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| **2015 New Zealand**  **Student Exchange Programme** | |
| I am in a cultural exchange trip between NZ and China.  Please contact the following people when I need help.  我是来这里参加中国和新西兰文化交流旅行的，  当我需要帮助的时候，请帮我联络这个人。 | |
| **Yuyao No1 Experimental Primary School**  63 Xuenong Road, Yuyao  Zhejiang Province PR  0086-0574-62721688  **New Zealand Embassy**  989 Changle Rd, Xuhui, Shanghai, China  0086-21-5407-5858 |  |

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**Sara – Food requirements**

Hello, I am a vegetarian.  I cannot eat anything that has meat or that is made in meat broth/stock.  I can eat vegetables, fish, rice, bread and eggs.  Please help me choose something that is suitable for me to eat.  Thank you!

你好，我是一个素食者，我不能吃任何的肉类或者有肉制品成分的食物。我可以吃蔬菜、鱼、米饭、面包和蛋。请你帮我选择适合我的食物，谢谢！