

Welcome to Shanghai!



In the course of the Certi Lingua project course in grade 11 I had the chance to pass my time abroad in Shanghai, which is located in the south-east of China.

The topic I have done my researches about deals with traditional eating habits in Chinese metropolises like Shanghai in times of globalisation, meaning that several influences from the Western world in terms of food have come into and spread across the country and thus have probably affected the lifestyles of many Chinese.

What I wanted to observe was what the local people's eating habits are like and what they think about our western food or if they feel much affected by it in their lives. In several face-to-face meetings and talks I gained very specific insight views into what people think about this topic and how they behave in their daily lives.

One thing I would have not expected was that the Chinese are nearly all crazy about steak along with some salad, even women. There are no vegetarians or vegans, everyone eats all the food which is served and they like the opportunity to choose from different kinds of Western food in their hometowns. Nevertheless the Chinese stick to traditional food in their daily lives and Western food is a quiet expensive exception for most Chinese.

Additionally to my researches I also did some sightseeing including the visit of a typical tea house, the Bund and traditional streets and shops (see pictures). I learned how to eat with chopsticks and even had a typical Chinese breakfast including noodle soup, fried rice or noodles and other Chinese dishes such as Wontons (see picture) and special vegetables on the last days of my trip. If I had to decide which cuisine I prefer, I would not have any real answer. I like food here in Germany, but the Chinese food



with its lots and lots of varieties is an experience in itself and I will prepare much more of it here at home in Germany in the next time!

Shanghai is a vast city which developing and growing rapidly every day and still it will probably never loses its old typical traditions. This is what really fascinated me during the whole trip!



Antonia Karsch, Stufe 11