner. Hot pot is a very popular style where you order large dishes of raw meat and vegetables and cook them in a pot of hot broth. Most menus are in Chinese but will have pictures that help you with ordering. Also, using chopsticks will become like second nature and drinking cold water will be a thing of the past. Because of the poor water quality they boil the water and they also believe drinking warm water is better for the digestive system.

# Internship



# Internship Experience

- For the first 4 weeks of my internship I worked in the Corporate Social Responsibility (CSR) Department of Shanghai United Family Hospital. I helped create health programs for underprivileged school children, teaching them basic oral health, hygiene, and dietary needs. We visited schools in the country to implement these programs. For the second half of my internship I volunteered at Shining Star disabled orphanage where I helped build a classroom for the children. I was also there to keep them company and teach them basic English and social skills.

# Entertainment



# Entertainment

- There is a shopping mall on almost every corner in Shanghai. There is also an area called Yuyuan Garden where people have shops set up with all kinds of jewelry, food, and souvenirs. Yuyintang is a very famous concert venue that we visited. We also participated in a bike tour where we traveled to many historical sites and the French Concessions. We attended an acrobat show that was unlike anything I'd ever seen. There are many gardens, temples, amusement parks, and ancient towns worth visiting also.

# Daily Living



# Daily Living

- One of the biggest challenges was getting used to the metro system. Not only is it a very extensive system but it is widely used and extremely busy. You will be pushed around and face to face with someone on your hour commute to work. Once you get into a routine it becomes much easier, and avoiding rush hour helps too. Some other pictures include people playing cards, most likely a game of Chinese poker on a small card table set up in any available, low traffic, location. There is a very prominent social factor in the daily lives of Chinese. They incorporate activity and social interaction through couples dancing and tai chi in the park. Synchronized dancing is a popular activity for women.