CITY HEALTH AND SAFETY GUIDE- BEIJING

Emergency Contacts:

	Contact information
Emergency Services	110
Police	110
Ambulance	120
Fire	119
NZ Embassy (Beijing)	+86 010 8532 7000

When making an international call to Beijing, China, you would typically dial the country code (0086 or +86), followed by the city code (010), and then the local phone number. So, the complete dialling format would be: 0086 10 [local phone number] or +86 10 [local phone number]. This allows you to connect to a landline in Beijing

Medical Facilities:

Beijing Raffles Clinic - 北京莱佛士诊所
Tel/电话：86-10-64629112
Address: Room105, Building A, Kunsha Plaza, No.16 Xindong Road, Xinyuan Li
地址：北京市朝阳区新东路新源里 16 号琨莎中心一座 105 室

Beijing United Family Hospital – 北京和睦家医院
Tel/电话：4008919191
Address: No.2 Jiangtai Road, Chaoyang District, Beijing
地址：北京市朝阳区将台路 2 号

Medical Precautions:

Vaccinations: Check with your doctor for recommended vaccines before departure.

Mosquito Protection: Use insect repellent and cover up to avoid mosquito bites.

Air Pollution: Be cautious of outdoor activities on polluted days.

Please bring you own prescription medicines as some medicines may not be available or dosages may different.

Health Insurance Information:

Tips: Prior to your travel, remember to consult your insurance company how you can access medical services while you are on travel and whether the insurance will be accepted locally or if you need additional coverage. Benefits for travel insurance include but not only cover:

1. Accidental Medical Coverage: Medical expenses abroad, especially in case of accidents or sudden illnesses, can be exorbitant. Travel insurance provides coverage for accidental medical expenses, hospitalization costs, and emergency medical evacuation.
2. Lost or Damaged Luggage: Losing or damaging luggage can cause inconvenience and financial loss during a trip. Travel insurance typically includes compensation for lost, stolen, or damaged luggage, helping to reimburse you for your losses in emergencies.
3. Trip Cancellation or Interruption: Sometimes, unforeseen circumstances or uncontrollable events may force you to cancel or interrupt your trip. Travel insurance can help you obtain a refund for cancellation fees or provide additional expense coverage, mitigating your losses.
4. Emergency Assistance Services: When facing difficulties abroad, such as language barriers or emergencies, travel insurance often offers emergency assistance services. These may include 24-hour medical assistance hotlines and emergency translation services to help you navigate challenges.
5. Flight Delays or Cancellations: Flight delays or cancellations can result in extra expenses and inconvenience. Some travel insurance plans offer compensation for flight delays or cancellations, assisting you with additional expenses or arranging alternative transportation.

Transportation Safety:

1. **Metro**: Beijing has an extensive metro system with multiple lines covering various parts of the city. It's efficient, clean, and relatively inexpensive. Signs and announcements are in both Chinese and English, making it easy for tourists to navigate.
2. **Taxis:** Taxis are readily available throughout the city and are a convenient option for getting around, especially if you're traveling with luggage or in a group. Make sure the taxi meter is turned on, and have your destination written in Chinese to communicate with the driver. ensure that the vehicle is properly licensed and the driver has proper identification. Avoid unlicensed taxis, especially late at night, not to use taxi touts at the airport. Ie. the people hanging around and offering a taxi
3. **Ridesharing:** Uber is not available in mainland China, Apps like Didi (similar to Uber) operate in Beijing, offering an alternative to traditional taxis. Taxis hailing is also available on Didi App.

Watch Out for Traffic: Traffic in Beijing can be chaotic, with a mix of cars, bicycles, scooters, and pedestrians. Always use designated crosswalks when crossing the street, and be cautious when walking or cycling in busy areas.

Food and Water Safety:

While Beijing offers a rich culinary experience, be cautious with street food and tap water to avoid stomach issues. Stick to bottled or boiled water and choose food vendors with high turnover rates to reduce the risk of foodborne illnesses.

Weather Precautions- Beijing:

1. Summers: Summers (Jun- Sep) in Beijing are long, hot, and humid, with an average temperature in July of 30°C (87°F). High temperatures accompanied by heavy humidity frequently top with temperatures 40°C (104°F) and occasionally reach over 40°C (104°F) in August. 40often exceeding Wear lightweight, breathable clothing, stay hydrated, and seek shade or air-conditioned spaces during the hottest parts of the day.
2. Winters: Winters are long, clod and dry, with cold fronts from Siberia down through the Mongolian plain bringing bitterly cold winds and crisp, clear skies. Temperatures in January average -10°C (14°F). Due to its proximity to the Gobi desert, Beijing is prone to sandstorms from March to May.
3. Rainy Season: Beijing experiences a rainy season from June to August. Rain is most likely in the summer and can cause flooding, although this is normally temporary. More than half of the city's annual 700mm of rain falls in July and August. Carry an umbrella or raincoat, wear waterproof footwear, and stay informed about weather forecasts.
4. Air Quality Concerns: Beijing, like many Chinese cities, can experience poor air quality, especially during periods of high pollution. If you have respiratory issues or allergies, consider wearing a mask and limiting outdoor activities on days with poor air quality.
5. Sun Protection: Regardless of the season, protect yourself from the sun's harmful rays. Wear sunscreen, sunglasses, and a wide-brimmed hat when outdoors.