Welcome to my new dorm (more like apartment)! When Michelle and I first walked in, we were very pleasantly surprised.

Our spacious living room came with three couches and a TV.

I love this fancy front loading washer. It even has a setting for just washing underwear.

Instead of a dryer we used a clothes rack. Honestly, I prefer doing laundry this way - it's really convenient!

Stove on the left, sink in-front, and fridge on the right.

The windows in our “laundry room” slide open, so Michelle figured out this ingenious way to check the weather - just stick your head out the window!
My room is about the same size as my single dorm room back at WashU, so it's pretty spacious.

Sightseeing

Oriental Pearl Tower

Over the weekend, we took a group field trip to several iconic places in Shanghai. Our first stop was the Pearl Tower which is the sixth tallest building in the world! The view from the top was really amazing!

I have a mild case of vertigo, so I was a little hesitant to step onto the glass floor at first, but it was pretty fun once I did.
**Wax Museum**

The Pearl Tower had a unique wax museum that depicted daily life in Shanghai and the historic transformation of The Bund, Shanghai's famous waterfront.

*Model of a fancy restaurant.*  
*PC: Hero Robles*

*Wax sculpture of a traditional Chinese medicine doctor.*  
*PC: Ryan Young*

*Model of The Bund at the beginning of the 20th century.*

**Urban Planning Center**

I was pretty excited when I found out we were going to this planning center. Not only did they have an extremely detailed model of Shanghai, but they also had a fun interactive museum.

*PC: Hero Robles*

*The amount of detail was incredible. They even put in tiny trees*
**The Bund**
The Bund is famous for its view of the Huangpu River and the amazing architecture of its Western and Chinese style buildings.

*PC: Hero Robles*

**Yu Garden**
A couple of us decided to go get xiaolongbao (small soup dumplings) at the Yu Garden, which is a popular botanical garden about a 20 minute metro ride away from campus.

*Hero stole my phone!*

*There were so many smaller shops and restaurants like this Turkish ice cream stand. As part of ice-cream ordering experience, the employee would try to cover your nose with ice cream!*

*The boys*

*These xiaolongbao were definitely worth the 40 minute wait.*

*The iconic Shanghai skyline at night. The tall building on the left is the Pearl Tower.  
*PC: Hero Robles*
Clinic Visits

One of the main reasons why I chose this study abroad program was to have the opportunity to learn about traditional Chinese medicine (TCM) and how Western medicine is integrated in Chinese hospitals. Each of us got to choose four out of eight clinic/hospitals to visit, and we would go to each hospital once a week for three weeks. To help us choose, we went on group tours to most of the clinics during the first two weeks.

Shanghai San Ai TCM Clinic was the first one we visited. The staff was extremely nice, and the owner was especially friendly.

I felt the Zhoujiaquao Street Community Health Center was fairly representative of what a public clinic looks like in China. We toured multiple units such as the outpatient ward and TCM section.

The American-Sino Women’s and Children’s Hospital is recognized as one of the top general OB/GYN hospitals in China. It was very modern, clean, and reminded me of the St. Louis Children’s Hospital.

Another TCM clinic we went to was the Natural Path Academy which integrated herbal medicine, acupuncture, cupping, and martial arts. A couple of the doctors were nice enough to show us how they prepare herbal treatments.

When the doctor at Nature Path asked for a volunteer, many hands shot up. Jerry was the lucky chosen one to experience cupping therapy, a procedure that aims to reduce pain, inflammation, and increase blood flow.
Fun fact, I get lost pretty easily. So one of the first things I learned from my language partner was how to say 我迷路了 (I'm lost), so I could ask the locals for directions. But after about two weeks, I became much more familiar with the campus and didn't have much trouble getting around. In fact, I've had a smooth and enjoyable transition to life here in Shanghai.

Walmart was definitely our staple store. We went five times during the first week!

PC: Justin Fong

There was also a street on campus where vendors offered a wide variety of school supplies and dormitory appliances.

PC: Michelle Tang

Aerial view of Guanghua Building, a landmark I used to help orientate myself when I was trying to find my way around campus. It's also where I met with my language partner

PC: Ryan Young.

When the weather is really nice outside, I'm often torn between enjoying the sunshine and being a hermit in the dorm. My solution was to compromise and relocate my chair into the sun lit laundry area XD Michelle (who also tends to hermit) apparently liked the idea because I came back home and found her like this.

Ever since we came to China, Jerry and Austin would scout out McDonalds and get their 2 for 5 yuan soft serve cones. In U.S currency that's $0.76 for 2 cones!

PC: Ryan Young "Men on a Mission"

This is the road that leads to our pinkish building near the back. On the corner of this street is a Family Mart where we stock up on water jugs, yogurt, and bread.
Needless to say, the food here is pretty amazing and extremely cheap. At the school cafeterias, lunch ranges from cents to $4. Even when we eat out, a typical meal will be around $6 or less.

Ironically, our first dinner in Shanghai was pizza. The Pizza Hut here in China is pretty high end though.

I highly recommend Yang’s Dumplings.

For dinner, Michelle and I often go out and explore the local restaurants. We will definitely be returning to this Korean restaurant again.

Another Korean restaurant.

With shops like Happy Lemon, 1diandian, and Coco, it seemed like there was a bubble tea stand on almost every street corner. Michelle liked CoCo the best.

I met with a group of Christians in a private residence on Sundays, and the host usually prepares a home cooked meal for us.
I honestly could have gone into a lot more detail - the first two weeks at Shanghai have been amazing! I’ll leave you here with this sign that I saw in a Family Mart on campus.

I agree :)

谢谢阅读

Thanks for reading!