

Guide to TimePie Longevity Forum in China

Welcome to China!

We are excited to welcome you to the next stop of your longevity journey in Shanghai. Before your arrival, please take a moment to review some important information to ensure a smooth and enjoyable experience.

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I. Forum Information



Forum Venue

Zhen Ying Cultural Conference Center

(Chinese: 箴影文化会议中心)

Address: Building 3 (Tower C), No. 50, Lane 2700, Lianhua South Road, Minhang District, Shanghai

(Chinese: 上海市闵行区莲花南路 2700 弄 50 号 3 号楼)

II. Communication and Network

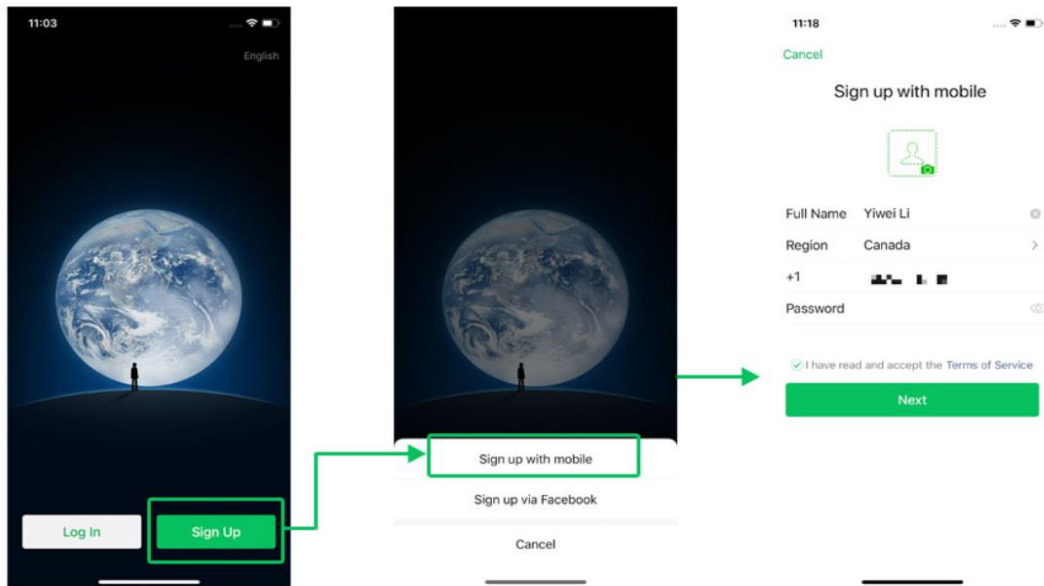
In China, WeChat is the primary communication tool, similar to WhatsApp in other countries. You can create a WeChat account before arrival for real-time communication during the forum and networking with others.

Steps to Set Up a WeChat Account:

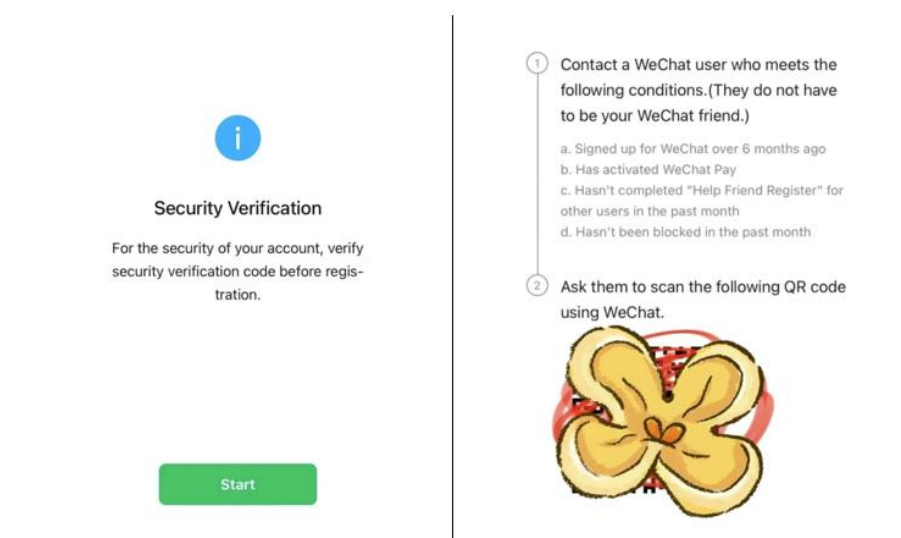
Step 1: Download WeChat from the app store or its official website.



Step 2. Fill in the required information as prompted.

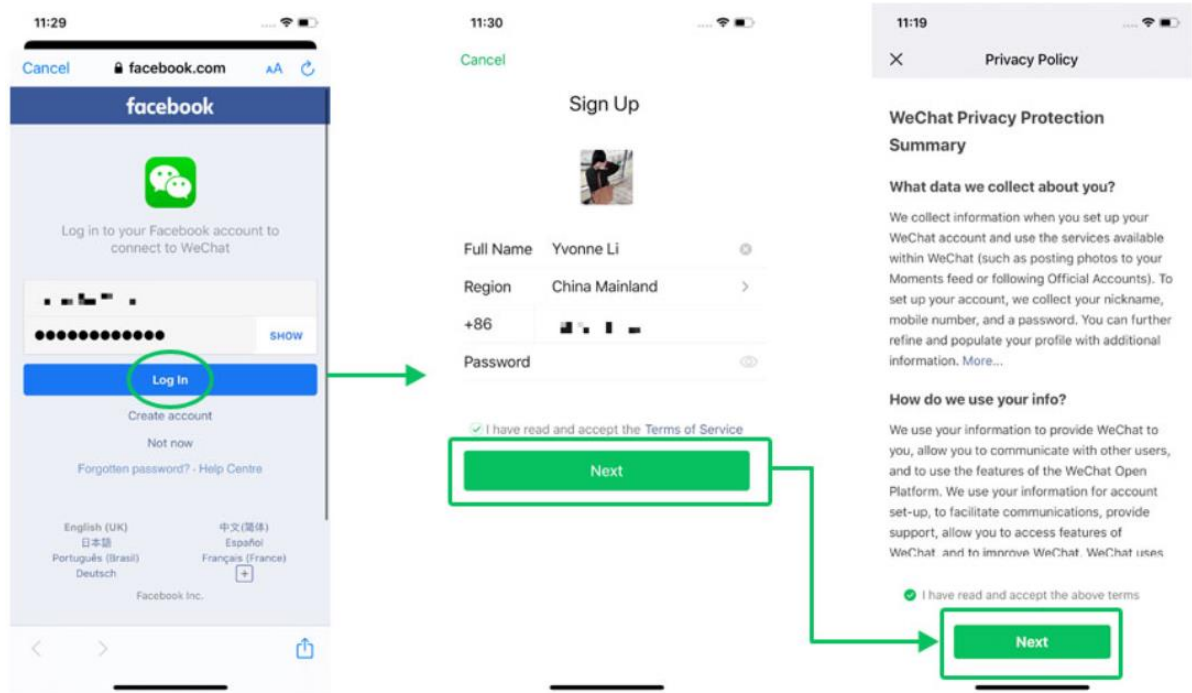


Step 3: The final step is security verification. You may need assistance from an existing WeChat user to scan a QR code on your phone.



NOTE: If you don't have WeChat users to help, you can try to sign up via Facebook, it

may help you create a WeChat account without scanning a QR code.



Network----VPN

In China, due to internet restrictions, some people may find that certain apps and websites like Google, Instagram, Twitter, Gmail, WhatsApp, and others are blocked. To access these services, you may need a VPN (Virtual Private Network), which allows you to connect to the internet as if you were in another country, bypassing these restrictions.

III. Currency Exchange and Mobile Payment

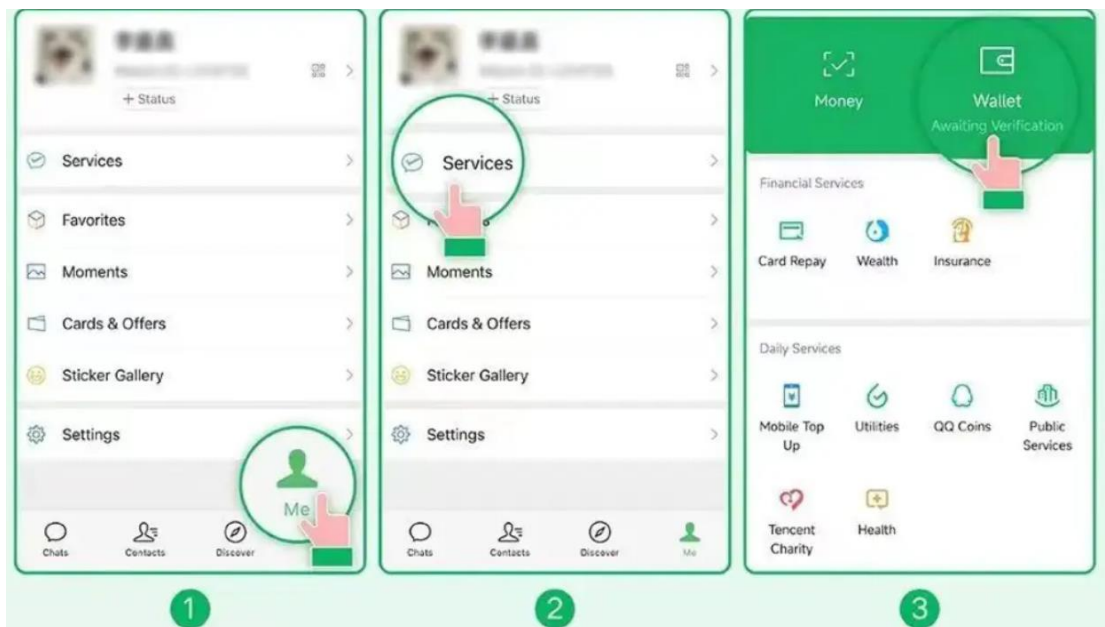
Currency: It's recommended to exchange some currency in advance, keeping in mind the customs cash limit. You can also exchange RMB at airports, banks, or ATMs.

Credit cards like Visa and Mastercard are accepted in larger shopping malls, but for smaller shops and daily expenses, mobile payment is the most common method. Among these, WeChat Pay is one of the most widely used mobile payment services.



How to Set Up WeChat Pay:

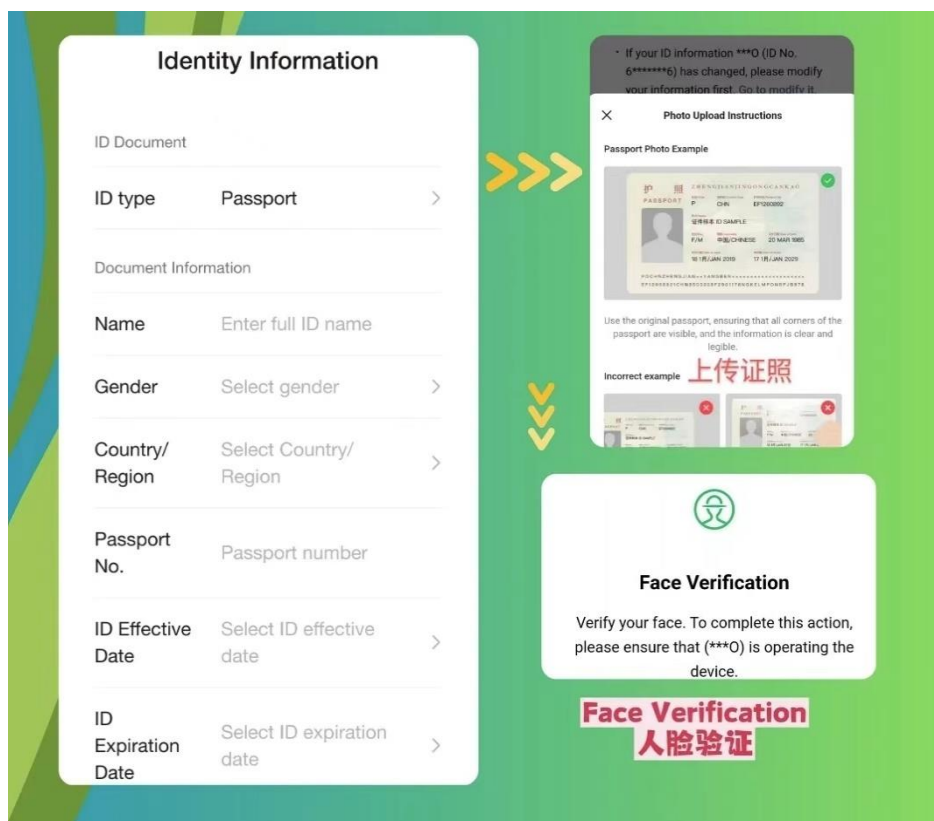
Step 1: Verify your identity at "ME" - "Service" - "Wallet"



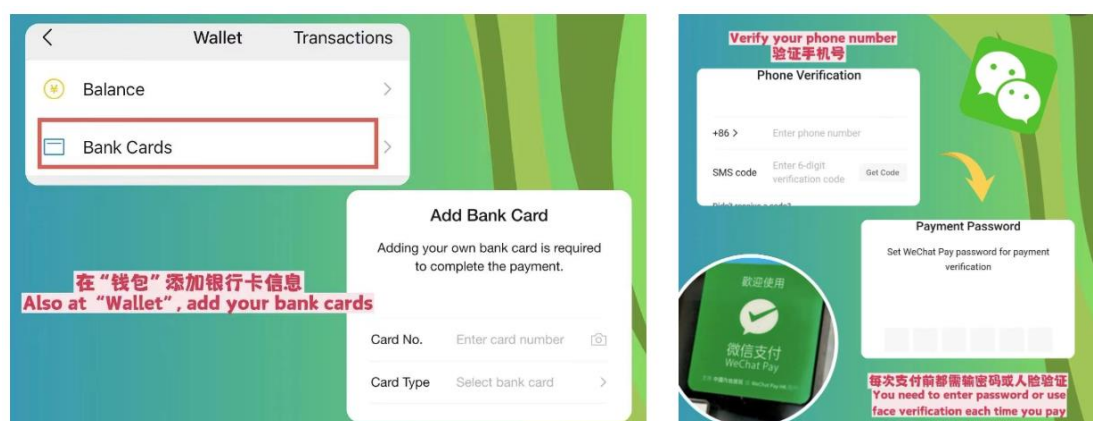
NOTE: If you can't find the options, you can activate WeChat Pay by tapping "Me" - "Settings" - "General" - "Features" - "WeChat Pay" to verify.

Step 2: Fill in your ID information

Use your passport to verify your identity, you will receive a notification asking you to upload a **copy of your passport** and do a **face verification**.



Step 3. Add bank card, verify your phone number and set payment password.



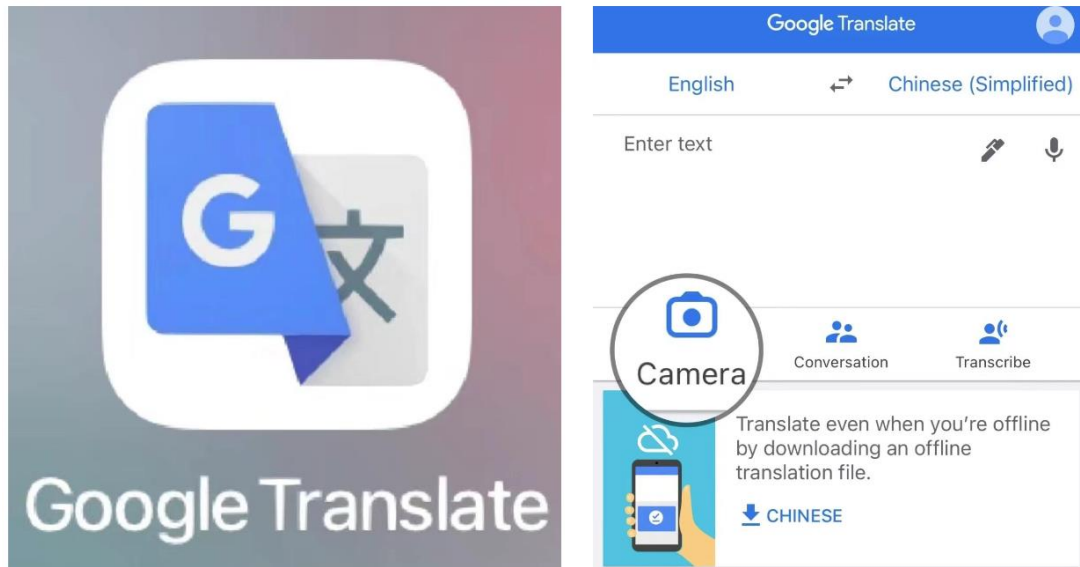
NOTE: Cards such as **Visa, Mastercard, JCB, Diners Club, and Discover** can be added to WeChat Pay. Transaction fees are waived for single transactions under **200 RMB**. A **3% transaction fee** will be applied for single transactions above 200 RMB.

Step 4. Use mobile payment in the following ways.



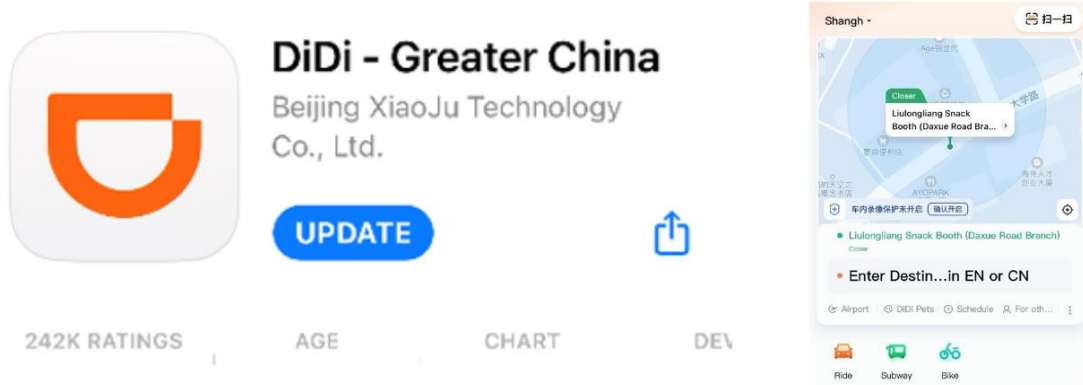
IV. Translation Services

In the forum, we have interpreters and provide descriptions in English. But if you need a translator in other situations, you can download the app "Google Translate" in advance.



V. Transportation

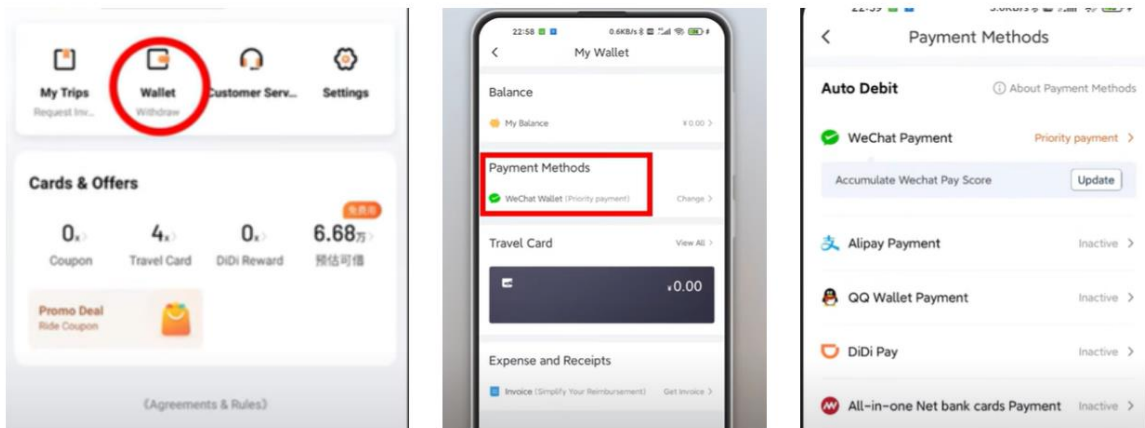
If you have additional travel plans, you can easily book a taxi through a mobile app.



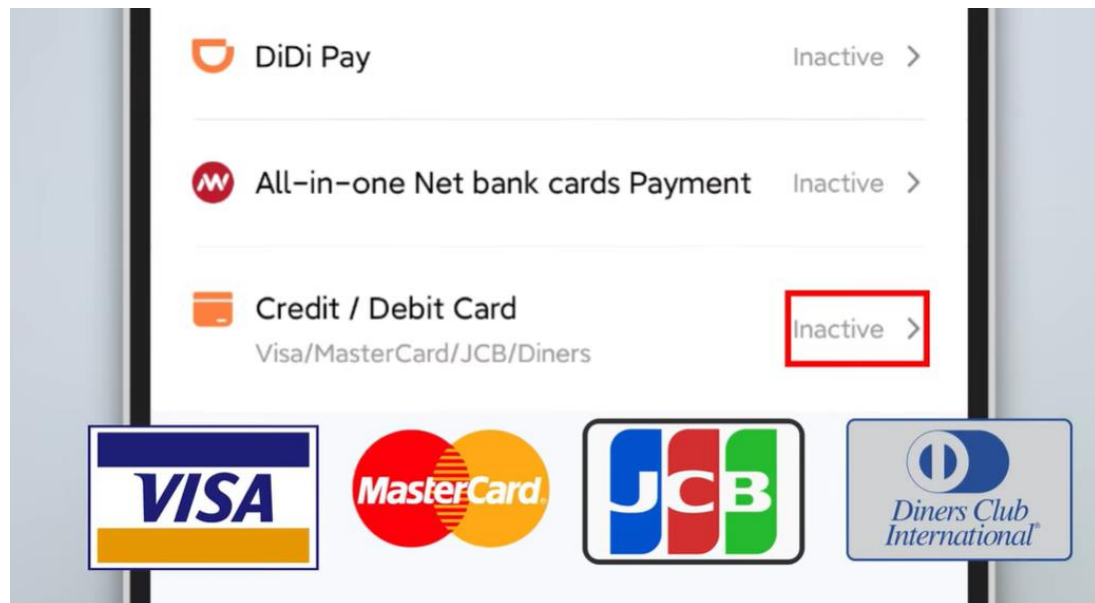
Simply enter the destination in English or copy the Chinese address directly into the app.

Before you order service, please add your payment first. **WeChat pay** can be used for DiDi's payment.

Step: Click “Me” --“Wallet” -- “Payment Methods” -- “WeChat Payment”



DiDi also accepts **credit card and debit cards** as payment.



VI. Weather

During your visit, the temperatures in Shanghai will be around 10°C to 20°C.

It can feel a bit chilly, especially in the mornings and evenings. It's a good idea to bring some warm clothes like a jacket or sweater to stay comfortable.

If you have any questions, please feel free to contact us via email. We look forward to your arrival!