Two Families of Eight Million

Families with Alzheimer's disease patients are suffering

T05 Social Responsibility

Shandong Experimental High School
Xichen Li Xinyi Meng Zihe Han
Zhenhai High School
Jiayi Lin

Mrs. Qiu huddled up in the armchair, rubbing her hands ceaselessly.

She bowed her head, just like a little girl who felt guilty and sorry for not being able to answer teacher's questions correctly.

This year, the old lady, Mrs. Qiu, reached 90 years old. She was confirmed diagnosis as Alzheimer's disease (AD) four years ago. It is her retired better-off son called Zhao who is taking care of her in Jinan.

China has the largest number of AD patients in the world. Facing the burdens of memory loss and the brain degenerating of AD patients, Mrs. Qiu's and Mr. Guo's families in Shandong have been struggling unspeakably for years. The professional and touchable help are distant for them to reach now.

A hardwood bed, a shaking desk and an old chair were all furniture in Mr. Guo's room. The quilts were in a mess in the corner. The foul smell of sweat pervaded the room. Mr. Guo sat on the bed, and just kept smiling without a word. His body was covered with swelling red mosquito bites.

No one was clear how long Mr. Guo had suffered from AD.

Mr. Guo was a man of few words before AD. He was a poor farmer, but he was still optimistic. He enjoyed cleaning his white porcelain cups carefully and rowing them on the table in the living room. Ten years ago, after a gathering in the village, Mr. Guo walked straight southward to go home, but his home was in the north of the gathering place. In the recent three years, Mr. Guo's condition has deteriorated fiercely. He began to get lost, had no sense of hunger, became short-tempered, and had incontinence.

Mr. Guo has two sons and one daughter. Because of his disease, his two

[&]quot;Mom, it is time to bed." Zhao said.

[&]quot;I...I want to go home...go home..." Mrs. Qiu was flustered.

[&]quot;Where is your home?"

[&]quot;Umm...I'm from Taitouhe."

[&]quot;This is where your mom came from. Aren't you from Yuanjia?"

[&]quot;Oh...Fine. I'm from Yuanjia then."

daughters-in-law and his daughter had to resign to take care of him. Jing is one of his daughters-in-law.

The document published by China Region Development & Reform Institute in 2016 shows that there were more than 8 million AD patients in China. It means that there are 8 million families fighting with both physical and mental pains now, just like Mr. Guo's and Mrs. Qiu's families.

2. The unbearable burden

Mrs. Qiu's biological clock was completely disrupted. Twenty o 'clock was the time for her to get up and start strolling around.

She would tear up a roll of bathroom tissue and spread it all over the floor piece by piece. Then she would sit on the floor and wave her arms and legs to gather the pieces together. The movement is like she was paddling. The only thing Zhao could do was put the things back in the next morning day after day. Finally, they decided to lock her in her bedroom at night.

A medical essay called *Progress in studies of the reciprocal interaction between sleep disorders and Alzheimer's disease* shows that 44% of AD patients are associated with sleep disorders, which will break the rhythm of sleep. They would not sleep night after night. Some patients would talk in one direction, catch things in the air, and may have incontinence at night.

Falling asleep meant the end of troubles for Zhao, but not for Jing, because another hard night fighting with enuresis came to her.

Jing threw the pants into a basin and poured hot water. "Again." She sighed.

At first, Jing tried using diapers, but it was too limited for an adult's urinary volume. Almost every day, Jing had to fight against Mr. Guo and his wet pants. "He does not allow me to take off his pants. If I still insist on doing the things he is unwilling to do, he will use whatever he can reach to hit me." Jing rolled up her sleeves, and the bruises were exposed in air.

The lack of sleeping, the hard communication, and the violence. These huge burdens

bring caregivers both anxiety and boredom.

In many QQ group for AD's families, there are negative comments, such as "I feel hopeless" and "I feel like a puppet."

According to *Modern Preventive Medicine*, 2009, the rate of depression and anxiety in those who nursed AD patients were significantly higher than normal people.



Jing (left) was shouting to Mr. Mr. Guo (middle) in the impatient tone. Mr. Guo's daughter (right) could do nothing but acquiescence. Photographed by Xichen Li, at Mr. Mr. Guo's home in Changqing, Jinan, July 18,2017.

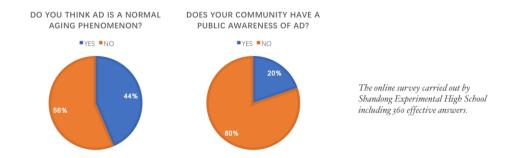
3. The shortage

"Actually, families' stress is reasonable. They lack touchable professional helps. For one side, our medical system is defective. For the other side, AD patients' families hold wrong perspectives." A neurologist from Jinan No.3 Hospital called Guohua Li said.

Nowadays, AD patients' families get professional help mainly depending on hospitals, and community services are still relatively unpopular. An online survey of 360 people mostly from Shandong, showed that 79.8 percent communities have no propaganda and guidance in any way, for example, AD screening, lectures, related nursing directions or any posters. However, hospitals hold a considerable disadvantage: people have to spend lots of time and money.

Mrs. Qiu's families finally gave up treating. "In most cases, examination or consulting will take 2 or even 5 hours in the hospital, which proves helplessness to the cure of this disease. And plus, the medicine is really expensive- we need to pay at least 1000 RMB for a month." Zhao said.

According to the 2017 temporary management methods of subsidy given by Public Health Service, the chronic disease's patients can have 50 RMB subsidy per month. Compared with the large amounts of money spent on the treatment of AD, the 50 RMB hardly helps.



According to *China Newsweek*, the public awareness of AD is 96.16 percent, but it does not mean people have correct understanding. The online survey carried out by Shandong Experimental High School showed that 43.4 percent of them thought AD is a normal aging process.

For another, the traditional shame-based idea may also play a role.

Today, although China does not have a specific system for AD, it is promoting the medicinal insurance and the subsistence security systems.

Facing to Chinese policies of the subsidy, although Jing had a financial burden, she chose to keep silent. She was worried about discrimination. "I would rather be poor than let the whole world know I have a crazy father-in-law." She said.

In China, AD has a disrespectful name- "chidai," which means an idiot. Additionally, in the traditional Chinese culture, people firmly believe that "family's shame should not go public." This opinion makes some people decline getting help from the outside world.

"Although we are facing many problems, I have to say that quitting asking for help is an unwise decision. Because different stages have different characteristics, families need professionals to give proper suggestions in order that they can know how to face patient's strange behaviors under the different situations and how to avoid complications, which make it more stressed for the patients and their families. We need more touchable access to active acceptance of outside help, and we also need people to know AD's knowledge to decrease discrimination. I think community service system is a good idea." Doctor Li said.

In Australia, it has community service projects balances community learning preferences with proven strategies using multiple approaches as professional knowledge popularization such as skill training, distributing brochures, and they also share resource for free.

When the sun rose up, Zhao opened the door and helped Mrs. Qiu seat on her armchair again as every morning. Mrs. Qiu was bathing in the sunlight. She bowed her head. The dim shadow was on the wall.

"Another day begins." Zhao said.



"DID YOU LIKE MY POST?"

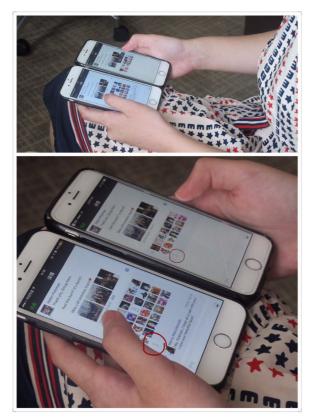
The Psychology in WeChat Moments

TEAM 06

高雨佳 尉然 谢昊洋 徐伟
YUJIA GAO/RAN WEI/HAOYANG XIE/WEI XU
山东省实验中学
SHANDONG EXPERIMENTAL HIGH SCHOOL

"I gain great satisfaction and attention when people like my posts," said Dingzhen.

Have you wondered why WeChat sets up "like" function in WeChat Moments? Have you ever met people who care a lot about likes when they post moments? Have you thought about why people care about likes so much? We have been researching on this issue. We interviewed a number of people regarding their attitudes toward likes, during which we discovered two extreme cases. Let us hear Dingzhen's story first.



Dingzhen is using WeChat Moments on other's phone to like her own posts. We witnessed this scene in person during the interview in July. (Photo by Wei Xu)

Dingzhen Luo, a 44-year-old woman in Jinan, has distinctive habits when posting WeChat Moments. She typically wants people to like her posts eagerly, more specifically, she is obsessed with being "liked" by others on WeChat Moments. As the picture shown above, Dingzhen is using someone else's cell phone to like a certain moment of hers.

Dingzhen extremely values likes when sharing her life details, including attending important events, uploading beautiful pictures, and celebrating holidays. In her definition, likes are the symbol of attention and appreciation from others. She wants others to approve her accomplishment and share her emotions. When Dingzhen gets

large number of likes from other people, she gains great satisfaction because she feels appreciated. "I also check the identities of people who "liked" my moments," Dingzhen said. In this case, if some acquaintances of Dingzhen's do not like her moments after viewing them, she will be upset because she considers this kind of behavior as disliking or humdrum. That is the reason why she sometimes demands her close friends to like her moments.



Bob is checking his WeChat Moments. (Photo by Wei Xu)

On the contrary, Bob, 29 years old, who just enters university, has completely different perspectives toward likes in WeChat Moments.

"When I used WeChat at first, I was getting out of my way to add as many friends as possible because that was the only way to get more likes." Bob started to recall his first experiences with Moments. He would post life details on a daily basis, and he checked his account whenever he had time just to see how many people "liked" his postings. At that time, Bob believed that getting lots of likes meant that his friends were paying attention to their lives. He would feel that he was worthy and valued by his peers.

Receiving only a handful of likes was hurtful for him. It had bothered Bob for a long time until he started to see the whole Moment posting as a liability for him. It became difficult to come up with content that attracts more likes. "Self-worth should not be determined by the worth assigned by others, especially on social media." Bob

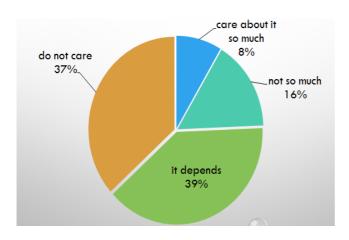
gradually realized that the life he has on social media does not necessarily equal to our real life itself. Thus, he stopped posting things for the mere sake of posting, and he stopped checking likes frequently. "It doesn't really matter to me whether people liked my posts or not right now." According to Bob, this action definitely eliminated his troubles and made his life easier.

Without significant notice, WeChat Moments has diffused into people's daily life seamlessly. In 2016, WeChat had 900 million registration accounts, and the number of monthly frequent users reached 800 million. The existence of those two extremely disparity triggered our interest, which led us to explore this phenomenon further. Our group decided to study the psychology in WeChat Moments. We designed an online survey that contains 15 questions about the people's habits and settings in WeChat Moments including their basic information (age, the number of friends, and privacy settings), the frequency that they use WeChat Moments (times to check, send, and "thumb up" moments), the reasons about sending or liking moments, and the contents they usually send. With 523 responses we got after 24 hours, we analyzed the data. People's psychology are shown below.

Why do people like Dingzhen want likes so eagerly? In other words, why does Dingzhen always bother her friends to force them to give her likes? Actually, this behavior is led by the sense of identity, which means they want to get the agreement of others so they can be satisfied. They will feel proud of what they have shared with others if more people give like to them because it shows that they are popular and that their ideas are accepted by great deals of people. It seems like people give lots of appreciation to her thoughts. In that case, Dingzhen can enhance her popularity among her family and friends if she can get the more likes from WeChat Moments. Another advantages of it is that it ensures her feelings have been conveyed to her friends and there might be some empathy from others to her experience in one special moment.

We also found that Dingzhen did not upload her selfies as frequent as before. By contrast, she often uploaded her precious experience of travelling, volunteering or researching. The reason why this shift could happen is that we people now are more prone to value those meaningful moments instead of something meaningless. Our result of survey also proved that. 39.2% (the largest proportion) of people prefer to give likes to others about the major events in life such as birthday, graduation, and marriage. More and more people tend to communicate with each other about in-depth knowledge throughout instead of staying on the superficial surfaces.

Conversely, many people like Bob are caring less and less about how many likes they get from social media. According to our survey, only 8% people really care about the number of likes they get, and 37% do not care at all. People do not post moments for the sake of getting attention and approval. Instead, they use WeChat Moments to record their lives for reminiscence and share things they love to find people with common interest. WeChat Moments serves as a platform for information sharing. The main reason behind the action is that people gradually realize that the virtual lives on social media is not equivalent to our real lives. The satisfaction and worth from receiving likes only lasts temporarily. Our values should not be determined by our "WeChat friends" who we barely have contact with. People who care about you are going to in ways other than liking your posts. Conversely, people who like your post do not necessarily care about you. The value of a person should not be evaluated by a number. Being obsessed with likes will cause a number of emotions such as self-doubt, depression, distrustfulness to friends, which disappears when you stop caring so much.



This graph is collected from the survey results which shows the current situation of people's attitudes toward likes.

In summary, the current trend is fewer and fewer people really care about the number of likes they receive. Because of this, WeChat is also making alterations to satisfy the major group. Starting from the early July, WeChat has raised a brand new function on trial: When you are bothered by the notification of likes and comments related to you, you can turn off every notification for a specific post, so you will not receive any message related to this post. This function is designed for the group of people who do not care about the number of likes and comments they receive or who give those to them. For the people like Bob who wish to filter the information in their Moments or do not care about the information at all, this new function suits them really well. Although lots of people value the like function and treat it as a critical part of using WeChat, more people give up worrying about social connections brought by the like function due to all kinds of reasons like pressures from work or saving spare time. In fact, the like function does not serve as crucial bridge between the WeChat users anymore, fading out of our sight as time goes by.

Which to quit? Another angel or the only job?

Women find themselves discriminated at workplace after the two-child policy.

By Zhanzhi Cao, Longqing Chen, Weijia Song and Tianhui Xu August 6, 2017

A slightest glimpse



"Pamela" Jin (pseudo name) plays with her 2-year-old daughter "Coco" at her home on the morning of June 21, 2017. The little girl cries at her mom's leaving home. Pamela decides to stay for a while before going to work.

However, she recently resigned from the Chunxi Investment Company that she dedicated most of her efforts to in the past four years.

Pamela has been seeking legal aid at Nanjing Women's Federation since she quitted her job in late June.

"Forced, actually," said the woman when asked about the reason why she had it quitted.

"Inequity is really driving me crazy."

She ascribed the inequity to the discrimination on women employees who have plans to give birth to babies.

"After two-child policy was carried out, it got even worse."

Any women at their fertile age, with one child or without, were suspected by their bosses to have greater possibility to get pregnant than ever.

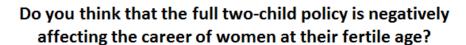
The People's Congress officially passed the legislation that allows all couples to have two children in October 2015. It is known as the two-child policy, which is carried out to mitigate aging problem. The problem gets more severe than ever, as the percentage of people whose age is above 60 years old has reached 13.26% according to the latest

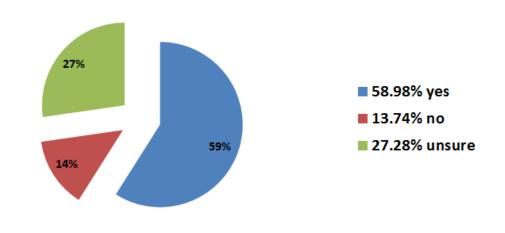
census held in 2010.

However, there were heated discussions by Internet users and deputies to the People's Congress pointing out that the policy is doing harm to women at workplace.

An online survey was conducted by Team 4 to collect people's experience and opinions on the following two issues: gender discrimination at their workplace, whether and how the two-child policy is related to gender discrimination.

The data of this survey responded by 997 people indicates that 58.98% of them think that the full two-child policy has a negative effect on the career of women at fertile age.





Source: www.sojump.com

When asked whether she plans to have a second child right after the policy was announced, Pamela nodded.

"I thought it would be great to have another baby. Coco loves the idea, too. But some of my colleagues were complaining about the critics from their supervisors when they mentioned a little bit about the baby plan. They got grumpy."

"It seemed that we just couldn't afford to have another baby under current working environment. It will be a big challenge for my job at my company," added she.

50.55% of the surveyed people considered the written claims prohibiting women from pregnancy as gender discrimination. However, Pamela mentioned that there were no written regulations like this. They are actually against the law.

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If companies fail to treat male and female workers equally or infringe any of the women's legal rights-dismiss female workers for the excuses of their marriage, pregnancy, maternity leave or nursing for instance, the labor administrative department in charge shall issue a warning, command a correction or impose a fine as the administrative disciplinary.

Article III, Chapter VIII of The Assurance Law of Women's Rights and Interest of PRC

As shown above, the law is too weak to punish all the illicit acts. There are totally 22,579,475 registered companies according to China's National Bureau of Statistics by the end of June 2015 that requires supervision. A giant blank area is left behind by simply mention "a warning, a correction or a fine".

Underlying discriminations can remain unknown to the public, even not against the law.

Pamela mentioned her unpleasant experience when she was pregnant with her first kid.

"For nearly two years, I was the only one in my department without any promotion no matter how hard I worked. I literally missed every opportunity according to my boss. Less performed female colleagues who promised the boss that they won't plan for a baby in recent years, were promoted to senior positions. Male coworkers get promotions regardless whether they have children or not."

Pamela is not alone. According to the survey, 28% of the female respondents experienced gender discrimination at workplace, another 70% responded that their positions were lowered or even eliminated during pregnancy, only 30% responded that their job opportunities remained uninfluenced or became better after the pregnancy.

"My family wants to have another baby. I talked to my supervisor about my plans for I thought that she would understand for she is also a working mom. But clearly it did not turn out as I expected."

According to Pamela, if she chose to continue with her job, her employer would pay the minimum salary during her maternity leave. But her position can't be guaranteed to rise upon ever after returning from the leave.

Pamela is stressed out this time.

In the end, the hard-working woman with four-year superior performance quitted her job in late June.

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"The minimum salary wouldn't help provide another child with a better living condition. Since one of the parents will spend most of the time looking after the babies, quitting my job is the best option," according to Pamela.

A deeper observation

Pamela's experience isn't unique according to Ying Ding, the functionary of the Departments for Women's Rights and Interest in Nanjing Women's Federation.

The department deals with complaints of gender discrimination at workplace by providing relatively inexpensive legal aids. It has the most comprehensive documents recording such kind of issues.

When asked whether and how the two-child policy affects female employees, she answered with worry, "Even before the two-child policy, women, especially expecting moms, are treated with discriminating practices."

She said that the federation hotline receives complaints specifically on employment discrimination related to two-child policy almost every day.

"For example, there is a woman working as a waitress in a restaurant, when her manager found out that she is expecting another baby, the manager told her that she was 'too tired to work as a waitress', and promised to assign her another position."

"But there is no suitable position for a heavily pregnant woman in the restaurant."

As the investigation went deeper, the journalists decided to interview employers to find out their concerns.

Zhan Li is a manager of a private-operated media company in Nanjing.

'There is only one out of the eleven employers is female who remains single and is unwilling to have a baby in the future,' said Zhan, 'Those young women who plan to have babies are never taken into consideration while we employ staffs.'

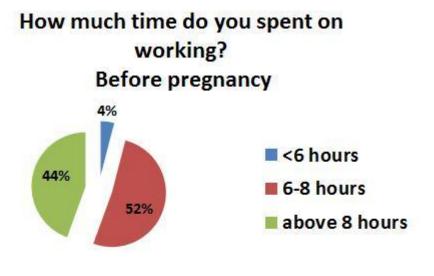
When questioned whether she is aware of the fact that the situation above reflects gender discrimination, Zhan told us her own concerns.

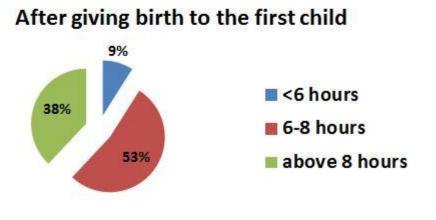
'We never want to encourage gender discrimination. Our company doesn't want miss some talented staffs among the female applicants in this way as well. Additionally, as a female myself, I am really willing to offer the young girls with the same working opportunities,' said Zhan.

'But as the manager, the benefit of the company should always come first. We, employers are afraid of losing productivity from working moms.'

So, what is the connection between having a baby and productivity?

According to the survey, after giving birth to the first child, only 38% of the surveyed two-child mother could afford to spend above 8 hours working, 53% of them from six to eight hours, and 9% of them below six hours, comparing with 45%, 51%, and 4% before pregnancy.





Source: www.sojump.com

'As a mother myself, I know so well about how much time will be taken from a woman's career when she is raising a child,' said Zhan.

'Taking myself as an example, I was not able to go on a long business trip during at least first 5 years I had my baby, at least not willing to. It was really hard for me to leave the baby at home and go on a business trip. I kept worrying about her all the time, ended up lower the efficiency for work,' she explained.

A faithful outlook

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The several cases we studied and the investigation results are hardly flattering to the public for the severe problems it reveals seem difficult to be solved. But there might be some approaches worth a shot.

Prolonging the maternity leave is nowadays an adapted solution, but it is definitely not an effective way to help women gain equal treatment during job hunting for the companies might even get more preserved when recruiting female applicants, and therefore worsen the situation.

Along with the two-child policy, Ms. Ding suggested that there should be more specific policies and regulations guaranteeing women's rights. Because the process of obtaining evidence is long and the cost of litigation afterwards is rather high, the regulations should focus more on rights safeguarding in advance. For instance, laws should prohibit companies from asking the applicants about their fertility plans.

The other possible solution is to establish a more comprehensive social security system, providing opportunity for women to go back to the work and face competitions equally with others. Here, Ms. Ding introduced a concept to us that people should get paid for house chores.

Coco is happy right now to have her mother home and is ready to welcome her baby sister.

Sharing Bicycles and Sharing world: Chinese's sharing economy

Wanglin opens the bicycle sharing app whose electronic map tells her there are five bikes parking downstairs. Soon, five bikes arranged neatly comes into view. Wanglin scans the QR code under the seat expertly, and receives the right to use the bike. She recalls when she was in her early age, China was called 'the bicycle kingdom'. At that time streets were full of bicycles. However, in her memory bicycles disappeared for a period of time on the street after the development of alternative transportation, but recently with the help bicycle sharing they reappear and spread rapidly.



Popular bicycle sharing service

Bicycle sharing service entered Chinese market at the end of 2016, and developed promptly during 2017. Now it was receives more and more attention. In the Chinese College entrance examination ended lately, it even chosen as one of the composition topics. Furthermore, bicycle sharing receives a public praise. According to the feedback of our research, 71% of interviewees enjoyed this service. The salaried use it as a way of transportation bring them bake and forth their home and working places, and the elite classes mainly use it as a kind of instrument for exercising. Except one fifty-year-old male who obstructed by the age, rest of people who haven't using this service are willing to accept this service in the future. Furthermore, all of the interviewees think bicycle sharing industry as a promising industry.

Why it is popular

When asked why bicycle sharing service is promising, people's ideas can be summarized by two words, convenience and economy.



To some extend, the resources are limited and people's wants are unlimited, when limited resources meet unlimited wants scarcity appears, and rational distribution is required to satisfy people's needs and wants. The process of sharing, reuses the idle resources in the society, therefore maximize the utilization of resources. The need for the bicycle is limited. When people buy a bicycle, the time they actually spend on them is little, for most of the time they are parked in the parking lot. When Wanglin was small, every family has an old-fashioned bike. Those bikes have two wheels with a diameter of twenty-eight inches,

and were exceedingly heavy and large. After the round trip between her home and school, the bike laid quietly in her living room. The room seems to be even more narrow after occupied by a huge bike, she even remove her desk to park the bicycle. 'things are changed now' she said. Instead of buying a bicycle, she choose to use the bicycle sharing service. One-hour using only cost her one Yuan, saving a lot of money form buying a bicycle and parking it. Now she only use bike only when she needs.

On the other hand, resource distribution is a heated topic that has always been problematic. Bicycle sharing is not the only method developed to cope with this issue. But what made it stand out from the crowd? The Chinese public bicycle service contracted by the private was the predecessor of the bicycle sharing and before that a

same service was also ran by the government. Dated back to 2007, Chinese government has already concerned about the increasing traffic congestion and environment problems along with the development of economy. Therefore, in August 2007, it began to push the public bicycle service started form Beijing. The service required citizens using IC cards to rent the bikes form fixed stations, and after using it return it bake to the same places. However, the result was pessimistic. The government generalized this service to more than one hundred cities in China, but there were less than ten cities who achieve breakeven. What is the problem of



the public bicycle service lead by the government? The main reason is that it was hard to make profit. Establishing each station has cost 3000 to 10000 Yuan, and the settled stations restrict the number of consumers making it difficult to obtain income. In addition, the lack of preservation technology, lack of manage standard, and government focus on political accomplishment but not making profit also speed up the failure of government public bicycle service. Later on, this service began to be contracted by the private company, in the year of 2010 Yongan company was established. Up to 2016, it has over one hundred branch offices all over China. However, it's also restricted by the immobilized station. Take Wanglin as an example, there is only one public bicycle station in the Chengdu Jinniu district, twenty-minutes walk from where she lives. Wanglin said she never used this service since it not only required her to find a parking lot herself, but also cost her forty minutes walk per day to get a bike and returns it back.

Realizing the disadvantage of station, people began to explore new way to abandon the restrict, therefore, bicycle sharing appears. The disappearance of station reduces the cost promptly. Among the main bicycle sharing brands, the most highest cost for each bike is 3000 Yuan which is soon reduced to 500 Yuan, and the lowest

cost for each bike is only 200 Yuan. Furthermore, the flexible parking places increase the potential number of consumers. All those factors make sharing bicycle a more promising industry.

What needs improvement

As a new industry, bicycle sharing has appeared only half a year, there is also many aspects need improvement. The interviewee's anxiety can be summarized as follows. First, parking places needing more arrangement to solve the disorderly parking, and eliminate the resultant safety hazard. Second, seasonable repair is needed. The APP can provide reward for the report of error. Third, computing platform should be unified. Forth, for some particular places, more bikes are required.

Seeing the bigger picture

Begin with sharing bicycle, various type of sharing economy has became a trend. According to the <u>2016 Chinese Economy Development Report</u> published by the China e-Business Research Center, Chinese sharing economy market has reached 394.5 million RMB at a growth rate of 76.4%. it has been predicted that, Chinese sharing economy will keep a growth rate of 40%, and occupy more than 10% of the total GDP of China in 2020.

The research also shows public enthusiasm to the sharing economy, 70% of interviewers give their own perspective to the type of sharing objects they what, ranging from bookstore to credit card.

Why sharing economy develops so quickly in China? Except public enthusiasm, researchers in Renmin University of China, Zhangjingwe believes that this new type of economy relies on the information era and Chinese internet economy. 'in the era of

big data, China has world's largest population of netizen, also has the support of policy. The development and popularization of e-commerce and mobile payment push new type of economy intervenes citizen's life deeply. And what is more, sharing economy has already formed the myth of business and the legend of wealth, provided a positive model for the public startup.