China in 2026 and history

"Collection of all 193 countries and history"

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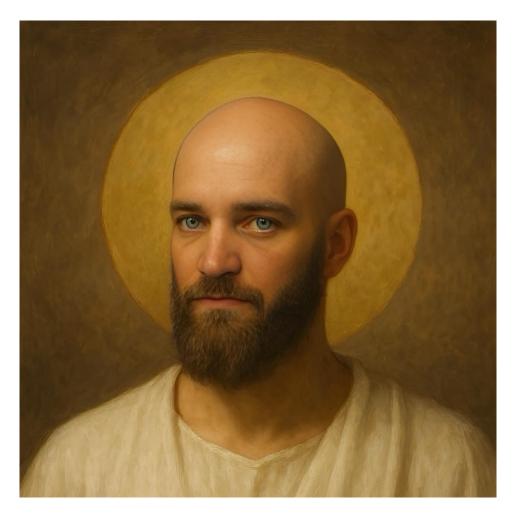
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Introduction:

My name is **Michael Maas**, I am born in the Netherlands and interested in our daily lives, fellow human beings/animals, spirituality, and the world itself.

I decided to start writing books because it is a hobby and passion and started with a **collection of a books of every country (193 countries).**



Visit my website for more info about me: www.michaelmaas.info

In this book the main topics about China are about the:

- China's history
- China's politics
- Chinese culture
- The military in China

And much more about China!

This is a book of the collection of books of all 193 countries: China in 2026 and the history.

The following topics are highlighted:

1.	Geography and climate
2.	Major cities

- 3. History and origins
- 4. Government and political system
- 5. Economy and key industries
- 6. Currency and financial structure
- 7. Education system
- 8. Healthcare and public health
- 9. Culture and traditions
- 10. Languages
- 11. Religion and beliefs
- 12. Food and cuisine
- 13. Festivals and holidays
- 14. Famous landmarks
- 15. Natural wonders
- 16. Transportation and infrastructure
- 17. Demographics and population
- 18. Arts, music, and literature
- 19. Sports
- 20. Fashion
- 21. Environmental and sustainability
- 22. Wildlife and biodiversity
- 23. Tourism and travel tips
- 24. Technology and innovation
- 25. Immigration
- 26. International relations
- 27. Military and defense
- 28. Human rights
- 29. Famous people
- 30. National flag

1. Geography and climate

China's geography and climate are extremely diverse, shaped by its huge size and dramatic range of landforms.

Here's a clear overview:

Geography

- **Size & Location:** China is the fourth-largest country in the world, stretching from Central Asia to the Pacific Ocean.
- Western China: Dominated by mountain ranges, deserts, and high plateaus.
 - The **Himalayas** form the natural border with Nepal and India, home to Mount Everest.
 - The **Tibetan Plateau** is the highest and largest plateau on Earth.
 - The Taklamakan and Gobi Deserts are among the world's largest deserts.
- Central China: Known for basins, plains, and large river valleys.
 - The **Yangtze River** (longest in Asia) flows through this region.
 - The Yellow River originates in the west and creates fertile plains in the central regions.
- Eastern China: The most populated part of the country, consisting of coastal plains, river deltas, and low mountains.
 - The North China Plain and Yangtze
 River Delta are major agricultural and economic hubs.
- South China: Features lush hills, karst formations, rainforests, and a humid subtropical environment.
 - The dramatic limestone landscapes of Guilin and Yangshuo come from this region.

Climate

Because of its vastness, China has **nearly every major climate type**:

• Northeast (e.g., Harbin):

Long, extremely cold winters; short, warm summers. Continental climate.

• North & Northwest (e.g., Beijing, Xinjiang): Dry, with hot summers and very cold winters.

Large desert and steppe regions.

• Central China (e.g., Wuhan):

Humid and hot summers ("oven cities"), cool winters, plenty of rain in spring and summer.

• South China (e.g., Guangzhou, Hong Kong):

Subtropical climate—hot and humid summers, mild winters. Hit by **typhoons** in late summer and early autumn.

• Southwest (e.g., Yunnan):

Variable: tropical in the south, mild highland climate in the north.

• Tibet & Western Highlands:

Very cold, thin air, strong UV radiation. Huge temperature difference between day and night.

Special Influences

• Monsoon system:

Drives heavy summer rainfall in the east and south.

• Elevation differences:

From sea level to the Himalayas, changes temperature and rainfall dramatically.

• Latitude range:

From tropical Hainan Island to near-Siberian conditions in the north.

2. Major cities

1. Beijing — Capital City

- Role: Political and cultural center of China
- **Known for:** Forbidden City, Tiananmen Square, Great Wall nearby
- **Features:** Mix of ancient architecture and modern districts; important universities

2. Shanghai — Largest and Most International

- Role: Global financial hub and major port
- **Known for:** The Bund, Pudong skyline, skyscrapers like Shanghai Tower
- **Features:** Fast-paced, modern, culturally diverse

3. Guangzhou — Southern Economic Power

- Role: Trade and manufacturing giant
- Known for: Canton Fair, Canton Tower
- **Features:** Subtropical climate, rich Cantonese culture and cuisine

4. Shenzhen — Tech Capital

- Role: China's Silicon Valley
- Known for: Headquarters of Tencent, DJI, Huawei
- **Features:** A city that grew from a fishing village to a megacity in 40 years

5. Chengdu — Cultural & Culinary Hub

- Role: Major city in western China
- **Known for:** Giant panda research base, spicy Sichuan cuisine
- **Features:** Relaxed lifestyle, strong creative and tech industries

6. Chongqing — Mountain Megacity

- Role: Major municipality and industrial center
- Known for: Dramatic hilly landscapes, Yangtze River
- **Features:** Very large population, famous hotpot, distinctive architecture

7. Wuhan — Central Transportation Hub

- Role: Strategic city connecting north–south and east–west
- Known for: Yangtze River bridges, Yellow Crane Tower

• **Features:** Hot summers, strong automotive and education industries

8. Xi'an — Ancient Capital

- **Role:** Key historical city of Chinese civilization
- **Known for:** Terracotta Army, old city walls
- Features: Gateway to the Silk Road; deep cultural heritage

9. Hangzhou — Scenic & Tech-Driven

- Role: Center for digital economy and tourism
- Known for: West Lake, headquarters of Alibaba
- **Features:** Mix of natural beauty and modern innovation

10. Hong Kong — International Financial Center

- Role: Major global trading and banking hub
- **Known for:** Victoria Harbour, skyline, eastern–western cultural mix
- Features: Dense urban life, famous shopping and cuisine

11. Macau — Entertainment Capital

- Role: Tourism and hospitality giant
- Known for: Casinos, historic Portuguese architecture
- **Features:** Strong blend of European and Chinese cultures

12. Tianjin — Port and Industrial Base

- Role: Major port for northern China
- **Known for:** European-style neighborhoods from its colonial past
- Features: Fast-growing economy, close to Beijing

3. History and origins

China's history is one of the world's oldest, stretching back thousands of years. Here's a clear and engaging overview of how it began and how it developed through major eras:

Early Origins

Prehistoric China (before 2000 BCE)

- Early farming communities developed along the **Yellow River** and **Yangtze River**, growing millet and rice.
- Cultures such as **Yangshao** and **Longshan** laid the foundation for Chinese society, pottery, and early villages.

Formation of the First Dynasties Xia Dynasty (c. 2070–1600 BCE)

Often considered the first dynasty, though partly legendary. Symbolizes early kingship.

Shang Dynasty (c. 1600–1046 BCE)

- First dynasty confirmed by archaeology.
- Known for **bronze technology**, **oracle bones**, and early Chinese writing.

Zhou Dynasty (1046–256 BCE)

- Introduced the **Mandate of Heaven** (the idea that rulers must be virtuous).
- Period of philosophical growth: **Confucius**, **Laozi**, and **the Hundred Schools of Thought**.
- Later part (Warring States) saw constant conflict and technological advancement.

Imperial China

Qin Dynasty (221–206 BCE)

- China's first unified empire under Qin Shi Huang.
- Standardized writing, currency, measurements; built early Great Wall sections.
- Known for the **Terracotta Army**.

Han Dynasty (206 BCE-220 CE)

- Considered a golden age.
- Expansion of territory, development of the **Silk Road**, advancements in science, medicine, and bureaucracy.

Era of Division and Reunification Three Kingdoms, Jin, and Northern & Southern Dynasties (220–581)

Time of fragmentation but rich culture and military history.

Sui Dynasty (581–618)

• Short-lived but crucial: built the **Grand Canal**, reconnecting north and south.

Tang Dynasty (618–907)

- A cultural and economic golden age.
- Famous for poetry, international trade, and cosmopolitan cities like Chang'an.

Song Dynasty (960–1279)

- Known for innovation: gunpowder, printing, compass improvements, and advanced art.
- Strong economy and urbanization.

Mongol and Early Modern Dynasties Yuan Dynasty (1271–1368)

- Founded by **Kublai Khan**.
- Integrated China into a vast Eurasian empire.

Ming Dynasty (1368–1644)

- Renowned for the **Forbidden City**, maritime voyages of **Zheng He**, and strengthening of the Great Wall.
- Flourishing arts and a booming economy.

Qing Dynasty (1644-1912)

- The last imperial dynasty.
- Expanded China to its largest territorial size.
- Faced internal rebellion, foreign invasion pressure, and modernization challenges.

Modern China

Republic of China (1912–1949)

- End of imperial rule.
- Period of warlords, reforms, and conflicts such as the Second Sino–Japanese War.

People's Republic of China (1949-present)

- Founded after civil war.
- Underwent industrialization, economic reforms, and rapid modernization.
- Today, China is a major global economic and political power.

4. Government and political system

China's government and political structure are unique, highly centralized, and organized around one ruling party. Here's a clear, balanced overview:

General Structure

China is governed as a **unitary socialist state** led by the **Communist Party of China (CPC)**.

The system emphasizes central control, long-term planning, and stability.

1. Communist Party of China (CPC) - The Core of Power

The CPC is the most powerful institution in China.

Key roles of the Party:

- Sets national policies and long-term strategy
- Controls major appointments in government, military, provinces, and big state-owned companies
- Guides political ideology, economic direction, and security policies

Important bodies inside the Party:

- **Politburo Standing Committee:** The top leadership (7 members)
- Politburo: Senior leaders (25 members)
- Central Committee: Around 200 full members
- **National Party Congress:** Meets every five years to outline strategy

The **General Secretary** of the CPC is the most powerful position in China.

2. State Structure

The state works alongside—but subordinate to—the Party.

Key institutions:

- President
 - Head of state
 - Represents China internationally
- State Council
 - The highest administrative body
 - Led by the **Premier**
 - Manages ministries (education, foreign affairs, commerce, etc.)
- National People's Congress (NPC)
 - China's parliament

- The world's largest legislative body
- Meets once a year
- Approves laws, budgets, state leaders, and major policies Although the NPC is officially the top state authority, in practice it works under Party guidance.

3. Legal System

- Based on **civil law**, not common law
- Courts follow written legislation, administrative regulations, and Party policy
- Supreme Court: Supreme People's Court
- Criminal and civil matters are handled through a multitiered system (local → provincial → national)

4. Administrative Divisions

China is divided into:

- 23 provinces
- 5 autonomous regions
- 4 municipalities (Beijing, Shanghai, Tianjin, Chongqing)
- 2 Special Administrative Regions (Hong Kong & Macau
- high degree of autonomy under "One Country, Two Systems")

5. Military

The military is called the **People's Liberation Army (PLA)**.

- Controlled by the Central Military Commission (CMC)
- The CMC chair is the top authority over national defense

6. Political Features

One-party system

Other legally recognized small parties exist, but they do not compete for power; they cooperate under CPC leadership.

Centralized governance

Major decisions flow from the central leadership downward through provinces, cities, and towns.

Five-year plans

Every five years, China creates a long-term economic and social development blueprint.

7. Public Participation

• Citizens can vote in **local-level elections** (village or neighborhood committees).

• Higher-level positions are selected through Party and state processes rather than direct public elections.

5. Economy and key industries

China's economy is one of the largest and most influential in the world, built on rapid industrial growth, global trade, and massive domestic markets. Here's a clear and detailed overview:

Overview of China's Economy

- **Second-largest economy globally** (measured by GDP).
- A blend of **state control** and **market-driven capitalism**, often called a "socialist market economy."
- Major engine of **global manufacturing**, **exports**, and **infrastructure development**.

China's growth since the 1980s has been driven by reforms that opened the country to foreign investment, private business, and international trade.

1. Manufacturing — "Factory of the World"

China is the world's biggest manufacturer.

Key manufacturing industries:

- Electronics: phones, computers, semiconductors, appliances
- Automobiles: both traditional and electric vehicles
- · Machinery and industrial equipment
- Textiles and clothing
- Toys, plastics, consumer goods

This sector benefits from large labor forces, supply chains, and efficient logistics.

2. Technology & Innovation

China has become a major tech powerhouse.

Important tech fields:

- Telecommunications: Huawei, ZTE
- Smartphones & electronics: Xiaomi, Oppo, Lenovo
- Internet platforms: Alibaba, Tencent, ByteDance
- Artificial intelligence & robotics

Semiconductors (rapidly expanding)

China also leads globally in:

- Mobile payments
- 5G networks
- Drones (e.g., DJI)

3. Automotive Industry

A rapidly growing industry, especially in electric vehicles.

Leaders include:

- BYD
- Geely
- SAIC
- NIO
- XPeng

China is the world's largest EV market and a major battery producer.

4. Agriculture

China has the world's largest population, so food production is vital.

Major products:

- Rice
- Wheat
- Corn
- Pork (largest producer globally)
- Tea
- Fruits and vegetables

Still, China imports large amounts of soybeans and other crops to meet demand.

5. Energy

China is the world's largest energy consumer.

Main sources:

• Coal (still dominant, though decreasing)

- Oil and natural gas
- **Hydropower** (Three Gorges Dam is the world's largest)
- Renewables: solar, wind, nuclear expanding rapidly

China leads globally in:

- Solar panel production
- Wind turbine manufacturing
- Building nuclear reactors

6. Finance and Banking

- Features some of the world's largest banks by assets (ICBC, CCB, ABC).
- Rapid growth in **fintech** (mobile payments, digital banking).
- Shanghai and Shenzhen are major financial centers.

7. Construction & Infrastructure

China is known for massive building and engineering projects.

Contributions:

- High-speed rail network (largest in the world)
- Mega bridges, ports, and airports
- Real estate development
- Overseas infrastructure via Belt and Road Initiative (BRI)

8. Retail and E-commerce

China has the world's largest online shopping market.

Major platforms:

- Taobao
- Tmall
- JD.com
- Pinduoduo
- Douyin (TikTok China)

Livestream shopping is extremely popular and influential.

9. Mining & Natural Resources

China is a key producer of:

- Rare earth minerals (dominates global supply)
- Coal
- Aluminum
- Steel (largest producer worldwide)

10. Tourism

A major industry both for:

- **Domestic travel** (massive population, many destinations)
- International tourism (Great Wall, Beijing, Shanghai, Guilin, etc.)

Economic Challenges

China also faces issues such as:

- Aging population
- Slower economic growth
- Real estate debt
- Environmental challenges
- Trade tensions with other countries

6. Currency and financial structure

China's currency system and financial structure form one of the most influential economic frameworks in the world. Here's a clear, detailed breakdown:

1. Currency of China

Official currency:

Renminbi (人民币, RMB)

Primary unit:

Yuan (元 / CNY)

- Abbreviation: **CNY**
- Symbol: **Y** (same symbol as Japanese yen, but different value)
- Subunits:
 - o 1 yuan = 10 jiao
 - o 1 jiao = 10 fen

Offshore version:

- CNH yuan traded outside mainland China (e.g., Hong Kong)
- CNH is more market-driven and can have a slightly different exchange rate from onshore CNY.

2. Exchange Rate System

China uses a **managed floating exchange rate**:

- The yuan moves daily within a certain band.
- The central bank (People's Bank of China) sets a **reference rate** each morning.
- Markets then trade around that rate within allowed limits.

This means the currency is **not fully free-floating** like the euro or U.S. dollar, but also not fixed.

3. Central Bank — People's Bank of China (PBOC)

The PBOC is responsible for:

- Setting monetary policy
- Managing interest rates
- Regulating banks
- Controlling the money supply
- Overseeing the currency's exchange rate

It plays a larger and more direct role in the economy than many Western central banks.

4. Banking System

China's banking sector is one of the biggest in the world.

Major Bank Types:

• State-owned mega banks (called the "Big Four"):

- 1. Industrial and Commercial Bank of China (ICBC)
- 2. China Construction Bank (CCB)
- 3. Agricultural Bank of China (ABC)
- 4. Bank of China (BOC)

They dominate lending, deposits, and national financial projects.

Policy banks

Focused on national development goals:

- China Development Bank
- Export-Import Bank of China
- Agricultural Development Bank

These support infrastructure, foreign investments, and rural development.

• Commercial banks & city banks

Growing private sector banks like China Merchants Bank.

5. Stock Markets

China has several major exchanges:

Shanghai Stock Exchange (SSE)

Largest and focuses on big state companies.

• Shenzhen Stock Exchange (SZSE)

Focuses on private tech and growth companies.

Hong Kong Stock Exchange (HKEX)

Global gateway for Chinese companies.

Stock Categories:

- **A-shares:** Mainland-only, mostly traded in yuan
- **B-shares:** Traded in foreign currencies, open to foreigners
- H-shares: Mainland companies listed in Hong Kong

6. Financial Technologies (Fintech)

China is a global leader in digital payments.

Dominant payment platforms:

- Alipay (Alibaba)
- WeChat Pay (Tencent)

Cashless payments are mainstream everywhere, from street markets to luxury malls.

China is also developing:

- **Digital yuan (e-CNY)** a central bank digital currency
- Advanced online lending
- Mobile banking replacing traditional banking activities

7. Capital Controls

China maintains controls to manage money flowing in and out of the country.

• Limits on how much currency citizens can convert or move abroad

- Rules for foreign investors entering Chinese markets
- Controls to protect financial stability and reduce speculation

8. Debt & Financial Challenges

Key issues China faces:

- High local government debt
- Real estate sector instability
- Shadow banking (informal lending networks)
- Slowing economic growth
- Balancing financial reforms with economic stability

9. Role in Global Finance

China plays a major role in international economics:

- One of the world's largest foreign exchange reserves
- Major lender to developing countries
- Central to global supply chains
- Increasing integration of yuan into global trade

The yuan is part of the **IMF's Special Drawing Rights (SDR)** basket, joining top global currencies.

7. Education system

China's education system is one of the largest and most structured in the world, built on rigorous academics, high expectations, and strong competition. Here's a clear and detailed overview:

1. Structure of the Education System

China's education follows a "6-3-3" model, similar to many countries:

- 6 years Primary school
- 3 years Junior secondary (middle school)
- 3 years Senior secondary (high school)

After that, students may continue to:

- Vocational schools
- Universities
- Specialized colleges

2. Compulsory Education

China offers **9 years of mandatory education**:

- 1. Primary school (grades 1-6)
- 2. Junior secondary (grades 7-9)

Education is free during these years (no tuition), though families may pay for books and uniforms.

3. High School (Senior Secondary)

After compulsory education, students choose between:

Academic high schools

Prepare for university and are more competitive.

Vocational high schools

Focus on technical skills like mechanics, design, business, or IT.

Students who want to go to university must take the Gaokao.

4. The Gaokao — China's Famous University Entrance Exam

The Gaokao (高考) is one of the most challenging exams in the world.

- Held once a year
- Determines which university a student can attend
- Focuses on subjects like Chinese, Math, English, Sciences, and Humanities
- Extremely high-pressure environment

Families often plan years in advance for this exam, and scores greatly influence life opportunities.

5. Higher Education

China has thousands of universities, including some world-class institutions:

- Tsinghua University
- Peking University
- Fudan University
- Zhejiang University
- · Shanghai Jiao Tong University

China also has many specialized schools in fields such as engineering, medicine, business, and the arts.

More students attend university now than ever, thanks to national expansion policies.

6. Teaching Style and Curriculum

Characteristics:

- Strong emphasis on memorization, discipline, and exam results
- Large class sizes
- Heavy homework load
- · National standardized curriculum in core subjects

However, China has recently tried to shift toward:

- More creativity and critical thinking
- Less intense homework for young students

• Stronger focus on sports, arts, and wellbeing

7. Private Tutoring

Private tutoring used to be a massive industry, especially for test prep. Recent reforms reduced tutoring for primary and middle school students to ease pressure, but tutoring still exists in regulated forms.

8. Rural vs. Urban Education

There is a noticeable gap:

Urban areas:

- Better facilities and technology
- More qualified teachers
- · Higher university admission rates

Rural areas:

- Limited resources
- Smaller schools
- Fewer opportunities, though the government invests heavily to improve equity

9. International Education

China has:

- International schools in major cities
- Growing numbers of students studying abroad
- Increasing foreign students coming to China for Mandarin, medicine, and engineering

10. Challenges & Reforms

China continues to adjust its system to reduce stress and promote balanced development:

Challenges include:

- Pressure and mental health issues for students
- Urban-rural inequality
- Intense competition
- Heavy reliance on exams

Reforms aim to:

- Reduce homework
- Limit excessive test-taking

- Support vocational education
 Improve rural education
 Encourage innovation over memorization

8. Healthcare and public health

China's healthcare and public-health system is large, rapidly evolving, and shaped by its huge population. Here's a clear overview:

1. Structure of the Healthcare System

China uses a **mixed public–private system**, but the public sector dominates.

Public Healthcare

- Most hospitals and clinics are government-run.
- Three tiers:

Primary (community health centers, rural clinics) → **Secondary** (city hospitals) →

Tertiary (large, specialized hospitals in major cities).

• Tertiary hospitals attract the largest crowds and highest-quality care.

Private Healthcare

- Growing rapidly, especially in big cities.
- Offers shorter wait times and more personalized care, but often more expensive.

2. Health Insurance

China has almost universal insurance coverage through **three main programs**:

1. Urban Employee Basic Medical Insurance (UEBMI)

- Covers employed urban workers.
- Funded through employer/employee payroll contributions.
- Offers the highest reimbursement rates.

2. Urban and Rural Resident Basic Medical Insurance (URRBMI)

- Covers children, students, unemployed adults, and rural residents.
- Lower premiums and lower coverage than UEBMI.

3. Catastrophic Medical Insurance

• Helps cover very high medical costs that basic insurance doesn't fully pay.

Reimbursement levels vary widely by region.

3. Public Health Priorities

China focuses heavily on:

Infectious Disease Control

- Built advanced surveillance after SARS (2003).
- Strong systems for tracking outbreaks like influenza, COVID-19, etc.

Chronic Diseases

Most deaths in China come from:

- heart disease
- stroke
- cancer
- diabetes
 Public health campaigns target smoking, diet, and air pollution.

Maternal and Child Health

Significant improvements over the last 20 years due to:

- better prenatal care
- expanded vaccination programs
- reduced infant mortality

4. Medical Workforce and Hospitals

- China has millions of healthcare workers, but **urban-rural gaps** remain large.
- Big cities like Beijing, Shanghai, Guangzhou have world-class hospitals.
- Rural areas rely more on small clinics with limited resources.

5. Traditional Chinese Medicine (TCM)

A major component of China's health system:

- acupuncture
- herbal treatments
- cupping
- dietary therapy
 TCM is integrated into hospitals and taught in medical schools.

6. Challenges

Despite improvements, China faces issues:

Urban-Rural Inequality

• Big gap in quality and access.

Overcrowding in Tertiary Hospitals

• Patients prefer big hospitals for even minor problems.

Aging Population

- One of the fastest-aging populations in the world.
- Increasing pressure on hospitals and insurance.

High Out-of-Pocket Costs

Insurance covers much, but many families still pay significant amounts.

7. Future Trends

China is pushing for:

- more digital healthcare & telemedicine
- AI-driven diagnostics
- better primary care
- improved rural doctor training
- expansion of private insurance

9. Culture and traditions

China's culture and traditions are among the world's oldest, richest, and most influential. Here's a clear, engaging overview:

1. Ancient Cultural Foundations

Chinese culture is rooted in **over 5,000 years of history**, shaped by:

- Confucianism → social harmony, family loyalty, respect for elders
- **Taoism** → balance, nature, simplicity, inner peace
- **Buddhism** → compassion, spiritual development
- Folk religions → ancestor worship, local deities

These traditions continue to guide values today.

2. Family and Social Values

Family is central to Chinese society.

Key values:

- **Filial piety (孝)** \rightarrow respect for parents and ancestors
- Family hierarchy → elders lead; family decisions are collective
- **Education** \rightarrow seen as essential for honor and success

Large family gatherings during festivals are extremely important.

3. Festivals and Celebrations

China has vibrant, meaningful traditional festivals.

Chinese New Year (Spring Festival)

- Largest festival of the year.
- Red decorations, fireworks, lion dances.
- Family reunion dinner and giving **hongbao** (red envelopes).

Mid-Autumn Festival

- Celebrating the full moon.
- Eating mooncakes and spending time with family.

Dragon Boat Festival

- Honoring poet Qu Yuan.
- Dragon boat races and eating **zongzi** (sticky rice).

Qingming Festival

• Tomb-sweeping day to honor ancestors.

4. Traditional Arts & Culture

China is famous for:

Calligraphy

• Considered the highest art form; requires balance, rhythm, expression.

Chinese Opera

Beijing opera is the most famous; dramatic makeup and symbolic movements.

Martial Arts

• Kung fu, Tai Chi, and Wushu are cultural treasures.

Classical Music

• Instruments like the **erhu**, **guqin**, and **pipa** shape traditional sound.

Tea Culture

• Drinking and sharing tea symbolizes respect, calm, and hospitality.

5. Cuisine

Chinese food varies widely by region — "one country, many flavors."

The "8 Major Cuisines"

- **Sichuan** → spicy, numbing pepper
- Cantonese \rightarrow mild, fresh, dim sum
- **Shandong** \rightarrow seafood, soups
- $Jiangsu \rightarrow sweet$, delicate flavors

- **Hunan** \rightarrow hot, sour
- **Anhui** \rightarrow wild herbs
- **Zhejiang** \rightarrow light, aromatic
- **Fujian** \rightarrow seafood, broths

Food is often shared family-style and represents harmony and balance.

6. Clothing & Aesthetics

Traditional garments include:

- **Hanfu** (Han Chinese robes)
- **Qipao/Cheongsam** (elegant women's dress)
- **Tang suit** (embroidered jackets)

Bright red is considered lucky; white is often used for mourning.

7. Symbolism & Beliefs

Common symbols:

- **Dragon** \rightarrow power, strength
- **Phoenix** \rightarrow beauty, harmony
- **Red** \rightarrow good fortune
- **Gold** \rightarrow wealth
- Number $8 \rightarrow luck$
- **Number 4** → unlucky (sounds like "death")

8. Modern Cultural Evolution

Today's China blends ancient tradition with modern trends:

- K-pop and C-pop influence youth
- Street fashion & urban art growing
- · Traditional holidays remain strong
- Revival of Hanfu among young people
- Technology deeply integrated in daily life

10. Languages

China is one of the most linguistically diverse regions on Earth. While **Mandarin** is the national language, the country is home to **hundreds of languages** across different ethnic groups and regions.

Here's a clear, structured overview:

1. Official Language: Standard Mandarin (Putonghua / 普通话)

- Most widely spoken language in China
- Based on the **Beijing dialect**
- Official language of government, education, and media
- Taught nationwide to unify communication

Even though nearly everyone understands Mandarin today, many still speak their local language at home.

2. The Chinese Language Family: "Sinitic Languages"

These are often called "dialects," but many are as different from each other as French from Spanish.

Major Sinitic languages include:

1. Mandarin (北方话)

- Spoken in northern and southwestern China
- Most widespread, covering ~70% of the population
- Has many local accents: Sichuanese, Northeastern, Beijing, etc.

2. Cantonese (粤语 / 廣東話)

- Spoken in Guangdong, Hong Kong, Macau
- Famous for its 6–9 tones
- Used in Hong Kong cinema, Cantopop, and traditional opera

3. Shanghainese / Wu (吴语)

- Spoken in **Shanghai**, **Suzhou**, **Hangzhou**
- Soft, flowing sound

• Not mutually intelligible with Mandarin

4. Hokkien / Minnan (闽南语)

- Spoken in Fujian, Taiwan, and overseas Chinese communities
- Includes Taiwanese Hokkien
- Often used in business and families in Southeast Asia

5. Hakka (客家话)

- Spoken by the Hakka ethnic group across southern China
- Known for unique vocabulary and distinct tones

6. Gan (赣语)

- Spoken in **Jiangxi province**
- Shares features with both Mandarin and Hakka

7. Xiang (湘语)

- Spoken in **Hunan province**
- Soft, melodic style; Mao Zedong's mother tongue

3. Minority Languages

China officially recognizes **55 minority groups**; many have their own languages.

Most significant minority languages:

- Tibetan (Tibetan Plateau)
- Mongolian (Inner Mongolia)
- **Uyghur** (Xinjiang Turkic language, Arabic script)
- **Zhuang** (Guangxi Tai language, related to Thai)
- Korean (Jilin & Heilongjiang border areas)
- Kazakh, Kyrgyz, Tajik (Xinjiang Central Asian languages)
- Yi, Bai, Naxi, Miao, Dong, and many others

China's minority languages belong to **at least 5 major language families**, making the country extremely diverse linguistically.

4. Writing System

Chinese Characters (汉字 / Hanzì)

- Used primarily for Mandarin and many Chinese languages
- Logographic (each symbol represents meaning + sound)
- Two forms:
 - Simplified → Mainland China, Singapore
 - o **Traditional** → Hong Kong, Macau, Taiwan

Minority groups may use:

- **Arabic script** (Uyghur)
- Tibetan script
- Mongolian vertical script
- Latin alphabet (many minority languages and pinyin for Mandarin)

5. Language Policy

The government promotes:

- Mandarin to ensure national communication
- **Preservation of minority languages** in designated autonomous regions
- Bilingual education in many minority areas

However, use of Mandarin is growing rapidly due to media, business, and urbanization.

6. Modern Trends

- Younger generations often speak Mandarin + a regional language
- Some local languages (like Shanghainese) are declining in urban areas
- Cantonese remains strong due to media and cultural pride
- · More bilingualism and multilingualism than ever before

11. Religion and beliefs

China's religious landscape is ancient, diverse, and deeply woven into daily life. Rather than being dominated by a single faith, China blends **philosophy, spirituality, folk beliefs, and formal religions** into a unique cultural mix.

Here's a clear overview:

1. The Three Traditional Pillars

For thousands of years, Chinese culture has been shaped by **Confucianism, Taoism, and Buddhism**. Most people follow a combination rather than just one.

Confucianism (儒家)

- Not a religion in the Western sense, but a philosophical and ethical system.
- Focuses on:
 - moral behavior
 - respect for elders
 - education
 - social harmony

Its influence still defines Chinese family values and etiquette.

Taoism (道教)

- Indigenous Chinese religion.
- Centers on living in harmony with the **Tao** (the Way).
- Believes in:
 - balance (yin and yang)
 - nature and simplicity
 - spiritual immortality
- Temples, rituals, talismans, and traditional medicine are part of it.

Buddhism (佛教)

- Arrived from India 2,000 years ago.
- Three major schools:
 - o Chan (Zen)

- Pure Land
- Tibetan Buddhism (in Tibet and parts of Sichuan, Qinghai, Gansu)

Widely practiced; many Chinese visit temples during festivals.

2. Folk Religion (Chinese Traditional Religion)

This is the **most common belief system** in China, though often informal.

It includes:

- ancestor worship
- · reverence for local gods and spirits
- household altars
- rituals for luck, protection, and prosperity
- feng shui
- · astrology and zodiac traditions

Folk religion blends seamlessly with Buddhism and Taoism.

3. Major Minority Religions

China's ethnic diversity means many religions coexist.

Islam

- Practiced by Hui, Uyghur, Kazakh, Kyrgyz, and other groups.
- Xinjiang has the largest Muslim population.
- Mosques can be found across many provinces.

Tibetan Buddhism

- Dominant in Tibet and among Tibetan communities.
- Features unique rituals, monasteries, and the use of prayer wheels, mandalas, and chanting.

Mongolian Buddhism

• A blend of Tibetan Buddhism and local traditions, practiced in Inner Mongolia.

Christianity

- Millions of Chinese follow either:
 - Protestantism
 - Catholicism
- Growing especially in urban areas.

Other traditions

- Shamanism (in northern ethnic groups)
- Dongba religion (Naxi people)
- Bon tradition (Tibetan areas)

4. A Blended Religious Culture

It's very common for Chinese people to:

- practice Buddhism + Taoism + ancestor worship
- celebrate traditional festivals regardless of religious identity
- visit temples for blessings even if they don't identify as religious

China's spiritual culture is fluid and layered.

5. Modern Trends

- Younger generations often identify as "not religious," but still follow cultural traditions.
- Pilgrimages to sacred mountains like **Mount Tai** or **Mount Emei** remain popular.
- Traditional fortune-telling and zodiac beliefs thrive online.

12. Food and cuisine

China's food culture is one of the richest and most diverse in the world. Because the country is so large—geographically, culturally, and historically—its cuisine varies dramatically from region to region.

Here's a full, vivid overview:

1. The Philosophy of Chinese Cuisine

Chinese food is built on three core principles:

1. Balance

- Flavors (sweet, sour, salty, bitter, spicy)
- Yin & yang in ingredients (cooling vs warming foods)

2. Harmony

- Dishes are meant to complement each other.
- Meals are shared family-style.

3. Freshness

Fresh ingredients and seasonal produce are essential.

2. The "Eight Great Cuisines" of China

These are the most influential regional culinary traditions.

1. Sichuan Cuisine (川菜)

Famous for: bold hot and numbing flavors Key ingredients: chili, Sichuan peppercorn, garlic, chili oil Signature dishes:

- Mapo tofu
- · Kung pao chicken
- Hotpot

2. Cantonese Cuisine (粤菜)

Famous for: mild, fresh, and natural flavors **Known for:** dim sum, seafood, barbecue meats

Signature dishes:

- Dim sum
- Sweet and sour pork
- Char siu (roast pork)

3. Shandong Cuisine (鲁菜)

Famous for: seafood, soups, and strong savory flavors **Signature dishes:**

- Dezhou braised chicken
- Sweet and sour carp

4. Jiangsu Cuisine (苏菜)

Famous for: delicate, artistic dishes with a slight sweetness **Signature dishes:**

- Lion's head meatballs
- Sweet-scented fish

5. Zhejiang Cuisine (浙菜)

Famous for: light, soft, and aromatic dishes **Signature dishes:**

- Dongpo pork
- Longjing shrimp

6. Fujian Cuisine (闽菜)

Famous for: seafood broths, soups, and fermented flavors **Signature dishes:**

- Buddha Jumps Over the Wall
- Oyster omelet

7. Hunan Cuisine (湘菜)

Famous for: very spicy, sour, and smoky flavors **Signature dishes:**

- Chairman Mao's red pork
- · Spicy fish head

8. Anhui Cuisine (徽菜)

Famous for: wild herbs, mountain vegetables, stews **Signature dishes:**

- Bamboo shoots with mushrooms
- Smoked duck

3. Northeastern Cuisine

Hearty, warm dishes suited to cold climates.

Features: potatoes, cabbage, wheat noodles, dumplings, pickled vegetables.

4. Staple Foods

North: wheat-based

- noodles
- dumplings
- steamed buns (mantou)

South: rice-based

- jasmine rice
- congee
- rice noodles

5. Street Food Culture

Street food is one of the most exciting parts of Chinese cuisine:

- Jianbing (savory crepe)
- Baozi (stuffed buns)
- Chuan'r (grilled skewers)
- Stinky tofu
- Scallion pancakes

Each city has its own specialties.

6. Tea Culture

Tea is deeply symbolic and used for:

hospitality

- health
- meditation
- socializing

Famous teas: Longjing, Pu'er, Tieguanyin, jasmine tea.

7. Dining Customs

- Dishes are shared; meals are communal.
- The eldest eats first.
- Chopsticks are widely used.
- Banquets involve many courses, often symbolic.

8. Modern Trends

- Fusion of traditional & Western styles
- Huge street-food revival
- Rising popularity of hotpot chains
- Young people rediscovering traditional snacks and desserts

13. Festivals and holidays

China's festivals and holidays are colorful, ancient, and full of symbolism. Many follow the **lunar calendar**, so dates change each year, but the traditions remain deeply rooted.

Here's a full, vivid overview:

1. Spring Festival (Chinese New Year) - 春节

The biggest and most important holiday in China.

When: Late January or February

Key traditions:

- Family reunion dinner ("the year's most important meal")
- Red envelopes (hongbao) with money
- Fireworks and lion/dragon dances
- New Year couplets on doors
- Temple fairs

Symbolizes new beginnings, luck, and family unity.

2. Lantern Festival - 元宵节

Marks the official end of New Year celebrations.

When: 15th day of the 1st lunar month

Traditions:

- · Lantern displays and riddles
- Eating sweet rice balls (tangyuan)
- · Lion dances at night

Represents harmony and reunion.

3. Qingming Festival (Tomb-Sweeping Day) – 清明节

Honoring ancestors.

When: April 4-5 (solar calendar)

Traditions:

- Visiting ancestral graves
- Cleaning tombs
- Offering food, incense, and flowers
- Spring outings

Symbolizes respect, memory, and family roots.

4. Dragon Boat Festival - 端午节

Commemorates the poet Qu Yuan.

When: 5th day of the 5th lunar month

Traditions:

- Dragon boat races
- Eating zongzi (sticky rice wrapped in leaves)
- Wearing charms to ward off evil spirits

Represents loyalty, bravery, and protection.

5. Mid-Autumn Festival – 中秋节

Second most important festival after Chinese New Year.

When: 15th day of the 8th lunar month

Traditions:

- Family gatherings
- Mooncakes
- Moon-viewing
- Lanterns for children

Symbolizes reunion, harmony, and blessings.

6. National Day - 国庆节

Celebrates the founding of the People's Republic of China.

When: October 1

Traditions:

- Parades and performances
- Travel across the country during the "Golden Week" holiday
- Flag-raising ceremonies

A major time for tourism and family trips.

7. Double Ninth Festival - 重阳节

Respect for elders.

When: 9th day of the 9th lunar month

Traditions:

- Climbing mountains
- Drinking chrysanthemum wine
- · Honoring elderly family members

Symbolizes longevity and health.

8. Lunar New Year's Eve / Little New Year - 小年

Small celebration before the main New Year.

Traditions:

- House cleaning
- Offering to the Kitchen God
- Preparing New Year foods

Represents **sweeping away bad luck**.

9. Winter Solstice Festival - 冬至

A celebration of longer days returning.

Traditions:

- Eating dumplings in the north
- Eating tangyuan in the south

Symbolizes warmth, family, and the balance of yin and yang.

10. Minor Local and Ethnic Festivals

China's minority groups have their own festivals:

Tibetan Losar – Tibetan New Year

Naadam Festival – Mongolian sports (horse racing, archery, wrestling)

Water-Splashing Festival – Dai ethnic group (Yunnan)

Torch Festival – Yi people

Sisters' Rice Festival - Miao culture

Each offers unique music, costumes, and rituals.

14. Famous landmarks

China is home to some of the most iconic, historically rich, and visually stunning landmarks in the world. These sites reflect thousands of years of civilization, diverse geography, and deep cultural heritage.

Here's a clear, exciting overview of the most famous landmarks:

1. The Great Wall of China - 长城

Location: Northern China

Why it's famous:

- One of the greatest architectural feats in human history.
- Over 21,000 km of walls, watchtowers, and fortifications.
- Built across dynasties to defend against invasions.

Popular sections: Badaling, Mutianyu, Jinshanling.

2. The Forbidden City - 紫禁城

Location: Beijing Why it's famous:

- The largest ancient palace complex in the world.
- Home to 24 emperors during the Ming and Qing dynasties.
- Contains nearly 1,000 buildings with golden roofs and red walls.

Now the **Palace Museum**.

3. The Terracotta Army - 兵马俑

Location: Xi'an Why it's famous:

- 8,000+ life-size soldiers, chariots, and horses buried with Emperor Qin Shi Huang.
- Each statue has a unique face.
- Considered the "8th Wonder of the World."

4. The Bund - 外滩

Location: Shanghai Why it's famous:

- Skyline of classic European colonial architecture along the Huangpu River.
- Opposite the futuristic skyscrapers of Pudong, like the Shanghai Tower.

Symbolizes China's blend of old and new.

5. Potala Palace - 布达拉宫

Location: Lhasa, Tibet Why it's famous:

- Former home of the Dalai Lama.
- Stands 3,700 m above sea level.
- Stunning white-and-red structure with sacred Buddhist relics.

6. The Summer Palace - 颐和园

Location: Beijing Why it's famous:

- A breathtaking imperial garden with lakes, temples, and bridges.
- Kunming Lake and the Long Corridor are highlights.

7. Huangshan (Yellow Mountain) - 黄山

Location: Anhui Province

Why it's famous:

- Sea of clouds, pine trees, granite peaks.
- One of China's most painted landscapes.
- UNESCO World Heritage Site.

8. Zhangjiajie National Forest Park – 张家界

Location: Hunan Province

Why it's famous:

• Pillar-like mountains that inspired the "floating mountains" in *Avatar*.

• Home to the world's highest glass bridge.

9. West Lake - 西湖

Location: Hangzhou Why it's famous:

- Romantic scenery loved by poets and painters for centuries.
- Pagodas, gardens, tea plantations nearby.

•

10. The Giant Panda Research Base

Location: Chengdu **Why it's famous:**

- Conservation center for China's beloved national animal.
- Visitors can observe pandas of all ages.

11. Guilin & Yangshuo Karst Landscape – 桂林阳朔

Location: Guangxi Province

Why it's famous:

- Breathtaking limestone peaks along the Li River.
- Often said: "Guilin's scenery is the best under heaven."

12. Mount Tai - 泰山

Location: Shandong Province **Why it's famous:**

- Sacred Taoist mountain.
- · Associated with emperors, worship, and sunrise rituals.

13. Mogao Caves - 莫高窟

Location: Dunhuang, Gansu

Why it's famous:

- Over 700 Buddhist cave temples.
- · Exceptional murals, scriptures, and ancient art.

15. Natural wonders

China's natural wonders are some of the most breathtaking on Earth—shaped by vast geography, dramatic climates, and thousands of years of cultural reverence.

Zhangjiajie National Forest Park (Hunan)

Famous for towering sandstone pillars that inspired the floating mountains in *Avatar*.

- Over 3,000 pillar formations carved by millions of years of erosion
- Home to rare wildlife like the Chinese giant salamander
- The world's longest and highest glass bridge nearby

Atmosphere: Misty, surreal, like stepping into a fantasy world.

Jiuzhaigou Valley (Sichuan)

A UNESCO World Heritage Site known for its turquoise lakes and multitiered waterfalls.

- Lakes tinted by natural minerals
- Snow-topped mountains surrounding the valley
- Home to giant pandas (though rarely seen)

Atmosphere: Calm, magical, colorful—one of China's most photogenic landscapes.

Muangshan (Yellow Mountain)

Famous for "sea of clouds," twisted pine trees, and dramatic granite peaks.

- Traditional Chinese ink paintings often depict Huangshan-like scenery
- Hot springs and ancient stone paths
- A symbol of Chinese aesthetics and spirituality

Atmosphere: Ethereal and poetic.

→ The Zhangye Danxia Landform (Gansu) — "Rainbow Mountains"

Layered rock formations in vibrant red, gold, green, and purple.

- Colors come from different mineral deposits compressed over millions of years
- Best viewed at sunrise or sunset

Atmosphere: surreal, otherworldly.

♣ Wulingyuan Scenic Area (Hunan)

Includes Zhangjiajie but expands to over 26,000 hectares.

- Ravines, gorges, and crystal-clear streams
- Over 40 caves
- Huge biodiversity

Atmosphere: Primal, lush, full of dramatic verticality.

Stone Forest (Yunnan)

Limestone formations that look like petrified trees rising from the ground.

- Formed by karst erosion
- Has caves, underground rivers, and stone peaks
- An important place for the Yi ethnic minority

Atmosphere: Ancient and mysterious.

▲ Mount Everest (Tibet side)

China shares the world's highest mountain with Nepal.

- The north base camp is in Tibet
- A sacred site in Tibetan culture
- Offers unobstructed views of Everest's north face

Atmosphere: Harsh, majestic, awe-inspiring.

☑ Guilin & Yangshuo Karst Mountains (Guangxi)

Iconic emerald hills rising from rivers and rice fields.

- Limestone peaks shaped by water erosion
- The Li River cruise is world-famous
- Inspiration for ancient poetry and scroll paintings

Atmosphere: Peaceful, dreamlike, timeless.

The Three Gorges (Yangtze River)

Qutang, Wu, and Xiling Gorges create dramatic canyon scenery.

- Steep cliffs, narrow passes
- Legendary historical sites
- Cruise ships travel through the area

Atmosphere: Majestic and powerful.

16. Transportation and infrastructure

China has one of the most advanced and rapidly expanding transportation systems in the world. Over the past few decades, the country has built massive networks of **high-speed rail**, **airports**, **highways**, **ports**, **and urban transit**—often setting global records.

■ 1. High-Speed Rail (HSR) – The Fastest, Largest Network on Earth

China's high-speed rail system is the **world's largest**, with over **40,000+ km** of HSR lines.

Key features:

- Trains travel at 300–350 km/h
- Connects almost every major city
- Affordable, reliable, and extremely punctual
- Famous lines include:
 - Beijing-Shanghai (most traveled HSR route globally)
 - Beijing-Guangzhou (one of the longest HSR lines worldwide)
 - Harbin–Dalian (cold-resistant trains)

China is a global leader in rail technology and keeps expanding.

2. Air Transportation

China has one of the busiest air travel systems in the world.

Major airports:

- Beijing Capital International Airport
- Beijing Daxing International Airport (one of the world's largest terminals)
- Shanghai Pudong International Airport

Highlights:

- Home to the world's first commercially operating maglev train (Shanghai Maglev)
- Rapid expansion of domestic flights
- · Major international air hubs linking China to every continent

3. Highways and Expressways

China has the **largest expressway network on Earth**, surpassing even the U.S. Interstate system.

Features:

- Over **180,000 km** of expressways
- Extremely well-developed toll road system
- The **G-Series** national expressways link every region:
 - \circ G4 \rightarrow Beijing to Hong Kong
 - \circ G5 \rightarrow Beijing to Kunming
 - \circ G45 \rightarrow Beijing to Harbin

Many rural areas are now connected thanks to rapid highway construction.

4. Urban Metro & Public Transit

China's major cities have some of the world's most advanced metro systems.

Cities with large subway networks:

- **Shanghai** (largest metro system by route length)
- Beijing
- · Guangzhou, Shenzhen, Chengdu, Wuhan, Xi'an

Key features:

- Modern, clean, efficient
- Contactless payment systems (QR code, cards, mobile apps)
- Intercity buses & trams in many cities
- Growing number of BRT (Bus Rapid Transit) systems

5. Ports and Shipping

China is the world's leading maritime nation.

Major ports:

- Shanghai (world's busiest port)
- Ningbo-Zhoushan
- Shenzhen
- Guangzhou

These ports handle massive global shipping volumes and are central to international trade.

🔼 6. Bridges & Megaprojects

China builds some of the most ambitious infrastructure projects.

Examples:

- Hong Kong–Zhuhai–Macau Bridge (world's longest seacrossing bridge)
- Danyang–Kunshan Bridge (world's longest bridge)
- South–North Water Transfer Project
- Massive underground metro expansions in multiple cities

7. Technology & Smart Infrastructure

China's infrastructure integrates advanced technology:

- Facial recognition for transit
- · QR code payments nearly everywhere
- AI-operated traffic control
- Smart logistics and automated ports
- Electrification of buses and taxis

China leads the world in **electric bus fleets** and **smart city development**.

8. Rural Infrastructure

Even remote villages are connected by:

- paved roads
- 4G/5G mobile networks
- improved water and power supply
- expanding bus routes

This has helped reduce poverty and improve mobility.

9. Future Plans

China is continuing to expand:

- ultra-high-speed maglev lines (up to 600 km/h prototypes)
- underground super-transit tunnels

17. Demographics and population

China's demographics and population are shaped by its enormous size, long history, and major social changes over the last century. Here's an in-depth look:

1. Population Size

- China is one of the most populous countries in the world, with **over 1.4 billion people**.
- In recent years, population growth has **slowed dramatically**, and China has even experienced **decline**, due mainly to low birthrates.

2. Ethnic Groups

China officially recognizes **56 ethnic groups**.

The majority:

• **Han Chinese** make up about **91–92%** of the population.

Notable minority groups include:

- Zhuang (Guangxi)
- **Hui** (predominantly Muslim)
- Manchu
- **Uyghur** (Xinjiang)
- Tibetan (Tibet and Qinghai)
- Miao, Yi, Mongol, Korean, and many others These groups have distinct languages, traditions, dress, and histories.

3. Age Distribution

China's age structure has changed rapidly:

- The population is aging fast because of decades of the one-child policy and rising life expectancy.
- There is a growing proportion of older adults and a shrinking workforce.
- This shift creates challenges for **healthcare**, **pensions**, and economic productivity.

4. Urban vs Rural Population

- Over **65%** of Chinese citizens now live in **urban areas**.
- Massive urbanization over the last few decades transformed cities like:
 - Shanghai, Shenzhen, Guangzhou, Beijing, Chengdu, and Wuhan
- Rural areas remain less developed, with agriculture still central to many livelihoods.

5. Migration Patterns

Internal Migration

- China has one of the largest internal migration flows in history.
- Hundreds of millions of rural residents moved to cities for work—called the **floating population**.

International Migration

• Growing numbers of Chinese live abroad as students, professionals, and entrepreneurs.

6. Languages and Cultural Diversity

- Mandarin is the dominant language, but many regions have rich linguistic diversity:
 - Cantonese, Shanghainese, Hakka, Hokkien, Tibetan, Uyghur, and others.
- Cultural practices, cuisine, and festivals differ significantly from region to region.

7. Religion and Belief Influence

• Belief systems such as Buddhism, Taoism, Confucianism, Islam, and Christianity shape local customs and social demographics.

8. Family Structure Trends

- The government has ended the one-child policy and currently allows **three children**, but birthrates remain low due to:
 - High cost of living
 - Work pressure
 - o Changing lifestyle.

18. Arts, music, and literature

Art in China

Chinese art has an unbroken history spanning thousands of years, characterized by a deep connection between different artistic forms, particularly painting and calligraphy.

Key Art Forms

- Calligraphy: Considered one of the highest art forms. It uses the same brush and ink as painting. The beauty of the characters, the flow of the brushstrokes, and the resulting composition are deeply appreciated. Famous calligraphers include Wang Xizhi.
- **Painting:** Traditionally divided into figure painting, landscape painting or "mountain-water" painting), and bird-and-flower painting.
 - o **Ink-wash Painting**: Uses black ink (often diluted) on paper or silk. It is highly valued for its subtle tones and expressive brushwork, reflecting Daoist principles of balance (yin and yang) and harmony with nature.
 - "Six Principles": Established in the 5th century by critic Xie He, these principles (like "Spirit Resonance" and "Bone Method" in brushwork) have guided Chinese painting for centuries.
- **Ceramics**: China is synonymous with porcelain and pottery, with traditions dating back to 10,000 BCE.¹¹ Major dynasties like the Tang, Song, and Ming each developed distinct, world-renowned styles (e.g., the fine blue-and-white porcelain of the Ming Dynasty).
- **Sculpture**: Notable examples include the monumental **Terracotta Army** of the Qin Dynasty and the magnificent Buddhist cave sculptures found at sites like the Mogao and Longmen Grottoes.¹²

Music in China

Traditional Chinese music is often seen as a means of spiritual and moral elevation, closely linked to ritual, poetry, and philosophy.

Key Instruments

Chinese musical instruments were traditionally categorized by the eight materials used in their construction: silk, bamboo, wood, stone, metal, clay, gourd, and skin.

Category	Instrument	Description
Plucked Strings	Guzheng (Chinese Zither)	A large plucked zither with 21 or more strings and movable bridges, known for its rich, cascading sound.
	Pipa (Chinese Lute)	A four-stringed, pear-shaped plucked instrument with a history of about 2,000 years, known for its expressive, dramatic, and sometimes percussive sound.
Bowed Strings	Erhu (Spike Fiddle)	A two-stringed fiddle with a resonant soundbox, often described as having a tone close to the human voice.
Wind	Dizi (Bamboo Flute)	A transverse flute made of bamboo, characterized by a unique buzzing timbre due to a thin membrane covering one of its holes.

• **Yayue:** Literally "elegant music," this was the formal ceremonial court music of ancient China, heavily influenced by Confucian philosophy to foster harmony and order.

Literature in China

Chinese literature is arguably the world's longest continuous literary tradition, spanning over 3,000 years.

Classical Literature

• **Poetry**: The Tang Dynasty (618–907 CE) is considered the **Golden Age of Chinese Poetry**. Major poets include **Li Bai** (known for his romantic and imaginative verse) and **Du Fu** (known for his social realism).

- The *Shijing* (Classic of Poetry or Book of Songs) dates back over 3,000 years and is one of the earliest collections.²⁰
- The Four Great Classical Novels: These are foundational works that have shaped Chinese culture:²¹
 - 1. *Romance of the Three Kingdoms* by Luo Guanzhong (Historical military fiction).
 - 2. **Water Margin** by Shi Nai'an (Tale of outlaws and rebellion.
 - 3. *Journey to the West* by Wu Cheng'en (Fantasy adventure, featuring the Monkey King).
 - 4. **Dream of the Red Chamber** by Cao Xueqin (Detailed psychological and social novel of an aristocratic family's decline).

Modern Literature

- Lu Xun (1881–1936) is considered the father of modern Chinese literature.³⁰ His short stories and essays, like "Diary of a Madman" and "The True Story of Ah Q," often used satire to critique feudal society and advocate for reform.
- Nobel Laureates: Gao Xingjian (2000) and Mo Yan (2012) have brought contemporary Chinese writing to global prominence, often blending realism with historical allegory or magical realism.
- **Contemporary Writers**: Authors like **Liu Cixin** have achieved international fame, particularly in the science fiction genre, with works like **The Three-Body Problem**.

19. Sports and national teams

Sports in China encompass a deep history of **traditional martial arts** alongside massive success in **modern Olympic disciplines** and the growing popularity of major **global team sports**.

Martial Chinese Sports: Martial Arts

The most historically significant and culturally ingrained sports in China are the **Chinese martial arts**, collectively known as **Kung Fu** or **Wushu**. They are viewed not just as fighting techniques but as forms of physical, mental, and spiritual discipline.

- **Tai Chi**: Originally a martial art, it has evolved into a popular form of gentle, slow, and flowing exercise for health and relaxation, often practiced by large groups in parks. Its philosophy is rooted in the Daoist concepts of **Yin and Yang** and the cultivation of vital energy.
- **Shaolin Kung Fu**: Originating at the Shaolin Monastery, it is known for its **quick**, **powerful strikes**, fluid movement, and forms that often mimic animal movements (Tiger, Crane, Snake, Dragon).
- Wing Chun: A southern Chinese style focused on close-range combat, rapid punches, and the principle of **economy of movement**, allowing for simultaneous defense and counterattack.
- **Wushu (Modern Sport)**: This is a modern exhibition and full-contact sport created in the PRC, based on the traditional arts but standardized for competition and judging on aesthetic criteria.

6 Global Sports Dominance: The Olympic Strategy

China is a global sports powerhouse, particularly in non-team, specialized sports, driven by a state-supported training system known as **Jǔguó Tìzhì** (举国体制) or the "whole country support system."

Key Successful Olympic Sports

China's medal success since the 1984 Los Angeles Games is heavily concentrated in a few key sports:

• **Table Tennis (Ping Pong)**: Often considered China's de facto **national sport**. The country is overwhelmingly dominant in this

- field, having won nearly all World Championship and Olympic titles for decades.
- **Diving**: China's "Dream Team" has achieved consistent, near-total domination in Olympic diving events, winning the vast majority of available medals.
- **Badminton**: Another sport where Chinese athletes routinely lead international competitions, winning numerous gold medals at the Olympics and World Championships.
- **Gymnastics**: China has a strong tradition in artistic gymnastics, particularly known for its technical precision and discipline.
- **Shooting and Weightlifting**: Historically reliable sources of gold medals for the country.

Popular Team and Mass Sports

While the focus on Olympic glory is high, Western-introduced team sports have gained immense popularity at the amateur and professional level.

- Basketball: This is arguably the most popular spectator sport in China, greatly influenced by the NBA. The Chinese Basketball Association (CBA) is the major professional league.
- **Association Football (Soccer)**: Has a massive amateur following and is the **best-attended** professional sport. China has a rich historical connection to the sport, as an early form called **Cuju** was played over 2,000 years ago during the Han Dynasty.
- Mass Fitness: Beyond competitive sports, China promotes the National Fitness for All Programme. Large numbers of people participate daily in exercises like Tai Chi, square dancing (Guangchang Wu), and other light physical activities in public parks and squares for health and community.

20. Fashion

Chinese fashion is an exciting area right now, spanning millennia of imperial history and a hyper-modern, digital-first consumer culture. It is defined by the blend of deeply traditional silhouettes with cutting-edge streetwear and luxury design.

The History of Traditional Chinese Dress

Traditional Chinese fashion is largely defined by **Hanfu**, the historical clothing of the Han ethnic group, which has been evolving for over three millennia.

Key Characteristics of Hanfu

- Loose and Flowing Silhouettes: Garments traditionally prioritized modesty and a dignified, graceful flow, rather than showing the contours of the body.
- **Cross-Collar (Yŏurèn)**: A distinctive design where the collar crosses over the body, traditionally with the left side over the right. Wearing it the opposite way was historically associated with non-Han groups or burial clothing.
- **Ties, Not Buttons**: Garments are typically fastened with fabric ties or sashes rather than buttons, enhancing the flowing appearance.
- **Symbolism**: Colors and elaborate embroidery (like dragons, phoenixes, or specific flowers) were used to denote social rank, status, and auspicious wishes. Imperial Yellow and Vermilion Red were often reserved for royalty.

Iconic Traditional Garments

- 1. **Hanfu:** The generic term for the historical dress of the Han people. Styles varied drastically across dynasties, from the deepcrowned robes of the Han Dynasty to the high-waisted skirts of the Tang Dynasty.
- 2. **Qipao / Cheongsam** The most internationally recognized Chinese dress. It originated from the long robes of Manchu women during the Qing Dynasty. In the 1920s and 30s, especially in Shanghai and Hong Kong, it was modernized by tailoring it to be much tighter and shorter, featuring the iconic high mandarin collar and side slit, becoming a symbol of modern Chinese femininity.

3. **Tang Suit:** Despite its name, this modern jacket style became popular in the early 20th century. It features a straight collar, frog closures and a Chinese fabric. It is often worn today for formal events or as a traditional jacket.

Modern Fashion Trends

China's current fashion landscape is incredibly dynamic, driven by powerful cultural pride and a massive, digitally savvy consumer base.

The "Guochao" (National Tide) Movement

Guochao meaning "National Tide" or "China Chic," is the dominant trend. It refers to a surge in national pride that favors domestic Chinese brands and designs that actively incorporate Chinese cultural elements.

- **Designers Embracing Heritage**: Contemporary designers are weaving traditional motifs (like Ruyi clouds, dragons, or ink-wash color palettes) and classic elements (Mandarin collars, frog closures, Hanfu layering) into modern pieces like hoodies, sneakers, and technical outerwear.
- Local Brands Go Global: Homegrown brands, particularly in sportswear and streetwear (like Li-Ning and Anta), are gaining international respect by blending a modern, street aesthetic with Chinese cultural storytelling.

The Hanfu Revival

The **Hanfu Revival Movement** is a significant cultural phenomenon, especially among Gen Z. Young people are enthusiastically adopting modern, adapted versions of historical Han clothing, not just for festivals or special events, but sometimes for daily social activities.

Neo-Chinese Style

This is the commercially accessible evolution of Guochao. It involves modern cuts and fabrics but uses subtle traditional inspiration, such as a blouse with a cross-collar or a pleated skirt that references the ancient (Horse-Face Skirt).

Streetwear and Luxury

- **Streetwear Dominance**: Streetwear is a powerful force in Chinese youth culture, blending hip-hop aesthetics, '80s and '90s retro-sportswear vibes, and a strong preference for **gender-fluid** or **oversized silhouettes**.
- The Luxury Market: China is the world's most crucial market for luxury brands. While major European houses remain strong, the rise of Guochao means foreign brands must now localize, often collaborating with Chinese artists or designers and deeply integrating with China's digital e-commerce ecosystem.

The fashion scene in Chinese cities like **Shanghai** (a global fashion capital) and **Beijing** (known for its more intellectual and conceptual designs) showcases this vibrant mix of ancient heritage and futuristic urban style.

21. Environment and sustainability

The relationship between the environment and sustainability in China is complex, characterized by both **enormous environmental challenges** stemming from decades of rapid industrialization and **unprecedented**, **world-leading efforts and investment** in renewable energy and green technology to transition to a low-carbon economy.

China is the **world's largest emitter of greenhouse gases** and faces severe domestic issues with air, water, and soil pollution.

However, it is also the global leader in **renewable energy installation** and has set ambitious, state-backed climate goals.

The State of China's Environment

China's rapid economic development since the 1980s has led to significant environmental degradation, although aggressive policies in recent years have yielded some measurable improvements in air quality in major cities.

- **Air Pollution**: Despite a "war on pollution" that has significantly reduced concentrations of sulfur dioxide and nitrogen dioxide in many areas, **fine particulate matter** remains a major public health concern. The primary source is the continued massive burning of **coal**, which still accounts for a large portion of the country's energy mix.
- **Water Pollution**: The quality and quantity of water are a serious issue, driven by industrial and urban wastewater, as well as the widespread use of fertilizers and pesticides in agriculture.
- **Resource Consumption**: China is the world's largest energy consumer and has vast problems with managing plastic waste, illegal logging, and overfishing, which impacts global ecosystems.

© China's Climate and Sustainability Commitments

The Chinese government has integrated environmental protection into its long-term development plans, most notably through the "Beautiful China Initiative" and the **Five-Year Plans**.

Key National Goals

- Carbon Neutrality by 2060: China has pledged to achieve carbon neutrality before 2060. This goal is one of the most significant climate pledges globally, given China's status as the largest emitter.
- Carbon Peak Before 2030: The country aims to have its carbon dioxide emissions peak before 2030.
- 14th Five-Year Plan (2021–2025): This plan includes concrete targets to reduce the intensity of resource use:
 - **18% reduction** in emissions per unit of GDP.
 - o **13.5% reduction** in energy consumption per unit of GDP.
 - A target to increase the share of non-fossil fuels in primary energy consumption to about 20%.

Value 1 Value 1 Value 2 Value 2 Value 3 Value 3 Value 4 Value 5 Value 6 Value 7 Valu

China is driving the global shift toward clean energy through massive investment and manufacturing dominance.

• Renewable Energy Powerhouse: China is the world's largest producer of electricity from renewable sources and the largest investor in the sector.

It has already achieved remarkable scale in **solar** and **wind** power.

- China currently holds over 80% of the world's solar panel manufacturing capacity, driving down global costs.
- It has set a goal to reach a combined installed capacity of over 1,200 GW of solar and wind power by 2030, a target which it is on track to meet ahead of schedule.
- Electric Vehicles (EVs): China is the world's largest market for electric vehicles. The rapid adoption of New Energy Vehicles (NEVs) is transforming urban transport and significantly reducing local emissions.
- Carbon Market: The Chinese national carbon trading scheme (ETS) began operating in 2021 and is the world's largest in terms of covered emissions, initially focusing on the power generation sector.

The Decarbonization Paradox

Despite its aggressive push for renewables, China still relies on **coal for much of its energy supply** and continues to approve the construction of new coal-fired power plants to ensure energy security and manage the intermittency of wind and solar power.

This makes the path to meeting the 2030 and 2060 targets challenging, requiring sustained commitment to clean energy deployment and the development of better grid infrastructure and energy storage solutions

22. Wildlife and biodiversity

China is one of the world's **17 megadiverse countries**, possessing an extraordinarily rich variety of ecosystems, plant life, and animal species, many of which are endemic (found nowhere else).

This biodiversity is a result of its vast geographical range, which includes everything from tropical rainforests to deserts, high-altitude plateaus, and boreal forests.

However, this rich natural heritage faces significant threats from habitat loss and human activity, leading the government to enact ambitious conservation programs.

W Unique and Endemic Wildlife

China is famous for several iconic species, and its high percentage of **endemic species** (especially plants and vertebrates) makes it a critical global area for conservation.

Iconic Species

- **Giant Panda**: Perhaps the most famous endemic species, the giant panda is native to a few mountain ranges in central China. Intensive conservation and habitat protection efforts have led to its status being upgraded from "Endangered" to "Vulnerable."
- **Golden Snub-Nosed Monkey**: An Old World monkey, this critically endangered species is endemic to the mountainous, temperate forests of central and southwestern China. It is named for its distinctive, small nose.
- Chinese Giant Salamander: The largest amphibian in the world, capable of growing nearly two meters long. It is critically endangered due to habitat loss and illegal harvesting.
- **Amur Leopard**: Critically endangered, this wild cat is adapted to the cold, snowy regions of Northern China and Southeast Russia.
- **South China Tiger**: One of the most critically endangered tiger subspecies, it is considered functionally extinct in the wild in China, with very few individuals remaining.

Ecosystems and Biodiversity Hotspots

China's geography creates diverse ecosystems, with four major global **biodiversity hotspots** either partially or entirely within its borders.

- **Mountains of Southwest China**: This is one of the most biodiverse regions globally, known for its vast number of endemic plant species and varied mountain ecosystems.
- **Qinghai-Tibetan Plateau**: Often called the "roof of the world," this high-altitude region is home to species adapted to extreme cold and altitude, such as the elusive **Snow Leopard** and the **Tibetan Antelope**.
- **Forests and Wetlands**: China is rich in forest cover (which is actively expanding due to afforestation) and wetlands, though many of the latter are severely threatened by degradation.

China is home to **34,984 known higher plant species** (ranking third globally) and **6,445 vertebrate animal species**, accounting for 13.7% of the world's total. Over 17,000 plant species in China are **endemic**.

V Conservation Efforts and Legislation

The Chinese government has elevated biodiversity conservation to a national strategy, implementing vast, state-led programs.

- **Protected Area System**: China has established over **11,800 protected areas** covering approximately **18% of its total land surface**, surpassing the international Aichi Target.
- National Park System: China is rapidly establishing a unified National Park System, with the first batch of parks (including the Giant Panda National Park and Northeast China Tiger and Leopard National Park) integrating smaller reserves for more comprehensive ecosystem protection.
- Ecological Red Line (ECRL) System: This is an innovative strategy where specific ecologically important areas are designated as "red lines," imposing strict limits on industrial and urban development to ensure the functional integrity of ecosystems.
- Wildlife Protection Law: Following the COVID-19 pandemic, China intensified its commitment to conservation by banning the consumption of wild animals as food and strengthening measures to combat the illegal wildlife trade.
- Afforestation: Large-scale projects, such as the "Green Great Wall" (officially the Three-North Shelter Forest Program), aim to combat desertification and soil erosion through massive tree-

planting campaigns, significantly increasing forest cover over the past four decades.

China's conservation efforts have shown measurable success, not only with the Giant Panda but also with species like the **Crested Ibis**, whose population has grown dramatically from a handful of individuals in the 1980s.

23. Tourism and travel tips

China is an enormous and diverse country, offering everything from ancient historical sites to breathtaking natural landscapes. Here are some tourism and travel tips for China, covering logistics, culture, and key attractions:

Representation Planning Your Trip

1. Visa and Entry

- **Check Visa Requirements:** Most foreign nationals will need a visa to enter the mainland. You typically need to apply at a Chinese embassy or consulate in your home country.
- 144-Hour Visa-Free Transit: If you are transiting through certain major cities (like Beijing, Shanghai, Guangzhou, Chengdu, etc.) to a third country, you may be eligible for up to 144 hours (6 days) of visa-free entry, provided you have your onward ticket.

2. Best Time to Visit

- **Spring (April–May) and Autumn (September–October)** are generally the best times for most of the country, offering pleasant temperatures and clear skies.
- Avoid Golden Week: Try to avoid the two major national holidays—the Chinese New Year (varies, usually Jan/Feb) and National Day/Golden Week (first week of October)—as domestic travel surges, leading to higher prices and extreme crowds at all major sites.

Logistics and Communication

3. Digital Life and Connectivity

- The Great Firewall: Many popular international websites and apps (including Google services, Facebook, Twitter, and some major international news sites) are blocked. You will need a reliable Virtual Private Network (VPN) installed on your phone and laptop before you arrive to access these services.
- Mobile Payments: China is a largely cashless society. WeChat Pay and Alipay are the dominant payment platforms. While setting up an account for foreigners has become easier, carrying some cash is still necessary for small vendors or remote areas.

• **Translation:** Download an offline translation app (like Google Translate or Baidu Translate) with the language packs installed, as not all Chinese people, especially outside major cities, speak English.

4. Transportation

- **High-Speed Rail (HSR):** China has the world's most extensive high-speed rail network. It's fast, punctual, and comfortable—often the best way to travel between cities. Tickets can be booked through official websites, apps, or at stations, but they sell out quickly for popular routes.
- **City Transit:** Major cities have excellent public transport (subways, buses) that are easy to navigate and very inexpensive.

Must-See Regions and Attractions

East Coast (Modern and Historic)

- **Beijing:** The capital, home to the Forbidden City, the Temple of Heaven, Tiananmen Square, and easily accessible sections of the Great Wall (e.g., Mutianyu or Jinshanling).
- **Shanghai:** A global financial hub known for its futuristic skyline in Pudong, the historic architecture of the Bund, and excellent museums and shopping.
- **Hangzhou & Suzhou:** Famous for their classical gardens and West Lake, offering a quieter, more poetic view of China.

Central and West (Culture and Wildlife)

- Xi'an: Visit the UNESCO World Heritage site of the **Terracotta Army** and explore the ancient city walls.
- Chengdu (Sichuan Province): The home of the Giant Panda. You can visit the Chengdu Research Base of Giant Panda Breeding to see the pandas, or volunteer at a nearby base like Dujiangyan. Sichuan is also renowned for its spicy and flavorful cuisine.
- **Qinghai-Tibet Plateau:** For high-altitude travel and stunning natural scenery, though travel to Tibet often requires a special permit.

South (Nature and Karst Landscapes)

- **Guilin and Yangshuo:** Known for the spectacular karst mountains and cruising the Li River. This region offers superb scenery for hiking, cycling, and bamboo rafting.
- **Yunnan Province:** A melting pot of ethnic minority cultures and diverse landscapes, including the ancient town of Lijiang and the stunning Tiger Leaping Gorge.

♥ Cultural and Safety Tips

- **Tipping:** Tipping is generally not customary and is sometimes seen as impolite.
- **Politeness:** Be polite and patient, especially when navigating language barriers. A simple "Ni Hao" (hello) or "Xie Xie" (thank you) goes a long way.
- **Bargaining:** Bargaining is expected in markets, but usually not in department stores or restaurants.
- **Altitude Sickness:** If you plan to visit high-altitude regions like Tibet or parts of the Qinghai Plateau, research how to prevent and manage altitude sickness.

24. Technology and innovation

China has rapidly emerged as a global technological superpower, shifting its focus from being the world's factory for low-cost goods to becoming a **leader in high-tech innovation** across numerous strategic sectors.

This transformation is driven by ambitious state planning and massive domestic investment.

% Strategic National Initiatives

China's technological drive is anchored by significant government policy, most famously the **Made in China 2025 (MIC 2025)** plan.

- Made in China 2025 (MIC 2025): Launched in 2015, this strategic plan aims to comprehensively upgrade China's industrial capabilities. The goal is to move the manufacturing base up the value chain, achieve greater **self-reliance** (or "indigenization") in key technologies, and dominate global markets in ten strategic sectors.
 - Key Sectors: Advanced Information Technology, Robotics and Automated Machine Tools, Aerospace, New Energy Vehicles (NEVs), and Biopharma are central to the plan.
 - Progress: While China missed some goals (like domestic semiconductor content targets), it has largely succeeded in sectors like New Energy Vehicles and High-Speed Rail, becoming the world leader in both.
- Whole Country Support System (Jǔguó Tǐzhì): This model involves massive state funding, strategic planning, and nationwide coordination to develop technologies deemed critical to national security and economic resilience.

Leading Sectors and Breakthroughs

China's innovation is characterized by "interlocking innovation flywheels," where advancements in one area rapidly accelerate progress in adjacent industries.

1. Artificial Intelligence (AI) and Digital Economy

- **AI Leadership**: China is a global leader in AI development, focusing heavily on practical applications like **facial recognition**, industrial automation, and smart city infrastructure.
- Tech Giants (BATX): Companies like Baidu (AI, autonomous driving, search), Alibaba (e-commerce, cloud computing),
 Tencent (social networking, gaming, fintech, WeChat), and
 Xiaomi (consumer electronics, smart hardware, EVs) are driving innovation and aggressively investing in R&D, including proprietary large language models (LLMs).
- E-commerce and Fintech: China pioneered a highly integrated, mobile-first digital economy, with companies like Alibaba and Tencent dominating vast payment, social media, and retail ecosystems.

2. New Energy Vehicles (NEVs) and Robotics

- **EV Revolution**: China is the world's largest market and manufacturer of electric vehicles, with domestic giants like **BYD** and **XPeng** leveraging existing capabilities in **lithium batteries** and large-scale manufacturing. This sector now drives innovation in related fields like LiDAR sensors and autonomous driving.
- Industrial Automation: China's robot density has surged dramatically, accelerating the shift toward "smart factories" with minimal human intervention. Robotics expertise is now extending from industrial applications into areas like humanoid robots.

3. Telecommunications and Infrastructure

- **5G Dominance**: China has built the **world's largest and most extensive 5G network**, with companies like **Huawei** and **ZTE** at the forefront. The focus is on applying 5G to vertical industries like manufacturing, healthcare, and logistics (e.g., Shanghai Metro's automated private 5G network) to enable the Internet of Things (IoT).
- High-Speed Rail: China has created an extensive, modern, and highly efficient High-Speed Rail network, which serves as a significant national showcase of engineering and technological prowess.

4. Advanced Manufacturing and BioTech

• **Quantum Computing**: China has achieved breakthroughs, including developing the 'Jiuzhang' quantum processor, demonstrating quantum supremacy.

- **Synthetic Biology**: China controls a significant portion of global bio-manufacturing (fermentation) capacity, positioning it for long-term growth in the global bio-economy, with applications in medicine and advanced materials.
- **Semiconductors**: Achieving self-reliance in semiconductors is a major national priority, with large-scale investment aimed at overcoming existing technological gaps with global leaders.

25. Immigration

Immigration in China is a unique and tightly controlled phenomenon.

Historically, China has not been a major country of immigration, and while the number of foreigners has increased significantly with economic growth, the foreign-born population remains exceptionally small relative to its total population.

The focus of China's immigration policy is largely on attracting **highly-skilled talent** and managing border entry for business, work, and study.

III Foreigner Population and Characteristics

Low Share of Foreigners

Despite being the world's most populous country, the number of foreigners residing in mainland China is very low compared to Western nations and even its East Asian neighbors (Japan and South Korea).

- **2020 Census Data**: The Seventh National Census (2020) recorded **845,697 foreigners** residing on the mainland. This total amounts to approximately **0.06%** of China's population.
- **Total Overseas Residents**: When combined with residents from Hong Kong, Macao, and Taiwan, the total number of overseas residents was about **1.43 million**.
- **Purpose of Stay**: The largest groups of foreigners were in China for **employment/work** (444,336) and **settlement** (419,517), followed by **study** (219,761).

Key Residence Areas

The majority of foreign residents are concentrated in the economically dynamic **coastal provinces and major cities**. The top regions for overseas residents in the 2020 census were:

- 1. **Guangdong** (due to its proximity to Hong Kong and industrial hubs)
- 2. Yunnan (due to its borders with Southeast Asian nations)7
- 3. Shanghai
- 4. Fujian

☑ Visa and Residency Policy

China's immigration system is structured to strictly regulate entry, work, and long-term stay.

1. Work and Residence Permits (Z Visa)

Foreign nationals who come to China for employment must secure a **Z Visa** from outside the country before arrival. Upon arrival, they must then apply for two separate documents:

- **Foreigner's Work Permit**: Issued by the Ministry of Human Resources and Social Security.
- Work-related Residence Permit: Issued by the Public Security Bureau (Entry-Exit Administration). This permit allows long-term residency and must be obtained within 30 days of entry.

The system is increasingly streamlined to attract "High-Qualified Person" talent (often classified as **R Visa** holders), offering them simpler, longer-term permits.

2. Permanent Residency (The "Green Card")11

The **Permanent Residence Card** (often informally called the Chinese "Green Card") is notoriously difficult to obtain. It is primarily reserved for:

- **High-Level Talent (Visa holders)**: Professionals accredited by national or municipal administrations who are in high demand in strategic sectors (e.g., finance, technology).
- Long-Term Skilled Employees: Those who have worked in China for at least four consecutive years, resided for at least six months each year, earned a high income (at least six times the local average), and maintained a good tax payment record.
- **Investors**: Those who have made significant, stable investments with good tax records.
- Family Reunification: Spouses and minor children of Chinese citizens or permanent residents.

3. Transit Without Visa (TWOV)

China offers various visa-free transit policies, including the popular **144-Hour TWOV** program in major airports, which allows travelers from

many countries to transit and explore the city for up to six days while en route to a third country/region.

Path to Citizenship

Naturalization (becoming a Chinese citizen) is **exceptionally rare** in mainland China. The Nationality Law of the People's Republic of China requires foreigners to:

- 1. Be willing to abide by the Constitution and laws.
- 2. Renounce any foreign nationality upon approval.
- 3. Meet one of the following criteria:
 - Be a **near relative** of a Chinese national (spouse, minor child, etc.).
 - Have **settled in China** (usually requiring permanent residence first).
 - Have other "legitimate reasons."

The process is highly selective and involves thorough checks by the Ministry of Public Security.

For instance, the 2010 census reported only 1,448 naturalized persons out of a total population of 1.34 billion, highlighting its rarity.

26. International relations

China's international relations are defined by its dual role as a major global economic power and an increasingly assertive geopolitical actor.

Its foreign policy emphasizes **sovereignty**, **non-interference**, and the creation of a **"multipolar" world order** centered on economic cooperation and the pursuit of national interests.

Core Foreign Policy Philosophy

China's diplomacy is guided by several long-standing principles and modern concepts:

• Five Principles of Peaceful Coexistence: Established in 1954, these bedrock principles include mutual respect for sovereignty and territorial integrity, mutual non-aggression, non-interference in internal affairs, equality and mutual benefit, and peaceful coexistence.

China frequently invokes these principles to counter perceived Western interference in issues like Taiwan, Xinjiang, and human rights.

- Core Interests: China views its National Sovereignty, National Security, and Territorial Integrity (including claims over Taiwan, Tibet, and the South China Sea) as "red lines" that foreign powers must not cross.
- "Community with a Shared Future for Mankind": A key concept promoted by President Xi Jinping, it calls for a global system where countries cooperate on global challenges and manage affairs democratically, advocating for equality among states regardless of size or political system.

The Belt and Road Initiative (BRI)

The **Belt and Road Initiative (BRI)**, launched in 2013, is China's signature foreign policy and global economic strategy.

It involves massive infrastructure and investment projects spanning over 150 countries and international organizations.

Objectives of the BRI

The BRI is driven by both foreign policy and domestic economic needs:

- **Economic Connectivity**: To improve trade routes and infrastructure (facilities connectivity) through six overland economic corridors and the 21st Century Maritime Silk Road.
- **Geoeconomic Influence**: To create interdependent markets, secure access to global resources, and promote Chinese standards and expertise worldwide, potentially re-orienting a large part of the global economy toward China.
- **Domestic Development**: To channel China's excess industrial capacity overseas and stimulate growth in its less-developed western provinces.
- Policy and Financial Integration: To coordinate economic policies and encourage the international use of the Renminbi (RMB).

Relations with the United States

The relationship between China and the U.S. is the world's most critical, defined by increasing **strategic competition** and interdependence, often described as a systemic rivalry.

- **Key Friction Points**: Tensions remain high across several areas, including:
 - Trade and Technology: Disputes over tariffs, market access, Chinese economic practices, and U.S. restrictions on Chinese technology companies (like Huawei and in the semiconductor sector).
 - Taiwan: The political status of Taiwan remains the most sensitive and potentially volatile issue.
 - Military Issues: China's military expansion and modernization, and U.S. freedom of navigation operations in the South China Sea.
 - Human Rights: U.S. criticism of China's actions in Xinjiang, Hong Kong, and Tibet.
- **Current Status**: Despite ongoing competition, both nations are actively engaging in dialogue to manage the relationship and prevent conflict, with recent efforts focused on de-escalation and specific issues like trade concessions and fentanyl control.

Relations with the European Union (EU)

The EU views China simultaneously as a **cooperation partner**, an **economic competitor**, and a **systemic rival**, leading to a complex and often strained relationship.

- **Economic Ties**: The EU and China are major trading partners, though the EU has a significant and persistent **trade deficit** with China.
- **Tensions**: Disagreements center on market access for EU companies, China's stance on the Russia-Ukraine conflict, and human rights concerns. Recent tensions have also emerged in strategic sectors like **rare earth elements** and **semiconductors**, where the EU seeks to reduce its dependence on China to enhance its **"strategic autonomy."**
- **Cooperation**: China and the EU maintain dialogue on global issues, particularly on **climate change** and clean energy, where cooperation has been most consistent.

Relations with ASEAN

China's relationship with the **Association of Southeast Asian Nations (ASEAN)** is characterized by deepening economic integration alongside geopolitical tensions.

- Economic Dominance: China has been ASEAN's largest trading partner for many years, with trade volumes rapidly expanding through agreements like the upgraded China-ASEAN Free Trade Area (CAFTA). China is a major source of infrastructure investment in the region, often via the BRI.
- **South China Sea Dispute**: Territorial disputes with several ASEAN member states (like Vietnam, the Philippines, Malaysia, and Brunei) over islands and maritime claims in the South China Sea remain a critical security challenge and source of friction.
- ASEAN's Role: ASEAN members attempt to maintain a balanced approach, deepening economic ties with China while simultaneously strengthening security and diplomatic relationships with the U.S. and other regional powers to ensure their autonomy

27. Military and defense

China's military and defense capabilities are overseen by the **People's Liberation Army (PLA)**, the armed wing of the Chinese Communist Party (CCP).

Over the past few decades, the PLA has undergone a massive modernization effort, transitioning from a large, infantry-heavy force into a leaner, technologically advanced military with growing global power projection capabilities.

Value of the People's Liberation Army (PLA) Structure and Mission

The PLA is the world's largest military force and is explicitly loyal to the **CCP**, not the state.

Organization

The PLA is led by the **Central Military Commission (CMC)**, chaired by President Xi Jinping. It is structured into **four services** and **four arms**:

- Four Services: Ground Force, Navy (PLAN), Air Force (PLAAF), and Rocket Force (strategic and nuclear missiles).
- Four Arms: Aerospace Force, Cyberspace Force, Information Support Force, and the Joint Logistics Support Force.

Strategic Goals

Under the leadership of Xi Jinping, the PLA has set a series of ambitious modernization goals:

- By 2027: Accelerate the integrated development of mechanization, informatization (advanced information technology), and intelligentization (integration of AI and related technologies).
- **By 2035**: Essentially complete the **comprehensive modernization** of the national defense and the military.
- **By 2049**: Fully transform the PLA into a "world-class" military capable of conducting global missions.

Military Budget and Spending

China has the **second-largest military budget in the world** after the United States.

- **Official Budget**: China's officially announced military budget for 2025 was approximately **\$246 billion** (1.78 trillion yuan).
- Estimated Spending: Many international analysts, including organizations like the Stockholm International Peace Research Institute (SIPRI), estimate China's actual defense spending to be higher—in the range of \$300 billion to over \$450 billion—due to the exclusion of R&D, foreign arms purchases, and other strategic costs from the official figure.
- **Growth**: China's defense spending has seen decades of sustained, high single-digit growth, fueling its rapid modernization efforts.

Market Technological Modernization and Key Capabilities

The modernization efforts focus on developing advanced, hightechnology capabilities essential for a modern, multi-domain force.

- Information and Intelligence Warfare: The PLA has prioritized capabilities in cyber, space, and electronic warfare. The establishment of the new Information Support Force (ISF) in 2024 emphasizes the importance of enhancing networked information systems and joint operations capabilities across all domains.
- **Naval Expansion (PLAN)**: The PLAN is numerically the **world's largest navy** by number of hulls and is rapidly building advanced surface vessels, including **aircraft carriers** (Type 002 *Shandong*, Type 003 *Fujian*), **large multi-mission destroyers** (Type 055), and amphibious assault ships (Type 075). This expansion is key to projecting power beyond China's immediate coastline (blue-water capability).
- Missile Technology: The Rocket Force controls a massive arsenal of land-based missiles, including Anti-Ship Ballistic Missiles (ASBMs), which are designed to deter third-party naval intervention in regional conflicts, particularly over Taiwan. China is also rapidly developing hypersonic glide vehicles and expanding its Intercontinental Ballistic Missile (ICBM) capabilities.

? Nuclear Deterrence Strategy

China has traditionally maintained a policy of **Minimum Deterrence** and a public commitment to a **No-First-Use (NFU)** policy. However, its nuclear arsenal is undergoing a major expansion and modernization.

- **Arsenal Expansion**: Analysts estimate China's nuclear warhead stockpile is rapidly increasing, projected to reach around **1,000 warheads by 2030**.
- **Nuclear Triad**: China is working to achieve a full nuclear triad—the ability to launch nuclear weapons from land-based missiles (ICBMs, including new silo fields), sea-based missiles (Submarine-Launched Ballistic Missiles, or SLBMs), and air-based delivery systems (the new H-20 stealth bomber).
- **Limited Deterrence**: This modernization suggests a shift toward a strategy of **Limited Deterrence**, aimed at ensuring the survivability of a retaliatory second-strike force and potentially increasing its flexibility in regional crises.

The primary focus of the PLA's operational readiness and modernization remains on capabilities related to asserting control over **Taiwan** and securing disputed territorial claims in the **South and East China Seas**.

28. Human rights

Human rights in China are a subject of significant international scrutiny and concern. Numerous international bodies, governments, and independent Non-Governmental Organizations (NGOs) have criticized the Chinese government's record on civil, political, cultural, and religious rights.

The Chinese government, led by the Chinese Communist Party (CCP), generally maintains that its policies protect the economic and social rights of its citizens, prioritizes stability and national security, and views foreign criticism as interference in its internal affairs.

China argues that human rights standards vary by a country's national culture and level of development.

Major Areas of International Concern

Independent organizations and various governments routinely highlight several critical areas where the Chinese government's policies are alleged to violate internationally recognized human rights standards:

1. Repression in Xinjiang (Uyghurs and Other Minorities)

Since 2017, the CCP has implemented severe and systemic policies against the predominantly Muslim **Uyghur** and other Turkic minorities in the **Xinjiang Uyghur Autonomous Region (XUAR)**. These abuses have been widely reported and include:

- Mass Arbitrary Detention: The arbitrary detention of over one million people in extrajudicial internment camps, which the government refers to as "Vocational Education and Training Centers."
- Forced Labor: Coercive relocation and forced labor of minority individuals in factories both within Xinjiang and transferred to other Chinese provinces.
- Cultural and Religious Persecution: Policies aimed at suppressing Uyghur religious and cultural identity, including the destruction of mosques, prohibiting religious practices, and political indoctrination.
- Coercive Population Control: Credible reports of forced sterilization, forced contraception, and forced abortions targeting Uyghur women, resulting in plummeting birth rates in the region.

- **Surveillance**: Pervasive and intrusive mass surveillance that monitors citizens' movements, communications, and biometric data.
- **Crimes Against Humanity**: Both the U.S. government and the UN Human Rights Office (OHCHR) have stated that China's actions against the Uyghurs may constitute **crimes against humanity**.

2. Erosion of Freedoms in Hong Kong

Following major pro-democracy protests, the Chinese government imposed the **National Security Law (NSL)** on Hong Kong in 2020. This law has dramatically curtailed the civil liberties and political freedoms the region had enjoyed under the "one country, two systems" framework:

- **Stifled Dissent**: The law has been used to arrest and imprison pro-democracy politicians, activists, journalists, and students, with severe penalties for acts deemed "secession, subversion, terrorism, and collusion with foreign forces."
- **Media and Expression**: Independent media outlets have been forced to close, and an atmosphere of self-censorship now pervades the region.

3. Freedom of Speech, Press, and Information

Despite constitutional guarantees, civil liberties are severely restricted in mainland China, with the government maintaining absolute control over the information environment and the legal system.

- Censorship and Surveillance: The "Great Firewall" blocks access to thousands of international websites and social media platforms. The government employs sophisticated surveillance and censorship to prevent dissent and control public discourse.
- Lack of Independent Judiciary: The judicial system is not independent of the CCP, and the government often uses broad clauses like "subversion of state power" to detain and prosecute those who criticize the Party or advocate for democracy.
- **Detention of Activists**: Human rights defenders, lawyers, journalists, and activists face severe harassment, detention, enforced disappearances, and torture for exercising their rights to expression and association.

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4. Religious and Ethnic Control

The government maintains strict control over all religious activities and requires religious groups to adhere to the principle of **"Sinicization,"** aligning their faith and practice with CCP ideology.

- **Tibet**: Authorities maintain tight control over Tibetan Buddhist monasteries, harass those loyal to the Dalai Lama, and replace Tibetan language instruction with Chinese.
- Other Groups: Unregistered Christian "house churches" and groups like Falun Gong face persecution, harassment, and detention.

🟛 China's Position on Human Rights

The CCP's official position frames human rights differently from most Western nations:

- **Priority of Subsistence and Development**: China asserts that the most fundamental human rights are the **right to subsistence** and the **right to development**. It points to its success in lifting hundreds of millions out of extreme poverty as its primary human rights achievement.
- **Non-Interference**: China strongly opposes international criticism of its human rights record, consistently maintaining that these issues are **internal affairs** where other nations have no right to interfere

29. Famous people

China has produced countless globally famous and historically significant figures across philosophy, politics, arts, and modern culture.

Their influence spans over two millennia and continues to shape the world today.

Historical Figures and Philosophers

These figures laid the foundational social and political structures of Chinese civilization.

- **Confucius (Kŏng Fūzǐ)**: The most influential philosopher in Chinese history. His teachings, collected in the *Analects*, emphasize moral integrity, filial piety, respect for hierarchy, and societal harmony, forming the bedrock of Confucianism.
- Laozi (Lǎo Zǐ): A semi-legendary figure credited with founding Daoism and authoring the *Tao Te Ching*. His philosophy emphasizes living in harmony with the Dao (The Way) through concepts like naturalness, spontaneity, and non-action.
- Qin Shi Huang (Qín Shǐ Huáng): The First Emperor of China. He unified the warring states in 221 BCE, founded the Qin Dynasty, and commissioned both the initial sections of the Great Wall and the Terracotta Army.
- **Sun Tzu (Sūn Zǐ)**: The military strategist credited with writing *The Art of War*, one of the most famous and enduring treatises on military strategy, widely studied in business and political science today.
- **Wu Zetian (Wǔ Zétiān)**: The only woman in Chinese history to rule as emperor in her own right, during the Tang Dynasty. She was known for her political acumen and efficient, though sometimes ruthless, administration.¹²

Modern Political Leaders

These individuals were pivotal in the founding and transformation of modern China.

• Sun Yat-sen (Sūn Yìxiān): Often revered as the Father of the Nation (both in the People's Republic of China and the Republic

- of China/Taiwan). He played a key role in the overthrow of the Qing Dynasty and the establishment of the Republic of China.
- Mao Zedong (Máo Zédōng): The founder of the People's Republic of China (PRC), which he ruled as Chairman from 1949 until his death in 1976. He led the Communist Party of China to victory in the Chinese Civil War.
- Deng Xiaoping (Dèng Xiăoping): The paramount leader of China from the late 1970s to the early 1990s. He is known as the "Architect of Modern China" for leading the economic reforms that opened China to the global economy and transitioned it to a "socialist market economy."
- Xi Jinping (Xí Jìnpíng): The current General Secretary of the Chinese Communist Party and President of the PRC. He is one of the most powerful global political figures, known for his anti-corruption campaigns and the Belt and Road Initiative (BRI).

Martial Arts, Film, and Entertainment

Chinese actors and martial artists have had an immense global impact on cinema and pop culture.

- **Bruce Lee (Lǐ Xiǎolóng)**: An international icon of martial arts, acting, and philosophy. He revolutionized the martial arts film genre and brought Kung Fu to Western audiences with films like *Enter the Dragon*.
- **Jackie Chan (Chéng Lóng)**: Known worldwide for his acrobatic fighting style, slapstick comedy, and performing his own dangerous stunts. He is one of the most recognizable action stars globally.
- **Jet Li (Lǐ Liánjié)**: A Wushu champion and actor celebrated for his roles in both Chinese and Hollywood films, including *Hero* and *Lethal Weapon 4*.
- **Gong Li (Gŏng Lì)**: A celebrated actress who gained international fame through her collaborations with director Zhang Yimou in films like *Raise the Red Lantern* and is known for her roles in both Chinese and international cinema.

Business, Science, and Arts

• **Jack Ma (Mă Yún):** The co-founder of the **Alibaba Group**, one of the world's largest e-commerce and technology conglomerates. He is a prominent global symbol of Chinese entrepreneurship.

- Yao Ming (Yáo Míng): A towering former professional basketball player who became a global ambassador for the sport, playing for the Houston Rockets and becoming one of the most famous athletes from China.
- I.M. Pei (Bèi Yùmíng): A world-renowned, Pritzker Prizewinning Chinese-American architect known for his sleek, geometric designs, including the glass pyramid at the Louvre Museum in Paris.
- Li Bai (Lǐ Bái) and Du Fu (Dù Fǔ): Two of the greatest poets of the Tang Dynasty, whose works are foundational to Chinese literature.

30. National flag

