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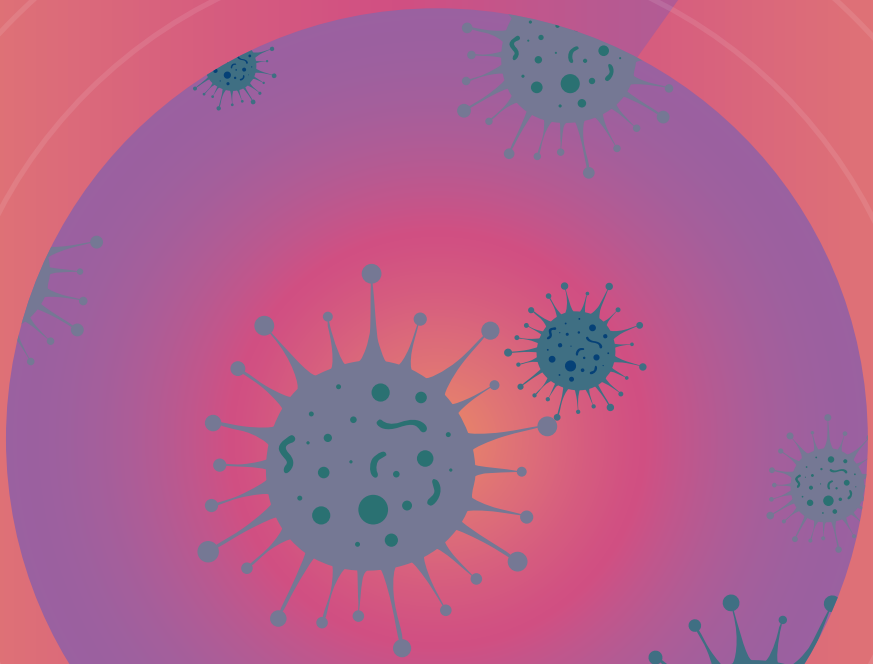

STORIES FROM QUARANTINE

8 Things to Keep You from Going Crazy under Quarantine

Using the Hospital in China: A XIANEASE Guide

Life On Lockdown

At the Touch of a Button: Essential Home Delivery Apps

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Hanova resumes semester using remote learning

On Monday, 10th February, due to the novel corona virus (COVID-19) outbreak in China, our teachers, staff and students began remote learning online.

Chinese New Year 2020. On Friday, 17th January, the Hanova community celebrated the 'Year of the Rat' with a variety of cultural learning activities - including games, paper-cutting crafts, bow-making tutorials and the Secondary's annual 'Imperial Nibbles' competition!

The COVID-19 virus in China. On behalf of our whole community, our thoughts go out to everyone inside and outside China who have been affected by the COVID-19 virus outbreak. We are proud to stand with China through this difficult time! Stay strong, China!

Hanova's Remote learning. With students and teachers all around the world in February, Hanova began "remote learning" online to continue the semester. Our students have been hard at work completing learning tasks and projects. We hope to soon resume classes at our campus!

About Xi'an Hanova International School

Xi'an Hanova International School is an IB Continuum School, fully authorized to offer the IB Primary Years Programme (Early Years - Y6), the IB Middle Years Programme (Y7 - 11) and the IB Diploma Programme (Y12 - Y13) - with 20 different Diploma subjects available to students. After graduation, our students join top universities in various countries, mostly within the best 100 of the world's rankings. We are also an authorized Cambridge School, a center for SAT and ACT testing, and a licensed center for the prestigious Duke of Edinburgh's International Award to develop youth leadership.

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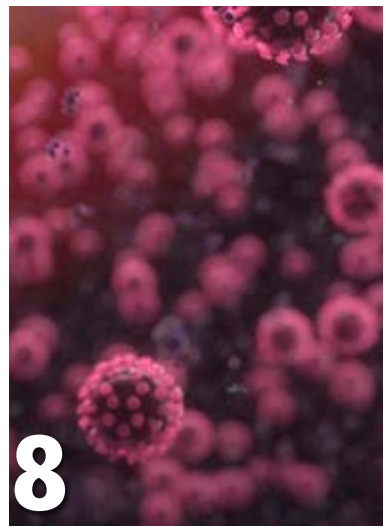

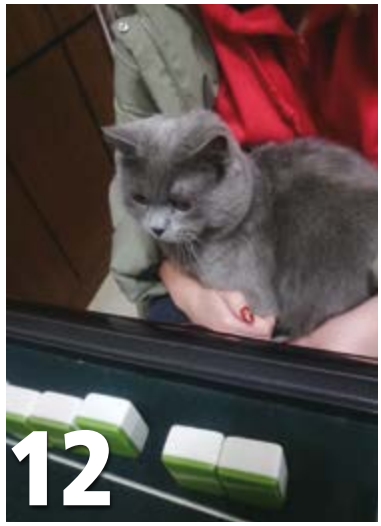

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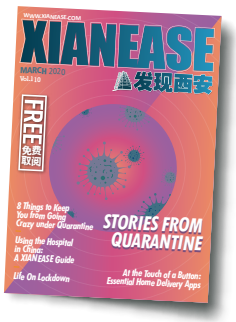

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Hello All,

You may notice that this month's issue is looking a little bit different. Over the past several week's China has been in a tough fight with a virus that swept across the country. Places in the country are still struggling with the outbreak, and life in our city of Xi'an has changed dramatically in the course of weeks. While things are slowly returning towards normal, there is no telling what the long term effects might be. Because of the outbreak, there were no restaurants or bars to review. Many of our normal contributors got stuck out of the country or were otherwise indisposed.

This forced us to consider what we might do in order to continue to serve the community in Xi'an. With a constant barrage of information and disinformation on health and the viruses, we felt that health might be a good topic to explore. So we put together a primer on going to the hospital in China, what to consider and how to go through with it. With many of us being isolated at home and with most restaurants and malls closed, we also assembled a collection of essential apps that you can use to get things at home when going out is not an option.

Finally, we wanted to capture the experience of those of us who stayed throughout the epidemic. We had several readers contribute stories of their experiences and even more contribute photos and art for our "Life on Lockdown" article. We do appreciate everyone that contributed. This magazine is nothing without its readers, and we hope that we can continue to provide you with the best information, and help you discover your Xi'an.

Sincerely,

Stephen Robinson
Editor-in-Chief

AT THE TOUCH OF A BUTTON:

Essential Home Delivery Apps

Article by **XIANEASE**

Living in Xi'an is like watching a movie in fast forward. Things move and change at a rate that is hard to see elsewhere. One change that has been fully embraced by citizen and corporation alike is the move to online operations. With 78.8% of the country on mobile phones, businesses country wide have become available at a tap of the screen. This means that you are able to access more products from more vendors than ever before. If you have your online payment method set up (Alipay, WeChat Pay, etc.), then you'll be good to go.

As such we have decided to breakdown some of the best apps available to improve your quality of life while living in the Middle Kingdom.

We have also have added a ranking off required level of Chinese in order to use the app, so that you'll know what you're getting into. Rankings are out of 10, with one being little to no Chinese required, and 10 being high-proficiency language skills.

RESTAURANTS

The app works by sending orders to the restaurant, who will prepare the order and then either hand it off to a brand specific delivery person or will deliver it themselves. Either way, after a half an hour or more, your food will be delivered to your door.

饿了么

E.le.me is one of the largest restaurant apps that can provide you access to a huge number of restaurants in the city. With pictures for most items on the app, this one is relatively easy to use after the initial set up.

美团外卖

Meituan is a group buying website that has since spawned of into a mega conglomerate that covers restaurant ratings (via 大众点评), discounts, and delivery. Like 饿了么, there is a massive selection of restaurant available on the app, though it might not have the exact same restaurants, as some places opt for one or the other

Restaurant Specific Apps

Many restaurants have started to roll out their own apps, in order to avoid mandatory fees paid to the intermediary apps. Most of your large international chains such as Starbuck, McDonald's, etc. will have an English version of their app as well, which makes usage a breeze. You just need to input your address.

GROCERY DELIVERIES

If you are the type of person that likes to cook at home, then you know the daily or weekly struggle of heading out for provisions. Long lines and seemingly completely random organization in some supermarkets can make the experience less than pleasant. Recently, several home delivery grocery stores have arisen to assist you. Place an order and your groceries will be delivered to your home in a preselected time frame.

Hippo 盒马

Hippo has been operating in Xi'an for a few years now, and the number of locations has expanded rapidly since then, putting many people in their 2km delivery radius. Hippo is backed by Taobao parent company Alibaba, so the primary payment method is through Alipay.

7Fresh

7Fresh is a more recent addition to the city, with locations in the East, North, and Southeast of the city. This delivery supermarket is backed by Jingdong, and will accept a greater variety of payment methods, including WeChat Pay.

Jingdong Home Delivery 京东到家

This app functions more like the restaurant delivery apps, in that your order placed through the app, is sent to the supermarket, which will assemble your package for delivery. You can select from a single supermarket, such as Walmart or Vanguard, or from multiple supermarkets. It should be noted that selecting multiple different locations might slow down your delivery.

'EVERYTHING' APPS

Whenever you ask where you can get something, people will inevitably suggest that you search for it on Taobao. 'Everything' apps like Taobao and Jingdong have become monolithic in recent years, becoming the go-to place for customers and companies alike. With customer reviews, store rankings, and one of the most comprehensive collection of products on the planet, if you can't find it on here, you probably can't find it anywhere. (Except tobacco products; they can't sell those)

淘宝

The ubiquitous Taobao has nearly everything except the ability to pay with anything but Alipay. While there are picture for every product, contacting the sellers and reading reviews will require a more extensive use of Chinese.

京东

Jingdong is the only major competitor to Taobao's dominance, and they have nearly as wide of a selection, plus alternative options of payment, including WeChat Pay. You can also order groceries and everyday items through the in app京东超市

DOCTORS

In recent years, in order to alleviate crowding in many of the hospitals around China, there has been a rise in the number of apps for online diagnosis for simple illnesses. Often doctors can ask about the symptoms, and offer simple solutions and recommendations through an online appointment. While obviously you can't perform many of the tests required for some illnesses, and this will require a decently high–level of Chinese, it may be an option for avoiding the troubles of going to the hospital.

好大夫在线

This app might best be described as 大众点评 for doctors, as it includes user reviews and the ability to chat through text with specific doctors about what ails you. You can find the best doctors in the city and the country in a certain specialty by browsing through the app, making finding the perfect doctor easier than ever.

STORIES FROM QUARANTINE

The experience of going through the COVID-19 epidemic is completely unprecedented for many of us who are living in Xi'an. We reached out to some of our readers who stayed through the epidemic and asked them to tell their stories about their experience of life under quarantine.

HOLDING OUT

To be honest, I wasn't much looking forward to the Chinese New Year this year anyways. Expected complications were going to keep us homebound throughout the holiday, with little in the way of rest or relaxation. There were things to clean, spruce, and take care of that promised to keep us busy throughout the scant few weeks that had been planned for a holiday. As news of a new virus began to spread around, there was not really that much concern. It was flu season after all.

As the cases stacked up, however, things began to become more worrisome. I'm the type of person that can see an apocalypse on a sunny day in the best of situations. My brain is uniquely tuned to predict all of the things that could go wrong at any moment and then funnel those worries in such a way as to ensure me that my fate is, in fact, sealed. Immediate concerns flitted back and forth to what might go wrong. Is there enough food? Should we stockpile water? What about medicine? What happens if…? This was certainly enough to keep my wheels spinning for days on end.

Things really started to seem bad when the annual spring festival activities with the Chinese in-laws were cancelled. The normally boisterous group had become worried about possible infection, despite their close proximity to each other. This was even before any of the restrictions had come into effect. It ended up being one of the quietest Chinese New Year's I had ever experienced.

A day or two afterwards, I head to Metro, planning on stocking up for what might be a long haul ahead. I expected the place to be empty, what with this being what should be the height of spring festival wining and dining. What I encountered instead was one of the most surreal experiences I've encountered in China (and there have been a few). The places was completely packed, and yet still orderly. Everyone was simply going about their business at a normal pace, having normal conversations, all while wearing face masks, seemingly oblivious to the threat. There was no frantic races to gather all the supplies. No panicked rushing and screaming. It was like the world's most boring horror movie.

The days and weeks that followed after that seemed to blur together into nothingness. Sleep schedules were tossed out the window, as there was no place to go; nothing really to do. There was little incentive to do much and few option even if the motivation had appeared. TV shows and movies were watched. Books were read. The only excitement came from the occasional trip to the supermarket, with its ever-growing lines. An hour waiting to weight vegetables. 30 minutes in line for the register. Such excitement.

It is amazing what people can adapt to given time and repetition. What might have seemed like a horrible torture, the constant feeling of imprisonment, became routine. I probably did more cooking and cleaning during this period than I had in months before that.

There was, at the back of my mind, a certain itch that was difficult to scratch, a mild irritation at the monotony of it all. I delved into some online classes, trying to make use of the surplus of time that I was suddenly afforded. But the itch remained.

As I write this now, things have finally started to relax ever so slightly. The first unrestricted step outside was like taking a breath after being underwater. Things are not quite back to normal, whatever that is, but it is something.

-Learning to Breath on Lockdown

GETTING BETTER

By the time this is published, I have no doubt that the situation in Xi'an will have improved tenfold. Most are concerned about their physical health, but I'd like to shine a light on mental well-being. This will read a little bit like a Cosmo-hipster-eat-pray-love-finding-yourself piece, but I assure it's not. Keep reading.

This year started off terribly, rocky at best. Leading up to now I'd gone through a lot of seismic changes (challenges) in a short (yet prolonged) period of time. I've been through much worse before, comparatively, but I was with friends and family back home. So, I pushed through like I did then. But It was somehow harder this time around.

Now if you're a foreigner in Xi'an, you'd fall into one of two groups. The first, has their ducks in a row, know how long they plan to be here, what they want out of this experience, basically have a long-term plan. The second group however, has just a basic idea of what they want, no real plan, and is floating around from awesome experience to awesome experience, enjoying each hour as it comes. The problem with the second group (and possibly some of the first too) is that you're relying on external factors to make you feel at peace, be happy.

Then Covid-19 hits and the rug is pulled out from under you. You are now without your random invitations to fun experiences, parties, drinks and games with friends. You don't feel so good about being in large-scale solitary confinement. You're bored, lethargic, not motivated to do much, and ultimately a bit unhappy. Depending totally on your personality and how you deal with things, your experience of the last few weeks/ months was either a learning experience or a form of torture. I just learned yet again, that being happy shouldn't rely so much on external factors, it's more a mindset.

Being a healthy person (despite the drinking, smoking and lack of exercise), I would say that I'm a good 50/50 on the scale of introvert to extrovert. The beginning of this movie-like quarantine had my extrovert side pacing around like a caged tiger. That wore off. The other side stepped up to the plate and pushed me to learn, not just consume information, but use it. It pushed me to bust my favourite jams that I don't tell people I listen to, while out for a solitary jog. It pushed me back towards my passion of photography. It made me think of a plan. As such, I never felt bored or exasperated. All my good friends were a video call away, in fact, I ended up shifting some acquaintances to being friends. I called family I hadn't spoken to in a long, long time.

To sum this all up, I'd say the world and the universe at large is so very unpredictable. You could at one moment be free, the next, in a cage, in a hospital bed, in court, at home in quarantine. Things change, but you can start to look inwards and get to know yourself, go through emotions but understand them as well. Everything and everyone is beautiful in their own way, you might have to change your angle to see it. Everything and everyone has a story, you're just yet to discover it. It sounds crazy, but you can actually change the way you think, choose to be happier. Take it from this crazy guy.

-Madman on Lockdown

A PREPPER'S FANTASY?

After I read Blackout by Marc Elsberg some years ago, I started prepping for a lockdown to come. At my place, there has always been food with a long expiry dates and supplies for a few weeks on hand. My wife has made jokes about this over the years. When the current epidemic finally hit, it was finally a time for an "I told you so'.

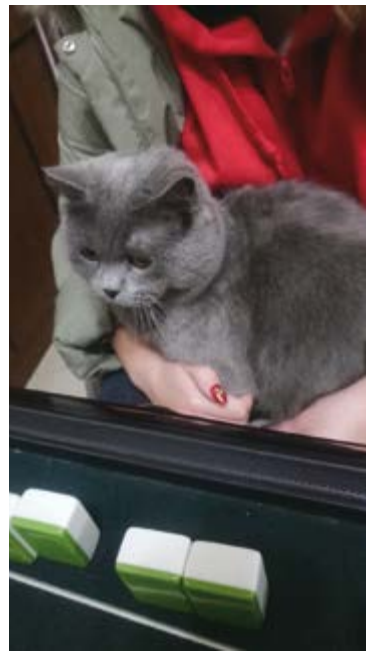
What surprised us was how civilized everything went. This was not the apocalyptic scenario of my novel. People followed the government's advice and mostly stayed inside their apartments or apartment complexes. I had never seen so many people in our complex doing exercises and playing table tennis and badminton. Only one of us being allowed to leave the complex every other day was a little challenging at the beginning. However, we adapted quickly to the new Situation and rediscovered old Hobbies, including playing board games. We tried to make the best of our private part-time prison, which was basically a five-star location with balcony, Internet, and a lot of food and drinks.

After few weeks, I changed my shopping trips into extended bike rides to check out area around Xi'an. Most villages and smaller roads were closed, but the main roads were still accessible. I enjoyed good air quality and empty roads. Our security guys know me well and gave me a big smile when my shopping trips took several hours and I only brought back some vegetables from around the corner.

-Prepper on Lockdown

In this particular period, I consider myself pretty lucky. After returning from a trip to Korea, my boyfriend and I returned to his parents' house just outside Xi'an to endure our 14 day quarantine after going abroad. Really the best way to keep yourself in good spirits and health is to have some kind of routine. I sleep in till 11, eat lunch, then either exercise or have some free time to do what I never usually have time for. I have occupied my time studying for the Chinese drivers test, watching various movies I never had the chance to watch before, attempting to improve my Chinese by watching a Chinese drama, watching a ridiculous amount of documentaries about cats and serial killers (not in the same documentary), reading the few books I have here, and playing with my cats and the several week old puppies the bear of a dog my boyfriend's parents' own just had. In the evenings, we all sit down to dinner, chatting about the official news and argue about the non-official garbage. Then we sit down to play Mahjong. Then we stay up playing till an ungodly hour of the morning and then sleep. For me, I have managed to stay sane because I take this as a time to further bond with my soon to be mother and sister in law. I keep to my schedule with the occasional adventure up to the roof to run and soak in some sunshine. I have always been calm whenever something stressful happens, and this skill is really saving me this time. Stay calm and look at the good that can come from being stuck inside with lots of time on your hands. There are so many possibilities, just look at what Jack Ma did during the SARS epidemic. Be cautious, not fearful and stay strong.

-Kaylee 凯利



"Life is like a box of chocolates; you never know what you are gonna get". The wise words of Forest have been at the forefront of mind as of late. The coronavirus has turned our lives upside down and spread fear throughout our community, however life goes on. I am originally from Ireland and came to Asia in 2004. In my first year, I was in Sumatra when the tsunami hit and lived through Bird Flu in Vietnam, I believe it was in 2009. Now faced with another challenge, I have learned that normalcy is the best thing I can do for myself and those around me.

Though I came to Asia alone, I now have a family of five. During the first week of the outbreak we adopted our third daughter. It has been a blessing for our family to have this prolonged time together to get used to the new dynamic. The way we are coping with the virus is to maintain as much normalcy as possible in our lives. What this looks like is a regular sleep time, regular time to get up, schoolwork from Monday to Friday and keeping to other activities as much as possible. We usually go to church on the weekends but instead have a time of worship together in our home.

In order to keep sane, we are trying to eat as healthy as possible and to exercise regularly. Fortunately, there has been no shortage of fresh produce in our neighborhood. I am also a strong believer in the importance of extra Vitamin C intake during flu season, so we have been going through lemons like there is no tomorrow. Each day my wife and I take turns going out for a walk around our compound and are very grateful for the chin-up and dip bars in our compound. The girls have been given excellent PE lessons by their teachers that can be done inside.

We are very happy to be here during this difficult time as it has given us much more of a connection to our neighbors. The security in our complex have been extremely helpful and we feel very much connected to the foreigners who are here and locals. I have always believed that everybody in this world is of the same race, the human race. Through the current situation it has made me further realize, that we are all in this together.

-Brian Lalor

Do you have a story that you'd like to tell?
We are always looking for interesting perspectives on life in Xi'an. If you are interested, contact us through our official WeChat account or by emailing us a **editor@xianease.com**

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8 Things to Keep You from Going Crazy under Quarantine

Article by **XIANEASE**

Many of us right now, are beginning to feel the effects of quarantine. We've watched all the shows and movies, played all the games we can stomach, and have started to wonder exactly how long this will go on. Since the end is not yet in sight, here are 8 different things that you might do to alleviate your boredom.

1. Learn a New Skill

The internet is full of great, high-quality tutorials to help you learn a new skill during all this downtime. The best of these are things that require lots of focus and time to learn, and may have other benefits down the line.

Some suggestions include:

Learning to Code

Online coding 'bootcamps' are everywhere these days and for good reason. Coding is an interesting and useful skill to learn. With a great variety of free and paid options for learning code, you can get started with nothing more than a computer and an internet connection. While there are several coding languages that you could learn, some of the most common are C++, Java, and Python. A great step by step tutorial for learning C++ can be found at learncpp.com.

Learning to Draw

Drawing is one of those skills that many people wish that they were good at, but rarely have the time to put in the practice. In addition, art is a great way to distract yourself, as it can often take hours to complete. Plus, you'll have something potentially pretty to look at once you are done. Tutorials for drawing can be found at places like skillshare.com; which also provides tutorials in other creative skills.

Learning to Cook

Look, eating instant noodles day in and day out is really not good for you. With most restaurants shut down for the foreseeable future, it's time to learn how to cook. While there are a tons of recipe sites out there, first you will want to equip yourself with some basic knowledge. Learning knife skills, different cooking techniques, and different ingredients, especially herbs and spices, will go a long way towards improving your skills. Websites such as thekitchn.com and seriouseats.com provide informative how-tos and instructionals for all of these and more.

Learning a New Piece of Software

Digging in to a new piece of software, or relearning one that you think that you already know is a great way to pass the time, and help you later on down the line. Learning how to use apps like Adobe Photoshop, Illustrator, or any of the other complicated pieces of software is incredibly useful. If you don't want to shell out for these admittedly expensive pieces of software, you can use their free alternatives, such as GIMP(photo editing), Audacity(audio editing), and SVG-edit (Vector-based graphics). You also might consider looking up tutorials for some of the basics, including tutorials for advanced Microsoft Excel, Powerpoint, and Access, which can be very useful tools when you know how to use them properly.

Learning in an Online Class

In addition to the above, you can also take online courses to pass the time and learn something new in the process. Platforms such as Coursera, Udemy, and Khan Academy offer instruction in a wide variety of subjects, including history, psychology, engineering, and mathematics. While some of these are paid, a great many of them are free and the content is often created by top-tier international universities. Some even offer certificates for completion of certain courses.

2. Read the Classics

Now is the time to read all of those books that you have been meaning to read for so long. There are a variety of online shops for purchasing e-books, as well as many free options. Project Gutenberg (www.gutenberg.org) is a great place to start, as it is one of the largest online repositories for legitimate free-books, with over 60,000 titles.

3. Get in Shape

Exercise is essential to maintaining a strong immune system. But with gyms closed and outdoor exercises not feasible, you will need to get a bit more creative with your routine. Some different ways of exercising in small spaces include:

Yoga – Yoga poses range from the simple to the complex and can help with flexibility and muscle tone. The emphasis on breathing also helps reduce stress. Various apps and online videos are available to provide video demonstrations and classes to follow along with.

"Prison" Workouts – Prison workouts are simply bodyweight workouts that can be done in a confined space and require minimal equipment to perform. Guides for different exercises can be found online, as well as video instructions to let you know what to do. These exercises typically include things like sit-ups, push-ups, pull-ups and other kinds of ups.

Indoor Cardio – Without the benefit of a treadmill at the gym or a street to run on(you seriously shouldn't try exercising with a mask on) cardio might seem a bit difficult to do, but there are plenty of options for stationary cardio workouts, with all the apps and videos available online to guide you through it. Searching for High Intensity Interval Training (HIIT) will yield plenty of at-home options.

4. Reduce Your Stress

Being cooped up inside for so long can be stressful. Add in worries about the virus, worried calls from home, and ever increasing restrictions and regulations on life, and you have a potent stresscocktail. As increased stress is detrimental to your immune system, its best tobring that down to a manageable level. Besides exercise, there are a number ofother techniques to help lower your stress levels, including getting enough sleep, meditation (apps like Calm and Headspace can help you get started), and organizing your space.

5. Clean Your Space

It's very easy to start to let things go after being stuck inside for a while. After all, it's not like you'll be having many guests under quarantine. But a messy apartment is likely to have a negative effect on your mind and mood. Really digging in and getting things clean and organized is a great way to distract yourself for several hours (or days depending on the level of funk). And with the ever present dust of Xi'an, you'll always have more to do.

6. Finally Learn Chinese (or any other language)

Many of us who come here have a general intention of learning Chinese that tends to evaporate fairly quickly in the hustle and bustle of daily life. Now with all this free time, you can finally take a crack at learning the language. If you are lacking materials, apps such as Duolingo, Memrise, and, Rosetta Stone offer both free and paid options for learning Chinese. Other apps, like HelloTalk, can connect you to native speakers of whatever language you would like to learn.

7. Find an Online Gig

Once you've learned that new skill, brushed up on your language skills, or simply would like to put your current knowledge to work, there is an ever growing market for online gigs that you can do during this downtime. Websites such as Fiverr and Amazon's Mechanical Turk offer a variety of lower paying gigs. More skilled workers might try out Upwork, Guru, or Freelancer for some higher paying work. Teachers might look into teaching online through one of the various platforms available. Side gigs don't only have to be for money. Many charity organizations and non-profits have options for people to volunteer their time and efforts. Sites like Wikipedia and Project Gutenburg (mentioned above) are always looking for help in their efforts to bring knowledge to the world.

8. Write for XIANEASE

XIANEASE
Web, Print, Events, and More

A shameless plug, we know, but this is something that you could try during your downtime. We are always looking for writers to provide us with a new perspective on life in the city. If you think you have something interesting to say, or just a unique perspective on life here, you can contact us through our official account or by emailing us at ***editor@xianease.com***.

We hope that this helps in some way to alleviate your situation. If you have something else that you would like us to cover, or if you just have questions, do not hesitate to contact us. Send any questions you have to our official account or email us at ***info@xianease.com***.

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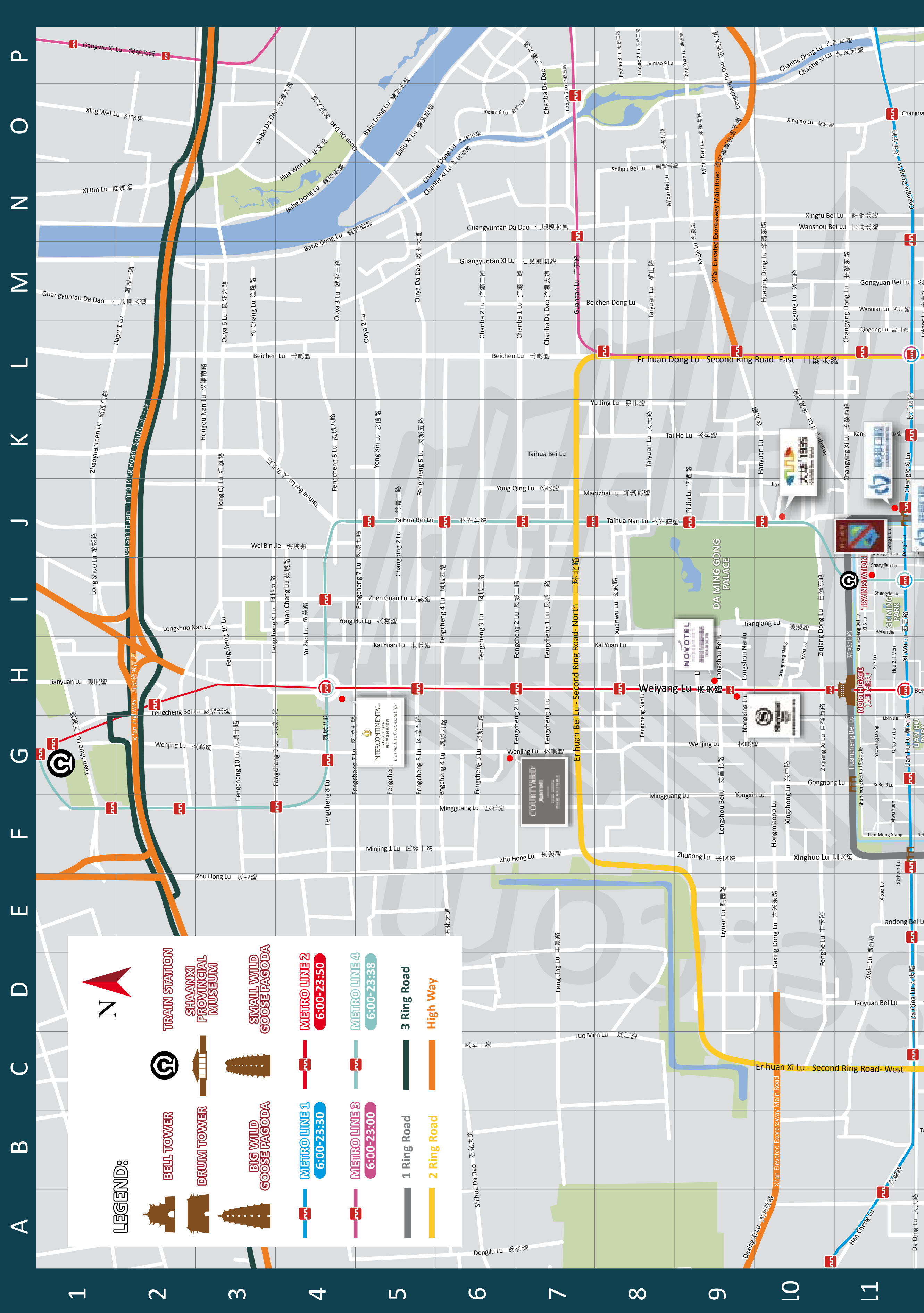
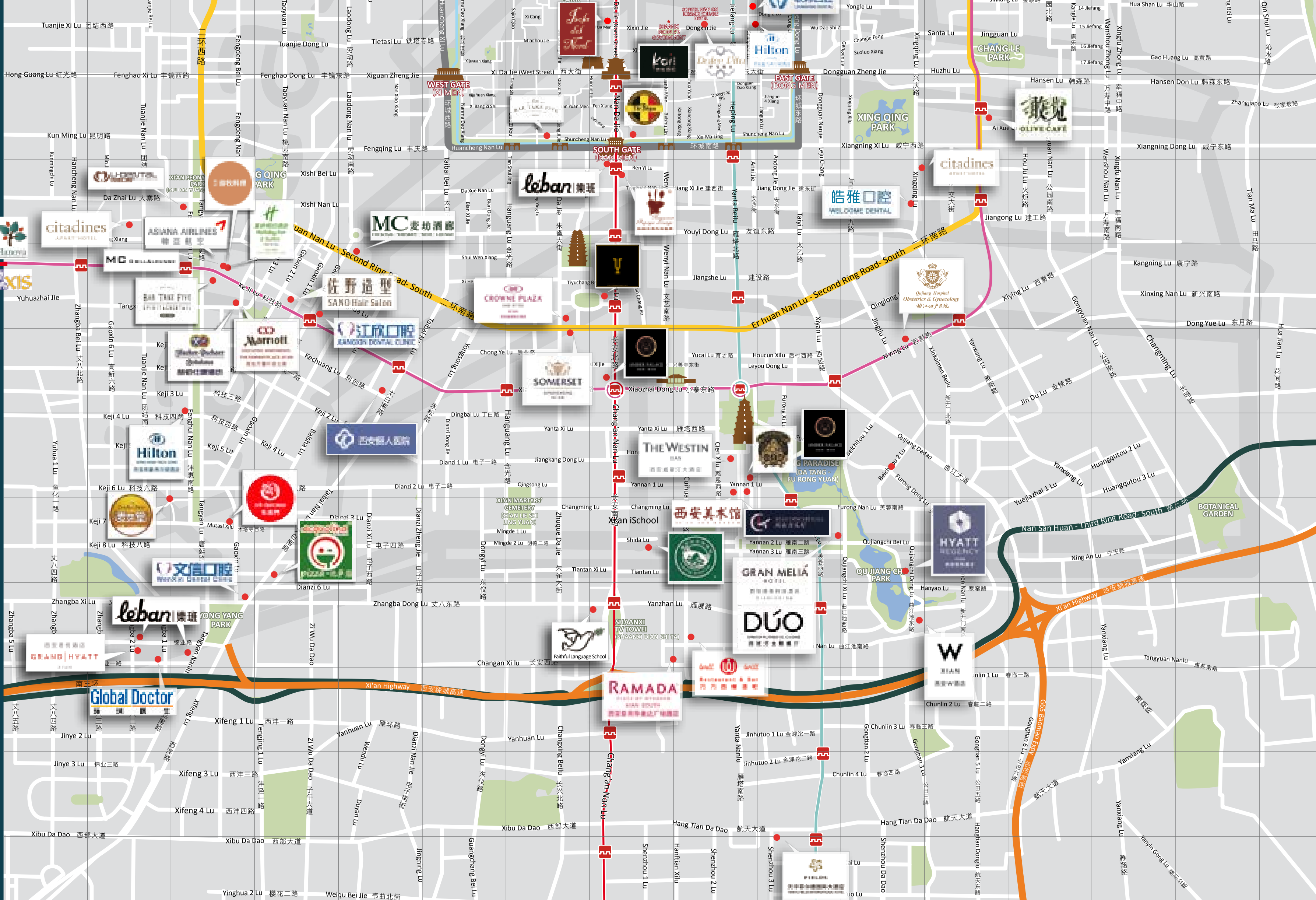


LEGEND:
BELL TOWER
DRUM TOWER
BIG WILD GOOSE PAGODA
TRAIN STATION
SHAANXI PROVINCIAL MUSEUM
SMALL WILD GOOSE PAGODA
METRO LINE 1 6:00-23:30
METRO LINE 2 6:00-23:50
METRO LINE 3 6:00-23:00
METRO LINE 4 6:00-23:38
1 Ring Road
3 Ring Road
2 Ring Road
High Way
N
DA MING GONG PALACE
TRAIN STATION
NORTH GATE (BEI MEN)
GE MING PARK
LIAN HU PARK
Er huan Dong Lu - Second Ring Road- East 二环东路
Er huan Bei Lu - Second Ring Road- North 二环北路
Er huan Xi Lu - Second Ring Road- West
Bei San Huan - Third Ring Road- South 北三环
Xi'an Highway 西安绕城高速
Xi'an Elevated Expressway Main Road 西安高架快速干道
Weiyang Lu 未央路
Gangwu Xi Lu 港务西路
Xing Wei Lu
Xi Bin Lu 西滨路
Guangyuntan Da Dao 广运潭大道
Beichen Lu 北辰路
Taihua Bei Lu
Taihua Nan Lu 太华南路
Kai Yuan Lu 开元路
Wenjing Lu 文景路
Mingguang Lu 明光路
Zhu Hong Lu 朱宏路
Xinghuo Lu 星火路
Luo Men Lu 洛门路
Dengliu Lu 邓六路
INTERCONTINENTAL XI'AN NORTH
NOVOTEL
COURTYARD Marriott



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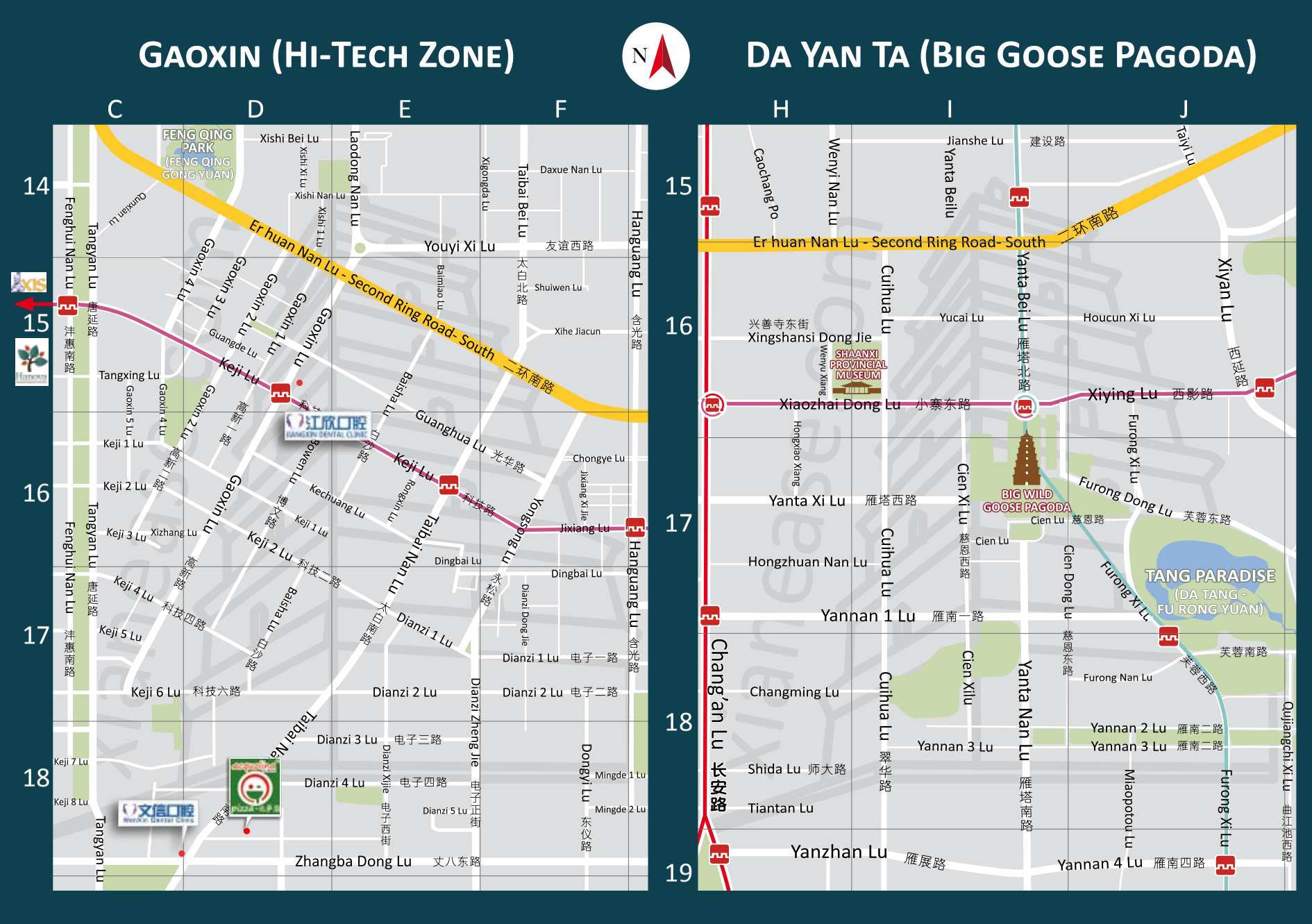
GAOXIN (HI-TECH ZONE)
DA YAN TA (BIG GOOSE PAGODA)
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FENG QING PARK (FENG QING GONG YUAN)
Xishi Bei Lu
Laodong Nan Lu
Daxue Nan Lu
Er huan Nan Lu - Second Ring Road- South 二环南路
Youyi Xi Lu 友谊西路
Taibai Bei Lu 太白北路
Hanguang Lu 含光路
Fenghui Nan Lu 沣惠南路
Tangyan Lu 唐延路
Shuiwen Lu
Xihe Jiacun
Tangxing Lu
Keji Lu 科技路
Guanghua Lu 光华路
Chongye Lu
Jixiang Lu
Keji 1 Lu
Keji 2 Lu
Keji 3 Lu
Keji 4 Lu 科技四路
Keji 5 Lu
Keji 6 Lu 科技六路
Keji 7 Lu
Keji 8 Lu
Gaoxin Lu
Gaoxin 1 Lu
Gaoxin 2 Lu
Gaoxin 3 Lu
Gaoxin 4 Lu
Gaoxin 5 Lu
Taibai Nan Lu 太白南路
Dianzi 1 Lu
Dianzi 2 Lu
Dianzi 3 Lu 电子三路
Dianzi 4 Lu 电子四路
Dianzi 5 Lu
Dianzi Zheng Jie 电子正街
Dianzi Xilie 电子西街
Dongyi Lu 东仪路
Mingde 1 Lu
Mingde 2 Lu
Zhangba Dong Lu 丈八东路
Yongsong Lu
Dingbai Lu
Jianshe Lu 建设路
Caochang Po
Wenyi Nan Lu
Yanta Beilu
Taiyi Lu
Xiyan Lu 西延路
Cuihua Lu
Yanta Bei Lu 雁塔北路
Yucai Lu
Houcun Xi Lu
Xingshansi Dong Jie 兴善寺东街
SHAANXI PROVINCIAL MUSEUM
Xiaozhai Dong Lu 小寨东路
Xiying Lu 西影路
Yanta Xi Lu 雁塔西路
BIG WILD GOOSE PAGODA
Cien Lu 慈恩路
Furong Dong Lu 芙蓉东路
Furong Xi Lu
Hongzhuan Nan Lu
Yannan 1 Lu 雁南一路
TANG PARADISE (DA TANG FU RONG YUAN)
Furong Nan Lu
芙蓉南路
Changming Lu
Chang'an Lu 长安路
Cien Xi Lu
Cien Dong Lu
Yanta Nan Lu
Yannan 2 Lu 雁南二路
Yannan 3 Lu
Yannan 4 Lu 雁南四路
Shida Lu 师大路
Tiantan Lu
Yanzhan Lu 雁展路
Miaopotou Lu
Qujiangchi Xi Lu 曲江池西路
江欣口腔 JIANGXIN DENTAL CLINIC
文信口腔 Wenxin Dental Clinic

East Building, Sofitel Xi'an, No.319, Dongxin Street

西安人民大厦索菲特酒店东楼

USING THE HOSPITAL IN CHINA:

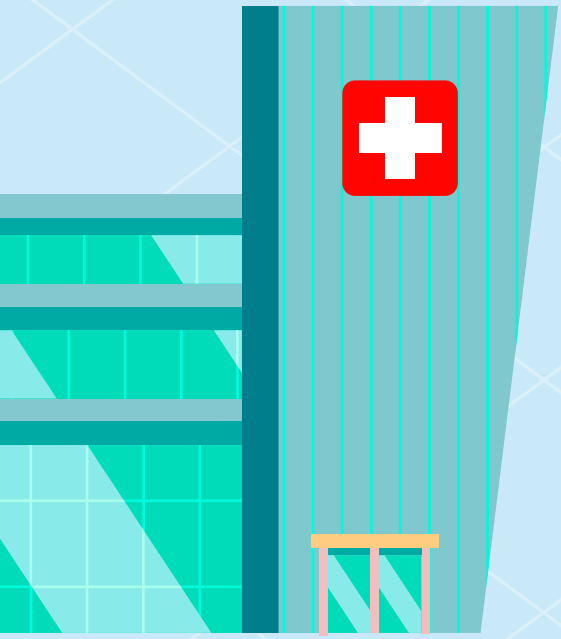
A XIANEASE GUIDE

Article by **XIANEASE**

Given the recent outbreak of COVID-19, many people have been left wondering how exactly the medical system here in China works. There is a certain amount of anxiety centered around the unknown when it comes to health. If you are ill, what can be done about it? How reliable is the healthcare here? What are the costs? The questions mount. Add into this the occasional horror stories that you sometimes hear of the conditions in some places and you might be tempted to just sit at home and try to ride out whatever illness that you might have. You shouldn't do this though, as it may not be the best for your health.

So, in order to de-mystify the process, and make it a bit easier to head to the hospital, we have put together this guide to help you through the process.

STEP 1: CHOOSE A HOSPITAL



There is a huge number of hospitals in Xi'an, spread all over the city that vary in their capacity and medical ability. Choosing a hospital to go to can seem quite the intimidating task. However when choosing a hospital, you can look at the following factors:.

- **REPUTATION** – There are a number of well-known hospitals in the city that have built their reputation over many years. These hospitals are usually the largest and best equipped. These institutions are also able to attract some of the top talent from around China, meaning that they will have some of the most proficient staff. Examples of hospitals with excellent reputations include The Second Affiliated Hospital of Jiaotong University(交大第二医院), Xijing Hospital(西京医院), and Tangdu Hospital(唐都医院). Often times these hospitals will be tied to a medical university, meaning that they will be on the cutting-edge of research.

- **SPECIALIZATION** – Another way to choose a hospital is by the specialization of its staff. Though many hospitals will have a full set of medical departments, sometimes there are particular doctors at particular hospitals that are simply the best at what they do. Whether your issue is minor or major, chances are that there is a doctor who specializes in that particular thing somewhere in the city. Some examples of this would be the Spinal Surgery Center at Xijing Hospital or the Ophthalmology Department at Xi'an No. 4 Hospital.

- **URGENCY** – Large hospitals with good reputations do not only attract the best talent and equipment. They also attract huge crowds of patients.

Seeing as hospitals in China generally do not take doctor's appointments, this means that you might be waiting in line for quite some time trying to get service in these places. Smaller, less famous hospitals will have shorter lines and more freely accessible equipment, meaning that the total time you spend at the hospital will be significantly shorter. In fact, if you are looking for a diagnosis, it is best to go to a smaller hospital first to see what is wrong before attempting to tackle the crowds of a larger hospital.

• **Location** – In an emergency, the best hospital is the closest one. It pays to know which hospitals are in your area, in case you have need of one. Being registered at a local hospital (more on that in a bit) will greatly shorten the time it takes for you to receive treatment when going to these hospitals.

• **Privacy** – One thing that you might notice in many hospitals in China is the open nature of hospitals. Often you will find other patients standing near you, staring at you while you get your diagnosis. Due to the crowded nature of hospitals, this is often inevitable. If you are one that prefers privacy, you might consider using one of the ever-growing number of private clinics that have opened over the last several years. They often are populated by top-level doctors that have moved into private practice, so the level of care will often be equivalent or better than the services in some hospitals. Just remember that there is typically a premium price placed on such service, and these may or may not work with your insurance.

STEP 2: GETTING TO THE HOSPITAL

Ambulances in China tend to be reserved for the most serious of traumatic incidents, or for patients who need extra care on the way to the hospital, such as the elderly. In addition, these ambulances are not typically part of the hospital, but are run by separate companies or run directly by the government. If you call the emergency line 120, they can dispatch an ambulance to your location, but the times may vary, depending on the time of day. Traffic is not always willing or able to part for an ambulance, even when the sirens are running, meaning that you may have to wait quite a while for the ambulance to arrive, and an equally long time to arrive at your destination hospital.

In addition, ambulances charges, while not extraordinary, are not the cheapest method of transportation. They will charge you for both the ride from and to the hospital as well as for any medical services they perform while you are on your way. The bill typically comes out to around 200-300RMB, but can get much higher depending on the particular situation (for example, bringing you out on a stretcher goes up in price for each floor they need to bring you down).

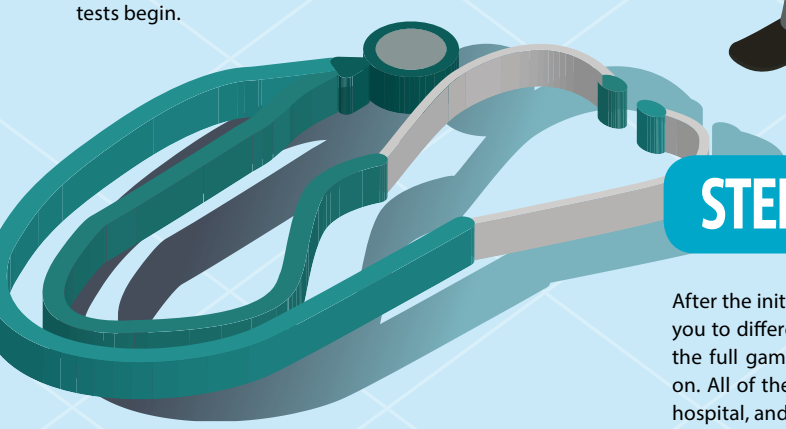
Typically, if you are not in serious condition or bleeding heavily, it is best to take a taxi or have someone drive you to the nearest hospital. It is faster and cheaper than most ambulance services.

STEP 3: SEE A DOCTOR

Most hospitals in China do not have any type of appointment system, which means that in most cases, you can expect to do a lot of waiting. Some places will operate on a ticketing system, similar to waiting in line at the bank. In others you may have to wait in a physical line in order to see the intake doctor. Either way, before you can see the intake doctor, you will need to register for a card at the hospital. This is done by going to the registration desk, usually located at the front of the hospital in the lobby, presenting your ID, and putting money onto a card.

This card is going to be very important, as it is the only way to obtain medicine and track your information on the hospital systems. Every place that you go within the hospital will ask for this card. If there is no money left on the card, you will need to go and recharge it before you can receive more treatment.

After getting your registration card, you will see the intake doctor. They will ask for your symptoms, take a few measurements, such as heartrate and blood pressure, and then give you a rough approximation of what might be wrong with you. And then the tests begin.



STEP 4: EXAMINATIONS

After the initial intake examination, the doctor will typically refer you to different departments for a battery of tests. This can run the full gamut, including blood tests, urine tests, MRIs, and so on. All of these will typically take place in different parts of the hospital, and there are rarely personnel available to guide you to the next test. If you do not have a strong command of the Chinese language, it is highly suggested that you bring someone who does, because navigating everything that you need to do can become quite complex.

Depending on the size of the hospital, each of these tasks may take anywhere from 10 to 45 minutes or more, so budget more time than you think you would need. Many of the staff at the hospital will take the normal 2-hour break from noon to 2PM as well (sometimes longer), so you may arrive at a testing station only to find no one on duty.

If you need a blood test (and they almost always have you do a blood test), then they typically ask that you do it on an empty stomach, so if you are planning to go to the hospital, it's best to do so in the morning. Bring a snack and some water as well, because there is typically only one shop in every hospital and they are usually overpriced and poorly stocked. Tests generally are not that expensive, with blood test typically being under 100RMB and MRIs for a few hundred.

STEP 5: DIAGNOSIS AND TREATMENT

Once you have completed all of your tests, you will usually go back to the intake doctor that you saw at the beginning will your results. They will pull up what information that has been reported on the computer and give you a more thorough diagnosis of what ails you. If the issue requires more specialized treatment, they will direct you to the appropriate department. If they have a diagnosis for you, they will give you a prescription for medicine. Remember that in hospitals in China, traditional Chinese medicine and Western medicine are held in the same regard, and often the prescription from the doctor will contain both. Many times they will recommend that you have an IV drip as part of your prescription, often a saline or vitamin drip, though other medicines are also dispensed this way. Pills and other medicines can be obtained through the hospital pharmacy, though sometimes the medicines can be had at a cheaper price in pharmacies outside of the hospital.

If they doctor is unsure of your diagnosis or if your diagnosis requires it, they may suggest that you stay in the hospital overnight or for several days in order to observe you. It is not always necessary to do this, and you can refuse to stay if you don't feel it is necessary. Fees for the bed can range from 20-30RMB for a bed in a shared room up to 800RMB+ for a VIP room. This price does not include any other amenities besides the bed itself. It is typically expected that family members will take care of patients, so there are no food services or other types of products available. Tissue, toilet paper, and toiletries will need to be brought from elsewhere by others. There are also typically no shower or bathing facilities available either, so keep that in mind. If you have visitors while you are in the hospital, they often will not have any place to sit, with the exception of a lone stool that accompanies most hospital beds. People staying overnight will need to either sleep on that stool or in the bed with you. Most hospitals are designed for space efficiency and not comfort.

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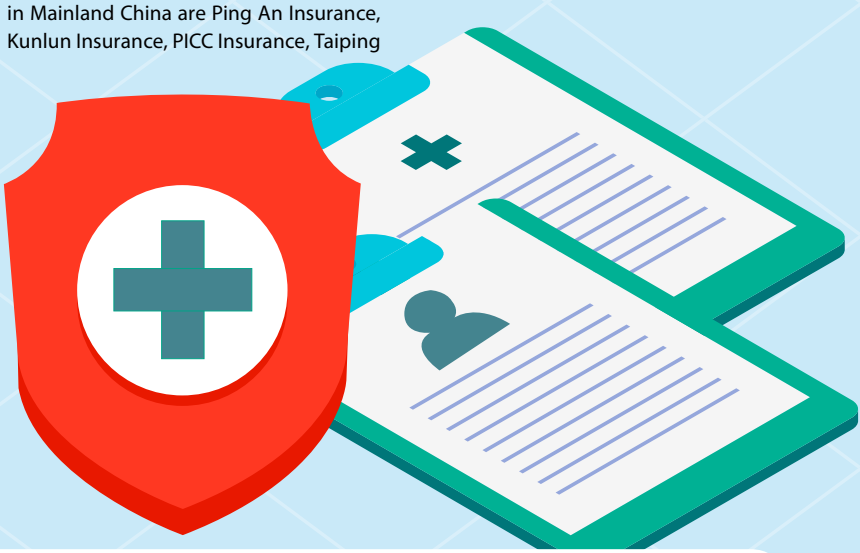
STEP 6: FILE YOUR INSURANCE CLAIM

All Chinese citizens have access to the medical insurance through the National Social Insurance Plan, which covers some of the cost of healthcare throughout China, though in recent years the private healthcare insurance industry has been growing rapidly. If you are working in China, your company should provide you with health insurance. If you are a student, you are required to have medical insurance to study in China and there is often a group option purchasable through your educational institution. If you are not covered by an employer or school, it is advisable to purchase a health insurance plan from a private provider.

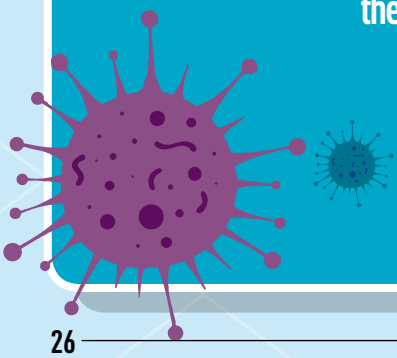
Most insurance plans will only reimburse if your bills go over a certain minimum limit. This can be as low as 2000RMB, but you should check your insurance plan carefully, as it will differ from company to company. It can sometimes take several months to be reimbursed by the insurance company, and in the meantime you will need to foot the bill. Sometimes, the company that you work for will help you pay for the bill, but they are not necessarily required to do so. Though medical costs are not generally very high, it is generally advisable to keep some money in reserve for medical emergencies while living in China to ensure that you can get care should you need it.

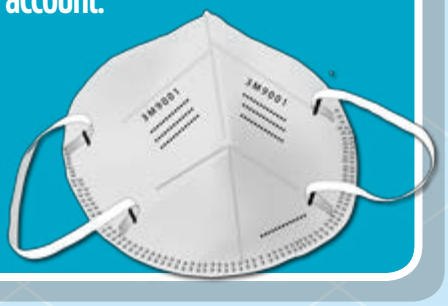
The specific method of reimbursement will depend on your insurance provider. Some of the larger companies operating in Mainland China are Ping An Insurance, Kunlun Insurance, PICC Insurance, Taiping Insurance. Some international insurance companies will also cover your care while in Mainland China, but it is rare for hospitals to recognize private insurance, so you will still need to pay the costs up front before receiving care. Once your request has been processed, you will receive a direct deposit to your mainland bank account.



We hope that this guide has alleviated some of the worry that of comes with going to the hospital. Remember that there are many possible options and, in many situations, you will get top quality care. To assist you in finding the appropriate hospital, we have put together a chart of some of the top hospitals in Xi'an and their associated specialties.

If you have something that you would like us to investigate in future issues of XIANEASE, questions or concerns about healthcare in China, or anything else that we might do to assist you, let us know by contacting us at info@xianease.com or by scanning the QR code and following our official account.





Isola del Nord

Vieni con me...
Devi mangiare qui...

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Tel/电话: 029-8720 1501 (1502)
Fax/传真: 029-8720 1077

Lunch: 11:30-15:00 (L.O.14:00)
Dinner: 17:30-22:00 (L.O.21:15)

Life On Lockdown

1. Reader Viv exploring her creative side.

2. "This picture represents mental struggle that a lot of people are going through during this period. We should never forget that we are not alone, we live in the world of technology. Call your family, call your friends, express your feelings, let it all out! You are not alone!"
- ksenijeta

3. Photo by Kristen Mullen

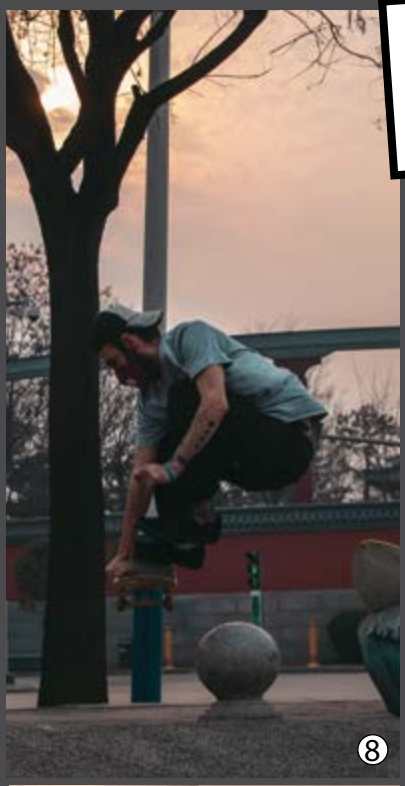
4. Photo by Mr. Anthony

5. "Too scared of the epidemic? Just be creative, buy snorkeling full mask and feel safe."
- Star

6. Face Mask Selfie
– Wendy Bashant

7. Camping under Quarantine
– Jody

8. Taking Advantage of Freedom
–Thabo



1. South Lake Park
- Thabo

2. Street Side Stretching
- Thabo

3. Put on your dancing shoes
- Thabo

4. Put On a Smile
- Thabo

5. Outside but Inside
- Thabo

6. Roadside Lunch Break
- Kristen Mullen

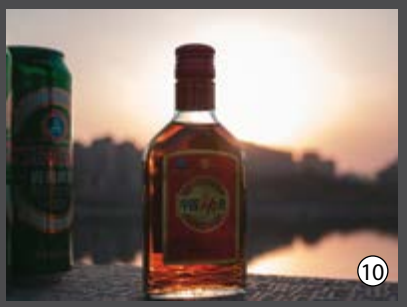
7. 8 AM Sanitation
- Kristen Mullen

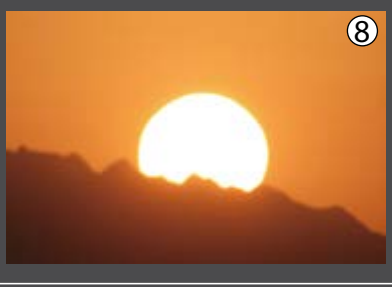
8. Sunset From My Balcony
- Mathew Russell

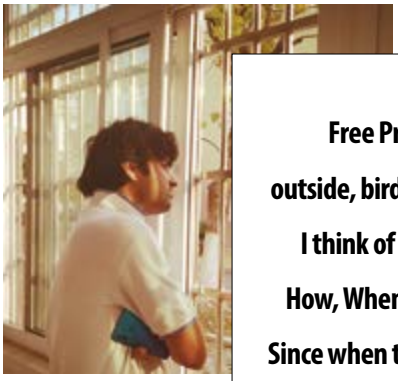
9. KFC Delivery Up and Running
- Kristen Mullen

10. A Taste of Freedom
- Thabo

11. Bicycle
- Kristen Mullen







Free Prisoner

outside, birds are flying!

I think of many Qs,

How, When and why?

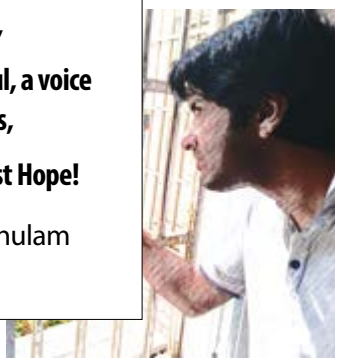
Since when to how long?

Sigh,

Inside my soul, a voice recalls,

Hope against Hope!

- Abbas Ghulam



1. A Variety of Paintings - Viv

2. A wife says good bye to her husband (a doctor) before he goes to Wuhan. 中国加油，武汉加油 - Tawfik Gebreel (Digital Painting)

3. Full of Hope - Tawfik Gebreel (Digital Painting)

4. Contemplations in a Time of Lockdown - Dylan Tull (Mixed Media Sculpture)

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Hours: 10:00pm - Midnight

• **The Belgian Bar**
杰诺比利时酒吧
H13 #69 Shun Cheng Nan Lu (East Side Inside The South Gate)
南门里顺城南路69号
Phone: (029) 8726 4019
Hours: 12noon - 2:00am

• **Red Chairman**
朱雀门精酿
C18 East of Wanda One, Keji 7 Road and Gaoxin Road Intersection, Gaoxin District.
高新区科技七路与高新路交汇处 万达ONE东侧
Phone: 173-8918-4652
Hours: 5:00pm - 1:00am

• **TipsyCeram(china) Bar**
陶瓷鸡尾酒体验中心
H15 East Gate of Provincial Stadium,Changan North Road
长安北路省体育场东门
Phone: (029) 8541 6130
133-8923-4779
Hours: 11:00am - 6:00pm Coffee
6:00pm - 2:00am Wine&Whisky

• **MC Whiskey & Cocktail Bar**
MC麦坊酒廊
E15 #19, Laodong Nan Lu.
西安市劳动南路19号
(劳动南路与高新路十字东北角)
Phone: 132-0183-6996
Hours: 8:00pm - 2:00am

• **Koi Bar**
锦鲉酒吧
I12 People's Grand Xian, No.319, Dongxin Jie
西安人民大厦索菲特酒店
Phone: (029) 8792 7678
(029) 8792 8888-4677
Hours: 6:30pm - 2:30am

KTV

• **Fantasy KTV**
真爱范特西KTV
K14 #159, Xingqing Nan Lu
碑林区兴庆南路159号
Phone: (029) 8813 1234

Restaurants

CAFES

• **Sculpting in Time**
雕刻时光
Spacious and comfortable cafe
H18 NO.41,Shida Road,Yanta District
雁塔区师大路41号2楼 (外国语大学正门往东100米)
Phone: (029) 8522 8182

WESTERN

• **Isola del NordItalian Restaurant**
Isola del Nord 意大利餐厅
Isola del Nord is one of those places that once you set foot in you realize that you are in for a good meal.
H12 11F, K.I.Tower, 1 Xihuamen
西安市西华门凯爱大厦11层
Phone: (029) 8720 1501/1502
Hours: 11:30am - 3:00pm (L.O. 2:00pm)
5:30pm - 10:00pm (L.O. 9:15pm)

• **Burger King** 汉堡王
H11 B1, Exit C, Bei Da Jie Stop, Subway Line 2
地铁二号线北大街站C出口B1层
Phone:(029) 8738 8321
Hours: 8:00am - 10:00pm

• **莲 Lotus**
J17 North of Starbucks, South Gate of Tang Paradise, Qujiang District
曲江大唐芙蓉园南门星巴克北侧
Phone: (029) 8966 0066
Hours: 11:00am - Midnight

• **Leban** 乐班
C19 NO.4 Tangyan Nan Lu, High-tech Zone.
唐延南路4号 绿地笔克国际会展中心 乐班餐厅
Phone: (029) 6861 1082
Hours: 8:00am - 11:00pm

H14 G/F Block B, Chang'an Metropolis center, No.88 Nanguan Zheng Street Beilin District
碑林区南关正街88号长安国际广场B座G层
Phone: (029) 8765 1617
Hours: 9:00am - 11:00pm

I11 B1, No.1 Building, Jinying Plaza, Furong South Road, Qujiang District
曲江新区芙蓉南路芙蓉新天地1号楼负一层
Phone: (029) 8983 2611
Hours: 9:00am - 11:00pm

B19 1st Floor Greenland Bin Fen Hui Mall, Jinye Road
高新区丈八二路与锦业路十字东北角
Phone: (029) 8115 1281
Hours: 8:00am - 10:00pm

M17 No.61 LG, QuJiang Creative Circle, YanXiang Road, Qujiang District
曲江新区雁翔路3369号曲江创意谷LG–61号
Phone: (029) 8550 4064
Hours: 8:00am - 11:00pm

• **MCGL**
C15 Northwest Corner, Block B, Building 7, Hi-Tech Glorious Plaza.
高新大都荟7号楼B座1层西北角
Phone: (029) 8421 8928
181-9103-5321
Hours: 11:00am - 2:00am

• **Localand·霁在游牧料理**
C15 2F, D29, Glorious Plaza, No.305, Keji Road,Gaoxin District.
高新区科技路305号西安大都荟D29二层
Phone: (029) 8864 7578
Hours: 5:30pm - 9:30pm

• **Hacker - PschorrBrauhaus**
德国赫佰仕啤酒坊
C15 No. 16 Gaoxin 4 Lu, Gaoxin District
西安高新区高新四路16号
Phone: (029) 6568 2399
Hours: 11:30am - Midnight
www.hacker-pschorr-brauhaus.com

• **DÚO Spanish Authentic Cuisine**
DÚO 西班牙主题餐厅
J18 No. 1666 Qujiangchi Xi Lu, Qu Jiang New District
曲江新区曲江池西路1666号
Phone: (029) 6821 6666 / 6825
Hours: 11:30am - 2:00pm
5:30pm - 10:00pm

• **Dolce Vita**
罗马假日意大利餐厅
I12 319 Dongxin Jie
西安市东新街319号
Phone: (029) 8792 8888 Ext. 4018
Hours: 11:30am - 2:30pm (Lunch)
5:30pm - 10:00pm (Dinner)

INDIA

• **Amber Palace Asian Indian Fusion Xi'an**
琥珀宫亚洲餐厅

I17 No. 9 Yannan 1st Road, Mandy Palaza, South of Big Wild Goose Pagoda, Yanta District Xi'an city
雁塔区雁南一路9号曼蒂广场(毗邻大雁塔南广场)
Phone: (029) 8120 5768
187 0290 1786

• **Amber Bites (Xi'an)**
琥珀宫

H16 No. 86 Chang'an Zhong Lu kaimi Plaza, Near: Saga Shopping Mall, yanta district
雁塔区长安中路86号开米广场二层
Phone: (029) 8154 2800

• **REDFORT- Indian Cultural Restaurant** 红堡

D14 Indian Pavilion, Silk street 118 Laodong Road, Tangwest Market
西安市大唐西市劳动南路118号丝绸之路风情街印度区
Phone: (029) 8411 3559
187 0290 1786

PIZZA

• **L'acquolina in bocca**
阿果里呐

D18 #5 Taibai Nan Lu, Zi Wei Shang Ceng, 2nd, east building, shop no.20107
高新区太白南路5号紫薇尚层东2号楼20107
Phone: (029) 8889 4573
Hours: 11:00am - 8:00pm (Sunday off)

JAPANESE

• **Mai Restaurant**
舞亚洲餐厅

I17 #66 Cien Road, Qujiang New District
曲江新区慈恩路66号
Phone: (029) 6568 6568
Hours: 11:30am - 2:00pm
5:30pm - 10:00pm

KOREAN

• **Tudari** 土大力

G13 2F, INTIME Shopping Mall, #48 Xida Jie
西大街48号银泰广场2楼
Phone: (029) 8727 1264
Hours: 11:00am - 11:00pm

CHINESE

• 醉长安
H13 #56, Shu Yuan Gate.
书院门56号
Phone: (029) 8728 1828
Hours: 11:00am - 9:00pm

• **Localand**·霁在自在面食
B8 2F, D29, Glorious Plaza, No.305, Keji Road, Gaoxin District.
高新区科技路305号西安大都荟D29栋2层
Phone: (029) 8864 7625
Hours: 11:00am - 9:30pm

THAI FOOD

• **Thai Flavours**
泰极香珑

D3 G Park #47,Xinghuo Road, Lianhu District
星火路22号老城根G-Park1层
Phone: (029) 6569 5868
Hours: 11:00am - Midnight (Weekdays)
11:00am - 2:00am (Weekends)

VEGETARIAN

• **Tianlong Vegetarian**
天龙宝严素食馆

G10 #1 Yanta Xi Lu
雁塔西路1号
Phone: (029) 8526 6880
Hours: 11:00am - 9:00pm

HOTPOT

• **Hai Di Lao** 海底捞

H10 #11, South of Yanta Lu
雁塔路南段11号
Phone: (029) 8553 6971
Hours: 10:30am - 3:00am

B8 3F, Gao Ke Buliding, #1 Gaoxin 4 Lu
高新四路1号高科广场3楼
Phone: (029) 8836 1337
Hours: 10:30am - 3:00am

DESSERT

• **Godiva** 歌帝梵

F7 1F, Block A, Ginwa, No.336, East of Huan Cheng South Road.
环城南路东段336号世纪金花A座1层G1区
Phone: (029) 8935 8615
Hours: 10:00am - 10:00pm

Shopping

FOREIGN GOODS

• **Ole'** 精品超市

F7 B1, Wang Fu Jiang Bai Huo, #88, Nan Guan Zheng Jie.
南关正街88号王府井百货B1层
Phone: (029) 8765 1821

• **Metro** 麦德龙超市
Western Supermarket located next to the TV tower in the South of Xi'an. This is one of the best places in Xi'an to purchase imported food such as cheese, beer, wine, meats and those hard to find ingredients.

F12 #86 Chan' an Road, 50 meters to the TV Tower
长安南路86号，临近电视塔

SHOPPING CENTERS

• **Ginwa Shopping Center**
世纪金花购物中心

F6 #1 Xida Jie next to the Bell Tower
西大街1号钟鼓楼广场
Phone: (029) 8763 1708

C9 #55 Keji Road
科技路55号
Phone: (029) 6296 1099
Hours: 10:00am - 10:00pm

TEA MARKETS

• **Ren He Tea Market**
人和茶叶市场
#101 Changle Zhong Road
长乐中路101号

CLOTHING MARKETS

• **Bai Hui Market**
百汇市场

F9 Bai Hui Market, Chang'an Lu
长安中路 百汇市场

SPORTING GOODS

• **DECATHLON**
迪卡侬 (南二环店)

D9 Opposite of Xidian University North Gate,Tai Bai lu Kou, South 2rd Ring Road.
南二环太白路口(西安电子科技大学北门对面)
Phone: (029) 6282 6888

• **Five Ring Outlets**
五环工厂店

C9 #18 Gaoxin Lu
高新路18号

J7 South of Er Huan Dong Lu
东二环与咸宁西路交叉十字

HEALTH GOOD

• **Lao Bai Xing Medicine Store**
老百姓大药房

F5 Bei Da Jie Intersection
北大街十字
Phone: (029) 8721 1888

APPLIANCE CENTER

• **Suning Home Appliance**
苏宁电器

F5 #23 Lianhu Lu
莲湖路23号

Phone: (029) 8731 9196
Hours: 9:30am - 7:00pm

FURNITURE MARKET

- **IKEA**

宜家家居

Southeast Corner of San Qiao Overpass,San Qiao Xin Jie.
三桥新街三桥立交东南角
Phone: 400-800-2345

- **Da Ming Gong Furniture Center**

大明宫建材家具城

J18 #180 Tai Hua Bei Road
太华北路180号
Phone: (029) 8811 6666
Hours: 9:30am - 6:00pm

ANTIQUE MARKETS

- **Ba Xian An Antique Market**

八仙庵古玩市场

J12 Ba Xian An, An Ren Fang, Bei Lin District
新城区安仁坊八仙庵

- **Shu Yuan Gate**

书院门

H13 Shu Yuan Gate Inside South Gate
南门里书院门

BOOK SHOP

- **Qu Jiang Book Store**

曲江书城

J18 Fu Rong Xin Tian Di, #1,Fu Rong South Road, Qu Jiang New District.
曲江新区芙蓉南路1号芙蓉新天地
Phone: (029) 8955 8183

- **Bell Tower Book Store**

钟楼新华书店

H13 #337 East Avenue
东大街377号
Phone: (029) 8721 6194

PLANT MARKET

- **Yanta Flower Market**

小雁塔苗圃市场

G15 Zhuque Avenue
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HOTELS

- **Holiday Inn&Suites Xi'an High-Tech Zone**

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C15 No.305,Keji Road,Yanta District,Xi'an Shaanxi Province 710065, P.R.C.
西安市雁塔区科技路305号（高新大都荟）
Phone: (029) 6806 7777
Web: www.holidayinn.com.cn

- **Grand Hyatt Xi'an**

西安君悦酒店

B19 No.12 Jinye Road, High Tech Zone, Xi'an, Shaanxi 710077, P.R.C.
陕西省西安市高新区锦业路12号
Phone: (029) 8811 1234
Web: www.hyatt.com/zh-CN/hotel/china/grand-hyatt-xian/xiygh

- **Le Meridien Xi'an Chanba**

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中国西安浐灞生态区欧亚大道西段6号
Phone: (029) 6879 8888
Web: lemeridien.com/xianchanba

- **TianYu Fields International Hotel**

天宇菲尔德国际大酒店

J12 No.239, Sheng Zhou 3 Road, Aerospace Economic and Technological Development Zone
西安市航天经济技术开发区神舟三路239号
Phone: (029) 8925 6666
Web: www.fields-hotel.com

- **InterContinental Xi'an North**

西安经开洲际酒店

H4 No.120 Fengcheng 8th Road, Jingkai District, Xi'an
西安市经开区凤城八路120号
Phone: (029) 8723 8888
Web: InterContinetal.com

- **Hilton Xi'an High-tech Zone**

西安高新希尔顿酒店

C16 22 Feng Hui South Road, Gao Xin District, Xi'an
西安市高新区沣惠南路22号
Phone: (029) 6858 8888

The Fairway Place, Xi'an - Marriott Executive Apartments

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C15 No.16 Gaoxin 4 Lu, Gaoxin District
西安市高新区高新四路16号
Phone: (029) 6866 9999
Web: www.meaxian.com
www.cn.meaxian.com（中文）

- **Gran Meliá Xian**

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J18 No.1666 Qujiang West Road, Qu Jiang New District, Xi'an
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- **Citadines**

西安馨乐庭服务公寓

Citadines Gaoxin Xi'an

西安中建馨乐庭高新服务公寓

B14 No.200 Tuanjie South Road, Yanta Distirct.
西安市雁塔区团结南路200号
Phone: (029) 6800 8899

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K14 #159 Xingqing Lu, Beilin District
西安市碑林区兴庆路159号
Phone: (029) 8338 0588

- **Crowne Plaza Xi'an**

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G15 No.1, Zhu Que Zhong Road, Beilin District.
西安市碑林区朱雀中路1号
Phone: (029) 8866 9289
www.crowneplaza.com

- **W XIAN**

西安W酒店

K19 333 Qujiang Chi East Road, Qujiang New District / Xi'an, Shaanxi 710061, P.R. China
中国陕西省西安市曲江新区曲江池东路333号
Phone: (029) 8966 9999
Web: whotels.com/xian

- **People's Grand Xian**

I12 319 Dongxin Jie
西安市东新街319号
Phone: (029) 8792 8888

- **Somerset**

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G16 No.64 The West Section of South 2nd Ring Road, Yanta District.
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- **Novotel Xian SCPG**

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曲江新区曲江池西路1666号
Phone: (029) 6821 6636

- **Real Love Spa**

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G15 #38, Middle of Zhuque Da Jie
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Phone: (029) 8545 7678
Web: www.faithchina.com

INTERNATIONAL SCHOOLS

- **Xi'an Liangjiatan International School**

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Email: pr@xalis.com
Web: www.xalis.com

- **Xi'an Hanova International School**

西安汉诺威国际学校

Hanova International School, 188 Yudou Lu, Yanta District, Xi'an
雁塔区鱼斗路188号
Office Phone: (029) 8869 3780
Email: amy.hou@his-xian.com
Web: www.his-xian.com
Facebook: www.facebook.com/HanovaIntl

- **Xi'an International School**

西安国际学校

No. 88 Yudou Lu, Yanta District

雁塔区鱼斗路188号
Phone: (029) 8533 5014
www.xianinternationalschool.com
For more information contact: reception@xianinternationalschool.com or call (029) 8533 5014

Medical

DENTISTS

• U-Dental
优德口腔

C14 Southwest Corner of Hui Feng South Road and Da Zhai Road Intersection, Yanta District.
雁塔区沣惠南路与大寨路十字西南角（地铁3号线延平门站D1口向北600米）
Phone: (029) 8889 9111

• Lianbang Dental Hospital
联邦口腔

J11 9F, Chao Yang Xin Shi Jie, Outside Chao Yang Gate (Exit A, Chao Yang Men Stop, Subway line1)
朝阳门外东北角朝阳新世界9层
Phone: (029) 8360 0666

I12 Apartment 2, Wanda Square, Jiefang Lu.
解放路万达广场2号公寓
Phone: (029) 8738 3568
(029) 8728 8109
E-mail:1154021996@qq.com
Web: www.kqbj.cn

• Gao Xin Jiangxin Dental Clinic
高新江欣口腔

D15 100 meters north of intersection of Gaoxin Lu and Keji Lu
高新路科技路十字北100米路东
Phone: 186-2928-2797

• Gao Xin Wenxin Dental Clinic
高新文信口腔

C19 North west corner of Taibai Lu & Zhangba Dong Lu.
太白路丈八东路十字西北角
Phone: 181-8918-9868

HOSPTIALS

• Qujiang Obstetrics & Gynecology Hospital
西安曲江妇产医院

K16 No.25, Xiying Road, Qujiang New District
曲江新区西影路25号
Phone: (029) 8538 3838

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Clinic Hour: 9:00am-6:00pm (Mon. –Sat.)
Appointment Tel: (029) 8111 2673
24h Emergency Tel: 173 9175 7290
Email: xian@globaldoctor.com.cn

• Xi'an Gaoxin Hospital
西安高新医院

A9 #16 Tuanjie Nan Lu, Gaoxin District
高新区团结南路16号
Phone: (029) 8833 0116
Web: www.gxyy.net

• Shaanxi Traditional Chinese Medicine Hospital
陕西中医医院

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Phone: (029) 8458 5208

• Lianbang Yoga

J11 9F, Chang Yang Xin Shi Jie, Outside Chao Yang Gate (Exit A, Chao Yang Men Stop, Subway line1)
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(029) 8360 0666

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