

have a medical need for syringes, carry a medical certificate stating so. If you require over-the-counter medicines, such as those commonly used for traveller's diarrhea, it is best to take them with you.

Crime

China is a relatively safe country where violent crime is rare. But petty theft is common, and you should constantly be on guard for pickpockets. It is wise to leave valuables in a hotel safe wherever possible. Be careful when carrying money or passports in a handbag, shoulder bag or backpack, because bag-slashing is a common tactic of criminals.

If you decide to stop at a bar, ensure that the prices are clearly marked on the menu so that your tab may be easily calculated. Avoid in particular "hostess bars," where foreign patrons have been taken advantage of, with costly results.

Women Travelling Solo

Female travellers should dress conservatively and take safety precautions. General guidelines for women travelling alone are provided in the Department of Foreign Affairs and International Trade publication *Her Own Way: Advice for the Woman Traveller*.

PROTOCOL TIPS

EATING

Chopsticks are used at all meals. The food is placed in the centre of the table in serving dishes, and it is polite to taste every type of food prepared. Food should be served with serving spoons or serving chopsticks. Your chopsticks should be placed neatly on the right of your bowl or plate when not in use. It is considered impolite to drink alone, and toasts are frequent. Non-drinkers may toast with soft drinks.