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The Chinese attitude towards strangers, whether they are Chinese or foreigners, can be difficult for Canadians to comprehend. In China, people generally look out for themselves without concern for the needs of others. Confucius states: "Do not do unto others as you would not have them do unto you." This is a negative rule that prohibits harmful acts more than it encourages helpful ones. As a result, refuse is cast onto streets because sweeping the streets is someone else's concern. Public toilets are usually filthy, again, because cleaning them is someone else's responsibility. Bicycles and cars may be parked where they block other people's progress.

Canadians in China frequently comment on these problems and find them offensive. Chinese people may not appreciate them, either. As a newcomer to China, it will be one more difference you will have to get used to.

Culture shock is often an accumulation of day-to-day frustrations and difficulty. Most foreign experts find there are times when they cannot bring themselves to go outside their apart-

ments or hotels. Reasons vary from not wanting to endure surly service in stores, congested streets or bad air, to not wanting to be on public display. As a foreigner, you will be an object of great curiosity. You *will* be stared at.

As a way of easing your transition, bring photos of family and friends, reading material, comfort foods, music, favourite toys, spices, or sports equipment. Try to recapture some of the things familiar to you. Cook western food at home or obtain Canadian newspapers or magazines. Some people reject this strategy at first because they believe it diminishes the cultural experience. Still, it may help.

Develop a project for yourself. If you are planning to collect something, study Chinese, or travel, prepare in advance by bringing books and materials with you from Canada. Try to learn the language. It will make life a little easier (and may even impress your Chinese partners). Maintain a sense of humour. Seek support from friends and colleagues. Remember, you are not alone. China can be a very social place. There is a slower pace of life with more time to devote to friends. Enjoy!