Conveniently situated only a block away from the Jiangsulu (江苏路) metro station, the location of our residence was both practical and relatively immersed in local Shanghai life.
We were pampered with a hotel lifestyle complete with room cleaning and daily towel replacement. Perhaps the only flaw was that we only had one ethernet wire.
With both options equally close by, you could choose between slightly pricier but high quality food (~20-50RMB/dish) next door, or in the Leisure Center a block away, or the shockingly inexpensive street food and local restaurants (~5-15RMB/dish).
Of course, one should explore the food in other places of Shanghai when given the chance! There’s plenty of variety to find! Here are pictures of some of my more interesting finds in Shanghai.
The two CEO Shanghai events, the student dinner and mentor meet-up, allowed us to catch up with all the other interns in the program and meet their alumni mentors as well. We also went to the Columbia networking event in Shanghai where we met additional alumni from around Shanghai as well as international students attending Columbia and incoming freshmen.
This summer, I interned as a Pharmacy Technician at the Shanghai branch (SHU) of United Family Healthcare (UFH), an internationally accredited healthcare organization. I was blessed to have an extremely supportive and generous staff guide me on this 8-week adventure.
Throughout my internship, I gained a detailed inside-look at the workflow of the pharmacy, which is divided into 3 main roles: Inventory, In-patient, and Out-patient. On a day-to-day basis, I helped out in various activities including, but not limited to: labeling injections (for doctors that cannot read Chinese labels), organizing the loose tablets drawers (which required heavy use of a Chinese/English translator and the formulary), shelving (restocking and organizing shelves by expiry dates), filling prescriptions (of course, with the supervision of a certified pharmacist), packaging oral glucose tolerance test kits, filling simple syrup bottles, compiling the monthly narcotics consumption, mixing the solution for media-fill-tests, etc.
In addition, I was trained to work in the PIVAS (Pharmacy Intravenous Admixture Services) laboratory, which had only been recently set up—only several weeks before I had arrived. In abidance to new government regulations, the pharmacy took responsibility of the job of compounding intravenous infusions that had before been done by nurses in a relatively casual manner. PIVAS insured the antiseptic compounding of intravenous infusions for the patients. For two days each week I partnered with a pharmacist to compound and dispense the intravenous infusions for that day.
Over the 8 weeks, I completed two smaller projects while working on three larger-scale projects. The former included creating a digital record of the pharmacist medication disposal history and updating the old over-the-counter (OTC) medication price list. The larger projects consisted of the Formulary project, Inventory project, and PIVAS powerpoint. The PIVAS powerpoint contained an overview of the PIVAS workflow as well as a closer look into the information presented on the labels we use; this powerpoint was in order to provide insight to both nurses and medical staff as to how much work goes into PIVAS. The Formulary project was a project to create and compile a formulary book specific to the Shanghai branch of UFH since many of the items in the Beijing guide were substituted by brands more available to SHU. Finally, I began the Inventory project by compiling an excel file of the top ~150 drugs consumed over the course of this year. The data was used to begin implementation of a more standardized workflow for the Inventory sector in order to minimize the issue of medication shortage or overstock.
The pharmacy manager, Pamela Quah, was very supportive of my seeing other aspects of the hospital and consequently, I was given the exciting opportunity to shadow an ENT (ear, nose, throat) doctor, several general surgeons (both during their outpatient rounds and actual surgery procedures), and a medical engineer.
Last but not least, I had the happy fortune to be there in time for their biannual staff field trip. We traveled to the beautiful attraction known as the Thousand Island Lake in Zhejiang Province (~4hr drive from Shanghai). What a wonderful way to conclude an equally fantastic internship!
Perhaps an unequivocal statement, the most popular and well-known site is the Bund (外滩), a 5-10 minute walk from East Nanjing road metro station (南京西路). Located on the west bank of Huangpu river (黄浦江), the Bund is the place to view Pudong’s skyscrapers (and take those stereotypical Shanghai photos). On the Bund lies the signature Peace Hotel and Customs House. Lights begin to turn on at around 6:30-7:00pm. For ~100RMB you can a boat cruise on the river, but during the summer, these activities are likely to be swarmed by tourists, making them far less comfortable.
Nanjing Lu is a source of crowds, tourists, and shopping! As a popular and well-known option to tourists, its prices have a proclivity to be higher than if you found those brands at more local shops. Nevertheless, it’s a good place to go to find variety, including many Western chains.
Head over to Lujiahui metro station (卢家慧占) if you want to see Pudong’s skyscrapers up close and personal. A short stroll towards to the bank gave us an excellent place to take pictures of the Bund (granted, my camera can’t capture all the glory and glimmer of Shanghai nights). A momentous mall, the Super Brand Mall, has an impressive assembly of clothes stores to complement its equally intriguing layout.
I went to the well-known restaurant, Din Tai Fung, in both the French Concession and in Pudong’s Super Brand Mall. This restaurant chain (which actually does not originate in Shanghai) is lauded by epicures for their quality, albeit expensive, xiaolongbao (dragon soup dumplings). I particularly enjoy looking at their increasing number of autographed caricatures of celebrities that have eaten (or ‘will’) at that particular restaurant. It’s always fun seeing if you can pick out any familiar faces.
The French Concession (Xintiandi), a decent troll from our residence, is home to buildings of European inspiration and now popular for shopping and eating. Our travels to the French Concession surprisingly coincided on the same day as a small concert (Fete de La Musique) that apparently was also happening at numerous locations in Shanghai that weekend.
The Shanghai Science & Technology Museum is an impressive museum with four floors packed with a variety of exhibits ranging from wildlife to technology. It takes a long time just to navigate through the entire museum, much less digest all the information. My personal favorite exhibit was the “Light of Wisdom” exhibit which housed many interactive activities. The museum building itself is also architecturally intriguing as well.
Right outside the metro stop of the Shanghai Science & Technology Museum is an underground market where many shopkeepers sell wares aimed towards tourists. It’s an excellent place for small gifts and souvenirs at an inexpensive price if you have an idea of what the item can be bargained to. My favorite finds were the Chinese painting scrolls.
A good place to learn a bit about Shanghai’s architectural history as well as study their many models of the city. Doesn’t take as long to explore compared to the Science & Technology museum, but definitely fun to go to the 3rd floor to view the splendid master layout of Shanghai and try to find where you live or work.
City God Temple provides both scenic enjoyment as well as another spot to find more oriental and unique merchandise. I mainly appreciate it for its preservation of historical architecture.
Situated near the City God Temple, this famous “restaurant” boasts 100 years of history. There are three floors, the ground floor is for take-out (and is fastest) and each level after is increasingly expensive but probably comes with better quality. However, I was too baffled by the long lines on all three levels (going on a Saturday is not a wise choice) and decided that at least the ground floor was fastest. You can watch the chefs furiously at work behind the glass while enjoying your xiaolongbao, or stand next to the pond and watch the koi swimming about.
I almost thought I had gotten the incorrect address, as from the street, this small alcove of private art collections does not flaunt a flashy exterior to beckon its guests. Apart from its inconvenient location, M50 is a treasure chest where you can find all sorts of art as each building/room is its own individual, private display. Art ranges from pottery and 3D models to paintings and graffiti. Unfortunately many curators do not allow photography of their displays.
Unfortunately, when I went, the China Pavilion of the Shanghai World Expo was not open to public. The other countries whose exhibits were available also had little to display. Nevertheless, the architecture provided something to appreciate.
A four-floor museum exhibiting China’s history in traditional art, ceramics, jade, and calligraphy—as well as several other legacies. For the price you pay (nothing!), the museum is certainly worth a visit, and the readily available (not to mention accurate) English translations are definitely a plus.
I also had the opportunity to travel outside Shanghai to Anji, known for its bamboo mountains, where the famous Chinese movie, *Crouching Tiger Hidden Dragon*, was partially filmed. Like Zhejiang’s Thousand Island Lake, the quiet, verdant scenery of Anji was certainly a stark contrast to the bustling city of Shanghai.
And so concludes an epic 8-week adventure!