

Shanghai Journal 2-7-15

Ni Hao,

I spent a day and a half this week lying in a dark room moaning through body aches, nausea and a splitting headache from food poisoning. Ravi got some nausea medication from the pharmacy and that helped a lot. Once I could get up, I went for a foot massage and I think that is what ultimately brought me back to health. In addition to an amazing 90-minute massage focusing on pressure points I never knew existed, the masseuse used cups (heated glass globes suctioned to the bottom of my feet and wrapped in place for several minutes and I think intended to suction out bad things). I felt completely well when I walked out and will definitely go back for more!

Luckily I recovered in time for our first cooking class on Friday morning. Although there are 10 slots in each class there were only three of us (a young Japanese woman named Mai, Ravi and me). Apparently, the classes are typically half Japanese people and the rest Westerners from various parts. The chef was an excellent teacher and a lovely person. First we prepped our three dishes – he demonstrated how to cut and then we followed suit. To cook the dishes (kung pao tofu; stir fried celery with bean curd; shanghai noodles), he demonstrated first and then we followed side by side with three woks lined up in a row. After each preparation, we returned to the table; he would taste each of our dishes and declare the best one and what made that so. I had the best one the first time, then Mai and I tied the second time, third time Ravi got the best one.



In the evening, NYU-Shanghai had their Spring Party (in advance celebration of Chinese New Year). It was a huge event, with lots of food and performances by each department that were clearly planned and practiced well in advance (costumes, props, sound system, the works.) Very spirited and fun. Even the Chancellor sang a song and the Provost performed a duet in Chinese with the STEM Dean!



The IT Department!



Another department



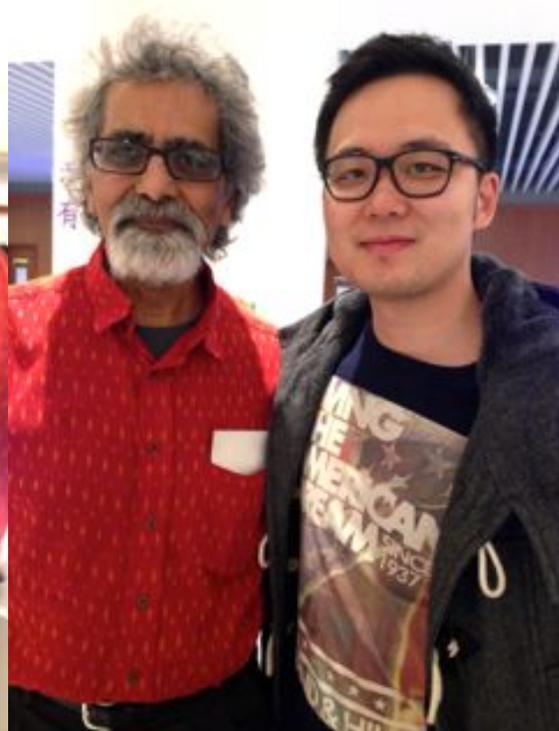
French guys (guess who is who!)



Vionia – intern who found coffee maker!



Jun from HR – source for everything!



Kevin who picked us up at airport.



Graduate Assistants



Prometeo with Ravi

Today is Saturday and we are staying inside to work. AQI not good but hoping it will improve so we can go for an outing later in the day. Tomorrow we have organized a

group to go back to the wonderful vegetarian restaurant for a big lunch. Also starting to plan our trip to Beijing following the break. Hard to believe how quickly time is flying by.

Have a good weekend! Love, Lee

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