

## About the meals, please note the following:

The meals the travel agencies and hotels provide to us are quite different from what university dorms/cafeterias normally serve; ours are of a far better quality.

Meals in the first two cities of Beijing and Xi'an are included in the program, although you will be given opportunity to purchase a meal on your own in Beijing and/or Xi'an.

Breakfast is provided in all hotels where we stay **every day** (including Nanjing and Shanghai), in buffet style with around 20 different western and Chinese dishes, plus coffee, juice and fruit (yes, watermelon is seen at each meal).

When we get to Nanjing, we will have different schedules for classes and other activities; students will be given much free time to explore the culture on their own and to interact with our peers and with locals in the city. So it is much better to let students pick their own food choices. There are over one hundred restaurants of different cuisines and prices near our hotel in Nanjing.

During our stay in Shanghai, students will be given much free time. You will also find it hard to have a bad meal in Shanghai.

Prices for meals in many Chinese cities vary a lot, depending where, and what, you want to eat. Most places catering to ordinary people are inexpensive, for about \$2-\$5 per person on average; a simple lunch box may only cost about \$1.5 at places such as Jinmao Plaza supermarket, just across the street from our hotel in Nanjing; there are sandwiches, wraps and all types of pastry at [PARIS BAGUETTE](#), [Bread Talk](#) or [Starbucks Coffee](#), which are all a few minutes walk from our hotel in Nanjing.

Those who want to dine in style and are willing to spend more also have many good choices. Of course, you will find McDonalds, Pizza Hut, KFC, Korean, Japanese, Indian, Italian, French, Russian, and other international cuisines in Nanjing and Shanghai. Close to our hotel in Nanjing, you will find several international hotels (e.g., Westin, Intercontinental, Sofitel, St. Regis, Lakeview), where you sure can find fancy American/Western cuisine.

Students and faculty who were vegetarians or on kosher diet all managed their meals very well in the past. There are also a few good-quality Halal restaurants close to the hotel.