

Shanghai Journal 1-25-15

Zaozhanghao! (Good Morning!)

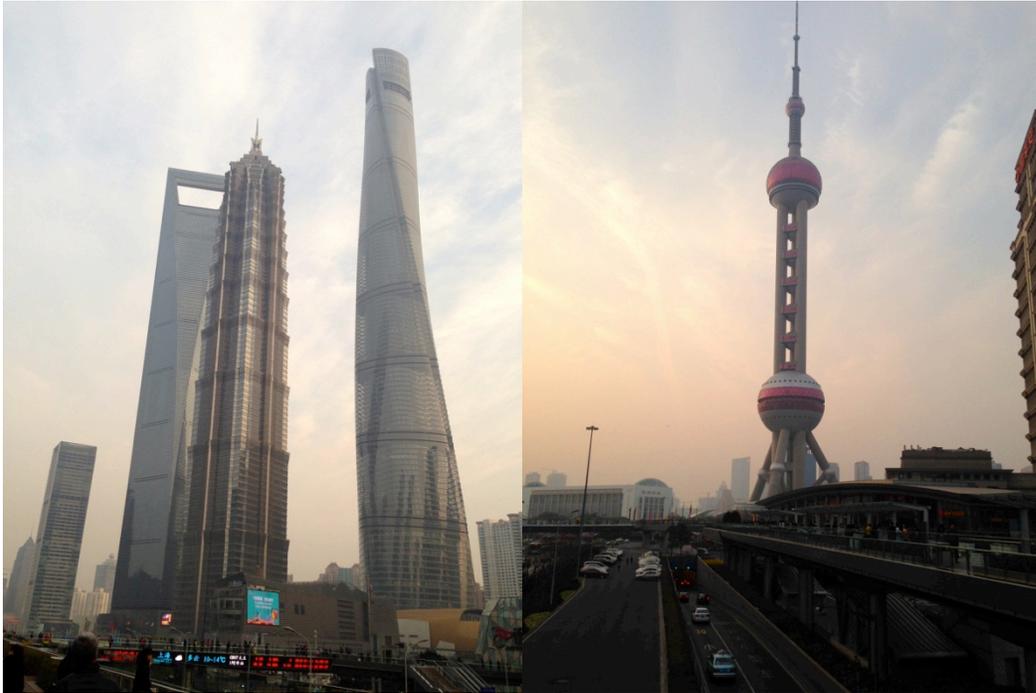
Our second weekend in Shanghai. Hard to believe its only that since the time seems so jam packed learning new things every second of the day! Yesterday morning, (Saturday), I got a traditional Chinese massage at a small place around the corner from our apartment. It was pretty amazing and very different from others I have had – more focused on chi and meridians, and pressure points. I feel like a new person! I get very achy here because of the humidity. Next week it is supposed to rain all week so I'm sure I will need another massage!

In the afternoon we went to the Shanghai Museum and saw a special exhibition of 3000 year- old bronzes just excavated in 2014 from the cemetery of the Western Zhou aristocrats. Stunning! We also saw the permanent gallery of ancient Chinese jade. This just scratched the surface and I'm sure we will go back many times. The museum itself is a lovely building located just south of People's Square. The area is very open and spacious with amazing views of the Shanghai Grand Theater and the new skyscrapers that dot the landscape everywhere. I'm fascinated by the architecture of these buildings - each so different and unique.



We had planned to go to a teahouse but it was no longer there – the pace of change seems to be very rapid here. So we hopped on the subway and went to another area

of the city to have a drink at the top of the Jinmao Tower (87<sup>th</sup> floor) in the Lujiazui Financial District - yet another area with new and interesting buildings, open spaces and luxury shops. The scale dwarfs Manhattan! Unfortunately it became quite hazy so we were not able to see the sunset in its full glory – have to go back again on a really clear day!



We've been exploring other routes to the university that get us off the main streets. We found a lovely path along the river that takes us a good part of the way. It makes a huge difference when the AQI (air quality index) is high:



Tomorrow I have to go back to the clinic for another blood test because there was some irregularity in the last one. I know nothing is wrong because I just had a blood

test in the US before I left, but this is required for my resident permit. It is about an hour away so there goes my whole morning – plus I can't have coffee or eat anything beforehand and have to wait until after rush hour to go. After that I'm planning a solid week of work with no more distractions since it is supposed to rain all week!

Zaijian, Lee

© Lee Anne Bell