



TOP 10 THINGS TO DO IN CHINA



01. Visit a public park in any major city on a Sunday morning.

China has a wonderful park culture, where families with young children head to public parks on Sunday mornings to enjoy one another's company, have picnics, and fly kites. You will pass by groups of women line-dancing, elderly people practicing tai chi, and older men sitting together in the forested areas with their birds. It's such a restful, calming space to walk through. (Zhongshan Gongyuan in Shanghai is one of my favorites.)

**Eat as many different
dishes as you can.**

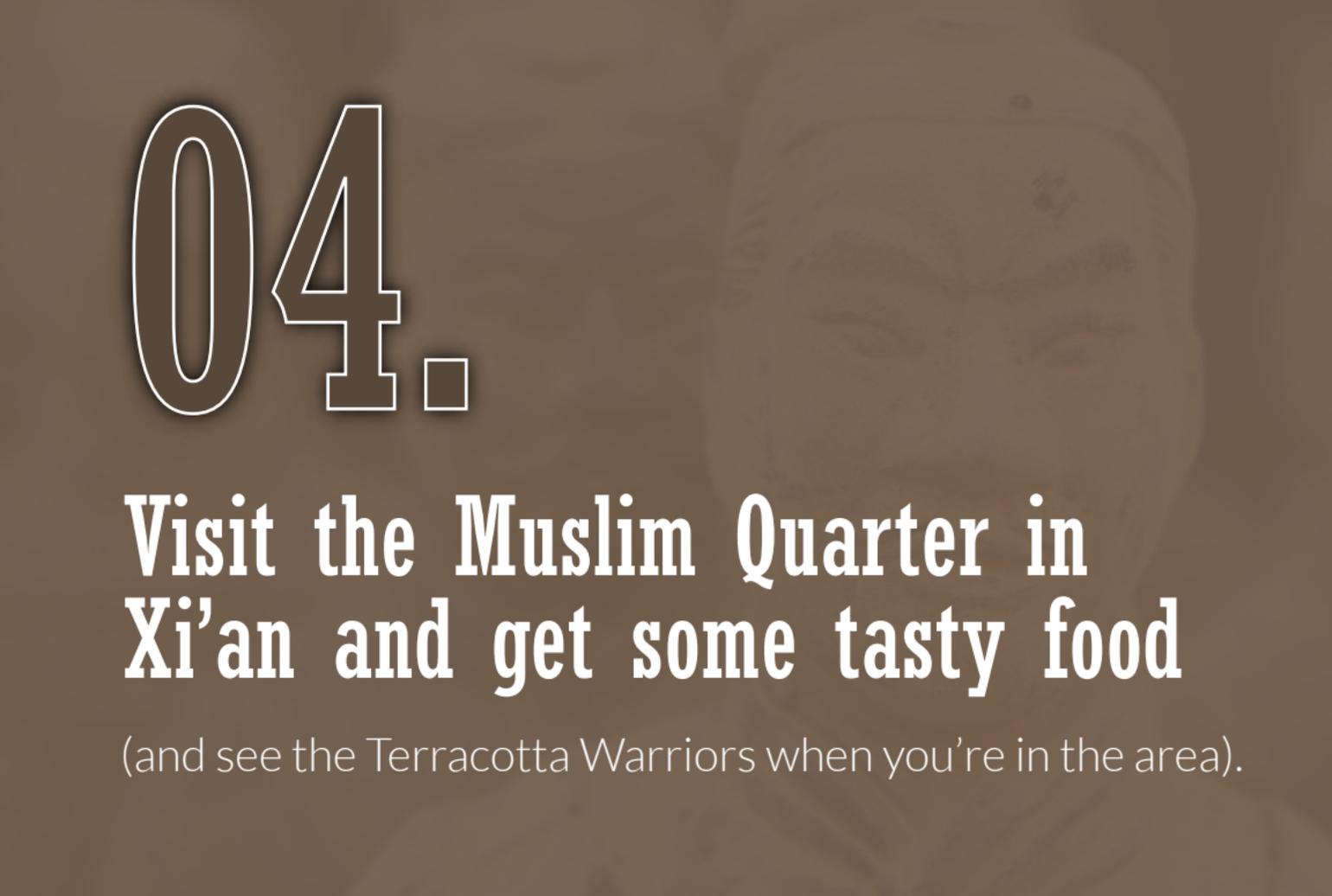
02.

Food is regional in China, so if you can travel to different parts of the country, you get to sample so many different, delicious dishes. Just keep an open mind and give everything a try. Some of my personal favorites include: hot pot (火), jiaozi (子), baozi (包子), mapo tofu (麻婆豆腐), sheng jian bao (生煎包), Beijing kao ya (北京烤) with chun bing (春), etc. There are so many options, and only so much you can eat in one sitting...

Give yourself time to visit the iconic historical sites in Beijing.

The Forbidden City, the Great Wall, the Temple of Heaven, the Summer Palace—give each place the time and attention they deserve.

03.



04.

**Visit the Muslim Quarter in
Xi'an and get some tasty food**

(and see the Terracotta Warriors when you're in the area).

Hike the Tiger Leaping Gorge.

05. □

I know the trail has changed a bit over time, so I'm not sure what it is like now, but hopefully it is still a nice workout with truly stunning views.

Visit Yunnan Province.

06.

In the very southwest of China, Yunnan is home to a variety of ethnic minority groups in China like the Hui and Bai (the majority of people in China identify as Han). It's also fascinatingly diverse ecologically, with tropical jungles in the south and rugged, snow-capped mountains in the north.



07.

Visit a small town or village.

I think similar to anyone who has visited America and only been to major urban areas, if you go to China and only visit Shanghai or Beijing, you are only seeing part of the picture of what life is like in the country. If time allows, get outside of the major cities and spend even a little time in a small town.

Visit a Buddhist temple in Gansu.

08. □

Although this area is outside of Tibet, many people in smaller towns are culturally Tibetan, and there are a few significant Buddhist temples and monasteries in the province. It's also another stunningly beautiful part of the country to visit (especially in rural areas).

Visit Sichuan and Xinjiang provinces

09.  

I have never been to either of these provinces, but both are at the top of my list of places in China to visit!

10. Enjoy meeting new people.

China is full of kind-hearted people who are happy to practice their English skills with you and teach you more about their culture (and if you're lucky, help you with your Chinese homework—this was especially helpful as a college student). People are also very encouraging and appreciate it when you try to speak Mandarin, so definitely learn a few phrases before going and ask the new people you meet to teach you more.