

official receipts for these transactions, which you must save if you wish to reconvert RMB to hard currency (maximum of 50 per cent) when you leave the country.

Major credit cards are not widely accepted in China. Some Chinese banks will provide cash advances using these accounts, but they may charge for the service. Some stores and restaurants accept credit card purchases, but they may apply surcharges. The only places that can be counted on to accept credit cards are five-star hotels.

Food and Drink

Visitors to China may suffer from traveller's diarrhea. To avoid traveller's diarrhea and other discomforts, it is advisable to drink bottled water. Eating food prepared on the street is part of the local culture, but avoid stalls that do not use disposable utensils.

Health Care

Some major hotels in China maintain clinics or resident doctors who can assist you with minor medical problems. Several hospitals in the larger cities have special services, designed

for foreigners, with English-speaking staff. Nevertheless, you should be prepared to take an interpreter with you if you must visit a local hospital. And although medical care in local hospitals is relatively inexpensive, you should still purchase private health insurance before your trip to cover any unforeseen expenses. Medical care in clinics offering Western-style care for foreigners is much more expensive and must be paid for on the spot, using U.S. dollars or a credit card.

Drugs

The Government of China deals harshly with persons found in possession of illegal drugs. You should exercise the utmost caution when travelling. Never carry a package or luggage for someone else, unless you have completely verified the contents. Choose travelling companions carefully, since you may be implicated if they are found to be carrying drugs.

Prescription medicines and syringes may be considered suspicious by Chinese authorities. Keep all drugs in their original containers and carry the prescriptions with you. If you