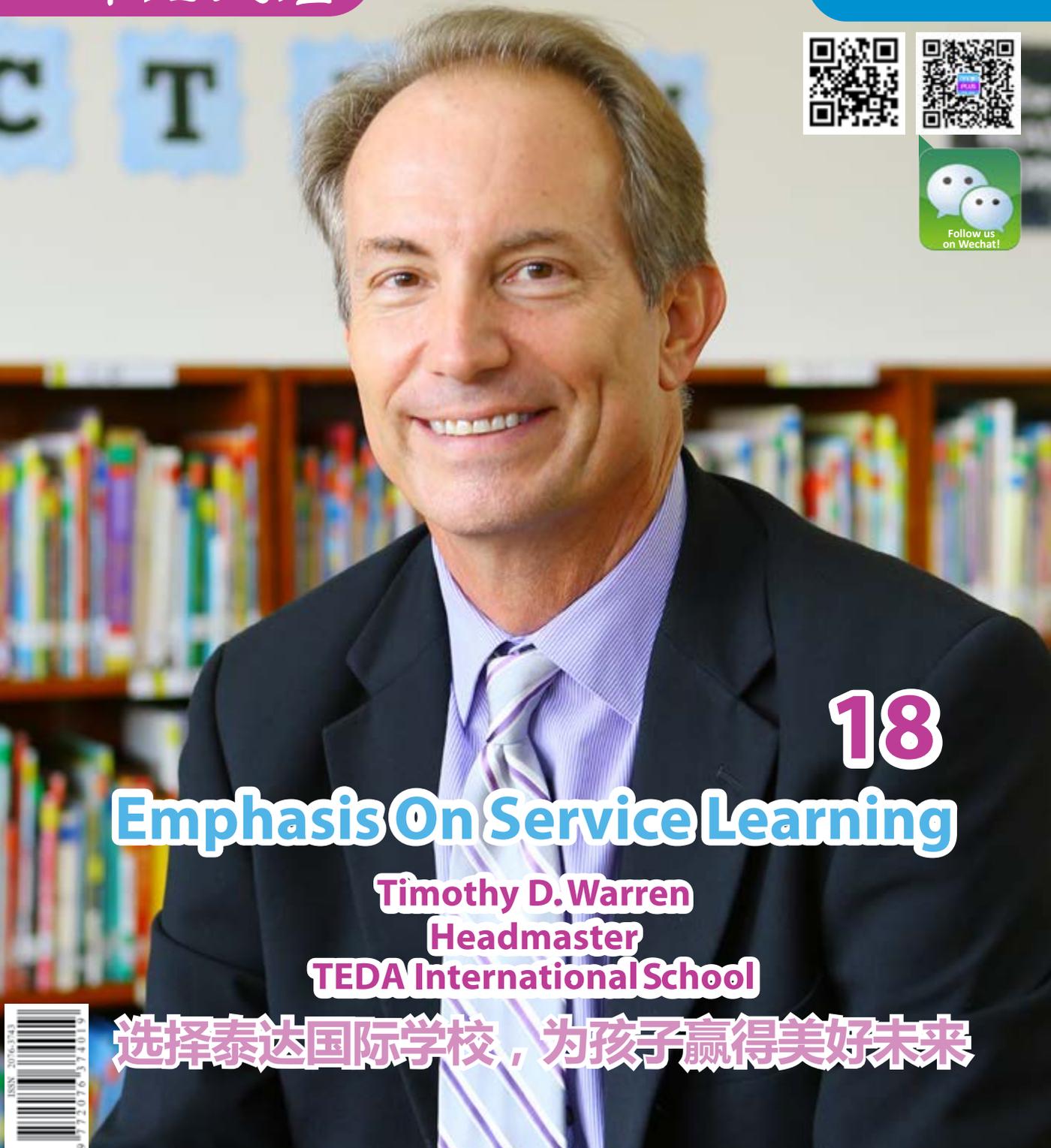


# TIANJIN PLUS

津品生活

2017.09



18

## Emphasis On Service Learning

**Timothy D. Warren**  
**Headmaster**  
**TEDA International School**

选择泰达国际学校，为孩子赢得美好未来





Teda International School is proud to hold dual accreditation by the Western Association of Schools and Colleges (WASC) and the Council of International Schools (CIS), member of East Asia Regional Council of Overseas Schools (EARCOS) and the Association of Chinese and Mongolian International Schools (ACAMIS)

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IST is... fully accredited by the Western Association of Schools and Colleges (WASC)  
IST is... a full member of the following China and Asia wide international school associations:  
ACAMIS, ISAC, ISCOT, EARCOS and ACMIBS

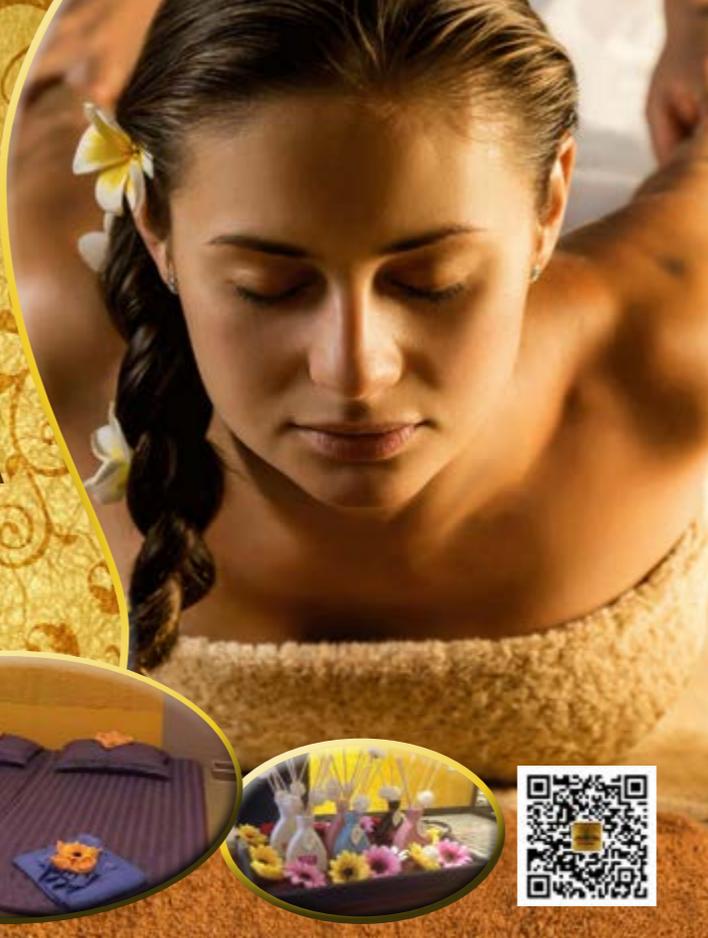


# THAI MASSAGE

## 泰享阁足道会馆

Aocheng Plaza Tianxi 22-23/132,  
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纯正泰人泰式按摩&SPA  
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RENAISSANCE  
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买二送一!



\*The promotion only available when you come to our store.

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Address: Room 107, Buliding A2,  
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Tel / 电话: +86 22 2374 1921

### LE CROBAG - Teda Store

Address: Room 105, Buliding C1, MSD.NO.79  
The 1<sup>st</sup> Street, TEDA, Tianjin  
地址: 第一大街79号MSD, C1-105室  
Tel / 电话: +86 22 5990 1619



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+86 22 2330 0113  
nasca\_linien@hotmail.com



See calendar page for Art & Cultural activities 更多文化交流活动见日历展页

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Hi friends,

For the term 2017-2018, TEDA International School (TIS) has a new headmaster who is in charge of making good character, communication, creativity, critical thinking - all pillars of the TIS educational system - flourish. *Tianjin Plus* has the great opportunity to have an insightful chat with **Timothy D. Warren**. He has been working in the educational system for almost two decades and has traveled the world focusing on international school leadership and creating the right academic medium where both teachers and students engage, bond and evolve.

National Games is changing for few days the face of Tianjin and people are coming to visit the city, participating and enjoying this unique event. We wish all the players, volunteers, visitors and local people a successful and entertaining time. It will end on September 8<sup>th</sup> but the spirit of the games will last forever in our hearts.

Now the education term starts, our expert provide some advice to cultivate healthy habits for a successful school year. This issue comes with many interesting articles. You can get tips to improve the air quality in your house, how to introduce greenery into your looks, how to tone your body with yoga, what nutrition habits you should avoid forever, know the keyless future, how to have a productive meeting and where to go to see acrobatics in Beijing.

You should not miss our travel articles to get ideas for your vacations and unique escapes. Visiting Australia for its Great Barrier Reef can simply make a big difference, but if trekking is what you want then Minya Konka with 7,556 meters, the highest peak in Sichuan and one of the highest in China, has something to offer that you cannot compare to other trekking destinations in the world.

Visit our website [www.tianjinplus.com](http://www.tianjinplus.com) and follow us on our official Wechat account (ID: **tianjin\_plus**) for more great articles and information.

Best wishes,  
Sandy Moore

Managing Editor | Tianjin Plus Magazine  
managingeditor@tianjinplus.com

9月入季学正在进行中，有孩子的家长一定非常关注择校和教育问题。泰达国际学校今年迎来了新校长沃伦先生，有着近20年国内外教育业工作背景的他将带领学校与老师们一起为更优质的教学水平和教育环境继续努力。家长该怎么才能帮助孩子顺利度过学习难关和重重考验？打开本期教育栏目发现更多哦。热爱远行的你不要错过本期的旅行栏目，澳大利亚美丽的大堡礁和四川神圣的贡嘎山在等你探索。9月初，全运会的各项比赛正在天津的大小场馆内如火如荼地举行。我们在此也预祝各位参赛选手勇创佳绩，祝愿观众和游客在天津度过欢乐的时光！如想获取更多精彩内容，欢迎关注我们的网站[www.tianjinplus.com](http://www.tianjinplus.com)和公众微信号**tianjin\_plus**，更多有趣资讯在这里等着你！



## Dong Sir is the Best Traditional Chinese Hotpot

### 来懂事兒，吃火锅

No. 270, Binjiang Road  
天津市和平区滨江道270号  
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+86 22 2331 9777









## 冈冈月餅

ganggangmooncake

### 中秋快樂

RMB228/box  
8 pieces \*45g  
Different Flavor









**【味道介绍】**  
今年的月饼混搭中国日本风。外皮采用白豆沙，为日本传统点心「桃山」。馅是冈冈精致的各种特色馅料。里外的纯手工制作，更加的健康自然，从孩子到大人尽享欢乐美味，一家人其乐融融。如果您不是很喜欢传统的普通月饼，那么今年的冈冈月饼推荐给您，好吃新颖。

**Venue:** Gang Gang Bakery, Olympic Tower.  
No. 104 Chengdu Road. Heping District, Tianjin.  
**Website:** [www.gang-gang.cn](http://www.gang-gang.cn)  
\* 5 days for Store at regular temperature,  
14 days for Refrigerate.  
No preservatives and additives

**We also provide Wine Set this year! Mailing service also available!**  
**Order Period:** 1 September - 4 October, 2017  
**Sale Period:** 8 September - 7 October, 2017  
For more information and reservation please contact  
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or send email to [delivery@gangxgang.com](mailto:delivery@gangxgang.com)





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**Frankenstein**  
《弗兰肯斯坦》高清放映

2 Sat

**Time:** 15:00  
**Venue:** Multifunctional Hall  
Tianjin Grand Theatre  
天津大剧院多功能厅  
**Price:** 120  
**Tel:** + 86 22 8388 2000



**Red Sorghum**  
评剧版《红高粱》

2-3 Sat Sun

**Time:** 19:30  
**Venue:** Opera House, Tianjin  
Grand Theatre 天津大剧院歌剧厅  
**Price:** 80 - 400  
**Tel:** + 86 22 8388 2000



**Piano Duo Ani & Nia Sulkhanishvili**  
格鲁吉亚姐妹花双钢琴组合音乐会

8 Fri

**Time:** 19:30/19:00  
**Venue:** Music Hall,  
Tianjin Grand Theatre  
天津大剧院音乐厅  
**Price:** 50 - 280  
**Tel:** + 86 22 8388 2000



**Tianjin's 3th Annual Joint Chamber Golf Tournament**

16 Sat

**Time:** 9:30 - 20:30  
**Venue:** Renaissance Tianjin  
Lakeview Hotel  
万丽天津宾馆  
**Language:** English  
**Tel:** + 86 22 2318 5072



**Cantus Volca Ensemble Concert**  
美国圣歌旋律阿卡贝拉合唱团民谣

17 Sun

**Time:** 19:30  
**Venue:** Music Hall,  
Tianjin Grand Theatre  
天津大剧院音乐厅  
**Price:** 80 - 380  
**Tel:** + 86 22 8388 2000



**Rosencrantz & Guildenstern are Dead**  
《罗森格兰兹与吉尔登斯吞死了》

17 Sun

**Time:** 19:30  
**Venue:** Music Hall,  
Tianjin Grand Theatre  
天津大剧院音乐厅  
**Price:** 80 - 380  
**Tel:** + 86 22 8388 2000

9 Sat

**Time:** 19:30  
**Venue:** Music Hall,  
Tianjin Grand Theatre  
天津大剧院音乐厅  
**Price:** 80 - 280  
**Tel:** + 86 22 8388 2000

**Alexander Yakovlev Piano Recital**  
亚历山大·雅科夫列夫独奏音乐会

8-10 Fri Sun

**Time:** 19:30/15:00  
**Venue:** Multifunctional  
Hall, Tianjin Grand Theatre  
天津大剧院多功能厅  
**Price:** 50 - 120  
**Tel:** + 86 22 8388 2000

**Mask Drama: PAPA**  
香港绿叶剧团面具剧《爸爸》

16 Sat

**Time:** 15:00  
**Venue:** Multifunctional Hall,  
Tianjin Grand Theatre  
天津大剧院多功能厅  
**Price:** 120  
**Tel:** + 86 22 8388 2000

**Amadeus**  
《莫扎特传》高清放映

20 Wed

**Time:** 19:30  
**Venue:** Music Hall,  
Tianjin Grand Theatre  
天津大剧院音乐厅  
**Price:** 80 - 280  
**Tel:** + 86 22 8388 2000

**Italy String quartet Concert**  
意大利努斯弦乐四重奏音乐会

27 Wed

**Time:** 19:00 - 22:00  
**Venue:** Bavaria Beer Keller  
(Italian Town)  
巴伐利亚德餐啤酒坊(意风街)  
**Price:** Pay 'a la carte'.  
**Tel:** + 86 22 8787 9249

**Kammerstammtisch Tianjin**

28 Thu

**Time:** 19:30  
**Venue:** Music Hall,  
Tianjin Grand Theatre  
天津大剧院音乐厅  
**Price:** 120 - 680  
**Tel:** + 86 22 8388 2000

**Italy String quartet Concert**  
维也纳童声合唱团音乐会

21 Thu



**International University Fair @ Wellington College International Tianjin**

**Date:** Thursday, September 21, 2017  
**Time:** 2:00pm - 6:00pm  
**Location:** Sports Center, Wellington College International Tianjin  
For further information about being an exhibitor or attending the event:  
Email: [events.tianjin@wellingtoncollege.cn](mailto:events.tianjin@wellingtoncollege.cn) Tel: +86 22 8758 7199

**Introduction:** Organised by Wellington College International Tianjin, the 4<sup>th</sup> International University Fair will welcome universities and higher education institutions from around the world. This event is free to attend for both exhibitors and the general public, providing an excellent platform for the Tianjin-based local and international community to consult Admissions Officers and China-based representatives of global universities and higher education institutions.

## SEPTEMBER 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

9月份除了大家熟知的教师节外，还有不少有趣的值得参加的节日。喜爱旅游的小伙伴不要错过上海黄浦旅游节。这个旅游节始于1990年，是融购物、游乐和美食于一体的大型节庆活动，在海内外游客中已有一定影响。在节日期间，游客不仅可在南京路购到称心如意，价廉物美的商品，还可观赏外滩万国建筑雄姿及浦江美景，尝遍沿街的云南路美食。

如果您对丝织品有兴趣，那么苏州国际丝绸旅游节绝对不容错过。苏州是著名的“丝府”，我国丝绸生产的重要产区之一。除了丝绸服装展销、经贸洽谈会等商务活动外，你还可以加入到虎丘庙会、天平红枫艺术节等充满地方民俗文化韵味的系列节庆活动中。

喜爱亲近自然的朋友不妨去中国湖南张家界国际森林保护节。该节日首创于1991年，以“地球呼唤绿色、人类渴望森林”为主题，这是全国首个也是目前国内唯一以森林保护为主题的节会活动，成为我国十大自然生态类节庆活动品牌。



### Teachers Day

Teachers Day is the celebration in the whole China, dedicated to the teachers and educators. The Chinese started to celebrate this day from the period of Middle Ages. The teachers are especially honoured while they care for the children and education of the people for rest of their lives.



### Suzhou Silk Tourist Festival

Suzhou Silk Tourist Festival is organized each year in the China's touristic city Suzhou. The festival lasts five days and includes many features which attract the attention of millions of tourists worldwide. Suzhou is historical place in China, well-known for the classical style as well as for the ancient sites. Moreover, Suzhou is the city of the silk and the place where the silk connects with the tourism and commerce.



### Shanghai Huangpu Tourism Festival

One of the most popular festivals in Shanghai takes place in September and last 5 days. We refer to Shanghai Huangpu festival which starts every year on Saturday and includes many different activities. During the five days of the magnificent show, there are a lot of performances such as leisure, sport, entertainment, food and tourism activities. The number of visitors is estimated to 38 million each year.

**Mooncake Gift Box  
@ The St. Regis Tianjin**

This Mid-Autumn Festival, indulge in the enticing array of mooncakes from The St. Regis Tianjin, as it pays tribute to this traditional festival with different signature boxes - Rui Yue and Ji Yue Mooncake Boxes. Whether to enjoy with family while moon-gazing, or gifting to friends and business associates, the well-loved favorites will always be a joy to savor.

\* Image shown here is indicative only. Actual product you receive may differ.

**Price:** Rui Yue Mooncake Gift Box Price: RMB398

Ji Yue Mooncake Gift Box Price: RMB268

**Venue:** The St. Regis Tianjin

For more information and reservation, please call +86 22 5830 9959



**Mid-Autumn Celebration  
@ Shangri-La Hotel, Tianjin**

In celebration of the Mid-Autumn Festival, Shangri-La Hotel, Tianjin presents deluxe mooncake collections, the perfect gift for your business partners, family and friends!



**Price:** Elegance Box: Eight pieces, RMB228 net per box

Royal Box: Ten pieces, RMB288 net per box

Disney Box: Four pieces, RMB198 net per box

**Date:** From now until 4<sup>th</sup>, October, 2017

**Pick Time:** 10:00-19:00 Daily

**Venue:** Shang Palace Restaurant, Shangri-La Hotel, Tianjin

For more information or to make a reservation, please call +86 22 8418 8111 or email [fbreservation.sljt@shangri-la.com](mailto:fbreservation.sljt@shangri-la.com)

**Strawberry Afternoon Tea**

**@ The Astor Hotel, a Luxury Collection Hotel, Tianjin**

Relax and savour a splendid Strawberry Afternoon Tea at the historic and classy surroundings of our Victorian Lounge.

**Price:** RMB301 net / 2 persons

**Time:** 14:30 - 17:00

**Date:** 1<sup>st</sup> - 30<sup>th</sup>, September

**Venue:** Victorian Lounge,

1F, The Astor Hotel, a Luxury Collection Hotel, Tianjin

For more information or reservations, please call

+86 22 5852 6888 ext. 8909



**Outdoor Beer Garden**

**@ Banyan Tree Tianjin Riverside**



**Price:** • Selected A La Carte Menu start from RMB68

• Buffet Dinner at RMB278 per person, is included one glass of imported beer. (Special rate at RMB178 per person of in house guests and members)

• Set Menu at RMB278 per set, including 6 bottles of Paulaner Beer and snacks. (Special rate at RMB228 per person of in house guests and members)

• Buy 5 imported beers get 1 free after 21:00

• Advance purchase enjoy special offers for Buffet Dinner and Beer Ste

Munu: buy 5 get 1 free, buy 10 get 2 free.

**Date & Time:** From now to 17<sup>th</sup>, Sep, 2017, 19:00-23:00, every Friday to Sunday,

**Venue:** River Café at First Floor and outdoor, Banyan Tree Tianjin Riverside

For more information and reservation please call: +86 22 5861 9999

**Theme Nights**

**@ The Ritz-Carlton, Tianjin**

**HAPPY HOURS**, 5pm to 12 midnight every Sundays to Tuesdays — FLAIR invites you for a relaxing Happy Hour session. When you purchase a glass of any selected spirits, get one complimentary extra glass; when you purchase a whole bottle of any selected spirits, you can enjoy 15% savings.

**GENTLEMEN'S NIGHT**, 5pm to 12 midnight every Wednesdays — Gentlemen can buy one bottle of malt whiskey and get a complimentary glass of malt whiskey.

**LADIES' NIGHT**, 5pm to 12 midnight every Thursdays — Ladies can enjoy themed cocktails at RMB55+\* per glass.

**Date:** 1<sup>st</sup> - 30<sup>th</sup>, September

**Venue:** 1<sup>st</sup> Level, FLAIR Bar and Restaurant of The Ritz-Carlton, Tianjin

For more information or to make a reservation, please call: +86 22 5857 8888

Above rates are subject to 15% service charge.



**7<sup>th</sup> Anniversary**

**@ Renaissance Tianjin Lakeview Hotel**



**Price:** • New Dynasty: "Steamed scallop with minced garlic and glass noodles" RMB7/piece (limited supply, 1 piece per person); selected Chinese liquor 30% off.

• The Lounge: selected wine RMB70/bottle.

• Enjoy 30% food discount at Fire House and BLD.

• Upgrade Deluxe Room to Lakeview Room just in extra RMB 7! (Book on 10 September 2017 and stay window from 10 to 17 September 2017; booking channel on Marriott.com only.)

**Venue:** Renaissance Tianjin Lakeview Hotel

\*Above offers only available from 4 to 10 September 2017. Limited seats and other T&C applied.

For more information and reservation please contact hotel via: +86 22 5822 3388

**Savor "First in the World" Clay Aging Cocktails**

**@ Four Seasons Hotel Tianjin**

Gusto Bar of Four Seasons Hotel Tianjin features special handcrafted cocktails and selected fine whiskies and bourbons. The most attractive drinking offer is the "First in the World" Clay Aging cocktail programme. One of the signature clay-aged cocktails is named "Kiss of the Dowager," which contains dark rum, dry vermouth, Bénédictine and absinthe, and aged in customized clays for 50 days.



**Price:** Clay Aging cocktail: RMB80+15%. Guests can also enjoy captivating live performances that presented by the pop & jazz band "Iris Duo" at Gusto Bar every night except Mondays.

**Time:** 6:00pm to 2:00am, Daily.

For enquiry or reservation, kindly contact +86 22 2716 6264 / 6688

**East & West Fusion buffet dinner**

**@ Radisson Tianjin**

Meet at the Radisson Tianjin for an extravagant buffet dinner featuring food such as hot pot, seafood, Japanese sushi & sashimi, smoked salmon, live cooking stations, succulent desserts to name a few and much more!



**Price:** RMB 218\* per person

\*Subject to 15% service charge.

**Time:** Daily 6:00 to 9:00 pm

**Venue:** 1F, Café@66, Radisson Tianjin,

66 Xinkai Road, Hedong District, Tianjin 300011, China.

For more information or reservations, please call

+ 86 22 2457 8888 ext. 3635

# The philosophy of Wind and Water

By Nadia N.

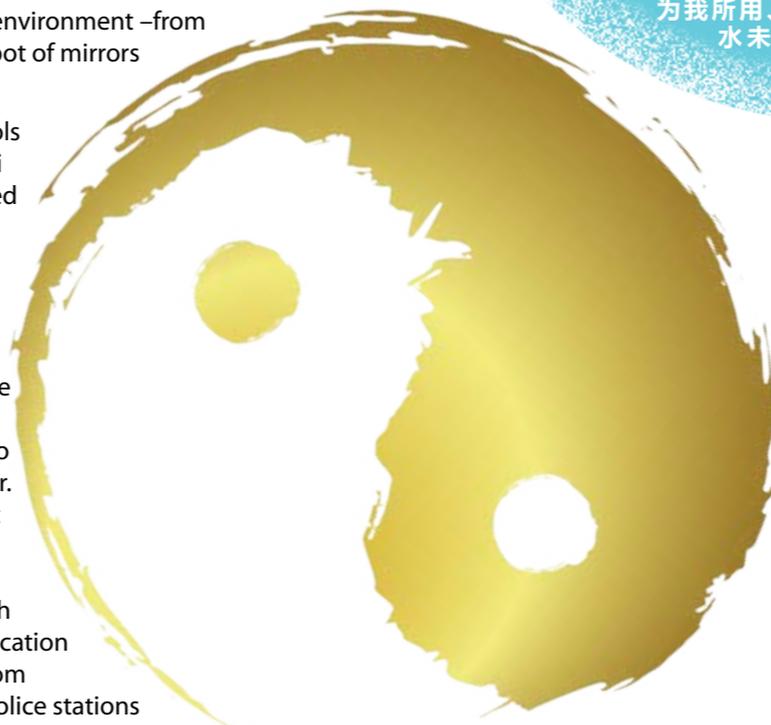
Fengshui is a really old tradition that has evolved through the eons. It started no earlier than in the Zhou Dynasty (1046-256 BC). During that time people were using the knowledge from observing soil and tasting water in order to investigate the ideal base. As the time passed, during the Han Dynasty (202 BC- 220 AD), basic theories of Fengshui were formed based on observing nature and geographical features. And by the time the Song Dynasty (960-1279 AD) came to power, Fengshui was as widely used by common people as by Chinese military and architects.

In China, a country with a very long history, tradition and customs are still followed ardently and treasured. Chinese traditional medicine, horoscope, folk beliefs and superstitions - it seems that everything has a different perspective and angle in China. In addition, there might be a reason for everything to be on the very places it actually is - Fengshui, the Chinese philosophy of harmony between nature and people, for centuries has dictated to Chinese people the way to organize their environment -from location of Chinese cities to the spot of mirrors in houses.

Fengshui developed 2 main schools for its rich and long history. Xinshi school of Fengshui and it is focused on investigating and studying mountains, soil and water around the site. This method was used for centuries while choosing the perfect spot for the new house. According to the Xinshi School, the perfect location for the new build is at the mountain foot, exposed to the sun and facing the lake or river. Indeed, everyone would feel great in such a spot!

However, how does the house with good Fengshui look like? Firstly, location of the building should be away from government buildings, temples, police stations and hospitals. All in all, concentration of energy can be good (temples) or not that good (hospitals) or maybe harmful and accordingly can have heavy consequences for members of family. The house inside should be airy, bright and spacious. Moreover, there are several crucial aspects that you are better off knowing when choosing/ decorating your place:

在数千年的文明历程中，中国古人对于理想生存环境的追求，成就了风水学。它是传统五术之一相术中的相地之术，即临场校察地理的方法，也叫地相，在中国古代称堪舆术。“风水”最早见于晋代郭璞所著的《葬书》：“气，乘风则散，界水则止；古人聚之使不散，行之使有止，故谓之风水”，这是有关风水的最早的定义。风水最基本的目标，就在于人与居住环境的统一和谐。风水把人看做是大自然的一部分，认为人与自然处于同一个有机整体；因此，人类的各类居所要与自然环境协调一致，风水学据此理论选择宫殿、村落选址、墓地建设。这种大地有机自然观，既是风水思想的核心，也是东方传统哲学的精华。汉代时，人们已将阴阳、五行、太极、八卦等互相配合，形成了中国独有的对宇宙总体框架认识的理论体系。这个框架是风水学的理论基石，对风水的应用与发展具有特别重要的意义，它使风水由以前人们只是用于卜宅、相宅的机械活动，升华到理论阶段。到了宋朝，风水在选址等方面的用途才大大彰显。在明清两朝，风水发展到了极点，风水活动遍及民间及至皇室。明朝开元时的刘伯温就是一位风水大师，他对风水学也有很大的影响。纵观历史，中国各朝各代几乎所有的皇宫选址、帝王陵寝等都有着风水的参与和痕迹。现如今，我们也不能说风水学完全没有科学道理。在今天，也有不少人说南京在历经浩劫后依然蓬勃发展，与其良好的风水很有关系。民间也在选宅、居室物品摆放等方面颇有讲究。结合风水为我所用、为人民造福大概是风水未来的发展之路。



Bedroom should be bright and painted in soft colors. It is not a good idea to decorate the bedroom with Buddha paintings, sword or knife sculptures or symbols. The bed should point in the south-east direction.



Living room should be bright and spacious (not overloaded with furniture). It is a good idea to avoid beams and sharp corners or fill them in with a cabinet, fish tank or a plant.





# Tips to Improve the AIR QUALITY in Your House

生活在华北地区的我们对于空气污染可以说是了解颇深。每年秋冬季的各种爆表指数让我们待在室内的时间急剧增加。但是屋子里的空气真的就比户外空气干净吗？其实并不见得。根据2014年世界卫生组织的调查显示，接触室内空气污染会使儿童罹患肺炎的风险增加几乎一倍。在死于急性下呼吸道感染的五岁以下儿童中，一半以上是因家用固体燃料造成的室内空气污染而吸入颗粒物所导致的。一些条件不乐观的家庭燃烧煤炭等物质造成的室内空气污染正在人们无法察觉的空气中蔓延，而城市生活中的人也面临着家具、装饰材料析出的有害物质的侵害。如何才能降低室内空气污染指数，是我们每个人都需要了解的。

第一要掐断的是香烟对空气的污染。吸烟和被动吸二手烟对人体健康造成的危害相信大家都有所了解，在室内这个相对封闭的环境下绝不吸烟可以大大降低空气的污染程度，还大家一个干净的宜居环境。在杜绝污染源头的同时，为室内添加一些绿植也是不错的选择。不少绿色植物在放出氧气的同时，还可以吸收大量空气中的有害物质，净化室内环境。当然种植时也要注意防止蚊虫在植物中滋生，避免带来其他困扰。

细小的纤尘也是空气污染的主要原因之一。按时清洁室内家具、地板，可以还你一个高质量空气的室内环境！看看家中，哪里的空气最堪忧呢？大概是厨房。这里经常飘荡着油烟，即使我们有抽油烟机，也需要定期去查看清理，确保烟道通畅。

最后，大家或许还记得柴静关于空气质量的调查纪录片《穹顶之下》。这部纪录片中显示夜晚的PM2.5的指数竟然比白天还要高出很多。所以大家在夜晚睡觉时请谨记关闭门窗，不要给污染物以可乘之机。呼吸，每一口都重要。还自己和家人一个健康的呼吸环境，从提升室内空气质量开始。

We know for a fact that the quality of air we breathe is degrading. Mostly, people think that indoor air is better as compared to outdoor air because basically, we do not have tons of cars inside our homes, right? Sadly, this may not be always true. Yes, thousands of pollutants are present outside but there are studies that show that indoor air has higher concentration of gases than outdoor air mainly because of inadequate ventilation and humidity.

## BASIC APARTMENT HACKS TO MAKE YOUR INDOOR AIR QUALITY BETTER

### ENCOURAGE SMOKERS TO LIGHT UP OUTSIDE

Unconsciously for smokers, the smell of cigarette fumes sticks to their shirts, cushions and even the furniture. As all residential houses are designed with an open spaced area, be it balcony or terraces, why not encourage them to utilize the place and light up outside? This way they get to enjoy their cigarette without making non-smokers uncomfortable. Encourage them to utilize the place.



### TENDER A PLANT

There are studies that show plants take in harmful chemicals suspended in the air. In return, they give us oxygen relevant to our breathing. Aren't they noble? Put them at the center of the table or right beside your favorite arm chair. Now visit your nearest botanical gardens and shop for some air purifier plants!



### KEEP HOUSE CLEAN & TIDY

Well, this is obvious. You would want to keep your house clean. Do you think the air inside your home is of top quality if you forgot to take your garbage out for a week? Keep your dangerous household chemicals properly labelled in your stock room. This would make your home free from any untoward incident if you have small children living with you.



### REDECORATE YOUR HOME

Although it may not be practical for some, this idea is one good investment. Choose hard floor instead of carpets. Carpets, if not cleaned or vacuumed regularly would be a breeding ground for dust mites. You may opt for blinds instead of satin or silk curtains. For those who would want to keep their curtains, it is better to wash them regularly.



### USE AIR PURIFIER

Air purifiers remove common indoor allergens in the air like dusts, mould and odour. As a general rule, always put your air purifier where you spend most of your time at home, whether it is on the living room or your own room. The second-best place is to put it near the source of air pollutants. Obviously, that is the kitchen, because, ahm, do I really have to explain it?



### MAKE SURE THE VENT FOR COOKING FUNCTIONS WELL

Of course, or else you will be loading your air purifier with tons of works to do! Why would you pollute the air you just made clean? Check whether your vent is functioning well before you hit the wok. If not, better open your window for ventilation, turn on the fan and allow the air to circulate freely in and out. Sometimes, it is good to replace your indoor air with the natural existing one that is the outdoor air.



### KEEP THE WINDOWS CLOSED ESPECIALLY AT NIGHT

Apparently, air pollution is worse at night and early morning. Although it is teasing to just leave the windows open while you slowly fall asleep, this isn't fun at all. Senselessly and slowly, you are inhaling particles that are bad for your body. So better close the window and enjoy a healthier life.

This may not state all the things you should do to improve the air quality in your house but it should give you tips. Better is he who knows a simple hack than he who knows nothing at all.





# Emphasis On Service Learning

Timothy D. Warren  
Headmaster  
TEDA International School

当问及滨海新区的哪所学校综合教育质量最优，你一定会听到“泰达国际学校”这个名字。该校于1995年由天津经济技术开发区管委会创立，获得了“美国西部各州高校协会（WASC）”和“国际学校委员会（CIS）”的双重认证，为居住在天津和滨海新区的适龄儿童与青少年提供世界一流的学校教育。

2017-2018 学年度，泰达国际学校迎来了新任校长蒂莫西·沃伦（Timothy D. Warren）先生。沃伦先生已投身教育事业近20年，他曾在美国、哥伦比亚、摩洛哥和广州的学校工作，有着丰富的国内外工作经验，并且专注于国际学校教育与建设。谈及泰达国际学校，沃伦先生表示这里不同于许多其他学校的高教师流动率，泰达国际学校已经形成了稳定的学校社区，师资力量雄厚，综合表现优秀。此外，他对自己的团队赞誉有加：“我校全体教职员始终热忱工作，孜孜奉献，从而使新员工入职时均感宾至如归。”面对家长，校方通过各项活动及多种渠道，加强家校互动，增进彼此了解，听取家长的意见与建议。面对学生，校方强调“志愿服务型学习”，引导学生自主学习，培养其批判性思考能力，进而形成具有包容性的世界观。

沃伦先生对泰达国际学校有着很高的期待。在未来的工作中，他计划加强与自己团队的合作，为认证审查做准备；同时大力开展学校品牌建设和推广，将泰达国际学校打造成为在滨海新区生活的外籍人士为子女择校时的首选。

泰达国际学校现有在校生（从幼教学院两岁班至高中十二年级）300余人，均采用小班制，全英文授课。完善的课程体系是该校的优势之一：幼教学院采用 HighScope 课程项目，使学生在整洁安全、富有启发性的环境中发展其社交、情感、肢体和思维方面的能力。小学至高中遵循美国 AERO 课程标准，各年级、各学科的教学语言均为英语。高中涵盖九到十二年级的核心课程与美国高中无缝接轨。其开设的多门大学先修（AP）课程，让学生有机会在高中阶段学习大学水平的课程并考取相应的学分，从而节省大学学费。专业的高校报考指导团队帮助历届毕业生申请到理想中的大学，其中不乏世界顶尖高校。该校丰富的运动项目和课外活动旨在培养学生的学习能力、领导能力、性格品质以及服务他人的意识，使其成为世界公民。

该校的配套设施十分完善，校园内有五座现代化的不受气候影响的校舍及图书馆、小剧场、体育馆、多功能科学实验室、STEM 教学实验区、ESOL 教室、机房、琴房、音乐厅，各教室均配备交互式电子白板。塑胶操场上有一个游戏场、一个足球场和300米的标准跑道。此外，学校餐厅可提供美味的中、西式自助餐，从市区驱车至泰达国际学校也仅需50分钟。

选择泰达，给孩子一个美好的未来。

**T**EDA International School (TIS) is a highly praised academic name in Tianjin's foreign community area. TIS has staked its reputation on providing academic excellence by offering outstanding early childhood, primary and secondary educational programs including a wide range of Advanced Placement (AP) offerings.

TIS is a government-owned, nonprofit, nonsectarian, coeducational day school founded in 1995. Its aim is to provide an outstanding Nursery to the 12 grade educational program for students of all nationalities residing in the Tianjin Economic Development Area (TEDA). TIS is accredited by the Western Association of Schools and Colleges (WASC) and the Council of International Schools (CIS). The school community includes members of foreign and local businesses as well as local government.

For the term 2017-2018, TIS has a new headmaster who is in charge of making good character, communication, creativity, critical thinking - all pillars of the TIS educational system - flourish. **Timothy D. Warren** has been working in U.S. and international education for almost two decades. He has traveled the world and has worked in China before, focusing on international school leadership and creating the right academic medium where both teachers and students engage, bond and evolve.



**You have worked in several countries with different cultures and traditions. How will this experience help you lead TEDA International School?**

Originally from the U.S., I have had the good fortune to live and work in a variety of settings. My first appointment was in the heart of Bogotá, Colombia. From there I transitioned to a school in Casablanca, Morocco, where I oversaw both middle and high school programs. Recently I was in Guangzhou, China. Each of these diverse experiences has given me a strong foundation in cultural differences and expectations.

**What can you tell us about your professional journey?**

I have learned that many things are the same in schools around the world. Students want to



be encouraged by supportive teachers in an emotionally-safe learning environment. Parents want their children to be challenged, but cared about and treated as individuals. And teachers want administrative and parent support, suitable classroom space and adequate time and resources to provide the best possible learning experiences for their students.

**Is it hard relocating? How do you feel so far in TEDA, Tianjin?**

The teachers and staff at TIS have been very welcoming and supportive and have put a lot of effort into helping all our new staff feel at home. After a year living in the bustling metropolis of Guangzhou, TEDA feels very relaxing and tranquil.

**What part of the TIS educational philosophy made you take up the role as headmaster?**

The first is an emphasis on service learning. Providing opportunities for children to give back to their community teaches young people to be considerate of others and helps them develop an inclusive world view. The second factor was TIS' emphasis on character growth and real world skill development through its Expected School-Wide Learning Results (ESLR) program.

**How are you going to create the right environment for parents, staff and children to work together and have a successful academic year?**

My job will entail fully supporting many positive programs and initiatives currently in place. We will continue to seek avenues for



**TIS is accredited by different international organizations and belongs to several international associations. Could you explain the importance of such recognitions?**

Being accredited implies that a school is committed to rigorous standards of teaching and learning and is dedicated to continuous improvement. Organizations provide ongoing training and professional support for teachers and administrators as well as a cooperative network between member schools. Membership with these organizations underscores TIS' commitment to the highest international education standards and to regular appraisal by professional external evaluators.

**Are there any parts of TIS that you would like to improve, reform or create?**

Our current strategic plan addresses the need for growth and reform in the areas of instruction, community engagement and facility renovation. I plan to work

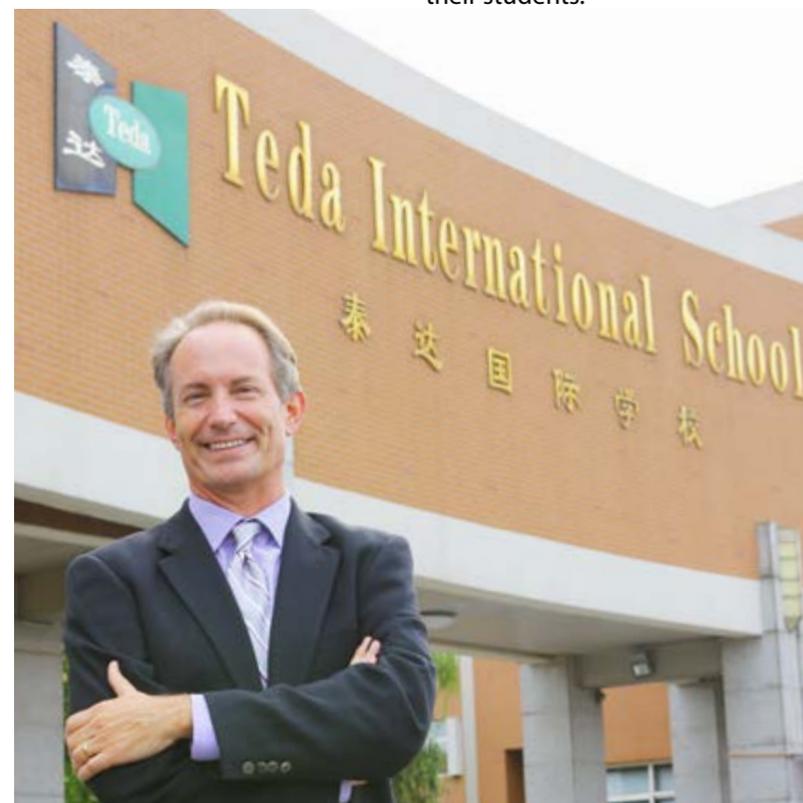
increased parent involvement in school events and activities as well as additional opportunities to share their opinions and ideas.

**How do you manage difficult situations between families and academic faculty members?**

Schools are human service agencies and conflict is part of human life. The most critical step to resolving conflict is to take time to listen and ask questions. Often, conflicts are the result of misunderstandings resulting from inadequate communication. Resolution may come after clarifying those misunderstandings and establishing an agreement to communicate more effectively.

**What are the advantages of studying at TIS as compared to other offers on the market?**

Unlike many international schools with high staff turnover, TIS has established itself as a stable learning community that provides students with a rigorous learning experience through qualified and caring educators. All our teachers have professional certification or training in their grade level or subject area and many of them have been teaching at the school for five years or more. From my experience both as an administrator and an expat parent, it is difficult to find an affordable international school with a record like that.





**What makes a good headmaster? What would you like your TIS legacy to be?**

A good headmaster has many of the same qualities as any effective leader. He (or she) needs strong communication skills. He must be decisive but should also be able to build a community by seeking input. He needs to understand the wide-ranging needs and concerns of the school and to take a strategic “big picture” approach to improvement and growth. And he needs to support his staff and serve as an advocate for students, teachers, and the school. I hope to be remembered as one who provided meaningful, genuine service to the school community and that the school is a little better off than it was when I started.

**How do you expect children from different cultures to grow and learn together at TIS?**

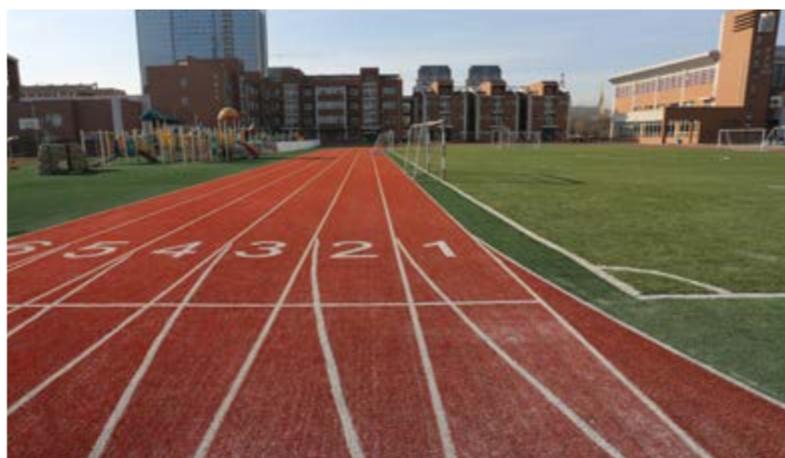
Children often learn best by example. Culturally our staff is quite diverse, yet they work very successfully as a unified team, whether teaching in the classroom, coaching a sport or leading an activity. By observing our teams of teachers, advisors and coaches in action, our

with our leadership teams as well as the local education bureau to move forward on developing action plans to address each of these needs.

**What role do you think technology should play in education and how intensely should it be implemented to replace traditional systems?**

Effective schools worldwide fully embrace technology. Good schools can't ignore that but neither should they look to technology as a replacement for traditional education. There are many things about traditional education that are foundational and remain critical: human interaction, oral communication,

sharing ideas with others in an open forum, collaboration and teamwork among others. Technology should be integrated with and used to support traditional education, not replace it.



students experience numerous authentic examples of working and learning in partnership with people from other cultures.

**What are the advantages of working at a school owned by the government bureau?**

Our relationship with TEDA education bureau will provide stability and credibility to our program as well as support and assistance with issues impacting the school.

**How do prefer to spend your free time? What are your hobbies and passions?**

Like most expats, I enjoy traveling and experiencing new cultures. I lost count but so far I have had the good fortune to visit at least 35 different countries. I enjoy being outdoors, hiking, cycling, tennis and golf. In recent years I participated in a few small triathlons and last year I was a member of a Guangzhou's international dragon boat team!



**What are your top three goals for the 2017-2018 academic year?**

My first objective is to familiarize myself with the TIS community. I need to get to know our staff, students and parents, learn the strengths and challenges of the program and understand the organizational, financial and governance structures currently in place. I will work to align the efforts of our academic sections, expand the teacher training and development program and seek ways to further involve our students and parents in our strategic planning.

Second, TIS is now preparing for the accreditation review process. Representatives from our accrediting agencies will visit the school this fall

to evaluate progress and provide recommendations. The preparation process is demanding as it requires the school to critically analyze and evaluate its policies and practices.

Finally, I will work with our team to enhance our promotional and marketing plan. TIS will be working with advisors this fall on a rebranding effort. Also, I will need to devote time to building relationships with both our local government and business communities.

Ultimately, our goal will be to make TIS the first choice for foreign families living in the TEDA area. I am always happy to welcome visitors and show off our school. Please don't hesitate to contact us or stop by to see our program and what our kids are doing.



Where to Go  
to See

# Acrobatics

In Beijing

**W**ith a history of more than 2000 years, acrobatics is a very important feature of Chinese culture and Beijing presents a great variety of theatres in which it is possible to admire this form of art that has evolved over the centuries. Here are some suggestions.

在我国众多的文化遗产中，杂技是独树一帜的特色表演项目。我国杂技艺术历史悠久，源远流长，是中华民族珍贵的优秀文化遗产。早在公元前三世纪的战国时代，中国就有了踩着三米多高的高跷，抛掷着7把短剑的高超技艺。在“杂技之乡”沧州吴桥，甚至有“上到九十九，下到刚会走，人人有一手”的盛况。

但在北京，你不需要驱车远至吴桥，就可以欣赏到一流的杂技艺术表演。如果你在朝阳区，朝阳剧场自然是观赏杂技节目的首选。成立于1984年的朝阳剧场有着几十年的发展历程，其北京杂技表演“飞翔”包含抖空竹、飞车、踢碗等多项杂技表演。如果你在东城区，那你一定听说过东图剧场。这个于1950年成立的剧场是在周恩来总理的指示下成立的，发展至今，一直为大众呈献精彩的杂技演出。另一个不容错过的杂技表演场地是东城区的天地剧场，它也是有中国杂技“梦之队”之称的中国杂技团的实验剧场。在这里，观众可以经常欣赏到代表中国杂技最高水平的杂技节目和中国杂技团最新创作的杂技节目。如果你对中国功夫有兴趣，不妨去北京红剧场一睹功夫风采。所有这些精彩表演的门票都可以在Theatre Beijing网站上买到哦！

## Chaoyang Theatre 朝阳剧场

**Address:** 36 North East Third Ring Road, Chaoyang District  
北京朝阳区东三环北路36号

**Show Time:** Daily, 15:50/17:30/19:00

**Tickets:** Starting from 280RMB

**Reservation:** Via email at tickets@chaoyangtheatre.com or via phone call at +86 13552527373 (English)

**T**he **Chaoyang Theatre**, built in 1984, is probably the most famous place to go to see acrobatics in Beijing. Located in the Chaoyang District, this 3000m<sup>2</sup> theatre hosts the **“The Flying Acrobatic Show”**, a performance that includes traditional lion dancing, fire stunts and contortion acts, all of which will leave you breathless. At the end of the performance, it is also possible to buy a DVD of the show to relive this unforgettable experience.



## The China National Acrobatic Troupe

**T**he **China National Acrobatic Troupe** also performs at **The Heaven and Earth Theatre**, in the Dongcheng District. Here, the so-called “Dream Team of Chinese Acrobatics” displays experimental performances, together with the Stars of Tomorrow Art Group. In the Heaven and Earth Theatre you will be amazed by the emerging talents of the China National Acrobatic Troupe and their acrobatics, aerial acts, farces and martial arts.

## The Heaven and Earth Theatre 天地剧场

**Address:** 10 Dongzhimen Nandajie, Dongcheng District  
北京东城区南大街10号

**Show Time:** Daily, 19:15/20:30

**Tickets:** Starting from 180RMB

**Reservation:** Via phone call at +86 1064169893

## Dongtu Theatre 东图剧场

**Address:** 85 Jiaodaokou Dongdajie, Dongcheng District  
北京东城区交道口东大街85号

**Show Time:** Daily, 17:30/18:30

**Tickets:** Starting from 180RMB

**Reservation:** Via phone call at +86 1064042764

**“Star Dream”** is the name of the show performed daily at the Dongtu Theatre by **China National Acrobatic Troupe**. This performance, with many award-winning acts, presenting the charm of Chinese acrobatics at its best. Founded in 1950, the China National Acrobatic Troupe is the first National Performing Art Troupe established by the central government of China, bringing year after year more and more talents on the stage.

**O**riginally known as Chongwen Worker's Cultural Palace Theatre, the **Red Theatre** has been renewed and now specializes in traditional Chinese performances. Currently on stage is **“The Legend of Kung Fu”**, performed by the **China Heaven Creation International Performing Arts**, which will surprise you with amazing acrobatics, dances and, of course, the best martial arts in Beijing.

## Beijing Red Theatre 北京红剧场

**Address:** 44 Xingfu Dajie, Dongcheng District, Beijing  
北京市东城区幸福大街44号

**Show Time:** Daily, 7:30/8:45

**Tickets:** Starting from 280RMB

**Reservation:** Via phone call at +86 10 6714 2473

# Gang Gang Restaurant



上一期，我们介绍了冈冈葡萄酒面包店，今天，就让我们静静聆听羽深刚志的讲述，一起来探秘冈冈餐厅背后的故事。在冈冈餐厅和冈冈葡萄酒面包店创立之前，羽深刚志与他的合伙人和一位天津本地的朋友一起，决定在天津开设一家高品质的面包店。当时他们还不不会说中文，于是他与其合伙人在天津大学学习了一年的汉语，最终于2005年在天津奥林匹克大厦开办了冈冈葡萄酒面包店，再后来，经过两年的不断努力，他们又在这里开设了冈冈餐厅。羽深刚志先生表示，寻找并培训厨师有点困难，虽然自己可以烹饪菜肴但是这样一来就会分散他在餐厅的其他工作。因此，建设餐厅的时间和精力投入比他预期的要大。冈冈餐厅主要以西餐为主，同时还为大家提供各种美味的葡萄酒，羽深刚志先生认为品尝葡萄酒是一种享受。如果你最近打算品尝美味的葡萄酒，那么来冈冈准没错。最近冈冈开始举办品酒会，目前主要向日本客户开放品尝活动，待中国员工经过培训后，他们就将向中国客人开放该活动了，为顾客介绍各类美酒。谈及冈冈的短期前景，羽深刚志先生说他们将扩大面包和葡萄酒业务。冈冈葡萄酒面包店将把面包业务标准化，并培训品酒师和葡萄酒销售员，以便为顾客提供更好的葡萄酒选择建议。回忆起过去的工作经验，羽深刚志说他学回了如何更高效的沟通以及成为一个更耐心的经理。他待店员如朋友，耐心地培训他们，鼓励他们在工作中做到最好。而且冈冈葡萄酒面包店在食材选择上都选取新鲜和优选的蔬菜、肉类等食材，这些正是赢得声誉和忠实客户的原因所在。最后，羽深刚志先生对中国的文化和人民深表赞赏，他认为天津发展得很好。我们也衷心祝愿冈冈葡萄酒面包店能将自己高品质的面包、葡萄酒与美食带给更多的顾客！

**(我们8月26号到9月8号(预计)改装修,还会升级的)**

**T**akeshi is the General Manager of Gang Gang Restaurant, a cozy eating place over their famous shop which offers all kind of delicatessen, wines selection and their famous bakery products. We come along with Takeshi to talk about his Restaurant and the Gang Gang concept.



## What's the story behind Gang Gang? How did you end up here?

My partner and I, along with a local Tianjin friend of ours, decided early on that there was an opportunity for a high-quality bakery here. But neither my partner nor I could speak any Chinese! We ended up at Tianjin University studying Chinese for a year to get our feet under us. After that we ended up at Tianjin Institute of Technology, selling curry out of the school cafeteria for a year. Then in 2005 we were finally able to set up the bakery in Olympic Mansions and later the restaurant here.

It took about two years to get this restaurant up and running. It was



hard to find and then train chefs. I can cook the dishes myself but then that distracts from the other work of running the restaurant. So the time and effort needed to get this place going strong was longer than I had expected.

## Could you tell us a little about the restaurant? What inspired you to open it?

I was initially involved in catering business when I lived in Japan. We came here with the idea to start a bakery but then decided to open our second branch here as a market and restaurant. We

feature mainly western dishes here, as well as a large selection of wines, both foreign and domestic. My partner and I set the menu and I pick the wines based on my personal preference. Wine tasting is a particularly enjoyable hobby, I think!

## Can you tell us about some of the activities or events you hold here?

Recently as I've started to grow the wine collection at Gang Gang, we began to hold wine tasting events. My Chinese is just passable, so I've started by marketing these tastings to our Japanese clients, particularly housewives, who will come in the morning before we open for lunch. I really want to start holding tastings for Chinese customers as well, but for that I need to first train some of my Chinese staff, so that they can run the event and explain the tasting process on their own.



# Restaurant

## What can you tell us about some of your favorite wines?

There's a domestic Chinese wine, Tianzai Chardonnay, recommended to me by our wine supplier which is really lovely. It's great to see how wine production here is progressing. Personally, I like French wines are the best but they're so expensive. There's much better value to be found from wines from South America, Canada, etc. With wine, price can definitely be deceiving; expensive wines may certainly not be as good as other cheaper options.

## What's the short term outlook for Gang Gang?

I think with our current state we're really going to try to expand the bread and wine businesses. We need to start by standardizing our bread operations so that we can expand to other locations more easily. With wine it's more important that we train several staff in the art of



tasting and selling wine so that they can advise customers.

## Tell us a bit about your personal experience living in Tianjin. How have you grown in your time here?

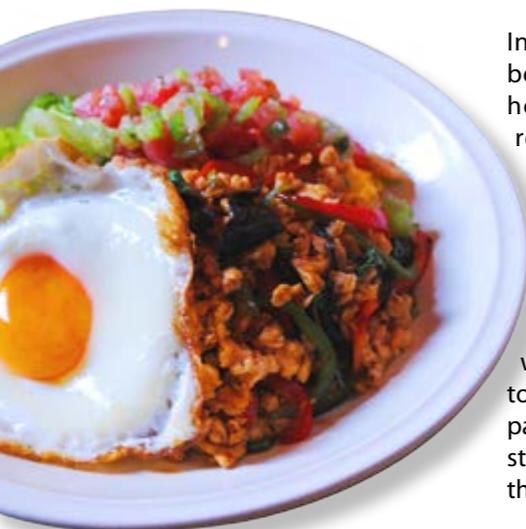
During my time in Tianjin, I've gained a great appreciation for the people and culture of China. Everyone here is very welcoming and it's been nice to see the city grow so much. The pollution situation seems to be getting much better.

In my work, I've learned how to be a more patient manager and how to communicate better. I really consider myself a friend or mentor to most employees, training and teaching them, encouraging them to do the best at their jobs. When I was younger I was always afraid of making mistakes and dealing with problems, but I've come to realize that this is all a normal part of the job. I'm much better at staying calm and resolving issues than I was before.

## What culinary advice would you give to our readers?

When you don't understand the difference between good and bad, high quality and low quality, everything tastes the same. It takes a keen appreciation of all aspects of food to really understand what quality is. For example, I've come to learn how the smell of our bread - stronger, more pungent than other breads - indicates quality and freshness. Not just our bread, but rather all of our food is produced to the highest standards of quality. This includes products in our supermarket, raw vegetables and meat, etc. which we select for freshness and quality. This is what strengthens our reputation and creates a loyal group of customers.

**Attention:** Restaurant probably will close from 26th August to 8th of September for renovation.



## Gang Gang Restaurant & Food Market 网网餐厅 & 超市

A: No. 187, Chengdu Dao, Heping District. Tianjin  
小成都道 187 号犀地朗文名邸商铺 (九十中学对面)

T: +86 22 8338 5251 / 15722052242

今天我们要走近一位火辣靓丽的巴西美女：斯黛拉·萨巴蒂尼 (Stella Sabbatini)。现年29岁的她洋溢着青春与性感，第一次来到天津是缘于在天津滨海新区的一份两个月的工作，后来她学习了汉语，并于8个月前重返天津。斯黛拉喜欢在滨江道附近发现美食，在海河边放松身心，并和朋友一起在西式酒吧享受欢乐时光。她关于天津的最美记忆是在去年冬天第一次看到雪时——她还捏了一个小小的雪球。此外，她吐槽了一下最近所读的书：全部是有关学习汉语的内容。对于在天津生活的外国朋友，斯黛拉建议大家下载滴滴打车和摩拜单车等交通工具的APP，她表示这可以大大方便你的生活。



Name: Stella Sabbatini

## Describe yourself in three words. Happy, simple, adventurer

## Where are you from? What brings you to Tianjin and how long have you been here?

I'm from Brazil and I am 29 years old. My first time in Tianjin was a two-month job in Binhai area, but a little further and close to the beach. Then I got the opportunity to study the Chinese language and came back 8 months ago.

## And which is your favourite place to get a quick bite?

Usually, I go to BinJiangDao, because it is a very commercial place, full of options to please any taste. If you don't feel like eating the same thing every day and want something different, you just go for a quick walk and can find anything.

## What is your favourite place to unwind and why?

What I like most is to walk by the Tianjin River in the evening. You can see people walking, kids playing, couples, photographers, fishermen and obviously that pretty view with all the lights on. That renews your inner peace.

## What are your hobbies here?

I think the best is to invite friends for a refreshing drink at some western pub, for example Oscar House, close to BinJiangDao.

## What are your last readings?

To be honest, what I read the most is content for the study of Chinese language. Lol....

## Name a movie that you would like to recommend to our readers.

"The theory of everything" is a movie about Stephen Hawkins's life apart from his brilliant career as an astrophysicist. It is contemporary, realistic and fantastic.

## What is your best memory in Tianjin and why?

Last winter, when it was snowing it was my very first time seeing snow and I even made a little ball. Lol...

## Is there anything you miss about your home country?

Being able to speak fluently the language and talk to the locals with no misunderstanding.

## What advice would you give to newcomers in Tianjin?

My advice is to download some helpful apps on their phones. For example, one of the apps enables you to rent public bicycles, like "Ofo" or "Mobike"; the app to check how long the bus will take to get at your bus stop, "车来了" (CheLaiLe), or "滴滴" (DiDi), for get a taxi is very similar to Uber, more popular and also has an English version.

## Describe Tianjin.

It is a big town but with the feeling of a countryside or a small city.

## Is there anything you would change about Tianjin?

If I could change anything, it would be the quality of air. With less or no pollution, this city would be an even better place to live.

## Anything else to add?

Tianjin is the place for leading a peaceful life. And I can only thank everybody who helped me to get the opportunity to come back to this city.

# HOW TO INTRODUCE GREENERY INTO YOUR LOOKS

By Elena Miles

如今的时尚已不是穿衣打扮这么简单了，它充斥着我们生活的方方面面，衣食住行样样不少。在围绕我们日常生活的所有物件中，绿色可以说是必不可缺的。无论是居家还是在外的公共场所，多少都有绿植的身影。现代科学研究认为，绿色有益于人的健康，我国民间素有“树木花草栽庭院，空气新鲜人舒展”的说法。绿色植物可吸收滞留于空气的尘埃，过滤放射性物质，消除生活环境中的噪音，改善和调节人体生理功能。此外，绿色还能吸收阳光中对眼睛有害的紫外线，有益于眸明眼亮和消除疲劳，并使嗅觉、听觉以及思维活动的灵敏性得到改善，令人心情愉悦。

绿色的家居用品也令人赏心悦目。无论是一块小地毯，还是一片淡绿色的窗帘，都可以给你带去小清新的感觉。

在着装方面，绿色的阔腿裤或裙子搭配白色衬衫和白鞋是绝对亮眼的简单选择。如果你足够大胆，搭配多种其他颜色也会有很好的效果——棕色、橙色以及其他浅色调等等。另外，绿色的甲油也可以让你的手部衬托得更加白皙，绿色眼影使用得当可以让你充满活力气息哦。

在这个夏末秋初的尾声，让我们来一点绿色吧！



At the beginning of 2017, Pantone Color Institute let the whole world know the color of the year. For 2017, the Year of the mighty Rooster, Green was the chosen one. Whether you're going for a fresh shade from head to toe or you want a new start with the help of a green accessory, you'll be definitely reborn and will revamp your closet.

## GREENERY, A TRANS-SEASONAL SHADE

Green is representative of nature coming to life. It's a great color if you want to hit the refresh button on your looks and revitalize your style in 2017. It's a color inspired by nature, by grass, the wild jungle and even by precious stones like peridot.

It's a trans-seasonal shade which you can wear with neutrals or bright colors, dark or lighter shades and even metallic.



What's more, green is a staple classic and whatever you choose to invest in won't be a passing trend. This season take advantage of the pair pink and Greenery for a bold and feminine approach to colorful outfits.

This hue is representative of hope and personal growth. It's a powerful colour no matter how you decide to introduce it to your life: clothes, accessories, decorations or even make-up. It's a head-turner even if you put some natural flowers in your hair or a live brooch on your chest.



## GREENERY - A ZESTY YELLOW GREEN SHADE

If you're having trouble understanding the shade, know that it's a juicy color somewhere between lime and peridot. It has a little bit of yellow, which makes it versatile when it comes to both clothes and accessories, no matter what the season might be.

Pleated skirts and pencil trousers are great Greenery options to pair with a minimalist white shirt and sport shoes. For a little bit more "fancy" in your looks, add small green cross-body bags or ballet flats to compliment a colorful dress. If you're having trouble not knowing if it's too much, wear prints like green palm leaves on shirts.



## HOW TO PAIR COLOURS WITH GREENERY

Both men and women can wear Greenery for day looks and also cocktails. For your day looks you can opt for green and white or green and yellow or orange and for parties you can have fun by mixing and matching bold shades. Pink, metallic gold, red or different shades of blue offer a wide variety of looks. If you want to add more colors to your look, try a fresh ensemble of yellow, green and blue or blue, purple and green.

Greenery will go well with different skin shades, but it will complement brown, black and even red hair with brown or black eyes.



## EMBRACE GREENERY IN 2017

Embrace Greenery in 2017 with more than fashion. Add something fresh to your house, a pillow or a small rug in the living room, a chair or a lamp in the bedroom, new towels in the bathroom and a succulent plant in the kitchen and voila, you've "greened-up" your life!

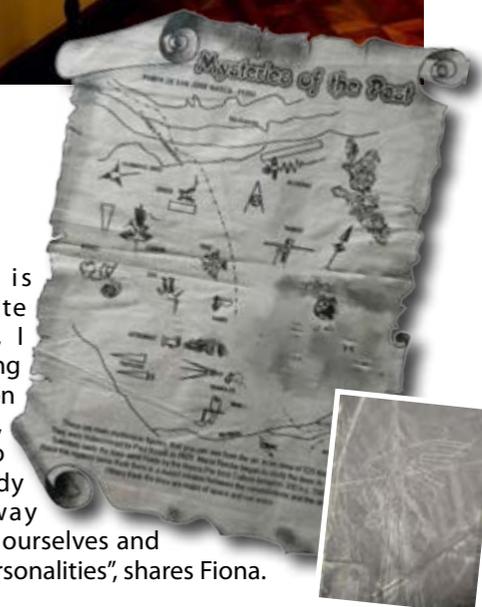
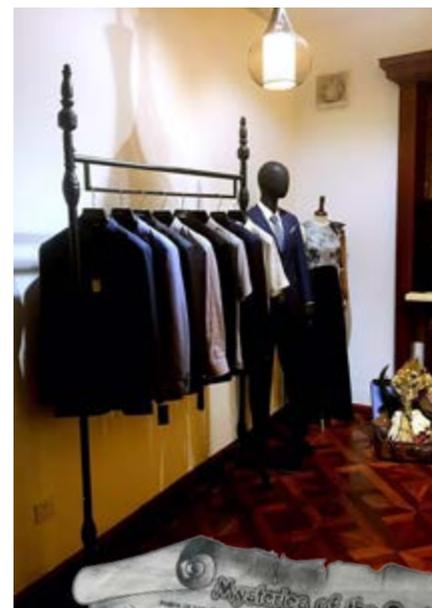


NASCA LINIEN

Men Suits & Lady Dresses

纳斯卡理念私享空间

By Natasha



天津这个古老城市的一大特别之处，就在于它完美地保留了历史的美。若想静静徜徉其中体味这份历史与岁月经年沉淀的味道，最佳的选择当然还是要去五大道散散步，骑自行车。此时，如果你恰好途径重庆道，请放慢你的脚步。重庆道上的113号，这座西式别墅内，有无数别有洞天的惊喜等着你。抬头望去，大门左上角的绿色门牌“Nasca Linien 私享空间”上有一只看似线条粗犷的飞鸟图案，如果你去过南美洲纳斯卡谷地那片神秘的土地，就知道其实门牌上这只飞鸟图案正是源于刻画在那片大地上的近2000年的未解之谜。

一种回归和到家的感觉；尚未入门，已感受到自由与神秘的气息。推门而入，原来这里不是什么嘈杂的饭店、也不是充斥大街小巷的青年旅社。

Nasca Linien 私享空间在静谧的氛围中，等待你发现无数惊喜。这里可以是缝纫课的课堂，可以是粉丝的聚集地，时而变成油墨芳香四溢的绘画空间，时而成为艺术品鉴赏者的交流地。这就是我们传说中的 Nasca Villa。

这里可以为你提供高定西装礼服，还可以将你的更衣裁改出你理想中的样子。服装高级定制、上门量体服务、私人形象管理、艺术品收藏、私享派对.....你常常念叨的那些小心思，似乎都可以在这里满足并实现。

Fiona Yu于2010年带着自己的热情创办了 Nasca Linien 品牌，为大众提供私享订制服务。在Nasca Villa，婚纱礼服可以实现自己一

生一次的公主梦或使你成为派对的焦点，我们也可以实现素人到型男的华丽蜕变，更能学习到着装风格等可以用于生活的知识。在挑选衣服面料和活动之余，一楼的V&A Salon 还是一个可以放松的咖啡空间，而三楼的露台甚至可以露天烧烤。总之，这里仿佛有无限可能。更多惊喜等你发现。

Situated in the heart of Wudadao tourist and up-scale residential area, Nasca Linien is an elegant boutique outlet that greatly differs from traditionally built villas, thus lending a European touch to a non-European city.

“Just as art is used to create a painting, I believe clothing is an expression of art too, not merely to cover our body but also a way of expressing ourselves and portraying personalities”, shares Fiona.

The architecture and layout is a visible legacy of the historically interesting times in Tianjin and hence is not only beautiful and unique to the city but is also a reminder of the past. Entering Nasca Linien displays a canopy of grapevine and beautiful fish completed with artistic stone work emanating a serene aura, making it a perfect getaway from the hustle and bustle of the city. This becomes the widely praised so called Nasca Villa.

Having visited a UNESCO World Heritage Site, the Nazca Lines located in southern Peru in 2004, Yu was mesmerized by the quaint geoglyphs. Why does she choose Nasca as her brand? It all started from her unstoppable passion and sensitivity for art. She sought the origin of art, which may have been present in the valley in Nasca, far away from modern civilization. The prehistoric men having lived in Nasca had lifestyles that were similar to the one led by Chinese ancestors and had the same characteristics in art with them: simple, explicit, and unique. The Nasca arts made her feel at home.

What was once an abode rich in heritage has now been converted into an exclusive space for tailor made set-up by a talented and friendly entrepreneur passionate about art, Fiona Yu. Dealing for over many years in the garment industry both local and international, Fiona has created a unique line of formal clothing for men.

When she is going to create something, Nasca jumps into her mind first. Nasca Linien was established as a brand in 2010. Coincidentally Nasca Lines depict its originality and brilliance yet simplicity in much the

same as the zoomorphic motifs and Linien translates to linen. The brand emblem is a hummingbird that depicts freedom and uniqueness of flight of the bird that lives on nectar symbolizing what the store has to offer - the facility to create clothes with style to suit each individual and provide a pleasurable experience.

**Nasca Linien** has now changed the game for businessmen who no longer require to travel to Hong Kong for a luxurious suit and nor do they have to opt for an off-the-rack suit. Offering **bespoke suits with exquisite detail and luxurious fabric handcrafted and customized to each client's demand**, Fiona's brand not just specializes in bespoke suits. It specializes in all sorts of upscale **menswear**, including dress shirts, slacks and pants, coats and blazers based entirely on your measurement and even accessories like cufflinks, vests, ties and collar stays. You can select styles that you want and buy a la carte, or allow Nasca Linien to walk you through its customization process starting from scratch where you can select your fabric and create your look to get a suit or set of clothes that really match your style and shape. In this way, the store provides a convenient alternative for gents living or visiting China to purchase a superior quality attire at a competitive price.

**Nasca Linien** is open to visit 7 days a week from 9am to 6pm or the staff will be happy to make an appointment to better suit your time table. The team at **Nasca Linien** is inclusive of the designer and the tailor and they will guide you through customizing your suit made of 100% wool and take measurements which will be ready for pick up within 20 days. Clients can also opt for a fit-on before pick up for any adjustments and changes to be made. One fact that highlights **Nasca Linien** is that they have staff provides you English service as well as Mandarin unlike most other stores, thus making your experience more pleasant. Furthermore, on-site measuring service is provided by **Nasca Linien** within the radius encompassing the urban area in Tianjin to Binhai New Area to save your precious time. Clothes modification is an additional specialty provided by 'Nasca Tailor Made'. We support rational consumption and saving resources.

Nasca does not just focus on menswear but also offers its services to women and business women providing a range of designs for evening wear, formal clothing and even wedding gowns for



the bride and bridal party. The cooperated designer brand for evening and wedding dress are well renowned locally and even internationally having had many shows with the most recent being held at St. Regis Tianjin Hotel, Shangri-La Tianjin Hotel and even one in Paris last month.

Those that have nominated **Nasca Linien** have praised the brand for its great designs, customized tailoring and most importantly, their superior fit and comfort. The service really shines through tailoring your clothes to fit; tell them how you want your clothes to fit and they'll take care of the rest.

Aside from molding a spruce individual, this cozy boutique doubles as a bistro and gallery, also offering a wide range of services. The barista at **Nasca Linien** café will brew you an aromatic cup of coffee that will warm your soul, making it a perfect getaway for relaxation and enjoyment. A cappuccino on the terrace will revive anyone with the blues.

Being located at the heart of the city it is a perfect venue for a gallery and features a party and meeting space both indoors and outdoors and my personal favorite activity is a roof top BBQ in summer.

**Nasca Linien** has hosted number of successful art exhibitions and is already booked for a number of exhibitions in future by reputed artists and organizations. **Nasca Linien** also conducts an array of interactive events such as art clubs, sewing clubs, traditional Chinese medicine clubs and many more informative and engaging gatherings, which in addition to cultivating a new hobby is also a perfect scene to meet people. Please check our courses schedule here.

**Nasca Linien** is an absolutely special place facilitating numerous features for its clientele and providing a unique experience that can suit all individuals under one roof.



nasca\_linien@hotmail.com

## Nasca Linien

### Activities for September 2017年9月活动安排

周一 MON	周二 TUE	周三 WED	周四 THU	周五 FRI	周六 SAT	周日 SUN
				1 缝纫 Sewing 10:00-13:00	2	3 艺术体验 Art activities 13:00-16:30
4	5 瑜伽 YOGA 10:00-11:15 中国传统文饰图案 Chinese traditional decorative pattern 13:30-16:30	6 绘画-艺术流派 Genre of Art 10:00-13:00	7 绘画-工笔 Chinese realistic figure 10:00-13:00 瑜伽 YOGA 14:00 - 15:15	8 手工-中国结 Handcraft Chinese Knot 10:00-13:00	9	10 艺术体验 Art activities 13:00-16:30
11	12 瑜伽 YOGA 10:00-11:15 中国传统文饰图案 Chinese traditional decorative pattern 13:30-16:30 缝纫 Sewing 10:00-13:00	13 绘画-艺术流派 Genre of Art 10:00-13:00	14 绘画-工笔 Chinese realistic figure 10:00-13:00 瑜伽 YOGA 14:00 - 15:15	15 手工-扎染 Handcraft tie-dyed 10:00-13:00	16	17 缝纫 Sewing 10:00-13:00 艺术体验 Art activities 13:00-16:30
18	19 瑜伽 YOGA 10:00-11:15 中国传统文饰图案 Chinese traditional decorative pattern 13:30-16:30 缝纫 Sewing 10:00-13:00	20 绘画-艺术流派 Genre of Art 10:00-13:00	21 绘画-工笔 Chinese realistic figure 10:00-13:00 瑜伽 YOGA 14:00 - 15:15	22 手工-编织 Handcraft knitting 10:00-13:00	23	24 艺术体验 Art activities 13:00-16:30
25 中医养生 Chinese medicine theory 10:00-11:30	26 瑜伽 YOGA 10:00-11:15 中国传统文饰图案 Chinese traditional decorative pattern 13:30-16:30 缝纫 Sewing 10:00-13:00	27 绘画-艺术流派 Genre of Art 10:00-13:00	28 绘画-工笔 Chinese realistic figure 10:00-13:00 瑜伽 YOGA 14:00 - 15:15	29 手工-绣花 Handcraft embroidery 10:00-13:00	30	

\* 请于开课前5天预定报名。3人开课,中医养生5人开课。  
PLS book register 5 days before the course date through nasca\_linien@hotmail.com Minimum 3 members for each course, minimum5 members for the Chinese medicine theory



# How to Get A Beach/Farmhouse Inspired House?

By Anastasia Chapman



海岛、牧场、湖光山色.....要是问问大家出门旅行喜欢住在哪里，答案自然是海景房、湖景房、牧区或林间舒适特别的木屋。但是我们回到家打开窗户，放眼望去全是城市森林，不免沮丧。但正所谓“房子是租来的，生活是自己的”，法国室内设计大师Alberto Pinto曾说：跟着感觉走，你的家应该能反映你的内心。不论你身处何处，都可以把自己的房屋收拾得如海景房一般有情调哦。

在海景房中，你一定能感受到舒适和放松。没错，能让你窝在室内感到疲惫一扫而空的设计正是这类家居装饰的要点。颜色以白为主，配以醒目的色块将给室内空间带来一丝活跃气氛；家具舒适柔软，给你度假的感觉；充足的照明可以扩大空间感，空气对流也可以让你感到自由放松。在陈设方面，加入一些海洋元素是个好选择：海星、贝壳的装饰物可以令你身临其境，海洋主题的墙纸更会在炎炎夏日带来海风般的清凉。如果你觉得这样的墙纸太过浮夸，那么选用蓝色来装饰一面墙也是可取的。

若选取乡间别墅的室内风格，你需要在古典和现代的美中寻找那恰到好处平衡。林间别墅的设计会褪去时尚浮华，更具朴素美。自然色调和淡色可以给你身处“林木花草间”的感觉，即使稍带粗犷感也不违和；再加上具有美式乡村风格的家居，一切看起来就更为协调。最后，诚如美国著名设计师Scott Snyder所言：“好的设计要在保存、补充建筑原有风貌的基础上满足个人需求”。毕竟，你想要的才是最重要的！

*Owning an exotic farmhouse or a lavish condo built by the seashore is as rejuvenating as vacationing every single day for the rest of your life! But honestly, building and maintaining such an exorbitantly planned property is beyond imagination for most of us. That should not bog you down to stop working towards getting your dream house! Even if you live nowhere near the sea or cannot imagine owning a farmhouse set in a quaint little town, you can always think of something more realistic! Ideally, it should be an overhaul that would help you in achieving the house of your dreams. Follow these simple yet easy-to-attain tips if you want to beach up your humble abode like a breezy retreat or turn it into a cozy and relaxing space.*

## Laid-Back Coastal Feeling versus a Traditional Countryside Vibe

Sun, sand, the exuberant sea, pristine shoreline tasseled with lush coconut and palm trees and the incessant soft breeze caressing one's senses- that's what we all dream about when it comes to a beach holiday! Embody your holiday impressions in your beach-inspired home by incorporating elements, typical to the laid-back coastal lifestyle- keeping it simple, calm and contemporary, all at the same time. Inculcate the vibe that you would want to feel while escaping to a beach getaway! Bedeck interiors with splashes of bold hues, crisp whites, and sea-themed accents. Not to be forgotten to keep your home space illuminated with tons of light, ample ventilation, and a relaxed ambiance- all of which are the very essence of coastal living.

The good old country living demands a cozy, relaxing setup along with a fine balance between the old and new. It goes back to a more practical and simpler way of living that has less dependency on modern sensibilities. As Farmhouses carry distinctive charm and character, one should keep the idea of 'Country Kitsch' at bay. No need to cram up your space with useless vintage memorabilia, rooster paraphernalia or dried flowers that would serve no purpose at the end of the day. Consider going the practical route to recreate that vintage nostalgia.



Start with the Color Scheme

For a beach-inspired house, pick color schemes that quintessentially go with the idea of turning your home space into a beach getaway. The laid-back coastal feeling can be easily achieved by choosing the 'Sweet Color Pairing' scheme. What's beachier than having an all-white interior! Accentuate the pristine theme with pops of color to give the coastal style a sunny disposition.

Farmhouse style is all about bringing back the old world charm of countryside living! The best way to transition to a Farmhouse style is to always select a neutral or light color scheme in order to get that classic vintage look! A light color scheme sets the right tone for a farmhouse look. Whatever colors you choose, always use the same shade for all rooms and avoid bright and darker tones. Paint the walls using a uniform color scheme for a calming effect. This will also help in complimenting with rest of the farmhouse-style home accents and furniture.



Textures, Accents & Furniture

Now comes the most important and interesting segment of decorating your newly revamped beach-themed or farm style home! When it comes to decorating a sea-inspired home, one needs to add bright, elegant yet subtle additions! Otherwise, chances are, one could just go haywire adding beach-inspired accents like seashells, candle-holders, urchins and starfish, beach painting.... And everything they would come across, making the interior look more like a sea museum!

In textures, seascape or nautical wallpapers make great wall accents to beautify sea-themed interiors. It works even great for those landlocked corners of your house that never draws any attention or normally isn't of much use. What's even more exciting is that these wallpapers can be effectively put in the kid's room. That will definitely leave your kids dreaming of days by the shore when they will get a chance to live in a bedroom like this! Creative wall coverings like large maritime maps or sea paintings are also popular wall accents that can be easily used to decorate thrifty spaces.

Seaside paintings are also a great way to add that calm and composed feeling to your bedrooms. A serene and quaint blue painting reminiscent of the sea will evoke visions of the sky and ocean. Linen curtains and crisp white slipcover when paired with a breezy vignette of white and metallic seashells, coral-inspired chandelier, cozy woven accessories like rugs and placemats and beach glass bottles, creates one heck of a tropical fantasy.



Exterior Matters

Whether you are designing a beach-themed house or a retro look farmhouse, do not take the exteriors for granted because you would want to have a house that reminds you of lifelong vacationing inside out! From quintessentially-coastal color schemes resembling the colors of the sea and sand like turquoise-white, bright tropical shades like azure blue to stone gray siding paired with a light blue door and white trim, give your exteriors a calming effect from the very second you walk in.

Farmhouses are usually located amid calm and verdant neighborhood. In this case, one should take cues from its nearby greenery and settle with nature-inspired tones to style an exterior stepping lightly on the landscape. Go for a peaceable palette highlighting the home's best features to establish symmetry, while offering a fresh take on old-school countryside styled homes.

In the case of farmhouses, there is one thumb rule to follow! They should look like they have evolved over time. Back in good old days, such vintage properties were adorned with whatever were practical, handy incorporating elements that are close to nature. But with the advent of the modern times, a lot goes into the construction and decoration of a farm style house. Nonetheless, practicality is still key! When designing your very own farmhouse, make sure to decorate your space with sturdy yet sophisticated home accents.

Add some country character and history to your home by making the most of the reclaimed barn boards on floors, on walls, as shelving or as furniture and so on. Just like barn boards, using exposed wooden beams also add an element of nature along with some amazing architectural detail to farmhouse home décor. Butcher block counters and Apron sinks are also no-brainers for country kitchens as they offer that unique rustic appeal needed for a farmhouse look.



# NUTRITION HABITS YOU SHOULD AVOID FOREVER

现如今，吃得好已经不是一件难事。我们不仅可以品尝当地特色小吃、地方主食、各大菜系，烹制国外新鲜食材的饭店餐馆也是应有尽有。在琳琅满目的选择中，吃得健康反而成了一件难事。即使是需要节食减肥的朋友也往往在“吃”这件事上陷入误区。

都市中娱乐活动异常丰富，夜生活选择也多种多样。夜宵在我们的生活中不知不觉地成为了常常摄入的“第四餐”。但其实这往往意味着你的晚餐没有膳食均衡，或者其实你并不是真的饿了。如果真的需要补充食物，水果沙拉或蔬菜沙拉是既营养又美味的好选择。

有些人出于“减肥”或想“多睡一会儿”的心理，往往直接跳过早餐，忽略自己肠胃在清晨的饥饿感。虽然早餐不是一天中消耗最大的一餐，但却是最重要的一餐——早餐可以平衡午餐与晚餐的摄入量，对于正在节食减肥的人而言，吃早餐不仅不会增肥，反而有助于减肥顺利进行。

与早餐相反，垃圾食品绝对是你健康饮食的天敌。抵御诱惑最好的方法就是不要去买它，不要让他们出现在你的日常生活里。

最后，细嚼慢咽是健康饮食的好习惯。饱腹感传递到你的大脑中需要一段时间，如果吃得太快会导致你吃掉比身体所需的更多的东西。我国养生经典著作《黄帝内经》早就提出“食饮有节”的理念，吃7分饱才是更有利于健康的哦。

How many of you have hopped on the healthy eating and active lifestyle bandwagon, only to have fallen off after a couple of days? Rest assured that you are not the only one. Being discipline when it comes to diet is no easy task. With that said, there are tricks to nix some of the worst nutrition habits that many people have been struggling to shake off.

Here is a countdown of 10 bad eating habits and - most importantly - how you can break free from them.

## LATE-NIGHT NOSHING

The issue with nighttime snacking is that the type of foods consumed at this hour is typically high in calories, sugars, and fat. Think chips, chocolate, ice creams, cookies. People who are seeking to lose weight should work their way into getting rid of this bad habit.

TIP!

- If you find yourself frequently hungry at night, your supper may not be well-balanced. Make sure to follow the healthy eating plate.
- If you are craving something to nibble in the evening, opt for the healthy type of foods like fruits and vegetables. Not only are they brimming with essential nutrients, but they also won't be busting your belt-line either.
- Practice mindful eating. Ask yourself, "Am I really hungry?" If the answer is no, stop yourself from grabbing something out of the fridge. Instead, find an activity to distract you.



## SKIPPING BREAKFAST

While breakfast is not the most important meal of the day (lunch and supper are equally as important!), skipping this traditional morning-meal has been linked to

increased weight gain, lack of concentration, lower metabolism, and higher chances of splurging on the calorie-dense type of foods. Whip up easy on-the-go breakfast recipes in less than 5 minutes. Here are three ideas to keep in your arsenal:



TIP!

- Fail-proof peanut butter sandwich: Spread 100% peanut butter on whole-wheat toast and layer with banana slices.
- Overnight chia pudding: In a bowl, combine 1 cup of milk, 1 cup of Greek yogurt, and ¼ cup of chia seeds. Sweeten to taste. Whisk until well combined. Garnish with nuts and fresh or dried fruits. Pour the mixture into a mason jar and let it sit overnight.
- No-cook overnight oats: In a mason jar, add equal amounts of oats, milk, and Greek yogurt. Sprinkle your favorite spices like cinnamon and flavor with vanilla essence. Garnish with chia seeds and fresh or dried fruits. Refrigerate overnight.



## GUILTY PLEASURE: JUNK FOODS

Why is it that all foods that taste like heaven must be bad for us? Junk foods like chips, candies, chocolate bars, cakes are “cheap” foods that literally everyone is a slave to and is probably enemy #1 to any healthy diet. The easy solution to avoid eating junk foods in the first place is not purchasing it, period. However, this way is easier said than done when you are living with several people.



- TIP!**
- Hide the junks! Out of sight, out of mind.
  - If you can't stop yourself from hiding a bite, portion it out. Instead of eating chips directly from the bag, pour it into a bowl. This trick helps you to be conscious about the amount you are eating.
  - Pair the junks with the healthy. For instance, consider eating strawberry while nibbling on a piece of chocolate.

Bear in mind that healthy eating is not about eradicating certain foods entirely from your life. After all, eating should be a pleasure, not a chore.

## GUZZLING DOWN A MEAL

It takes about 20 minutes into a meal for the satiety signals to reach the brain. Chowing down speedily can mess with the satiety signals, disabling the brain to detect the sensation of fullness. As a result, a person with disrupted satiety signal may tend to eat more as they are unable to feel full.

**TIP!**

• Set any distractions like TV, tablets, and smartphones aside and enjoy your food in a calm, relaxing setting. Take the time to chew your foods and enjoy your meal.



yǐ qí rén zhī dào

以其人之道

huán zhì qí rén zhī shēn

還治其人之身

Slang Bang!

## A TASTE OF YOUR OWN MEDICINE

前阵子在大家的朋友圈里，一个公众大号的文章火了，题目叫做《你不用向任何人打听我，因为我对每个人不一样》。文中不仅举了自己的例子，也举出了很多名人来佐证自己的处事态度和观点。作者的意见简而言之就是：“我对你的态度，取决于你对我的态度”。这个道理其实早已有之，宋代理学大家朱熹之著《中庸集注》的第十三章曾有云：“故君子之治人也，即以其人之道，还治其人之身。”这句话的意思是说为人正直的君子待人之道，正是“你如何对待我，我就会如何反过来对待你”。甚至后来的武侠小说大家金庸也将这句话变其形制写入了小说中，并加以精炼：“以彼之道，还施彼身”。本栏目讲的正是这样一个故事，就让我们跟随乔治的脚步。看看他是如何在生活中彻悟这一真理的。

George used to be a very affluent merchant who lived in the posh area in Hong Kong. He frequently dined in 3-star Michelin restaurants and went golfing every weekend. He also made sure that everyone knew that he was rich, yet paid no sympathy for people that were in need.

2008. His business failed, went bankrupt, and he had to give up on his luxurious apartment to pay off his debts. His friends, though, did not suffer as much as he did from the recession.

Throughout the years, George's friends had tried to reach out to him when they need help financially. Some of these friends had trouble paying off medical expenses, reviving their bankrupt businesses, or paying for their children's expensive college tuition fees. However, none of these friends had been successful in receiving even just a penny from George. His response to his friends' requests was always a plain "No." Needless to say, his cold-blooded personality had made him lose many friends.



However, as the Chinese like to say “风水轮流转” Fēngshuǐ lúnliú zhuàn -every dog has its day- things for George went south as Hong Kong plunged into an economic recession in

Perhaps you already know where this story is going? After going bankrupt, George tried to reach out to his “friends” who had previously asked for his help before, but of course as one would expect, none of his friends lent him any money; George got a taste of his own medicine.

Confucius' famous Golden Rule of “以其人之道，还治其人之身” yǐ qí rén zhī dào, huán zhì qí rén zhī shēn -“Don't do unto others what you don't want others to do unto you”- carries a similar meaning as “a taste of your own medicine.” Next time when you want to cut a long waiting line for a roller coaster at a theme park, know that others may do the same to you. And if you dislike people doing that, you probably shouldn't cut the line in the same place. Bad karma almost always leads to one tasting their own medicine!

# LA REINE

## The Queen of all Bars

饮者酒吧坐落天津市和平区赤峰道76号天津八大家范竹斋先生故居，毗邻张学良故居与瓷房子博物馆，极具英伦绅士格调的威士忌酒吧虽然深处闹市，却别有洞天充满内涵，它的装潢低调又不失优雅每一处的角落都有鲜花的味道散发出淡淡的香薰味道直人的蓝调爵士让氛围轻松闲淡每一个细节都尽善尽美。

饮者其实是一种生活方式的诠释。当你正在习惯和喜欢上饮用威士忌，你会发现威士忌会从一种酒变成了一种生活。当你想从纷杂的生活中抽身的时候，总是会需要一杯或者一瓶威士忌的陪伴。

而在天津，正是缺一个场所，让喜欢喝威士忌的人可以栖息。于是，作为喜欢单一纯麦威士忌的店主本人，就决定在这里打造一家极具品味和人情味的威士忌酒吧，为都市人们提供一个既能舒缓和释放压力、又能品味美酒的愉悦精神的地方。

单一麦芽威士忌中的劳斯莱斯，拥有至上奢华制法的麦凯伦，备受英国皇室青睐的尊尼获加，以及独具日本特色的山崎都将成为您的坐上佳品。这里的单一麦芽威士忌，是独树一帜的，更有店主有500余款单一麦芽威士忌供您品鉴。更有珍藏的80多种非干邑地区白兰地供您甄选，这些酒全部来自于法国各大酒庄，多数为存世不超过百年的珍品，相信定会为您带来无与伦比的醇香与质感。吉拉多的绝美生蚝，纯正法式大餐以及正宗西班牙火腿不胜枚举，来自不同国家的顶级料理，同样诱惑着您的味蕾。当您厌倦了一成不变的、缺乏新意的生活，紧张和压力使你的躯体渴望一个真正自在又惬意的地方。慵懒的灯光，舒适的沙发，迷人的酒香还有美妙的音乐，都让人们陶醉其中，饮者以独特的魅力吸引着每一个人且引领着一种时尚、前卫的新青年生活，在这里你可以表面传统、骨子里却极其前卫。

每月一次的威士忌品鉴会来回报我们的客户，您将在品鉴会上尝到世界各地搜来的古董威士忌。

What could be a better way to wind down than in a British themed Whiskey dedicated bar conveniently located less than five minutes away from Bin Jian Dao where you will be served with some of the best tasting cocktails that this writer has personally tasted?

The unassuming storefront reveals a small, quaint café-like setting but as you go in, you will be amazed by the vast area that it spans. Furnished with European couches, tables, hallways designed to look like a library, only instead of books, there are endless backlit bottles of every spirit imaginable.

A novella-size drinks menu lists a glossary of spirits and cocktail options, among them the Macallan, the Rolls Royce of single malt Whiskey, Johnnie Walker which is favored by the British Royal family as well as Japanese style Yamakazi - all of these can be found here. They have 2 bars on each floor of this joint, stacked up with more than five hundred kinds of bottles from all over the world and behind it is a self-thought bartender who really knows his way around mixing up different alcohols and flavors to bring out

the best in cocktail crafting. Mr. Xu Guan hao (Maxy) who used to mix up alcohols and make various concoctions from the age of 18, left his previous job at the age of 26 to fully devote his time to master the art of being a bartender. He travels all over the world to get inspiration so that he can create delightful cocktails right here in Tianjin.

**China Blue** - This cocktail is not only visually stunning but it tastes absolutely delightful. China blue combines a considerably lower concentration of alcohol topped off with a base of lychee flavor. Its sweetness compliments the alcohol making it a more subtle but divine option nonetheless. As Mr. Xu explains, China Blue is very popular amongst his female guests.

**Gin Tonic** - This classic highball cocktail is a combination of gin and tonic water poured over ice. Garnished with a lemon slice, this drink is a slightly stronger option.

**Sloe Gin Fizz** - This wonderfully unique cocktail combines the sweetness of plum with the sour taste of soda, together creating a refreshing concoction that is a definite must have.

**Clover Club Cocktail** - Another cocktail popular among the ladies is this one having a raspberry base. It is a wonderful balance of sweet and sour tastes.

The combinations of cocktails that La Reine offers its patrons are extensive. Each one is made with care and perfection. Each drink exudes character and a uniqueness which is testament to Mr. Xu's skills as a talented barkeeper.

For all the Whiskey lovers, if you are aiming to expand your knowledge of the wild world of whiskey - or you just want to sip a few lowballs of extra-special brown stuff, La Reine has a Whiskey tasting event each month where they welcome everyone to taste Antique whiskeys from all over the world.

La Reine

饮者酒吧

Address: No.76 Chifeng Road, Heping District  
和平区赤峰道76号  
Tel: +86 22 8136 9900  
Opening Hours:  
18:00-02:00



## First Day of the School Year 2017-18 @ International School of Tianjin

The wet weather notwithstanding, August 9, 2017 was a morning of smiles, cheers, hugs and laughs as students returned to start their new school year at IST, along with new students commencing on their wonderful "learning at IST" journey. Teachers, parents and students were all in a jovial, friendly and enthusiastic mood and there were many high-fives and squeals of delight all around. **Happiness**, the hallmark of IST, was the all-pervading mood!

What a great start to the new school year 2017-18!



## IB Diploma 2017 Results @ International School of Tianjin

Results that make IST stand apart yet again!



Anyone in International education knows that the International Baccalaureate Diploma Programme (IBDP) represents the pinnacle of what international schools can offer their students and that it is unsurpassed as a global measure of school excellence and student preparation for university level study.

In July of 2017, IST celebrated yet another year of exceptional results that confirm our position as Tianjin's premier international school with results that truly stand apart. IST exceeds the global average and the Asian-Pacific standards in all aspects of its Diploma Programme. From

our 100% pass rate against the global average of 78% to our average score of 35 points against the global score of 30 points, or our average course score of 5.86, IST is a clear leader not only in Tianjin, but also in China and beyond.

While success in the IB Diploma Programme is never guaranteed, students at IST are guaranteed to be among the most competitive and best prepared students in Tianjin, and globally, to meet the challenges of university study and the future that awaits them.



### Save the Date

## Wellington College Festival of Education 2017



After two successful Festival of Education events in Shanghai we now offer pupils, parents, teachers and the wider community to be involved in the first **Festival of Education in Wellington College International Tianjin**. The festival will take place on **Monday 23<sup>rd</sup> October** and it promises to become one of Tianjin's leading annual opportunities to understand, learn and question issues facing education today.

The four main strands of the Festival – learning for **Early Years, Wellbeing, Chinese and British attitudes to education, and general educational inquiry** – will form the basis of the event and provide broad organizational guidelines. This year, in addition to a range of exciting talks and discussions, there will be a number of WellingTEN talks with education at their heart.

The festival will not only be available in Tianjin but also across the Wellington group of Colleges starting in Shanghai on the 20<sup>th</sup> -21<sup>st</sup> October, Hangzhou on the 22<sup>nd</sup>, finishing in Tianjin on the 23<sup>rd</sup>.

So, whether you are a parent, an educator or someone who is interested in teaching and learning, there is plenty on offer during the festival.

**Save the date and join us!**

### Provisional List of Speakers 2017

- Debra Kidd will consider **inquiry-based learning**.
- Shonette Bason Wood has been penciled in for the **Early Years** stand.
- Ian Warwick and Richard Farmer will develop their **thoughtful contributions on education**.

Further plans are well under way to bring in other speakers with interesting, unconventional and controversial things to say about education – more news on them when their participation is confirmed.

### Ticket Options

The Wellington College Festival of Education will take place on 23<sup>th</sup> October 2017 at Wellington College International Tianjin.

For group bookings of five or more, we offer booking discounts. For pricing details regarding group bookings, please contact the Support Team at:

[events.tianjin@wellingtoncollege.cn](mailto:events.tianjin@wellingtoncollege.cn)



Ticket QR Code

### Sponsorship/exhibiting Opportunities

The Festival of Education offers organizations the opportunity to engage with an influential and progressive education audience in a relaxed and welcoming environment.

We have many partnership options for October 2017, from exhibition space to partnership packages. All offer a platform to network and promote your organization to educators and the expat and local community involved in all areas of the education sector.

**Wellington College Festival of Education 2017** will be the education event of the year in Tianjin - be part of it!

Please do get in touch should you have any questions regarding the festival or you can visit the Festival of Education website on the information below.

### Wellington College Festival of Education team

[events.tianjin@wellingtoncollege.cn](mailto:events.tianjin@wellingtoncollege.cn)  
<http://www.festivalofeducation.cnw>

# HEALTHY HABITS FOR A SUCCESSFUL SCHOOL YEAR

对于家有孩子的家长而言，孩子的学习和成长可谓是整个家庭的头等要事了。爸爸妈妈总是希望可以自己的孩子最好的条件，怎样才能保证正在学习中的孩子有良好的成绩和表现呢？除了请各种辅导老师补课之外，家长还可以从生活中着手给孩子“加油”。

“人是铁饭是钢”，营养充足且均衡的饮食可以给孩子的学习提供第一重保障。由于大脑的能量来源只有葡萄糖，血糖过低既影响学习效率，也影响情绪，早餐应多吃些富含碳水化合物的食物，如粥、馒头等，多吃碱性食物可消除疲劳感，深色蔬菜，如胡萝卜、菠菜、油菜、西红柿、南瓜等都含丰富的叶绿素、胡萝卜素、番茄红素、花青素等，是可以维持视力健全，保持思维功能活跃的营养成分。

中国学生课业压力很大，孩子们总是处在高度疲劳、过度透支的情况下，缺乏睡眠是一个十分普遍的问题。长期的睡眠不足会影响大脑发育，导致注意力和专注力的下降，使记忆能力受到损伤，影响情绪的控制能力。但这个问题长期发展所造成的巨大影响，没有被老师和家长重视，中国的大部分孩子都没有达到相应年龄应有的睡眠时长标准。要想学习好，首先要睡得饱啊。此外，“管住手机迈开腿”也是学生健康成长的一个关键。最近让老师和家长大为头疼的“王者荣耀”可以说凸显了目前学生玩手机的问题。孩子们埋头于手机这样的电子产品，少有户外运动会影响孩子的视力很身体发育。降低看手机的时间和频率，增加体育运动量是学生保持良好身体素质的重要一环。“可怜天下父母心”，愿每个孩子都能拥有健康的体魄和快乐的成长时光。

Now, obviously, there are many things that you can do to make sure your kid has a successful year. However, this 4-tips list may not only be useful to parents who want to help a struggling kid. In fact, if you are a particularly scrupulous student who wants to succeed in his or her studies, this list may help you keep up the good work.



1 These days, school can be very competitive and sometimes studying very hard is not enough. To make sure your grades are perfect, you need to take care of your body first and foremost. So first tip: **good nutrition**. No one wants to cook or to eat special food after a long day at work or at school. However, this is something that is really fundamental. Eating healthy, in fact, could really make a difference in your school performance. Eating healthy and natural meals help students to stay more focused during the lectures and to generally have more energy throughout the whole day. And it's not even that difficult - just try to at least avoid sugary meals since those are the worst for your brain!

1	CRAVING	CAUSE/LACK OF	ALTERNATIVE	FOOD FIX
	CHEESE	CALCIUM, FATTY ACIDS	KALE & FLAX SEEDS	ALBERGINE WITH CRISP KALE
	PASTA & BREAD	CHROMIUM	EGGS & AVOCADO	BAKED EGGS IN AVOCADO
	TOAST	NITROGEN	PULSES & GRAINS	QUINOA TABBOULEH

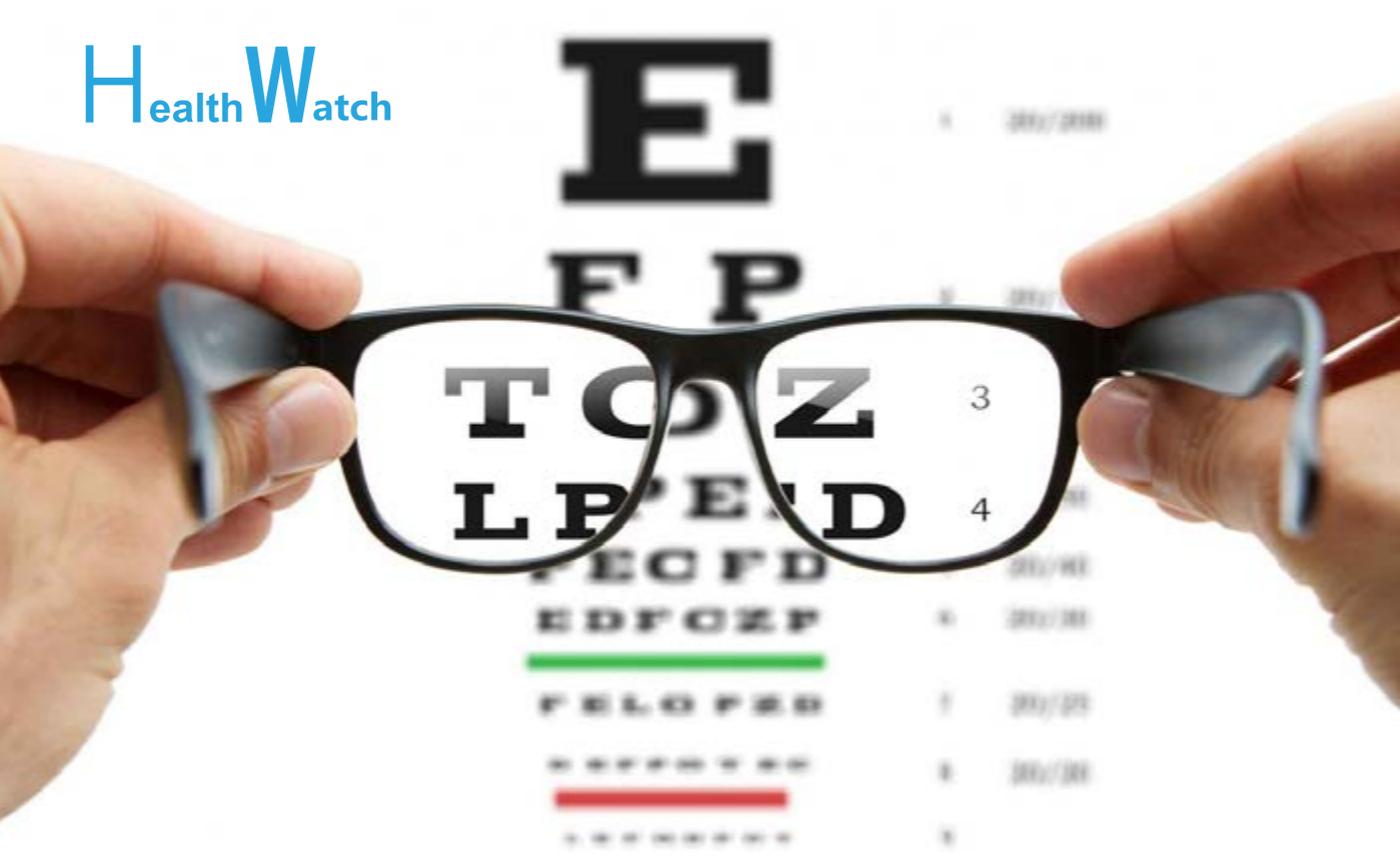
2 Another great advice to follow is **keeping a regular bedtime schedule**. Your brain needs basically two things to work in the best way possible: healthy food and enough sleep to process thoughts. Students and parents need to provide themselves, and mutually, the right amount of sleep. This way, no kid will ever fall asleep in the middle of the class, thus missing important information.



3 Don't forget to **exercise regularly**. We know that it is not as simple as it sounds, especially when you have to juggle between a lot of homework and responsibilities. However, studies have shown that kids who enjoy regular physical activity have better performances at school, so both students and parents have to make some room for exercise and sport in their schedules. An option could be finding some time slots during the weekend, walk the dog every night after dinner, take care of the garden if you have one - that will teach kids of all ages not only about nature, and possibly science, but also about commitment.

4 Finally, **reduce screen time**. These days technology is everywhere and is really difficult to avoid using it for almost anything. However, both parents and students should make an effort to turn off the TV during mealtime and talk more about their day and about what they have learned at school or done at work. One way to make sure students don't use TV and computers for too long is for the parents to be a good role model. If parents reduce screen time and, for instance, read more books, kids and young men and women will follow their example!





# SIGHT DIFFICULTIES

提起“近视”这个问题，中国的学生家长和老师大概都会陷入无解和苦恼中。据世界卫生组织的最新研究报告，目前全世界大概有14亿近视患者，“光荣”的是，其中6亿近视患者在中国。中国高中生和大学学生的近视比例都超过70%，就连小学生的近视率都达到40%。而在美国，这个数字是10%。

家长们往往被铺天盖地的“近视治疗仪”和“防近视”药品包围，但真正能帮助到家长和孩子的，应该是了解近视的发病原理，及早预防近视的发生。

近视是指眼在不使用调节时，平行光线通过眼的屈光系统屈折后，近视焦点落在视网膜之前的一种屈光状态。所以近视眼看不清远方的目标。很多患有近视眼的人看远处的事物会眯眼，这是因为这样做可以帮助焦点更接近视网膜，从而看清物体。近视会导致视网膜、脉络膜萎缩变性，严重者会出现视网膜脱离等症状。通常，近视眼可以通过佩戴眼镜（凹透镜）或进行激光手术矫正。

而较少发病的远视在病征上大多与近视相反，远视患者聚焦的图像会落在视网膜后面，在治疗方面要佩戴凸透镜来矫正。当然，激光手术对远视眼也有治疗作用。虽然现阶段学生课业繁重，但是应当注意定时放松眼镜，避免加重近视度数。祝愿我们的每位读者都能有一双明亮的眼睛，免受近视带来的困扰。

## MYOPIA

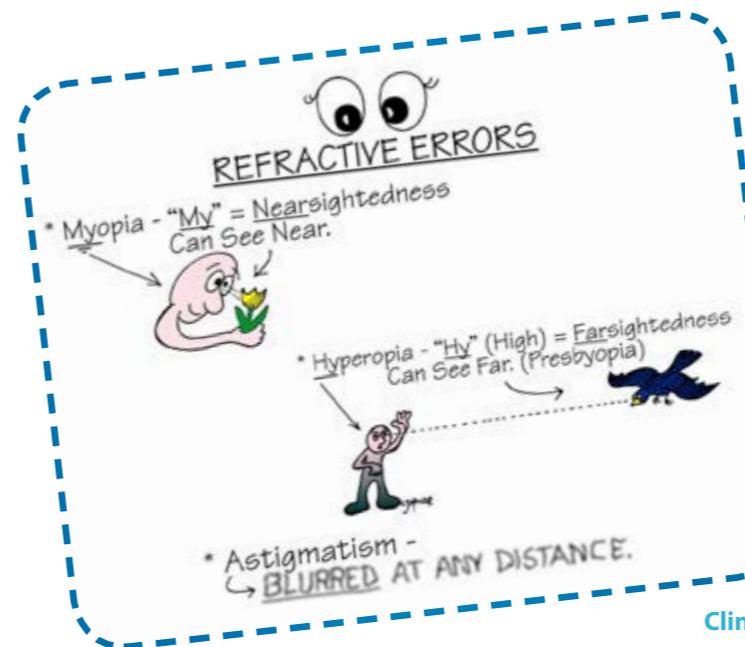
**M**yopia is an optical condition where the converging point of refracted parallel rays of light is placed in front of the retina and hence the image isn't focused on the retina. Instead, the retina receives the rays that exit the converging point, making the image appear blurry. This makes it easier to understand why individuals affected by myopia squint their eyes; doing so brings the parallel rays closer, which in turn brings their convergence point closer to the retina, making the image clearer.

### Myopia may manifest in 3 degrees:

1. Low - up to 3D
2. Moderate - up to 6D
3. High (sometimes called high-progressive) - over 6D (may rise to 20D-30D)

### Clinical signs

Affected individuals are unable to see from afar, so they tend to keep objects close to their eyes, thus keeping the inner straight muscles strained. Over time, this causes muscular asthenopia, which is a typical



## HYPERMETROPIA

Hypermetropia is a refractive anomaly where the image is focused behind the retina. It may result from diseases originating from behind the eye which cause the lens to shift forward (orbital tumors, central serous retinopathy, tumors inside the eye, etc.). The hypermetropic eye focuses the image through the continuous process of accommodation. Accommodation in hypermetropia starts from seeing objects from afar and reaches its maximum with nearby objects.

### Clinical signs

Generally speaking, the eye is smaller, the cornea is flatter, the anterior chamber is shallower and the pupil is more constricted than a normal eye. The blood vessels' reflection is also more visible and the optic papilla looks smaller, sometimes with an opaque outline (pseudoedema). If the eyes are strained for a long time, accommodative asthenopia manifests, which is caused by straining the ciliary muscle. Other symptoms are blurred vision and headache which gradually increases in severity.

### Hypermetropia may manifest in 3 degrees:

1. Low - up to 3D
2. Moderate - up to 6D
3. High - over 6D

### Treatment

Hypermetropia can be treated by wearing glasses with convex lenses until the accommodation of eye fully compensates the anomaly. Until then, depending on the severity of this condition, glasses may have to be kept on at all times or only when the eyes are strained and the aforementioned symptoms manifest. Contact lenses, with the same indications, may be used and laser surgery (especially in cases with high hypermetropia) may be performed.

## ASTIGMATISM

Astigmatism is a refractive condition of the eye where the refractive index is not the same throughout the corneal meridians. Therefore the image doesn't focus on a single point (stigma) in the retina as it would in a healthy eye; rather, the image focuses on different points.

clinical picture and causes mild headache and blurred vision. For stretched periods of time, the headache may become severe and other symptoms may show up like nausea and dizziness.

Generally speaking, the myopic eye is bigger, with a deeper anterior chamber and more bulging outwards than it would normally be and has dilated pupils, while high myopia has a more specific clinical picture:

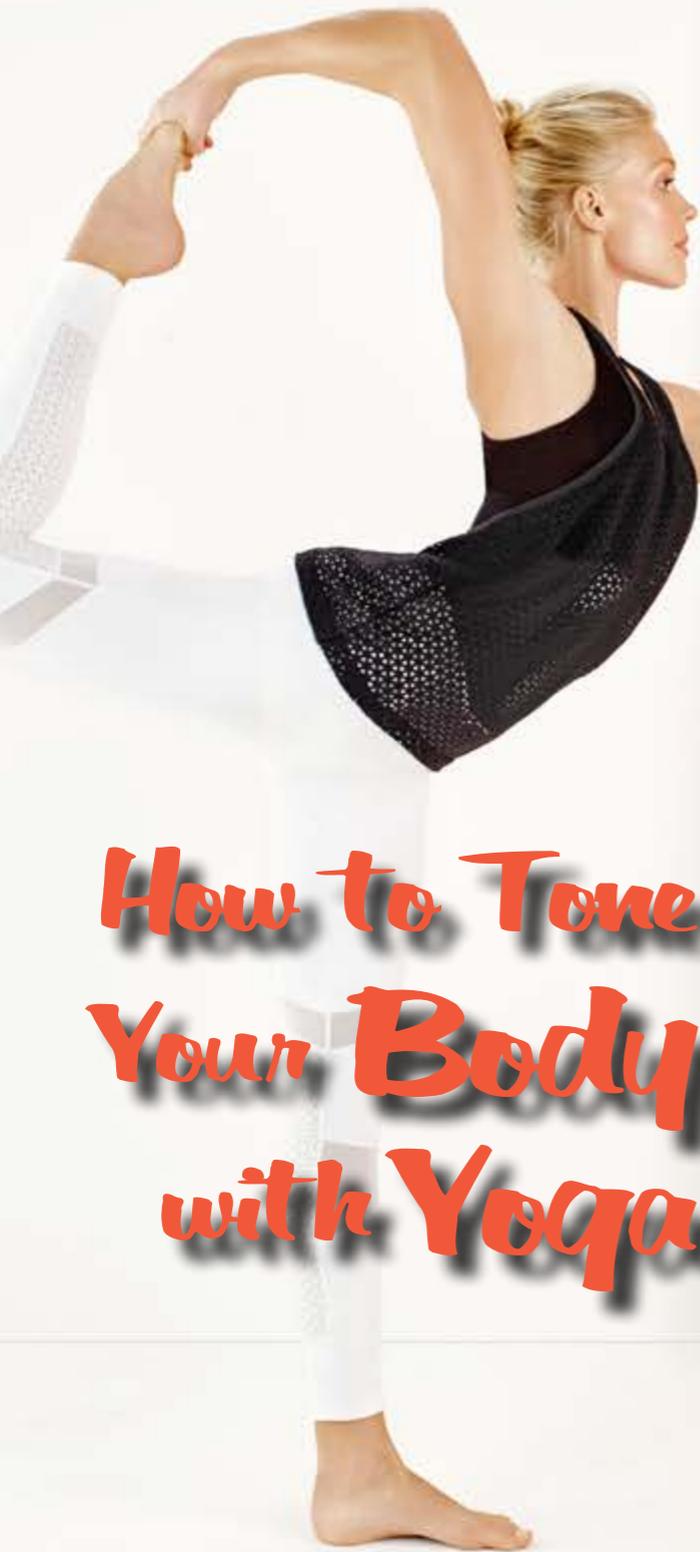
1. The first sign of high myopia is the manifestation of myopic cone in the optic papilla.
2. Enlargement of the eye on the posterior pole (staphyloma posticum) which causes degradation of choroid which in turn causes hemorrhaging in this area.
3. After the drainage of the hemorrhages, a hyperpigmented stain remains in the macular region (Fuchs' dystrophy).
4. The intertwining of blood vessels in the choroid is clearly visible.
5. Retinal degradation is detected in peripheral retina which causes retinal detachment.
6. Degenerative by-products and hemorrhaging causes lens opacification.

### Treatment

Myopia is treated with the following methods:

1. Glasses (concave lenses).
2. Contact lens (concave lenses).
3. Laser surgery (keratotomy or refractive keratotomy is executed by reducing the corneal curvature).





# How to Tone Your Body with Yoga

When you think about yoga, one of the oldest "sports" in the world, there comes to mind a lot of twists and bends. It's all about breathing and even funny and empowering mantras. There are at least ten types of yoga in the world and you can tone your body with each one. What's important is that you find what makes you feel good and what brings you back over and over again on the mat.

People all over the world practice yoga. You can do it when you're young and you can carry forward your practice into senior days. You can do it alone, with friends, when you feel

sad, happy or even sick and you can even do it while pregnant or with your little one. That's how powerful yoga is for both the mind and the body.

## What Is Really Yoga?

Yoga entails both spiritual and physical action. You think of it like a class at the gym, those moves on an app or on TV or you can even think of it more like a religion than a toning routine. Some even consider yoga a cult, a "sex-thing" or even levitating and humming. And whatever you think of yoga, you are right. It represents the principles of moving in step with the Earth and breathing the good in and the bad out, whatever that means to you.

To try and describe yoga you'll need books and around six or seven of years of heavy studying. Yet, the basic is that it's divided into asanas and pranayamas. The first type is the moving part of yoga, while the second represents the meditative state in which a yogi concentrates on his breathing. To practice it for relaxation and awareness, you do need a special mat and to be on your bare feet. If you're sweating, opt for special bands to keep from falling.

如果你问我最古老的运动是什么，小编我可能很难回答得上来。但是如果你要我举出一个历史悠久的运动的例子，那第一个跃入我脑海的必当是瑜伽运动。瑜伽源于古印度文化，是古印度六大哲学派别中的一系，讲究探寻“梵我一如”的道理与方法。而现代人所称的瑜伽则主要是一系列的修身养心的方法，包括调身的体位法、调息的呼吸法、调心的冥想法等。瑜伽也是一个通过提升意识，帮助人类充分发挥潜能的体系。其姿势运用古老而易于掌握的技巧，改善人们生理、心理、情感和精神方面的能力，是一种达到身体、心灵与精神和谐统一的运动方式。古印度人更相信人可以与天合一，他们以不同的瑜伽修炼方法融入日常生活而奉行不渝：道德、忘我的动作、稳定的头脑、宗教性的责任、无欲无求、冥想和宇宙的自然和创造。

在现代生活中，瑜伽以其“修身养性”以及塑形的功效成为都市人追捧的运动。瑜伽爱好者通常熟悉的瑜伽种类有哈他瑜伽（Hatha yoga）、阿斯汤加瑜伽（Ashtanga yoga）、阴瑜伽（Yin yoga）等。随着需求多样化，渐渐地也逐渐出现了减肥瑜伽、亲子瑜伽等。其中，哈他瑜伽是一种传统的瑜伽练习，适合任何级别的练习者，对身体的各部位进行科学而平衡的伸展和锻炼，达到疏通经脉、改善呼吸、平衡身心的功效。瑜伽运动虽然动作缓慢，但是消耗卡路里时一点也不比其他运动逊色。瑜伽和任何一种运动一样，要想看到锻炼效果，也需要耐心和毅力。坚持下去，你会发现不一样的自己。



## Which Yoga Should You Practice?

There are many types of yoga. If you don't know what to choose or you can't try them all, start with Hatha yoga or Vinyasa as you can find them at any gym. It's classic and slow, you'll feel your muscles burn fast, but you rarely work up a sweat. It's great for strength, flexibility, cardio and mindfulness and you can do it every day as light movement.

If you want to see results faster, you have to start evolving your yoga into Ashtanga. There are different sets of exercises and you have to master the first one to take it to the next level. It will

definitely work your entire body and offer some cardio. Bikram or hot yoga puts your body through a sort of a stress period, 26 poses, 30 seconds each, done twice and you'll burn a lot of calories. When you're done with this, you can also give aerial yoga a try. It will build up your strength without putting pressure on the spine.

## How Should You Practice Yoga?

If you're ready to have fun and are looking forward to toning your body with this workout, you have to give it time and lots of practice, so be patient. To be able to do the moves right, the mat is important but so also is your mindset. Breathe like you're told and shift

your weight on your legs most of the time to be able to perform right. Suck your belly in, work with a straight back, but bring in the pelvis and flex the feet muscles.

If you fall or you've stayed too long in a position and you feel like falling, get out of the position. Rest or fall and get back to it slowly and with control. Before you start the Yoga class, always go to the bathroom even if you don't feel like it. Start the class on an empty stomach. It's actually recommended to do it in the morning on a completely bare stomach, but let us not focus on all the rules and instead let you enjoy yourself while toning your body.

## TOP 3 YOGA MOVES TO TRY ANYWHERE



### Mountain pose or Tadasana

One of the first poses you'll learn in every class. It's easy, you salute Mother Earth, stand straight with your pelvis brought in, chest high and hands above your head or open but close to your body.



### Chair pose or Utkatasana

It can evolve from the move above and it's great to strengthen your back muscles, especially if you stand or work at a desk. Just like its name, lift your arms in front and bend at the knees like you're going to sit on a chair.



### Tree pose or Vrikshasana

It's a powerful move to end the yoga momentum. It will challenge your balance and your muscles as you have to lift one leg to the side and put it above or below your knee and breathe.

# The Keyless Future

Get Access Everywhere You Go Without the Use of Keys

By Alfred Walker



看过007系列的朋友们都知道，电影中的特工或奇人异士要想进入某个特殊的房间，用门钥匙几乎是行不通的。开门的方法或是扫描视网膜，或是指纹和视网膜双重认证，总之要想逼格高，绝对不会看到钥匙的影子。虽说这种完全高科技的开门方法对我们普罗大众而言还有点遥远，但是去公司上班时用手机卡开启门锁、入住酒店时持卡开门等不需要普通钥匙的开门方式已经悄然走入了我们的生活。

那么因为忘记拿钥匙而造成烦恼的日子什么时候是个头呢？别急，现在已经有了开门应用APP，比较知名的有Goji等品牌。Goji配置了一个蓝牙智能钥匙，可以

像汽车遥控车门一样开启你家的房门，同时还配置了一个普通钥匙应急使用。Goji智能锁拥有定制的App，可以管理电子钥匙，设定不同钥匙进入的时间段。另外，它还有一个相机，可以查看开门人的实时影像，并将相关图片发送给主人。是不是既安全又省心呢？

开门“无钥匙”化已经实现，那么我们是否可以干脆把车钥匙也省去？沃尔沃集团想到了这一点。在去年时沃尔沃就宣布将在2017年成为全世界首个提供无钥匙汽车的厂商。沃尔沃数码钥匙可以实现实体钥匙所能完成的一切任务，车主可以使用手机上的数码钥匙应用程序取代传统的实体钥匙来开

启沃尔沃的汽车，它还能借助手机app将数码钥匙分享给家人、朋友或继续使用沃尔沃汽车的人。

回家已经如此方便，入住酒店是否可以更为快捷？其实早在几年前，不少大型连锁酒店就已经推出了用户手机端办理入住的新方法。2014年时，万豪酒店集团就重新设计了iOS和安卓版APP，并将手机check-in功能、房间状态提醒功能和结账功能延伸到全球4000家酒店。

虽然彻底弃用钥匙还需要很长时间，但是科技发展的脚步无可阻挡，相信未来“无钥匙”化的生活将给大家带来更多便捷。

Just when humans thought that science couldn't develop much, here comes yet another innovative and advanced evolution of science – the keyless future. The growing advancements in science and technology are touching every facet of life and are gifting mankind with some of the most easy-going and luxurious creations that man could ever imagine. The keyless future is likely to be taking this entire growth of science to yet another level of convenience. Let us know how this keyless future is going to make our lives easier and more convenient.



## KEYLESS ENTRY TO THE DOORS

Whether it is getting an entry into your hotel room or entering into your own house, a keyless entry to the doors has become the newest cool. A number of companies are already coming up with different models of locks that do not attract the use of keys but have been designed in such a way that they let you communicate with your smart phone the very moment you walk towards the front door of your house. Once these smart locks are installed into your doors, you are only required to download an app, sync your device and let technology do rest of the talking for you. This particular method works in a number of ways depending upon the design of the lock that you have chosen for your door. Popular brands like Goji, Kwikset and August are selling these locks like hotcakes.



## KEYLESS CARS: AN ADDITION TO THE KEYLESS WORLD

Have you ever imagined a world where your cars are made free from the keys? If not, it's time to experience the same. According to the latest news, Volvo Cars are planning to introduce the exclusive concept of keyless cars. This new breakthrough is certainly going to come as music to the ears of any person who finds it difficult to carry car keys everywhere.

This technological innovation is believed to be a long-term plan which is going to make all the cars simpler as well as more convenient in future. Instead of the old-fashioned physical car keys, all Volvo customers will be offered an exclusive app that would transform their mobile phones into a unique digital car key. This car is believed to be capable of doing everything that is done by a physical car key.

The main features would include locking and unlocking of doors, starting the engine and much more! The digital car keys could be delivered directly to a person's phone. So far, only Volvo has made a declaration about this innovative digital key concept into their cars. There are chances that a number of other automobile giants will soon inculcate the same into their projects.



## AN EASY INGRESS TO YOUR HOTEL ROOM

The idea of using a room key or a plastic card for entering the hotel room seems to have become obsolete for the technology has come up with something more innovative and technical. Keyless entry to the hotels works in a very simple way. The mobile check-in system is believed to have overcome this concept. Furthermore, these hotel chains have designed a particular app for themselves which further lets all their clients use it on the account of being checked-in. Thus, when the app opens, you are required to hold your phone near the door lock. As soon as you do this, the door gets unlocked. However, not many people seem keen to take advantage of this technology and only 3 percent of guests have made use of it so far.





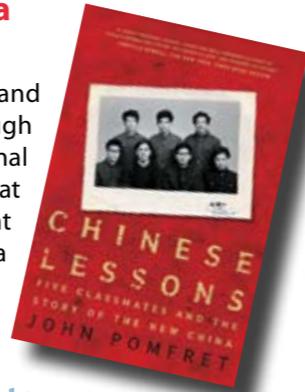
## National Theatre Live "No Man's Land"

Broadcasting live from Wyndham's Theatre, London is the newly named "unmissable" play that will be available for watching in Tianjin Grand Theatre. Infamous play "No Man's Land" by Pinter starring two masters Ian McKellen and Patrick Stewart will be broadcasted by National Theatre Live project all over the globe and luckily Tianjin theatre lovers will also have an opportunity to watch this play. As the plot goes, one summer evening, two writers, Hirst and Spooner, meet in a Hampstead pub and continue their drinking into the night at Hirst's house. As the pair becomes increasingly inebriated, their stories become more and more unbelievable.

## Chinese Lessons: Five Classmates and the Story of New China

By John Pomfret

This book is an interesting and controversial read that will help you to understand modern China, precisely the influence of changes that the country went through during the events of the beginning of 20 century. As one of the first international students admitted to China during that time, John Pomfret found himself in a country that was absolutely different from anything he could imagine. Diving into the environment of China that had just opened its doors to the whole wide world, John Pomfret had a chance to observe and learn in depth everything they label as being Chinese culture. New York Times rated this novel as "A highly personal, honest, funny and well-informed account of China's hyperactive effort to forget its past and reinvent its future."



## Valerian and the City of a thousand planets



Directed by Luc Besson, infamous creator of the Fifth Element and Lucy as well as a huge fan of playing with time and space traveling, this movie will make the viewers dap into the surreal world of future adventures again! Valerian and the City of a thousand planets takes place in the 28<sup>th</sup> century and tells the story of Valerian (Dane DeHaan) and Laureline (Cara Delevingne) who are a team of special operatives charged with maintaining order throughout the human territories. Complicated yet intriguing plot accompanied by tremendous special effects will bring you to the world of future and celebrity crew (Cara Delevingne as Laureline, Rihanna as Bubble) will make you enjoy the motion picture even better.

大导演吕克·贝松从不让人失望，这次他带着自己的新作《星际特工：千星之城》登录各大院线。该片讲述了具有丰富经验的特工韦勒瑞恩与洛瑞琳奉命来到阿尔法千星之城，完成一系列冒险任务的故事。《中国教训：五位同学及新中国的故事》，讲述了五位南大历史系八二级同学的个人经历，透过他们迥然不同的命运见证中国社会的变化。作者潘文是第一批到中国大陆学习的美国大学生，南京大学是当时唯一一所让外国和本国学生同住的重点大学，他在南大留学时和七名中国学生合住一个宿舍，读者可以从小人物的生活中了解中国。此外，天津大剧院联手奥哲维文化呈现英国国家剧院现场经典剧目。本季放映的四部剧目——《无人之境》、《弗兰肯斯坦》、《莫扎特传》和《罗森格兰兹与吉尔登斯吞死了》在过去近半个世纪的时间里先后在英国国家剧院进行了世界首演，其中《无人之境》由帕特里克·斯图尔特和伊恩·麦克莱恩这两位老戏骨出演，可谓精彩可期。

## Puzili 21 Cultural Creative Community Art Festival

Puzili 21 Cultural Creative Community Art Festival has opened on July 28 with several units like plays, a household product exhibition, music, and art, and will last four months. At the Festival, plays present people's lives in humor; Tianjin Nostalgia Exhibition helps you to remember what has been forgotten; Steinway Piano Competition gathers piano lovers with attracting pieces; the art unit calls for young pioneer artists to auction their works for charity.

### Puzili 21 Art Festival Opening Ceremony

Plays will be starting on July 28 and lasting a month. Tianjiners will be charmed by an art feast containing a series of great shows, salons, and classes created by drama masters home and abroad.

### "The Forgetting Daily" Literary Salon

In the afternoon of July 28, cultural celebrities like Ma Chi, curator of Tianjin Art Museum, and Dong Ruirui, a life aesthetist, attended the opening ceremony of Tianjin Nostalgia Exhibition. More than 500 pieces of old daily necessities are exhibited to create a nostalgic atmosphere and bring the audience back to the old time.



## Oxford have done it again

### @ The Metropolitan Intersvarsity Polo 2017 Tournament



Champion - The University of Oxford

The University of Oxford made it two wins in two years at The Metropolitan Intersvarsity Polo 2017 Tournament, aka The Oxford Challenge in the city of Tianjin in northeast China today, beating The University of London in a high-quality final.

The Oxford team came out 8-5 winners in the all-English team final at the event, taking place at The Tianjin Goldin Metropolitan Polo Club for the fifth time.

Harvard University beat The University of Connecticut 9-2 in the third place playoff to wrap up another year of quality intersvarsity polo, which saw the cream of the US and UK university teams convening in Tianjin.



Second Place The University of London



Third Place Harvard University



Fourth Place The University of Connecticut

## Bakeries &amp; Desserts

**HH** **Gang Gang Delicatessen**  
网网面包房  
Great bread and pastries, plus other stuff like cookies and sandwiches.  
Very reasonable prices.  
**A:** 103-104, Olympic Tower, Chengdu Dao, Heping District  
和平区成都道126号奥林匹克大厦1层103-104  
**T:** +86 22 2334 5716

**HP** **Anna Miller's 安娜美乐**  
**A:** B1, ISETAN, No. 108, Nanjing Road, Heping District  
和平区南京路108号伊势丹 B1  
**T:** +86 22 2718 8241

**NK** **Inasia Restaurant 美轩亚萃餐厅**  
(Olympic Stadium Store)  
**A:** 4F, A-Hotel, Olympics Gym, Nankai District, Tianjin  
南开区水滴体育馆A-Hotel四楼  
**T:** +86 22 2382 1666/2233

**HX** **(Somerset Store)**  
**A:** 5F, Somerset Youyi, Pingjiang Dao, Hexi District  
河西区平江道盛捷服务公寓5层  
**T:** +86 22 2810 7992

**HP** **Mrs. WANG'S Dessert Boutique**  
王太太私房甜品  
**A:** Xian Nong Courtyard, 292 He Bei Lu, Heping district  
和平区河北路292号先农大院内  
**T:** +86 22 5835 2895

**HP** **Bella Milano Hand Made Gelato**  
贝拉米兰意式手工冰激凌  
(Hisense Plaza) 海信广场店  
**A:** No.188 Jie Fang Road 3F, Heping District, Tianjin  
和平区解放路188号3层  
**T:** +86 22 23198315

**HX** **(International Trade Centre)**  
天津国贸购物中心店  
**A:** 3F, No.39 Nanjing Road, International Trade Centre, Hexi District, Tianjin  
河西区南京路39号天津国贸购物中心3层  
**T:** +86 22 59907159

**PH** **(Metropolitan Plaza) 世纪都会店**  
**A:** 6F - 606, No.183 Nanjing Road, Metropolitan Plaza, Heping District, Tianjin  
和平区南京路183号世纪都会商厦6层606号

**NK** **LE CROBAG - Tianjin Store**  
**A:** Room 107, Buliding A2, Binshui West road, Nankai District, Tianjin  
南开区奥城商业广场A2商7  
**T:** +86 22 23741921

## Chinese



**HP** **Qing Wang Fu 庆王府**  
Qing Wang Fu was founded to provide a sophisticated venue where business people can meet, dine and relax in privacy and comfort.  
**A:** QWF, No. 55, Chongqing Road, Heping District  
和平区重庆道55号庆王府  
**T:** +86 22 8713 5555

**HP** **Shui An 水岸中餐厅**  
Shui An takes its inspiration from the land and sea specialties of the city and re-imagines them for the sophisticated, global traveller.  
11:30-14:00; 17:30-22:00.  
**A:** 2F, The Astor Hotel Tianjin, No. 33, Tai'er Zhuang Lu, Heping District  
和平区台儿庄路33号天津利顺德大饭店豪华精选酒店2层  
**T:** +86 22 2331 1688 ext. 8920



**HP** **Tian Tai Xuan 天泰轩中餐厅**  
Elegant interior includes a private elevator serving ten luxurious private dining rooms.  
**A:** 1 - 2F, The Ritz-Carlton, Tianjin, No. 167 Dagubei Road, Heping District  
和平区大沽北路167号天津丽思卡尔顿酒店一楼和二楼  
**T:** +86 22 5809 5098

**HP** **Qing Palace 青天轩**  
Offers distinctive Sichuan & modern Cantonese cuisine in a refined ambience. From home-style dishes to royal cuisine.  
11:30-14:30; 18:00-22:30.  
**A:** 6F, Tangla Hotel Tianjin, No. 219, Nanjing Lu, Heping District  
和平区南京路219号天津唐拉雅秀酒店6楼  
**T:** +86 22 2321 5888 ext. 5106

**NK** **Xiangjiang Yupin Hot Pot 香江御品**  
Offering healthy Hong Kong-style Seafood Hotpot.  
**A:** (Water Park Branch) A-36, Shang Gu Business Centre, Shuishang Dong Lu, Nankai District  
南开区上谷商业中心A区36号  
**T:** +86 22 2341 0688

**HP** **JIN House 津韵·中餐厅**  
**A:** 7/F, Four Seasons Hotel Tianjin, 138 Chifeng Road, Heping District, Tianjin  
和平区赤峰道138号天津四季酒店7层  
**T:** +86 22 2716 6262

**HP** **Youth Restaurant 青年餐厅**  
11:30-14:30; 17:30-21:30.  
**A:** 1F, bldg. 1, Jin Wan Plaza, Jiefang Bei Road, Heping District  
和平区解放北路津湾广场2号1层  
**T:** +86 22 5836 8081

**HX** **New Dynasty 天宾楼**  
A modern upscale Chinese restaurant with touches of Chinese elements. New Dynasty takes classic Cantonese cuisine and puts a modern twist on it while maintaining its authentic flavours.  
11:30-14:30; 17:00-22:00.  
**A:** 2F, Renaissance Tianjin Lakeview Hotel No.16 Binshui Road, Hexi District  
河西区滨水道16号万丽天津宾馆2层  
**T:** +86 22 5822 3388

**HX** **Celestial Court Chinese Restaurant 天宝阁中餐厅**  
Sheraton's premier restaurant with traditional decor gives special care to each dish's detail and presentation.  
11:30-14:00; 17:30-21:30.  
**A:** 2F, Main Building, Sheraton Hotel Tianjin, Zi Jin Shan Lu, Hexi District  
河西区紫金山路天津喜来登大酒店主楼2层  
**T:** +86 22 2731 3388 ext.1825/1826

**HX** **Din Tai Fung 鼎泰丰**  
World-renowned dumpling restaurant, offering delectable fillings and great variety.  
11:30-14:40, 17:30-21:50.  
**A:** No. 18, the junction of Zi Jin Shan Lu and Binshui Dao, Hexi District  
河西区滨水道与紫金山路交口18号  
**T:** +86 22 2813 8138  
**W:** dintaifung.com.cn

**NK** **Bazndei Yunnan Food 坝美云南菜**  
**A:** Joy City IF Street - B3, Nankai District, 南开区南门外大街大悦城if如果街IF-B3  
**T:** +86 22 87897222  
**O:** 10:00-0:00



**HP** **Dongsir Hotpot 懂事儿火锅**  
**A:** Cross of Binjiang Rd & Shanxi Rd  
和平区滨江道270号(滨江道与山西路交口, 麦购商场对面)  
**T:** +86 22 2331 9777

**NK** **Fu Quan Pavilion 赛象中餐厅福泉阁**  
Fu Quan Pavilion offers cozy dining atmosphere, and characterised by Hangzhou dishes.  
**A:** Saixiang Hotel, No. 8, Meiyuan Lu, Huayuan High-tech Industrial Park, Nankai District  
南开区新技术产业园区华苑产业区梅苑路8号赛象酒店内  
**T:** +86 22 2376 8888

## French

**HB** **La Seine 赛纳河法国餐厅**  
A very good French restaurant. Gourmet dishes and a great wine cellar. 11:30-14:30; 17:30-21:30.  
**A:** No.50, Ziyou Dao, Hebei District. (Italian Style Town)  
河北区自由道50号(意大利风情街)  
**T:** +86 22 2446 0388



**HB** **Brasserie Flo Tianjin 福楼**  
Brasserie Flo is a real Parisian Brasserie serving authentic French cuisine. From seasonal recommendations to French oysters, Brasserie Flo provides an authentic Parisian dining experience. Wine cellar, imported seafood and private VIP room available.  
**A:** No.37, Guangfu Dao, Italian Style Town, Hebei District  
河北区意大利风情区光复道37号  
**T:** +86 22 2662 6688  
**F:** +86 22 2445 2625

**HP** **Le Loft 院**  
Good place to meet friends. French cuisine, wine and great atmosphere.  
**A:** Cross of Nanjing Lu and Jinzhou Dao, Heping district  
和平区南京路与锦州道交口  
**T:** +86 22 2723 9363, +86 18702200612

**HX** **Blufish 布鱼法式餐厅**  
**A:** 1<sup>st</sup> Floor, Lotte Plaza, No.9 Leyuan road, Hexi District  
越秀路与乐园道交口银河国际购物中心乐天百货首层F&B-1-2  
**T:** 022-58908018  
**O:** Sunday - Tuesday 10:00-21:30  
Friday - Saturday 10:00 - 22:00

## Japanese

**HP** **S6U 思创**  
Features contemporary Japanese and European cuisine and offers a spectacular view of the city skyline, creating an exquisite ambience for romantic dinners. 17:30-22:00.  
**A:** 49F, Tangla Hotel Tianjin, No.219 Nanjing Road Heping District  
和平区南京路219号天津唐拉雅秀酒店49楼  
**T:** +86 22 2321 5888 ext. 5109

**NK** **Haru Haru Fashionable Restaurant 通天阁新派料理**  
Great buffet with sushi, sashimi, noodles, and more. A la carte also available. 11:00-14:30; 17:00-22:00.  
**A:** No. 126, Bldg. 18, Magnetic Plaza, Binshui Xi Dao  
南开区滨水西道时代奥城商业广场18号楼126号  
**T:** +86 22 8378 8223

**HX** **Seitaro 清太郎日本料理**  
One of Tianjin's best Japanese Restaurants which features a wide selection of regional specialties for lunch and dinner including a teppan and sushi counter. 11:30-14:30; 17:00-22:30.  
**A:** 2F, Sheraton Hotel Tianjin, Zi Jin Shan Lu, Hexi District  
河西区紫金山路喜来登大酒店2楼  
**T:** +86 22 2335 0909

**HX** **福の家 Japanese Restaurant 福之家日本料理店**  
The restaurant specialises in all the finest delicacies from Japan.  
**A:** 2F, Mimi Park, Dadao Area, Youyi Nan Lu, Hexi District (Opposite to Meijiang Convention Centre)  
河西区友谊南路大岛商业广场2楼(梅江会展中心对面)  
**T:** +86 22 5889 7478

**HP** **Bowbow Sushi Japanese Restaurant 宝寿司**  
**A:** Xiannong Area, Intersetion of Hebei Road and Luoyang Road, Wu Da Dao, Heping District, Tianjin  
和平区河北路与洛阳道交汇西北角先农大院内  
**T:** +86 22 58352860

**HP** **Kawa Sushi Lounge 洲·寿司酒廊**  
**A:** 7/F, Four Seasons Hotel Tianjin, 138 Chifeng Road, Heping District, Tianjin  
和平区赤峰道138号天津四季酒店7层  
**T:** +86 22 2716 6262

## Indian

**HP** **Maxim's De Paris 马克西姆法餐厅**  
One of the world's best French restaurant features classic and modern French dishes.  
**A:** No.2 Changde Dao, Heping District  
和平区常德道2号  
**T:** +86 22 2332 9966

**HP** **The Golden Fork Authentic Indian Restaurant 金叉子印度餐厅**  
**A:** Crossing of Qixiang Tai Lu and Diantai Dao, Heping District  
和平区气象台路与电台道交口(医科大学游泳馆对面)  
**T:** +86 22 2335 7567  
Contact (Chinese): 138 2167 9729 at Mr. Li 李经理  
Contact (Foreigner): 150 2250 5448 at Mohamed 默罕穆德

## Italian

**HP** **Prego 意大利餐厅**  
Italian music, Italian olive oil, Italian wine and tasteful Italian ambience and along with dishes bursting with taste.  
**O:** 17:30 - 22:30.  
**A:** 3F, The Westin Tianjin, No. 101, Nanjing Lu, Heping District  
和平区南京路101号天津君隆威斯汀酒店3层  
**T:** +86 22 2389 0173

**HB** **PASTA FRESCA DA SALVATORE 沙华多利意大利餐厅**  
The most fresh spaghetti and sauce, the best service provides you the most authentic Italian cuisine!  
**A:** No.22, Guangfu Road, Italian Style Town, Hebei District  
河北区意大利风情街光复道22号  
**T:** +86 22 2446 3101/ 3201  
+86 186 2218 3134  
**E:** yuanpeter@163.com

**HP** **Pizza Bianca 比安卡意大利餐厅**  
Great choice of Italian cuisine and pizza.  
**A:** No.83 Chongqing Lu, Min Yuan Stadium, Heping District  
和平区重庆道83号民园体育场内  
**T:** +86 22 8312 2728

**HP** **Kitchen Igosso Italian Restaurant 意大利餐厅**  
**A:** Xiannong Area, Intersection of Hebei Road and Luoyang Road, Wu Da Dao, Heping District  
和平区河北路与洛阳道交汇西北角先农大院内  
**T:** +86 22 5835 2860

**HP** **Kitchen Igosso Italian Restaurant 意大利餐厅**  
**A:** Xiannong Area, Intersection of Hebei Road and Luoyang Road, Wu Da Dao, Heping District  
和平区河北路与洛阳道交汇西北角先农大院内  
**T:** +86 22 5835 2860

## Thai

**H P** **Kudos Thai Restaurant & Lounge Bar** 泰廷泰国餐厅

National cuisine of Thailand, which places emphasis on lightly prepared dishes with strong aromatic components.

**A:** No. 39, 4F, North Block, No. 2-6, Joy City, Nanmen Wai Da Jie, Heping District  
和平区南门外大街2-6号大悦城北区4楼39号(南马路口)  
**T:** +86 22 8728 8669

**H P** **Chat Thai Restaurant** 泰来时尚泰国餐厅

**A:** 3<sup>rd</sup> Floor, Aqua City, No. 18 Dafeng Road, Hongqiao District, Tianjin  
红桥区水游城购物中心3楼  
**T:** +86 22 5871 9019

**H B** **Pattaya Thai Restaurant** 天津芭提雅泰国餐厅

**A:** Italian Style Street, Hebei District  
河北区意式风情街  
**T:** +86 22 24458789

## Western

**H P** **Cielo Italian Restaurant** 意荟·意大利餐厅

**A:** 9/F, Four Seasons Hotel Tianjin, 138 Chifeng Road, Heping District, Tianjin  
和平区赤峰道138号天津四季酒店9层  
**T:** +86 22 2716 6263

**H P** **La Sala Lobby Lounge** 四季·大堂酒廊

**A:** 2/F, Four Seasons Hotel Tianjin, 138 Chifeng Road, Heping District, Tianjin  
和平区赤峰道138号天津四季酒店2层  
**T:** +86 22 2716 6261

**H P** **Milan Restaurant** 米兰意食尚

**A:** The cross of Chongqing Rd & Xinhua Rd, Heping District  
和平区重庆道与新华路交叉口  
**T:** +86 22 6097 6768

**H P** **1863 The Ding Room** 1863 至尊西餐厅

Choose one of the traditional menus and enjoy what Puyi or Hoover had when they were guests at the hotel.

18:00-22:00. Mondays Closed

**A:** 1F, The Astor Hotel Tianjin, No. 33, Tai'er Zhuang Lu, Heping District  
和平区台儿庄路33号  
天津利顺德大饭店豪华精选酒店1层  
**T:** +86 22 5852 6888

**H P** **Drei Kronen 1308 Brauhaus** 路德维格·1308 德餐啤酒坊

The world's oldest heritage brewery joins Tianjin's growing segment of good international restaurants. You're greeted by the stainless-steel brew tanks, featuring dark beer, wheat beer and lager. Till 0 am.

**A:** 1F-2F, bldg. 5, Jinwan Plaza, Jiefang Bei Lu, Heping District  
和平区解放北路津湾广场5号楼1-2层  
**T:** +86 22 2321 9199

**H P** **Seasonal Tastes** “知味” 全日餐厅

Offers guests an innovative combination of Asian and international cuisine.

00:06-10:00; 11:30-14:30; 17:30-21:30.

**A:** 1F, The Westin Tianjin, No. 101, Nanjing Road, Heping District  
和平区南京路101号  
天津君隆威斯汀酒店1层  
**T:** +86 22 2389 0088

**H P** **Promenade Restaurant** 河岸国际餐厅

Featuring gorgeous views of the Hai River, **Promenade** provides the exclusive dining experience with South East Asia flavors, Indian gourmet, Chinese and Western traditional cuisine and more. 06:00 - 22:00

**A:** 1F, The St. Regis Tianjin, No. 158, Zhang Zizhong Lu, Heping District  
和平区张自忠路158号  
天津瑞吉金融街酒店一层  
**T:** +86 22 5830 9959

**H P** **Riviera Restaurant** 蔚蓝海法餐厅

Riviera brings the casually elegant refined dining experience to Tianjin featuring modern Mediterranean -French dishes paired with selections from an superb list of international wines.

**O:** 11:30 - 14:30, 17:00 - 22:00

**A:** 1F, The St. Regis Tianjin. No. 158, Zhang Zizhong Dao, Heping District  
和平区张自忠路158号  
天津瑞吉金融街酒店一层  
**T:** +86 22 5830 9962

**H P** **ZEST** 香溢·全日餐厅

A heady mix of gastronomy and entertainment, drawing inspiration from the sensory feasts of Hong Kong's open-air dining culture, the aromatic romance of Italian bistros and the elegant minimalism of Japanese delicacies.

**A:** 1<sup>st</sup> Floor, The Ritz-Carlton, Tianjin, No. 167 Dagubei Road, Heping District, Tianjin  
和平区大沽北路167号  
天津丽思卡尔顿酒店一楼  
**T:** +86 22 5809 5109

**H X** **Café BLD** 麓廊

BLD offers buffets for each meal period with open kitchens that give the guest a feeling they are dining in the kitchen itself.

06:00-24:00.

**A:** 1F, Renaissance Tianjin Lakeview Hotel No.16 Binshui Dao, Hexi District, Tianjin  
河西区宾水道16号万丽天津宾馆1层  
**T:** +86 22 5822 3388

**N K** **T.G.I. Fridays** 星期五餐厅

**A:** No. 7-2 Fukang Lu, Nankai District  
南开区复康路7-2号  
**T:** +86 22 2300 5555

**H D** **Brownie Bistro Bar** 布朗尼西餐酒吧

Affordable authentic western food and coffees, long islands, healthy juices and beautiful background music. 11:00-02:00

**A:** No.55, Music Street, Bawei Lu, Hedong District  
河东区八纬路音乐街55号  
**T:** +86 22 6089 3448 or 137 5202 0168

**H X** **Fire House** 浓舍

An international Steakhouse featuring a wood burning grill as the centerpiece of the restaurant.

11:30-14:00; 17:00-22:00.

**A:** 1F, Renaissance Tianjin Lakeview Hotel 16 Binshui Road, Hexi District  
河西区宾水道16号万丽天津宾馆1层  
**T:** +86 22 5822 3388

**H X** **Terrace Café** 燕园咖啡厅

A great location to have a very relaxed meal, in front of a wonderful garden. 06:00-23:00.

**A:** 1F, Sheraton Hotel Tianjin, Zi Jin Shan Lu, Hexi District  
河西区紫金山路  
天津喜来登大酒店1层  
**T:** +86 22 2731 3388

**H X** **Mug German Restaurant Beer House** 麦谷德餐啤酒坊

The menu offers a collection of four authentic German beers, specially imported from Germany, to provide the ultimate German experience!

**A:** No. 1-115, Zonglv Garden, Zhujiang Dao, Hexi District (Face to the Fuli Bus Station)  
河西区珠江道富力津门湖棕榈花园底商1-115号  
**T:** +86 22 8815 8577

**H B** **PAULANER Tianjin** 普拉那啤酒坊

Paulaner's only flagship store in Tianjin authorized by the headquarters in Munich, Germany.

10:30-24:00, Sun-Thu  
10:30-02:00; Fri, Sat & Holidays

**A:** Venice Square, Italian Territory, No. 429-431, Shengli Lu, Hebei District  
河北区胜利路429-431号  
意大利风情区威尼斯广场  
**T:** +86 22 2446 8192

**H D** **Café Vista** 美食汇全日餐厅

Café Vista redefines the standard of all-day dining service at international hotels.

**A:** 1F, Wanda Vista Tianjin, 486 Bahao Road, Da Zhi Gu, Hedong District  
河东区大直沽八号路486号  
天津万达文华酒店一层  
**T:** +86 22 2462 6888

**H P** **Prague Restaurant** 布拉格餐厅

**A:** No.83 ChongQing Road, Heping District, Tianjin (West of MinYuan Square) 和平区重庆道83号(民园广场西楼)

**O:** 10:00am - 0:00

**T:** +86 22 8312 2718

**H D** **Element Fresh Restaurant, Tianjin** 天津新元素餐厅

**A:** 1F Joy City, Nanmen Wai Dajie, Heping District  
南开区南马路大悦城一楼  
**T:** +86 022 8735 3372

**H P** **blue frog (Riverside 66)** 蓝蛙(恒隆广场店)

**A:** Unit 3009, Riverside 66, No. 166 Xing'an Road, Heping District  
和平区兴安路166号恒隆广场3009室  
**T:** +86 22 23459028

**N K** **blue frog (Joy City)** 蓝蛙(大悦城店)

**A:** 1F-J02, IF Street, Joy City, Nanmen Wai Dajie, Heping District  
南门外大街大悦城如果街1F-J02  
**T:** +86 22 27358751

**N K** **Trolley Bar & Grille** 乔尼西餐厅

**A:** Aocheng Plaza, Tianjin 22/23-119, Nankai District, Tianjin  
南开区奥城商业广场天玺22, 23号楼底商119  
**T:** +86 15222091582

**H P** **Browns Bar & Restaurant** 勃朗斯英式酒吧餐厅

**A:** No.108-111, 1<sup>st</sup> Floor Min Yuan Stadium, Heping District  
和平区重庆道83号  
民园广场西楼一层108-111号  
**T:** +86 22 88370588/88370688  
**E:** info@browns-tj.com

## Vietnamese

**H X** **Nha Trang Authentic Vietnamese Cuisine** 芽莊越式料理

**A:** 5F, Star Hall, Galaxy International Shopping Mall, No. 9, Leyuan Dao, Hexi District  
河西区乐园道9号  
银河国际购物中心星光厅5楼  
**T:** +86 22 8388 7555

## Mexican

**N K** **TJ-Mex** 墨西哥餐厅

**A:** 1F, Bldg. A3, Magnetic Plaza, Binshui Xi Dao, Nankai District  
南开区滨水西道  
时代奥城商业广场A3座1楼  
**T:** +86 22 5811 3300

## Coffee Shops

**H P** **Starbucks Coffee** 星巴克咖啡

A haven to listen to the best American songs and enjoy coffee and tasty bites with friends.

1) Sun-Thu 08:00-22:00, Fri-Sat 08:00-23:00

**A:** 1F, Berth C1-2, Buidling No.1, No. 18 by 1, Tai'an Dao  
泰安道18号增1号三号院一号楼C1-2铺位首层  
**T:** +86 22 5832 5702

2) 09:00-24:00

**A:** No. 60-62, Ziyou Dao, New Italian Style Town

新意大利风情街自由道60-62号  
**T:** +86 22 2445 3185

**H P** **Bistro Thonet** 庭悦咖啡

As the viewing café in Qing Wang Fu, Bistro Thonet gives you beautiful scenery with flourishing vegetation. It provides various Chinese and Western cuisine, business lunch and afternoon tea in both indoor and outdoor venues.

**A:** No.55, Chongqing Dao, Heping District  
和平区重庆道55号庆王府院内  
**T:** +86 22 8713 5555, +86 22 5835 2555  
**W:** qingwangfu.com

**N K** **Harvest Book & Coffee** 哈维斯特咖啡

They have a great collection of muffins, scones and toasted bagels to go perfectly with their healthy smoothies. 10:00-21:30

**A:** 4F, Cafeteria, Tianjin University of Technology, extended line of Hongqi Nan Lu (Huanwai), Nankai District  
南开区红旗南路延长线天津理工大学餐饮楼4楼(环外大学城)  
**T:** +86 22 6021 5789

## Tea Houses

**H P** **Yang Lou Tea House** 洋楼茶园

Tea house in a villa where you can watch TV, search the internet and play mahjong. 09:30-02:00

**A:** The junction of Kunming Lu and Chongqing Dao, Heping District  
和平区重庆道与昆明路交叉口  
**T:** +86 22 2339 8882

**HP No.9 Cafe** 9号咖啡  
Rich coffee menu and English style high tea.  
**A:** Building 9, No.3 County, Taian Dao, Heping District  
和平区泰安道22号3号院9号楼  
**T:** +86 22 5835 8998

**HP Zi Xuan Tea House** 紫轩茶艺馆  
**A:** Tianjin People Stadium, Yueyang Dao, Heping District (near Guizhou Lu)  
和平区岳阳道人民体育馆院内  
**T:** +86 22 2330 7325

**Bars & Discos**



**HP FLAIR Bar and Restaurant**  
**FLAIR餐厅酒吧**  
Featuring made-to-order sushi and contemporary interpretations of Southeast Asian appetizers and snack foods, extravagant collection of Champagne and whiskeys, a live DJ to shape the night's character and Tianjin's only cigar lounge enhance FLAIR's mystique.  
**A:** 1<sup>st</sup> Floor, The Ritz-Carlton, Tianjin, No. 167 Dagubei Road, Heping District  
和平区大沽北路167号  
天津丽思卡尔顿酒店一楼  
**T:** +86 22 5809 5099

**HP China Bleu** 中国蓝酒吧  
The highest bar in Tianjin, on the 50<sup>th</sup> floor of the Tangla Hotel Tianjin. Great live jazz/funk music every night.  
18:30-03:00.  
**A:** 50F, Tangla Hotel Tianjin, No. 219, Nanjing Lu, Heping District  
和平区南京路219号  
天津唐拉雅秀酒店50层  
**T:** +86 22 2321 5888 ext. 5293

**HP Le Procope Lounge** 普蔻酒廊  
Elegant, sleek, relaxed. You will want to dress-up before going to Le Procope. Luxury and comfort are the core ideas. 10:00-03:00.  
**A:** The Junction of Chengde Dao and Shandong Lu, Heping District  
和平区承德道和山东路交口  
**T:** +86 22 2711 9858

**HP O'Hara's** 海维林  
Offers the intimacy of an English gentleman's lounge with regal Winchester styled sofas and an oversized bar counter. 17:00-02:00.  
**A:** 1F, The Astor Hotel Tianjin, No. 33, Tai'er Zhuang Lu, Heping District  
和平区台儿庄路33号  
天津利顺德大饭店豪华精选酒店1层  
**T:** +86 22 2331 1688 ext. 8919

**HP River Lounge** 畔吧  
Leave your footprint on the Haihe River. The latest address for an afternoon rendez-vous.  
**O:** 09:30 - 01:30  
**A:** 1F, The St. Regis Tianjin, No. 158, Zhang Zizhong Lu, Heping District  
和平区张自忠路158号  
天津瑞吉金融街酒店一层  
**T:** +86 22 5830 9958  
**W:** stregis.com/tianjin

**HP The Lobby Lounge** 大堂酒廊  
**A:** 1<sup>st</sup> Floor, The Ritz-Carlton, Tianjin, No. 167, Dagubei Road, Heping District, Tianjin  
和平区大沽北路167号  
天津丽思卡尔顿酒店一楼  
**T:** +86 22 5857 8888 ext. 5091  
**W:** ritzcarlton.com/tianjin

**HP Muse Bar** 缪斯酒吧  
**A:** Junction of Xi'an Dao and Liuzhou Lu, Heping District  
和平区西安道与柳州路交口  
**T:** +86 22 5836 5608

**HP SITONG Bar** 昔唐音乐酒吧  
Favoured for the last couple years by most expats as the place to end their nights dancing and meeting friends. 20:30-03:00.  
**A:** -1F, Olympic Tower Tianjin, Chengdu Dao, Heping District  
和平区成都道奥林匹克大厦负1层  
**T:** +86 22 2337 7177

**HP Qba Bar** Q吧  
Savour authentic Latino food, drinks and music. 18:30-01:00.  
**A:** 2F, The Westin Tianjin, No. 101, Nanjing Road, Heping District  
和平区南京路101号  
天津君隆威斯汀酒店2层  
**T:** +86 22 2389 0088

**HP The Bar KEI** 桂酒吧  
20:00-01:00 (Sun-Thur),  
20:00-03:00 (Fri-Sat).  
**A:** -1F, International Building Tianjin, No. 75, Nanjing Road, Heping District  
和平区南京路国际大厦负一层  
**T:** +86 186 2221 6635

**HP The St. Regis Bar** 瑞吉酒吧  
The most beautiful bar in town with stunning river view. A rare haven of refined luxury, **The St. Regis Bar** is a place for guests to enjoy the enduring tradition of St. Regis Afternoon Tea and a wide selection of refreshing drinks. 09:30 - 01:30.  
**A:** 1F, The St. Regis Tianjin, No. 158, Zhang Zizhong Lu, Heping District  
和平区张自忠路158号  
天津瑞吉金融街酒店一层  
**T:** +86 22 5830 9958

**HP WE Brewery**  
Tianjin's nano craft brewery. The Craft Beer mecca in town.  
**A:** 4 Yi He Li, Xi An Road, Heping District, Tianjin  
和平区西安道怡和里4号  
**T:** +86 18630888114  
**W:** www.webrewery.com

**HP The Lounge** 澜庭聚  
This is the heart and soul of the hotel with a buzz of activity and professional offering of classic cocktails, wines and foods throughout the day and night. 06:00-01:00.  
**A:** 1F, Renaissance Tianjin Lakeview Hotel, No.16 Binshui Dao, Hexi District, Tianjin  
河西区宾水道16号万丽天津宾馆1层  
**T:** +86 22 5822 3388

**HP Violet Lounge** 紫  
**A:** Building C6-107-108, Magnetic Plaza, Nankai District  
南开区时代奥城商业广场C6-107-108  
**T:** +86 22 2347 7699

**HP Mama Mia** 妈妈咪呀音乐酒吧  
Release yourself with our music. Lead yourself with our culture. Embrace yourself with our style.  
**A:** No. 437, Shengli Lu, Italian Style Town, Hebei District  
河北区意大利风情区胜利路437号  
**T:** +86 22 2445 9905

**HP Churchill Wine & Cigar Bar** 丘吉尔红酒雪茄吧  
Tianjin's leading venue for connoisseurs. With its excellent array of wines and cigars, Churchill is the natural choice for an evening of timeless perfection.  
**A:** 1F, Wanda Vista Tianjin, 486 Bahao Road, Da Zhi Gu, Hedong District  
河东区大直沽八号路486号  
天津万达文华酒店一层  
**T:** +86 22 2462 6888

**HP Gal Whiskey & Cocktail** 良果酒吧  
Great lounge bar featuring wonderful cocktails and whiskey collection. Try "NanKai Qu" cocktail.  
**A:** Shuishang Bei Lu, right in front of Tianjin Zoo gate, Nankai District  
南开区水上东路动物园对面  
**T:** +86 18502609788

**HP Gusto Bar** 9吧  
**A:** 9/F, Four Seasons Hotel Tianjin, 138 Chifeng Road, Heping District, Tianjin  
和平区赤峰道138号天津四季酒店9层  
**T:** +86 22 2716 6264

**HP Eastern Pearl** 东方之珠KTV  
This KTV offers a wide assortment of entertainment and relaxation. You can sing, visit the buffet, play a game or go to the spa! 24 hours.  
**A:** No. 2, Guizhou Lu, Heping District  
和平区贵州路2号  
**T:** +86 22 2781 6666

**HP Holiday KTV** 好乐迪  
One of the most popular KTVs in Tianjin entertainment that offers the most elegant decoration and conditions. 24 hours.  
**A:** 3F, Shuiying Lanting Building, Pingshan Dao, Hexi District  
河西区平山道水映兰庭商业3层  
**T:** +86 22 2355 2888

**HP CHINA ROAD** 重道造型  
A Chic salon adjoins to one of the busiest CBD areas. Fashion is the word that best describes the decorated hairdressers.  
**A:** 16-201, Jinde Block, the junction of Kunming Lu & Lanzhou Dao, Heping District.  
和平区昆明路与兰州道交口金德园16-201.  
**T:** +86 138 0308 8908  
**A:** No. 23 Binyou Dao, Hexi District.  
河西区宾友道23号  
**T:** +86 2836 9769

**HP AY Hair Salon**  
The owner Andy, who speaks fluent English, is the best hairdresser in town for foreigners. 09:00-20:00.  
**A:** 08-01, Wutong apartment, the junction of Zhujiang Dao and Jiulian Shan, Hexi District  
河西区珠江道与九连山交口梧桐底商8号楼1门  
**T:** +86 22 2374 1333

**HP OPI Nail Salon** OPI美甲  
Which girl doesn't like OPI? This salon is a right place to take care of your nails.  
**A:** 3F, Joy city, Nanmen Wai Da Jie, Nankai District  
南开区南门外大街大悦城北3楼  
**T:** +86 22 5810 0179

**HP Yue spa** "悦"水疗中心  
**A:** 4F, Radisson Tianjin 66 Xinkai Road, Hedong District, Tianjin 300011, China  
河东区新开路66号, 天津天诚丽筠酒店4层  
**T:** +86 22 2457 8888 ext. 3910  
**O:** 10: 00-02: 00

**DG** Dagang **XQ** Xiqing **BD** Baodi **DL** Dongli **BS** Baoshui **JH** Jinghai

**HP ThaiFe Spa** 泰菲SPA  
For RMB350 you can get full-body relaxing massage. Definitely worth trying.  
**A:** No.14, Diantai Dao, Heping District  
南开区电台道14号  
**T:** +86 22 2781 1061

**HP Thai Massage** 泰享阁足道会馆  
**A:** Aocheng Plaza Tianxi 22-23/132, Nankai District, Tianjin  
南开区奥城商业广场天玺22-23/132  
**T:** +86 22 8137 2222

**HP Shan Ru SPA** 善如美容美体SPA  
**A:** Opposite of No.18 Shiyong Road, Nankai District, Tianjin  
南开区宁家房子士英路18号对面  
**T:** +86 13752305090

**HP Ink Tattoo** 墨颜刺青  
Owned by artist Zhang, the store is tiny but inviting and the workroom is fully equipped. 11:00-21:00.  
**A:** No. 111, the junction of Shanxi Lu and Jinzhou Dao, Heping District  
和平区山西路与锦州道交口111号  
**T:** +86 22 2730 6615

**HP Arrail Dental Tianjin**  
**International Building Clinic**  
瑞尔齿科  
**A:** Rm 302, Tianjin International Building, No. 75 Nanjing Rd, Heping District  
和平区南京路75号天津国际大厦302室  
**T:** +86 22 2331 6219/10/67  
**24Hr Emergency Line:**  
+86 150 0221 9613  
**W:** arrail-dental.com

**HP Tianjin United Family Hospital**  
天津和睦家医院  
The first international-standard foreign-funded hospital in Tianjin, offering authentic western-style medical services.  
**A:** No.22 Tianxiao Yuan, Tanjiang Dao, Hexi District  
河西区潭江道天潇园22号  
**T:** (Reception) +86 22 5856 8500  
**24 Hour Emergency:** +86 22 5856 8555  
**W:** ufh.com.cn

**Raffles Medical**  
**HP Raffles Medical Tianjin Clinic**  
**A:** 1F Apartment Building, Sheraton Tianjin Hotel, Zi Jin Shan Road, He Xi District, Tianjin 300074  
河西区紫金山路  
喜来登大酒店公寓楼一层  
**T:** +86 22 2352 0143

**HP Tianjin Congramarie Gynecology & Obstetrics Hospital**  
天津坤如玛丽妇产医院  
Tianjin's first international 3H (Holistic-care, Hotel-style, Home-warm) gynecological hospital.  
**A:** No.488 Jiefang Nan Lu, Hexi District (opposite to Huan Bohai Automobile City)  
河西区解放南路488号 (环渤海汽车城对面)  
**T:** +86 22 5878 5555

**amcare**  
**HP Women's and Children's Specialized Health**  
美中宜和医疗集团天津美中宜和妇儿医院  
**A:** No. 21, ShuiShangGongYuan East Road, Nankai District  
南开区水上公园东路21号  
**T:** +86 22 5898 2012  
400 10000 16  
**W:** amcare.com.cn



**Golf Clubs**

**PH G&G Golf Clinic/ Pro shop/ Club Fitting 吉恩吉高尔夫诊断中心**

They take your golf game to the next level. You can enjoy the latest technology to improve your Golf Skill. 08:30-22:00.

**A:** -2 Floor, Huaqiao Building, No. 92-1, Nanjing Road, Heping District  
和平区南京路93号增1号  
华侨大厦负2层  
**T:** +86 22 2392 1937

**JH Fortune Lake Golf Club 天津松江团泊湖高尔夫球会**

The Club occupies an area of 3500 mu, including a 36 hole golf course, 4600 sqm of clubhouse, driving range, villas, business and recreation facilities. 09:00-16:00.

**A:** Jinwang Lu, Jinghai Zhen  
静海县津王路  
**T:** +86 22 6850 5299

**Gyms**

**KZ Fitness Body Comfort Club 倍体适健身**

Fitness Body Comfort Club is designed in an elegant and fashionable style with all fitness equipment up to a high global standard.

**A:** Central Clubhouse, Magnetic Capital, Binshui Xi Dao, Nankai District  
南开区滨水西道时代奥城中央会所  
**T:** 400-108-7890

**Relocation**

**KZ ROYAL RELOCATION CONSULTANTS**

**A:** Room 301, Building 19, Magnetic Capital Serviced Apartment, West Bin Shui Rd. Nankai District  
**T:** +86 22 2813 6943

**E:** info@royal-relocation.com  
**w:** royal-relocation.com

**Movers**

**PH AGS Four Winds International Movers**

爱集斯国际运输服务有限公司  
Offering the most complete door-to-door service to move our clients anywhere across the world, within China.

**A:** A1701 Vanke World Trade Plaza, 129 Nanjing Road, Heping District;  
和平区南京路129号  
万科世贸广场A座1701室  
**T:** +86 22 2712 7759

**E:** manager.tianjin@agsfourwinds.com  
**W:** agsfourwinds.com

**Catering Solutions**



**HB Flo Prestige 福楼外宴策划**

FLO Prestige provides tailor made catering solutions, creating food for your event, matching your theme, atmosphere and expectations.

**A:** No.37, Guangfu Road, Italian Style Town, Hebei District  
河北区意大利风情区光复道37号  
**T:** +86 22 2662 6688  
**F:** + 86 22 2445 2625

**Decorations**

**DL IKEA 宜家家居**

Well-designed, functional and affordable home furnishing products are available to everyone. 10:00-21:00.

**A:** No. 433, Jintang Road, Dongli District  
东丽区津塘公路433号  
**T:** 400-800-2345

**Electrical Appliances**

**NK Buynow Mall 百脑汇**

A shopping complex for computers and computer accessories, cameras and all sorts of electric gadgets. 09:00-19:00.

**A:** No. 366, Anshan Xi Dao, Nankai District  
南开区鞍山西道366号  
**T:** +86 22 5869 7666  
**W:** buynow.com.cn

**Laundries**

**HB Fornet 福奈特**

Largest high-quality professional laundry service chain in China. 07:30-21:00.

**A:** No. 58, Xikang Lu, Heping District  
和平区西康路58号  
**T:** +86 22 2333 2888  
**W:** fornet.com.cn

**Hotels**

**HP Hotel Nikko Tianjin 天津日航酒店**

**A:** No. 189, Nanjing Lu, Heping District  
和平区南京路189号  
**T:** +86 22 8319 8888  
**W:** nikkotianjin.com



**HP Tangla Hotel Tianjin 天津唐拉雅秀酒店**

The city's tallest "penthouse hotel", sits right in the heart of the business and retail districts atop the Tianjin Centre.

**A:** No. 219, Nanjing Lu, Heping District  
和平区南京路219号  
**T:** +86 22 2321 5888  
**W:** tanglahotels.com

**HP Renaissance Tianjin Hotel 天津滨江万丽酒店**

A contemporary landmark building in the CBD of Tianjin for the "young at heart" business traveler.

**A:** No. 105, Jianshe Lu, Heping District  
和平区建设路105号  
**T:** +86 22 2302 6888



**QH PAN PACIFIC TIANJIN HOTEL 天津泛太平洋大酒店**

**A:** No. 1 Zhang Zi Zhong Road, Hong Qiao District, 300091 Tianjin  
中国天津红桥区张自忠路1号300091  
**T:** +86 22 5863 8888  
**E:** infor.pptsn@panpacific.com



**HD Radisson Tianjin 天津天诚丽筠酒店**

**A:** 66 Xinkai Road, Hedong District, Tianjin 300011, China  
中国天津市河东区新开路66号  
邮编 300011  
**T:** +86 22 2457 8888  
**E:** hotel@radisson-tj.com



**HP Four Seasons Hotel Tianjin 天津四季酒店**

**A:** 138 Chifeng Road, Heping District, Tianjin  
和平区赤峰道138号  
**T:** +86 22 2716 6688  
**W:** fourseasons.com/tianjin



**HP The St. Regis Tianjin 天津瑞吉金融街酒店**

Most luxurious hotel in Tianjin, located by the river next to the train station.

**A:** No. 158, Zhang Zizhong Road, Heping District  
和平区张自忠路158号(津塔旁, 哈密道正对面)  
**T:** +86 22 5830 9999  
**W:** stregis.com/tianjin

**HP The Westin Tianjin 天津君隆威斯汀酒店**

5 star hotel offering luxury, class and comfort featuring charming city views and the latest in technology.

**A:** No. 101, Nanjing Lu, Heping District  
和平区南京路101号  
**T:** +86 22 2389 0088



**HP The Astor Hotel, A Luxury Collection Hotel, Tianjin 天津利顺德大饭店豪华精选酒店**

First opened in 1863 and refurbished in 2010, the hotel is a landmark in Tianjin's history. Favoured for its traditional appeal and high-standards.

**A:** No. 33, Tai'er Zhuang Lu, Heping District  
和平区台儿庄路33号  
**T:** +86 22 5852 6888



**HP The Ritz-Carlton, Tianjin 天津丽思卡尔顿酒店**

A landmark hotel located in the heart of the city offering unparalleled and memorable experiences.

**A:** No. 167 Dagubei Road, Heping District  
和平区大沽北路167号  
**T:** +86 22 5857 8888



**HX Renaissance Tianjin Lakeview Hotel 万丽天津宾馆**

Located within walking distance of Tianjin Municipal People's Government Offices and near shopping areas, night life venues, the Tianjin International Exhibition Centre and Meijiang Convention Centre.

**A:** No. 16, Binshui Dao, Hexi District  
河西区滨水道16号  
**T:** +86 22 5822 3388



**HX Sheraton Tianjin Hotel 天津喜来登大酒店**

This globally recognised five-star hotel is 8 km from the railway station, and 5 km from the city centre. Hotel facilities include a gymnasium and an indoor swimming pool. It has five restaurants and bars that serve Western, Japanese, and Chinese cuisines.

**A:** Zi Jin Shan Lu, Hexi District  
河西区紫金山路  
**T:** +86 22 2731 3388  
**W:** sheraton.com

**HX Hotel Indigo Tianjin Haihe 天津海河英迪格酒店**

It is the only hotel in China that offers villa-style accommodation in a city centre locale.

**A:** No. 314 Jiefang South Road, Hexi District  
河西区解放南路314号  
**T:** +86 22 8832 8888



**HB Banyan Tree Tianjin Riverside 天津海河悦榕庄**

Located right next to the Haihe River, it is one of the first hotels in Tianjin to bring a resort style service to a city setting.

**A:** No. 34, Haihe Dong Lu, Hebei District  
河北区海河东路34号  
**T:** +86 22 5883 7848  
**W:** banyantree.com



**HB Holiday Inn Tianjin Riverside 天津海河假日酒店**

Enjoy a scenic waterfront location at Holiday Inn Tianjin Riverside, just 15 minutes' drive from Tianjin's financial hub Phoenix Shopping Mall.

**A:** Haihe Dong Lu, Hebei District  
河北区海河东路凤凰商贸广场  
**T:** +86 22 2627 8888  
**W:** HolidayInn.com

**HB Yi Boutique Luxury Hotel Tianjin 天津易精品奢华酒店**

**A:** No. 52-54, Min Zu Road, Hebei District  
河北区民族路52-54号  
**T:** +86 22 2445 5511



**HQ Holiday Inn Tianjin Aqua City 天津水游城假日酒店**

**A:** No.6 Jieyuan Road, Hongqiao District  
天津市红桥区芥园道6号  
**T:** +86 22 5877 6666  
**F:** +86 22 5877 6688  
**W:** holidayinn.com/tjaquacity



**HD Shangri-La Hotel, Tianjin 天津香格里拉大酒店**

**A:** No.328 Haihe East Road, Hedong District  
天津市河东区海河东路328号  
**T:** + 86 22 8418 8801



**HD Wanda Vista Tianjin 天津万达文华酒店**

Located on the banks of the Hai He River, furnished with rich Oriental ambience, Wanda Vista offers its acclaimed guests an extravagant experience of exclusive services and artistry.

**A:** 486 Bahao Road, Da Zhi Gu, Hedong District  
河东区大直沽八号路486号  
**T:** +86 22 2462 6888



**HD HYATT REGENCY TIANJIN EAST 天津帝旺凯悦酒店**

**A:** 126 Weiguo Road, Hedong District, Tianjin, 300161  
河东区卫国道126号  
**T:** + 86 22 2457 1234  
**F:** +86 22 2434 5666  
**W:** tianjin.regency.hyatt.com

**BD Hyatt Regency Jing Jin City Resort & Spa 天津新城凯悦酒店**

The resort resembles an ancient, mythical royal palace surrounded by a labyrinth of pathways, archways and waterways; creating a unique oasis that commands and dominates the surrounding skyline.

**A:** No. 8, Zhujiang Da Dao, Zhouliang Zhuang, Baodi District  
宝坻区周良庄珠江大道8号  
**T:** +86 22 5921 1234

**Serviced Apartments**



**H P** **The Ritz-Carlton Executive Residences, Tianjin**  
天津丽思卡尔顿行政公寓  
A: No.167 Dagubei Road, Heping District  
天津市和平区大沽北路167号  
T: +86 22 5857 8888

**H P D** **Astor Apartment**  
利顺德公寓  
Apartment style accommodation close to the CBD.  
A: No. 32, Tai'er Zhuang Lu, Heping District  
和平区台儿庄路32号  
T: +86 22 2303 2888

**H P D** **Qing Wang Fu Club Suites & Serviced Residences**  
庆王府公馆  
A: No.55, Chongqing Dao, Heping District  
和平区重庆道55号  
T: +86 22 8713 5555 or 5835 2555  
W: qingwangfu.com



**H X** **Ariva Tianjin Binhai Serviced Apartment**  
滨海·艾丽华服务公寓  
A: No. 35, Zi Jin Shan Road, Hexi District  
河西区紫金山路35号  
T: +86 22 5856 8000  
F: +86 22 5856 8008  
W: www.stayariva.com

**H X QX** **Ariva Tianjin Zhongbei Serviced Apartment**  
天津中北·艾丽华服务公寓  
A: No. 80 Xingguang Road, Zhongbei Town, Xiqing District, Tianjin  
天津市中北镇星光路80号  
T: 022-5863 1188  
F: 022-5863 1166  
E: Reservation.ATZB@stayariva.com.cn

**H P D** **Just Living**  
By Savills Residence Tianjin  
天津尚翌服务式公寓  
Savills Residence's Just Living is a new category in Tianjin's service apartment market catering towards single, domestic or international traveling business professionals who are looking for short-term or long-term accommodation.  
A: No.36 Xikang Road, Heping District, 300041 Tianjin.  
天津市和平区西康路36号  
T: +86 22 6018 0222



**Ascott TEDA MSD Tianjin**  
A: No.7 Xincheng West Road, Tianjin Economic-Technological Development Area, Tianjin  
天津市经济技术开发区新城西路7号  
T: +86 22 5999 7666



**H P** **Somerset International Building Tianjin**  
天津盛捷国际大厦服务公寓  
A: No. 75, Nanjing Lu, Heping District  
和平区南京路75号  
T: +86 22 2330 6666

**H P** **Somerset Olympic Tower Tianjin**  
天津盛捷奥林匹克大厦服务公寓  
A: No. 126, Chengdu Dao, Heping District  
和平区成都道126号  
T: +86 22 2335 5888

**H X** **Somerset Youyi Tianjin**  
天津盛捷友谊服务公寓  
A: No. 35, Youyi Lu, Hexi District  
河西区友谊路35号  
T: +86 22 2810 7888



**H X** **The Lakeview, Tianjin-Marriott Executive Apartments**  
天津万豪行政公寓  
Offers furnished apartments with amenities and 24-hour staff of an upscale hotel.  
A: No. 16, Binshui Dao, Hexi District  
河西区宾水道16号  
T: +86 22 5822 3322



**N K** **FRASER PLACE TIANJIN**  
天津市招商辉盛坊国际公寓  
A: No. 34 Xing Cheng Towers Ao Ti Street, West Weijin South Road, Nankai District  
南开区卫津南路西侧奥体道星城34号楼  
T: +86 22 5892 0888  
E: sales.tianjin@frasershospitality.com

**Antiques & Souvenirs Streets**

**N K** **Drum Tower 鼓楼**  
Also known as Gulou, this is the ancient centre of Tianjin and one of the city's three treasures. Perfect for a stroll through Tianjin's old history. 09:00-17:00.  
A: Drum Tower, Nankai District  
南开区鼓楼

**H X QX** **Caozhuang Flower Market**  
曹庄花卉市场  
A scented wonder for those who love flowers. The biggest flower market in northern China.  
A: North No. 7 Bridge, Outer Ring, Cao Zhuangzi, Zhongbei Zhen, Xiqing District  
西青区中北镇曹庄子外环线7号桥北

**Art Galleries**

**H P** **Min Yuan Xi Li Culture & Invention District**  
民园西里文化创意街区  
An entire area dedicated to modern art with several art exhibitions and a museum inside.  
Free. 10:00-23:00.  
A: No. 29-39, Changde Dao, Heping District  
和平区常德道29-39号  
W: minyuanxili.com



**H P** **Nasca Linien**  
纳斯卡·理念私享空间  
A: No. 113 Chongqing Road, Heping District  
天津市和平区重庆道113号  
T: +86 22 23300113 18522758791

**Art Districts**

**H P** **Western Art Gallery**  
西洋美术馆  
A classic style building which is the first Gallery centres of International Art in Tianjin.  
09:30-16:30.  
A: The junction of Jiefang Bei Lu and Chifeng Dao, Heping District.  
和平区解放北路与赤峰道交口  
T: +86 22 2330 3255

**H X** **Western Shore Art Salon**  
西岸艺术馆  
Unique gothic-style building engaged in elegant music performances, art exhibitions, poetry reading. Tue-Thu, Sun 09:00-18:00; Fri-Sat 09:00-17:30.  
A: No. 3, the junction of Machang Dao and Youyi Bei Lu, Hexi District  
河西区友谊北路与马场道交口3号  
T: +86 22 2326 3505

**Museums**

**H P** **China House Museum**  
瓷房子博物馆  
It's decorated with ancient pieces of porcelain, crystal, white marble, jade figurines, etc. CNY: 35. 09:00-17:30.  
A: No. 72, Chifeng Dao, Heping District  
和平区赤峰道72号  
T: +86 22 2314 6666

**H P** **The Astor Hotel Tianjin Museum**  
天津利顺德大饭店博物馆  
Politicians, Peking Opera kings, movie stars, emperors and empresses all stayed in the most dynamic place of the British Concession since the late 1800's. CNY: 50. 10:30-21:30.  
A: (Inside The Astor Hotel Tianjin). No. 33, Tai'er Zhuang Lu, Heping District  
和平区台儿庄路33号 (天津利顺德大饭店内)  
T: +86 22 2331 1688

**N K** **Chinese Shoe Culture Museum**  
中国鞋文化博物馆  
Displaying 56 special themes with over one thousand pairs of shoes. Memory 5,000 years of Chinese shoe-making. Wed, Thu, Sat-Sun 09:30-12:00; 13:30-16:40.  
A: Haihe Building, Ancient Culture Street, Nankai District, Tianjin  
南开区古文化街海河楼  
T: +86 22 2723 3636

**H X** **Tianjin Museum 天津博物馆**  
For the fluent Chinese speaker, it's a walk through China's most emblematic periods in ceramics. Free. Tue-Sun 09:00-16:30.  
A: Crossing of Pingjiang Dao and Yuexiu Lu, Hexi District  
河西区平江道与越秀路交口  
T: +86 22 8300 3000  
W: tjbwg.com

**H X** **Yangliuqing Wood-Block New Year Pictures Museum**  
天津杨柳青木板年画博物馆  
It is one of China's well loved folk arts, having a history of more than 400 years. 09:00-16:30  
A: No.111, Sanheli, Tonglou Area, Hexi District  
河西区佟楼三合里111号  
T: +86 22 2837 8718

**B D** **Jade Buddha Museum 玉佛宫**  
Fine displays of unearthed priceless treasures of jade Buddha sculptures and artefacts.  
A: Jingjin Xincheng Xiangrui Dajie, Baodi District  
宝坻区京津新城祥瑞大街  
T: +86 22 2249 8995

**Parks**

**N K** **Tianjin Water Park**  
天津水上公园  
Tianjin's best preserved park. A year-round attraction for nature lovers with nine islands and three lakes.  
A: No. 33, Shuishang Gongyuan Bei Lu, Nankai District  
南开区水上公园北路33号

**H X QX** **Tianjin Botanical Garden**  
天津植物园  
Tropical animals, plants, flowers, waterfalls and nationality villages. 08:00-17:00.  
A: North No. 7 Bridge, Outer Ring, Cao Zhuangzi, Zhongbei Zhen, Xiqing District  
西青区中北镇曹庄子外环线7号桥北  
T: +86 22 2794 8011

**Theatres & Cinemas**

**H P** **IMAX China Film 中影国际影城**  
Located in the magnificent Jin Wan Plaza. Shows English and Chinese films in 2D and 3D. 10:00-22:00.  
A: 3F, bldg. 6, Jin Wan Plaza, Jiefang Bei Lu, Heping District  
和平区解放北路津湾广场6区3层  
T: +86 22 2321 9061 ext. 8001  
W: imax.com.cn

**H P** **Tianjin Concert Hall**  
天津音乐厅  
Opened in 1922, it is now one of the grand stages of China and offers daily musical events of interest to all. 08:30-20:30.  
A: No. 88, Jianshe Lu, Heping District  
和平区建设路88号  
T: +86 22 2332 0068  
W: tjconcerthall.com

**H X** **Tianjin Grand Theatre**  
天津大剧院  
Present international and domestic concerts, variety shows and musical performances.  
A: Tianjin Cultural Centre, Pingjiang Dao, Hexi District  
河西区平江道天津文化中心  
T: +86 22 8388 2000

**Associations**

**TICC (Tianjin International Community Centre)**  
Association and meeting place for foreign passport holders and their families in Tianjin. Organises monthly coffee mornings, luncheons and social/fundraising events, supporting local charities.  
E: ticc\_09@hotmail.com  
W: tianjin.weebly.com

**Education**



**H X** **NEW YORK KIDS CLUB**  
纽约国际儿童俱乐部  
A: 2<sup>nd</sup> Floor, Happy City Center, Hexi District, Tianjin  
河西区乐园道9号彩悦城阳光乐园二层  
T: +86 22 8827 5200  
+86 22 8827 0200  
Hotline: 400 666 0522  
W: www.nykidsclub.com  
www.nykidsclub.com.cn  
Wechat: 纽约国际儿童俱乐部天津文化中心



**H X QX** **KIDS'R'KIDS Learning Academy, Tianjin No.1**  
凯斯幼儿园, 天津云锦幼儿园  
A: Yunjin Shijia Community, No.65, Ziyang Rd, Zhongbei Zhen, Xiqing Dist, Tianjin  
西青区中北镇紫阳道65号云锦世家内  
T: +86 22 5871-6901  
+86 22 5871-6900  
O: 8:00-17:00  
Wechat: KidsRKidsTianjin  
W: www.kidsrkids.com  
www.kidsrkidschina.com  
E: contact-tianjin@kidsrkidschina.cn

**HOPELAND INTERNATIONAL KINDERGARTEN**

W: hik.cn  
E: hik@hik.cn  
华兰国际幼稚园 (梅江园)  
Hopeland international kindergarten Meijiang Campus  
解放南路西侧环岛东路7号  
A: No. 7 Huandao East Road, West side of Jiefang South Road, Tianjin  
T: +86 22 5810 7777  
华兰国际幼稚园 (水上园)  
Hopeland international kindergarten Shuishang Campus  
卫津南路霞光道46号  
A: No. 46, Xiaguang Street, Weijin South Road, Tianjin  
T: +86 22 2392 3803



**H P UPI**  
As an international school of American features focusing on pre-school education, UPI offers an American block to our children and creates an English environment of living and learning in an all-round way. Also, curriculums based on individual differences are opened for children at different levels and with different potentialities.  
**A:** New Taiyuan Road, No.189, Jiefang North Road, Heping District, Tianjin  
天津市和平区解放北路189号, 靠近新太原道一侧 (近丽思卡尔顿酒店)  
**T:** +86 22 23319485



**QH Wellington College International Tianjin**  
天津惠灵顿国际学校  
In partnership with Wellington College, Crowthorne, UK, the Tianjin college offers a British curriculum. 08:30-17:30.  
**A:** No. 1, Yide Dao, Hongqiao District 红桥区义德道1号  
**T:** +86 22 8758 7199 ext. 8001  
**M:** +86 187 2248 7836  
**E:** admissions@wellington-tianjin.cn  
**W:** wellington-tianjin.cn



**IN International School of Tianjin**  
天津经济技术开发区国际学校  
天津分校  
Only international school in Tianjin fully authorized by the IBO to teach all three IB programs (PYP, MYP and DP) from age 3-18.  
Mon-Fri 07:30-16:30.  
**A:** Weishan Nan Lu, Jinnan District 津南区(双港)微山南路  
**T:** +86 22 2859 2001  
**W:** istianjin.org



**H X Tianjin International School**  
天津国际学校  
With a philosophy emphasising the holistic development of students, TIS offers a Pre K - 12 education based on a North American curriculum to children ages 3 to 18. Mon-Fri 08:00-17:00.  
**A:** No. 4-1, Sishui Dao, Hexi District 河西区泗水道4号增1号  
**T:** +86 22 8371 0900

**Language Schools**  
**H P Care International Language Training** 凯尔语言培训中心  
Offering adult English classes, Japanese language education and training, Primary English synchronisation and Business English. Mon-Fri 09:00-17:00; 18:00-20:30.  
**A:** Room 1402, bldg. 3, Chengji Centre, Nanjing Lu, Heping District 和平区南京路诚基中心3号楼1402室  
**T:** +86 22 2737 3937

**QX Raffles Design Institute, Tianjin**  
天津莱佛士设计学院  
Offers fashion design and marketing, business administration, graphic and media design classes, with full-time and part-time courses taught on and off campus. Mon-Fri 08:30-12:00; 14:00-17:30.  
**A:** Block H, No. 28, Jinjing Lu, Xiqing District 西青区津静路28号H座  
**T:** +86 22 2378 9535 ext. 502

**N K Tianjin Golden Collar Translation Center**  
天津市金领翻译服务中心  
**A:** No. 5 Pinghu Road, Anshanxi Street, Nankai District 南开区鞍山西道平湖路5号  
**T:** +86 22 2737 9758  
**E:** jenny\_tj@126.com

**Exhibition Centres**  
**H X Tianjin International Exhibition Centre**  
天津国际会展中心  
Located near Tianjin museum, this two-storey building is suitable for holding large-scale international and domestic exhibitions.  
**O:** 09:00-17:00.  
**A:** No. 32, Youyi Lu, Hexi District 河西区友谊路32号  
**T:** +86 22 2801 2988

**X Q Tianjin Meijiang Exhibition Centre**  
天津梅江会展中心  
Located in the growing area of Meijiang, this makes it an attractive choice for holding major international conferences.  
**A:** No. 18, Youyi Nan Lu, Xiqing District 西青区友谊南路18号  
**T:** +86 22 8838 3300

**Libraries**  
**N K Tianjin Library**  
天津图书馆  
Founded in 1908, this century-old library is the biggest reference library in Tianjin. 08:30-18:00.  
**A:** No. 15, Fukang Lu, Nankai District 南开区复康路15号  
**T:** +86 22 2362 0082  
**W:** tjl.tj.cn

**Real Estate**  
**H P Jones Lang LaSalle**  
仲量联行天津分公司  
**A:** Unit 3509, The Exchange Mall Tower 1, No.189 Nanjing Road, Heping District. 和平区南京路189号津汇广场1座3509室  
**T:** +86 22 8319 2233  
**W:** www.joneslanglasalle.com.cn

**IT**  
**N K NNIT (Tianjin) Technology**  
天津恩恩科技有限公司  
**A:** 20 F, Building A, JinWan Mansion, No.358 Nanjing Road, 300100 Tianjin 南开区南京路358号, 今晚大厦A座20层  
**T:** +86 22 58856666  
**W:** www.nnit.cn



**Bakeries**  
**Maky Bakery 米旗**  
Scrumptious western and Chinese baked products. 08:00-21:30.  
**A:** No. 533, The Bund, TESCO, No. 888, Shanghai Dao, Binhai New Area 滨海新区上海道888号外滩乐购S33号  
**T:** +86 22 5981 2667  
**W:** maky.com.cn

**LE CROBAG - Teda Store**  
**A:** Room 105, Buliding C1, MSD. NO.79 The 1<sup>st</sup> Street, TEDA, Tianjin 第一大街79号MSD, C1-105室  
**T:** +86 22 5990 1619

**Chinese**  
**Ya Yue Chinese Restaurant**  
雅悦轩中餐厅  
**A:** 2F, Binhai Jianguo Hotel, No. 1, 2nd Avenue, Binhai New Area 滨海新区第二大街1号滨海建国大酒店2楼(洞庭路口)  
**T:** +86 22 2532 1177 ext. 6888

**Red House**  
红房子酒店  
**A:** No. 88, Huanghai Lu, TEDA 开发区黄海路88号  
**T:** +86 22 6620 9438

**Yue Chinese Restaurant**  
采悦轩中餐厅  
Providing tantalising Chinese cuisine in a relaxing atmosphere.  
11:30-14:30, 17:30-22:00.  
**A:** 2F, Sheraton Tianjin Binhai Hotel, No. 50, 2nd Avenue, TEDA 开发区第二大街50号天津滨海喜来登酒店2层  
**T:** +86 22 6528 8888 ext. 6220/6222

**Zen Chinese Restaurant**  
Zen 中餐厅  
Authentic Cantonese and Chinese flavours with plenty of soups, appetisers and yummy seafood.  
11:30-14:30; 17:30-22:00.  
**A:** Citizen Plaza, No. 86, 1<sup>st</sup> Avenue, TEDA 开发区第一大街86号天津滨海假日酒店1层  
**T:** +86 22 6628 3388

**Bai Jiao Yuan**  
百饺园  
**A:** No. 27, bldg A. Guoxin Building Zhangwang Lu, 2nd Avenue, TEDA 开发区第二大街展望路国信大厦A座27号  
**T:** +86 22 6202 1188  
**W:** baijiaoyuan.com

**Indian & Thai**  
**Patsara Thai Restaurant**  
芭萨亚泰国餐厅  
Offering more than 100 different dishes, all served to perfection. Enjoy the Thai-style surroundings. 11:00-14:00; 17:30-22:00.  
**A:** No. 30, 1<sup>st</sup> Floor Fortune Plaza, No. 21 3rd Avenue (Behind Happy Soho) 经济技术开发区第三大街21号财富星座底商30号(华夏银行后面)  
**T:** +86 22 6620 2982 English Available

**Japanese**  
**Kuinoi 云井日本料理店**  
Experience a unique dining experience in a luxurious, elegant atmosphere with top-class service. 10:30-00:00 (Next to KFC).  
**A:** King Buyer Shopping Mall, No. 32, 3<sup>rd</sup> Avenue, TEDA 开发区第三大街32号鸿泰仟佰汇商业广场(肯德基旁)  
**T:** +86 22 6529 8581

**Rengaya 烁瓦家**  
Indulge your taste buds with authentic Japanese cuisine & sushi. Finish it up with sake. 11:00-13:30; 17:00-21:30.  
**A:** (Next to Friendship Store) No. 19, Huanghai Lu, TEDA 开发区黄海路19号(友谊名都旁)  
**T:** +86 22 2532 4574

**Seitaro 清太郎日本料理**  
Savour a wide selection of specialities including a sushi counter in a traditional Japanese décor setting. 11:30-14:00; 17:30-21:30.  
**A:** Century Village, 3rd Avenue, TEDA 开发区第三大街世纪新村  
**T:** +86 22 6529 9522

**Tokugawa 德川日本料理**  
Opened in 1998, the restaurant still maintains its beauty and quality. You can try a huge variety of sushi and sashimi. 10:00-14:30, 16:30-22:00.  
**A:** No. 34, 1<sup>st</sup> Avenue, TEDA 开发区第一大街34号  
**T:** +86 22 2528 0807

**Wu Gu 五穀日本料理**  
Traditional Japanese food, famous for its blossom stone package, fresh sashimi and steamed items. 11:00-20:30.  
**A:** 1F, No.29 Shishang Dong Lu, TEDA 开发区时尚东路29号1层  
**T:** +86 22 5985 7141

**Baiyi Teppanyaki 百一铁板烧**  
One of the best choices for Teppanyaki in TEDA. 10:00-22:00.  
**A:** No. 2-1-6, King Buyer Shopping Mall, No. 32, 3rd Avenue, TEDA 开发区第三大街32号鸿泰仟佰汇商业广场2-1-6号  
**T:** +86 22 6629 5488

**Western**  
**Brasserie Restaurant 万丽西餐厅**  
Contemporary daily breakfast, lunch & dinner buffets, featuring European & Asian selections served from a large open kitchen. 06:00-00:00.  
**A:** 1F, Renaissance Tianjin TEDA Hotel & Convention Centre, No. 29, 2<sup>nd</sup> Avenue, TEDA 开发区第二大街29号天津万丽泰达酒店及会议中心1楼  
**T:** +86 22 6621 8888 ext. 3711



**Bene Italian Kitchen 班妮意大利餐厅**  
Authentic modern Italian cuisine. The menu boasts signature pizzas, as well as a fine selection of pastas, fresh seafood and grilled dishes. 17:30-22:30.  
**A:** 2F, Sheraton Tianjin Binhai Hotel, No. 50, 2<sup>nd</sup> Avenue, TEDA 开发区第二大街50号天津滨海喜来登酒店2层  
**T:** +86 22 6528 8888 ext. 6230/6232



**Feast - Our Signature Restaurant**  
盛宴标识餐厅  
Signature all-day-dining restaurant featuring a tapestry of bright décor and culinary delights from around the world. 06:00-00:00.  
**A:** 1F, Sheraton Tianjin Binhai Hotel, No. 50, 2<sup>nd</sup> Avenue, TEDA 开发区第二大街50号天津滨海喜来登酒店1层  
**T:** +86 22 6528 8888 ext. 6210

**Salsa Churrasco 巴西烧烤餐厅**  
11:30-14:00; 17:30-22:00.  
**A:** 11F, Holiday Inn Binhai Tianjin No. 86, 1<sup>st</sup> Avenue, TEDA 开发区第一大街86号天津滨海假日酒店11层  
**T:** +86 22 6628 3388 ext. 2740

**Elements 元素西餐厅**  
Enjoy international cuisine at this all-day restaurant with our wide-ranging à la carte menu or sumptuous buffet selection. 06:30-23:00.  
**A:** 1F Hilton Tianjin Eco-City, No. 82 Dong Man Zhong Lu, Sino-Singapore Eco-City, Tianjin 天津市滨海新区中新生态城动漫中路82

**Pomodoro Italian Restaurant**  
小番茄意大利餐厅  
**A:** 2-01 Binhai Sky Fashion Boulevard, (north side of Holiday Inn EXpress) Teda, Tianjin 天津滨海新区滨海时尚天街2-01. (智选假日酒店北侧, 近泰达足球场)  
**T:** +86 22 5999 9191, 189 2021 8583

**La Seine 赛纳河法国餐厅**

**A:** Binhai Sky Fashion Boulevard, No.2-02, TEDA Fashion Square, Binhai New District. (Near the Decathlon movement supermarket)  
 滨海新区泰达时尚广场滨海时尚天街2-02(迪卡侬运动超市旁)  
**T:** +86 22 5988 6665

**Coffee Shops**

**Starbucks Coffee 星巴克咖啡**  
 This American chain provides coffee with a selection of tasty muffins, sandwiches and fruit cups.  
**A:** C102, Juchuan Jin Hai'an Building, No. 453, Jiefang Lu, Tanggu District  
 塘沽区解放路453号巨川金海岸商界C102  
**T:** +86 22 2589 3409

**A:** 1F, Tianjin Friendship Mingdu Store, No. 19, Huanghai Road, TEDA  
 开发区黄海路19号  
 天津友谊商厦名都店一层  
**T:** +86 22 6620 1781  
**W:** starbucks.com.cn

**Bars & Discos**



**Happy Soho Live Music & Dance Bar**

欢乐苏荷酒吧  
 Live Filipino band with hot Russian dance girls. 20:00-02:00.  
**A:** (Opposite of Central Hotel) No. 16, Fortune Plaza, 3<sup>rd</sup> Avenue, TEDA  
 开发区第三大街财富星座16号(中心酒店对面)  
**T:** +86 22 2532 2078

**V Lounge**

A wonderful place to unwind after work, to stretch out after dinner, or just chill.  
**A:** No. 2-07, Binhai Sky Fashion Boulevard, Aoyun Lu, Binhai New Area  
 滨海新区奥运路滨海时尚天街2-07号(近泰达足球场)  
**T:** +86 22 5985 9988

**KTV**

**Eastern Pearl 东方之珠 KTV**

An ideal venue for people to relax and sing. 10:00-05:30.  
**A:** No. 507, Jiefang Lu, Tanggu District  
 塘沽区解放路507号  
**T:** +86 22 2586 2222

**Spa & Massage**

**Sheraton Shine Spa 喜来登炫逸水疗**

**A:** 3F, Sheraton Tianjin Binhai Hotel, No.50, 2<sup>nd</sup> Avenue, Binhai New Area  
 开发区第二大街50号  
 天津滨海喜来登酒店3层  
**T:** +86 22 6528 8888 ext. 6021

**Touch Spa**

Ultimate relaxation in a soothing atmosphere. 06:00-23:00.  
**A:** 2F, Renaissance Tianjin TEDA Hotel & Convention Centre, No. 29, 2<sup>nd</sup> Avenue, TEDA  
 开发区第二大街29号  
 天津万丽泰达酒店及会议中心  
**T:** +86 22 6570 9504

**Hospitals**



**Raffles Medical Tianjin TEDA Clinic**

The Clinic offers offer family physicians that speak English, Chinese, Japanese and French in order to cater for the diverse makeup of the TEDA community.  
**A:** 102-C2 MSD, No.79 1<sup>st</sup> Avenue, TEDA  
 Binhai Area, Tianjin 300457  
 天津经济技术开发区第一大街79号泰达MSD-C区C2座102室, 300457  
**T:** +86 22 65377616

**TEDA Hospital 泰达医院**

A sister hospital to TICH with modern healthcare facilities and a highly qualified team of experts to take care of you and your family.  
**A:** No. 65, 3<sup>rd</sup> Avenue, TEDA  
 开发区第三大街65号  
**T:** +86 22 6520 2000  
**W:** tedahospital.com.cn

**TEDA International Cardiovascular Hospital 泰达国际心血管病医院**

An international referral hospital for all heart ailments with modern health-care facilities, sanitary environment and a well qualified team of experts.  
**A:** No. 61, 3<sup>rd</sup> Avenue, TEDA  
 开发区第三大街61号  
**T:** +86 22 6520 8888  
**W:** tedaich.com

**Drycleaning & Laundries**

**CAS Laundry 美国CAS 国际干洗店**  
 An American dry-cleaning franchise. 09:00-19:00.  
**A:** (Behind Renaissance Tianjin TEDA Hotel)  
 Fada Jie, TEDA 开发区发达街  
**T:** +86 22 6621 6367

**Fornet 福奈特**

Largest high-quality professional laundry service chain in China. 08:30-19:30.  
**A:** Taifeng Jia Yuan, No. 112, 4<sup>th</sup> Avenue, TEDA  
 开发区第四大街112号泰丰家园底商  
**T:** +86 22 2532 5353  
**W:** fornet.com.cn

**Hotels**

**Holiday Inn Tianjin Binhai 天津滨海假日酒店**

Located in the very heart of the business district makes it an ideal choice for modern business travellers.  
**A:** No. 86, 1<sup>st</sup> Avenue, TEDA  
 开发区第一大街86号  
**T:** +86 22 6628 3388  
**W:** HolidayInn.com

**Renaissance Tianjin TEDA Convention Centre Hotel 天津万丽泰达酒店及会议中心**

Has earned a reputation among conference delegates and business travellers for its distinctive level of luxury and artful blend of Eastern and Western hospitality.  
**A:** No. 29, 2<sup>nd</sup> Avenue, TEDA  
 开发区第二大街29号  
**T:** +86 22 6621 8888

**Sheraton Tianjin Binhai Hotel 天津滨海喜来登酒店**

Ideally located in the heart of Binhai New Area. Featuring 325 guestrooms and suites offering a range of comprehensive facilities and exemplary service, comfort and convenience for busy travelers.  
**A:** No. 50, 2<sup>nd</sup> Avenue, TEDA  
 开发区第二大街50号  
**T:** +86 22 6528 8888  
**W:** sheraton.com/tianjinbinhai

**HILTON TIANJIN ECO-CITY 天津生态城世茂希尔顿酒店**

**A:** No. 82 Dong Man Zhong Lu, Sino-Singapore Eco-City, Tianjin, P.R. China 300467  
 滨海新区中新生态城动漫中路82号  
**T:** +86 22 5999 8888



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**A:** No.16, Hai Tai Hua Ke Jiu Lu, Bin Hai Gao Xin Qu, Tianjin  
 天津滨海高新区海泰华科九路16号  
**T:** +86 22 8372 8888  
**W:** www.tmetropolitanpoloclub.com



**The Westin Changbaishan Resort Sheraton Changbaishan Resort 长白山万达威斯汀度假酒店 长白山万达喜来登度假酒店**

**A:** No.333 & No.369 Baiyun Road, Changbaishan International Resort, Fusong County, Jilin Province  
 中国吉林省抚松县长白山国际度假区白云路333/369号  
**T:** +86 439 6986999, +86 439 6986888

**Apartments**



**TEDA, Tianjin - Marriott Executive Apartments 天津泰达万豪行政公寓**

**A:** 29 Second Avenue TEDA, Tianjin  
 天津经济技术开发区第二大街29号  
**T:** +86 22 6621 8888

**Office Space**



**TEDA MSD 泰达MSD**

**A:** 6F, TEDA MSD-C1, No.79, First Avenue, TEDA, Tianjin, China.  
 天津经济技术开发区第一大街79号  
 泰达MSD-C1座6层  
**T:** 400-668-1066

**Cinemas**

**CGV 星星国际影城**

**A:** 3F, Aeon Mall, No. 29 ShiShangDong Lu, TEDA 开发区时尚东路29号泰达时尚广场永旺购物中心3层  
**T:** +86 22 5985 7333

**Libraries**

**TEDA Library 泰达图书馆**

09:00-22:00.  
**A:** No. 21, Hongda Jie, TEDA  
 开发区宏达街21号  
**T:** +86 22 2520 3100  
**W:** tedala.gov.cn

**Parks**

**Binhai Aircraft Carrier Theme Park 滨海航母主题公园**

A military theme park featuring all sorts of adventure. 09:00-17:00.  
**A:** No. 269 Tianjin Binhai New Area, Hanbeilu  
 天津市滨海新区汉北路269号  
**T:** +86 22 67288899  
**W:** www.binhaijpark.cn

**Education**

**Tianjin TEDA Maple Leaf International School 天津泰达枫叶国际学校**

A Chinese firm that currently operates 20 schools in China enrolling more than 6,750 students, which provides quality educational programs by blending the best of East and West educational practices.  
**A:** No. 71, 3<sup>rd</sup> Avenue, TEDA  
 开发区第三大街71号  
**T:** +86 22 6622 6088  
**W:** tianjin.mapleleaf.net.cn



**TEDA International School 泰达国际学校**

Established in 1995 by the governing body of Tianjin Economic Development Area to provide world-class education for children residing in the Binhai/ TEDA region.  
**A:** No. 72, 3rd Avenue, TEDA  
 开发区第三大街72号  
**T:** +86 22 6622 6158  
**W:** Teda.is.org

**Exhibition Centres**

**Tianjin Binhai International Convention & Exhibition Centre 天津滨海国际会展中心**

Organises and undertakes international and domestic exhibition programmes.  
**A:** 5<sup>th</sup> Avenue, TEDA 开发区第五大街  
**T:** +86 22 6530 2888  
**W:** bicec.com.cn

**Department Stores & Shopping Malls**

**AEON Mall 永旺梦乐城购物中心**

A shopping mall with various shops, restaurants, and entertainment facilities.  
**A:** No.29 ShiShangDong Lu, TEDA  
 开发区时尚东路29号  
**T:** +86 22 5985 7000  
**King Buyer Shopping Mall 鸿泰仟佰汇商业广场**  
**A:** No. 32, 3<sup>rd</sup> Avenue, TEDA  
 开发区第三大街32号  
**T:** +86 22 6622 0886

**TEDA Friendship Department Store 泰达友谊商厦**

Houses a range of world famous luxury brands.  
**A:** The junction of Huanghai Lu and 2<sup>nd</sup> Avenue, TEDA  
 开发区第二大街与黄海路交口

**Supermarkets**

**JUSCO TEDA 佳世客**

Japanese supermarket where you can buy BBQ and other products at a competitive price. 10:00-22:00.  
**A:** 1-2F, No. 29 Shishang Dong Lu, TEDA  
 开发区时尚东路29号1-2层  
**T:** +86 22 5986 1088

**Golf Clubs**

**Tianjin Warner International Golf Club 天津华纳高尔夫俱乐部**

18-hole course with wide fairways. Reservation is recommended for visitors. 06:30-17:30.  
**A:** No. 1, Nanhai Lu, TEDA 开发区南海路1号  
**T:** +86 22 2532 6009  
**W:** warnergolfclub.com

**Eco-City International Country Club 生态城国际乡村俱乐部**

Strategically located within the Sino-Singapore Tianjin Eco-City, ECICC is home to an 18-hole championship golf course designed by world-renowned Tripp Davis.  
**A:** No. 5681, Zhongxin Road, South Ying-Cheng Island, Tianjin Eco-City, 300480 China  
 生态城中新大道5681号(营城湖南岛)  
**T:** +86 22 6720 1818

**Outdoor Clubs**

**Tianjin Freetrek Outdoor Sports Club 天津自由户外俱乐部**

Offers customised trekking tours, trips to fantastic places in China, and weekend trips to areas surrounding Tianjin. Also offers equipment and clothing for trekking. 09:00-20:00.  
**A:** No. 1038, Jintang Gong Lu, Tanggu District 塘沽区津塘公路1038号  
**T:** +86 22 2582 9366



# MINIYA KONKA

## A Trekking Getaway

By Jackie Carmel



都说我国九州上下，地大物博，这也正是本栏目“生生不息”的原因之一。在之前的栏目中我们领略了雪山之美，这一次我们将继续在神圣的巅峰中继续前行，一同来到四川，探秘伟岸的贡嘎山。

在藏语中，“贡”为雪，“嘎”为白，贡嘎山即意为洁白无瑕的雪峰。它是横断山脉第一峰，更是“蜀山之王”，也是我国境内海拔7000米以上的山峰中最靠东边的一座，最高峰有海拔7556米。贡嘎山

景区位于甘孜藏族自治州泸定、康定、石棉三市县境内，主峰周围林立着145座海拔五六千米的冰峰，形成了群峰簇拥、雪山相接的雄伟景象。景区内还有10多个高原湖泊，著名的有燕子沟、木格错、五须海、仁宗海、巴旺海等，星罗棋布，如点缀在山间的明珠。贡嘎山在藏族人民心目中地位崇高，每年都吸引大批朝圣者前来。

贡嘎山不仅在本地居民心中地位崇高，在登山界，它也有着不可逾越的地位，被称为“登山爱好者心中遥不可及的圣地”。贡嘎山第一次闻名世界是在二战前，当时美国人Joseph于1930年错误地测得贡嘎海拔为9,500米，从而宣布其为世界

第一高峰，不少国外的探险家因此慕名而来。1931年，瑞士著名地理学家Eduard Imhof第一次比较准确地测出贡嘎山的高度为7,590米，他手绘的贡嘎测量图和贡嘎素描也把贡嘎山的信息带给了欧美各地。对于登山者而言，贡嘎山具有无与伦比的吸引力，作为一座高海拔技术山峰，攀登难度远甚于珠峰。

作为游客，我们更在意的当然是贡嘎山美丽的冰川景色和享受温泉。在雪山的环抱中泡在温泉里绝对是极致享受。如果你是动物爱好者，这里的雪豹则足以让你着迷。贡嘎山美丽神秘的自然环境中孕育了无数神奇的景色圣灵，永远吸引着人们前来瞻仰的脚步。

If trekking is what you want then Sichuan, China has something to offer that you cannot compare to other trekking destinations in the world. And when it comes to trekking you must have heard of Mount Minya Konka already. Having an altitude of 7,556 meters above sea level, Mount Minya Konka places itself as the highest mountain peak in Sichuan province. As a matter of fact it is indeed one of the highest mountain peaks in all of China.

Mount Minya Konka is also popularly known as The King of Mountain Shu. Apart from being considered as a holy place for the people of Tibet, this mountain also makes a popular destination for trekking. Thus, visiting the province of Sichuan is incomplete without trekking the Minya Konka Mountain.

In Tibetan language, Minya Konka is otherwise known as Gongga Mountain. It is the major peak of the mountain range of Daxue. There are actually forty-five peaks with a height of more than six thousand meters around Minya Konka. The highest peak the mountain has so far measures to a height of 7,556 meters. It is also known to be higher than the Dado River by 6,000 meters. It comes with huge vertical relief over the deep gorges.

The whole year round Mount Minya Konka is expected to be covered with snow. It offers a splendid scene, attracting many tourists and hikers to climb and realize an unforgettable trekking and hiking experience of their lifetime. In Chinese language, the “xiong hun Zhuang kuo” phrase means a great spectacular place or scene. Compared to the lush forests of Jiuzhaigou and the stone peak scenery of Zhangjiajie, Mount Minya Konka happens to be a lot different than the aforementioned mountain peaks.

Minya Konka has a reputation of being a holy mountain especially on for the Tibetans. In fact the mountain attracts countless Tibetans to the Konka Temple for pilgrimage. However, you have to keep in mind that the mountain comes with a brutally hard trail. Apart from



JINYIN SHAN  
6410m

TAI SHAN  
6468m

LONG SHAN  
6684m

MINIYA KONKA  
7556m  
ZHONGSHAN FENG  
6886m

LANGGE MANYIN  
6294m

DADUOMANYIN  
6380m

MT. EDGAR  
(AIDEJIA FENG)  
6618m

MT. GROSVENOR  
6376m

JIAZI FENG  
6540m

LITTLE KONKA



the high standing peaks, the trail also comprises of hard ice layers and deep snow covering.

Such obstacles are things that actually render the trekking experience even more challenging. The truth is that many trekkers in Sichuan want to have a more challenging trekking experience so they usually end up climbing the Minya Konka Mountain. It was in the year 1957 when the mainland Chinese Hiking Group reached the peak of the mountain.

Most pictures of Mount Minya Konka consist of two basic and necessary elements – the snow-covered peak and the cloud. It is seen to be the closest points to heaven, conniving with its name “the Mountain Shu King.” Gazing at the mountain conveys a feeling of solemnity and holiness as far as its silence is concerned.

Tourists who plan to visit Sichuan till the biggest Hailuoguo Glacier are usually transferred from Chengdu by private car. The glacier itself and the hot spring are the main attractions on the eastern portion of Mount Minya Konka. It is said that the hot spring offers many benefits and advantages to a person’s health. How well do you like seeing yourself leaning against the snow-covered wall of the mountain and underneath your feet is a pool of hot spring? Truly this experience is great with the steam coming up, meeting the cold air in the process.

As for the latest news about Mount Minya Konka, an infrared camera has captured a snow leopard which is considered as the most beautiful feline animal in the world. About four thousand to six thousand five hundred of these endangered cats are left in the wild and many of them can be seen living in the mountains of China.

For a great trekking experience, arrange a Mount Minya Trekking tour today.



Looking at the mountain with the moon from above, you can think of the heavenly body as a symbol of desolate and lonely things. But when you look at the mountain with the moon, you can feel an air of friendliness. Every year many photographers from different countries visit Sichuan to take photos of Mount Minya Konka from afar.



**September  
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一等奖**

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By Bill Chapman



**2nd Prize  
二等奖**

**Ready for riding**  
By Ma Jing



**3rd Prize  
三等奖**

**Hold & Love**  
By Tania

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Spending Your Vacation at the

# GREAT BARRIER REEF



出国旅行早已不是什么新鲜事，但是要將宝贵的假期花在一个最值得去的地方，你的“选择困难症”恐怕就出现了。在本期环球旅行栏目，小编向大家重磅推荐出国旅游目的地——大堡礁。

如果你对大堡礁不太熟悉，那么强东哥和奶茶妹妹的婚礼你一定不会不知道。没错，这对眷侣的婚礼举行地点就在大堡礁。不过不要误会，作为“世界七大自然奇观”之一的大堡礁可不是一个比较大的礁石岛屿，而是在澳大利亚东海岸绵延2000多公里的无数岛屿组成的景观。2000多公里是什么概念呢，这相当于从北京到香港的飞行距离，由此足见大堡礁的游览价值。除此之外，大堡礁还是一个有着悠久历史的自然景观，它最初形成于2500万年之前，这里的珊瑚礁大多属于活珊瑚，由无数个微小的珊瑚虫构成。经过漫长岁月，珊瑚虫形成了造型各异，千姿百态的珊瑚礁。目前海域内共有900多大大小小的珊瑚岛以及无数海洋生物，在这里潜水，巨大的蝠鲼会从新头顶“飞”过，鲐鱼、海龟、海豚会和你不期而遇，如玻璃般透明的海水和金子般的沙呼唤着你的抚摸……除了潜水、跳伞等传统项目，去Sand Cays——沙岛游玩也是大堡礁的特色之一，置身荒无一物的沙岛，周身只有蓝天和汪洋大海，不同的人在那一刻都会有不一样的感触。

时光，潮汐，再加上一颗沧桑变迁的星球，于上千万年前造就了大堡礁，并一次次将它磨蚀摧毁，再培育回来。来大堡礁享受时光，就是宠爱自己的最好方式。



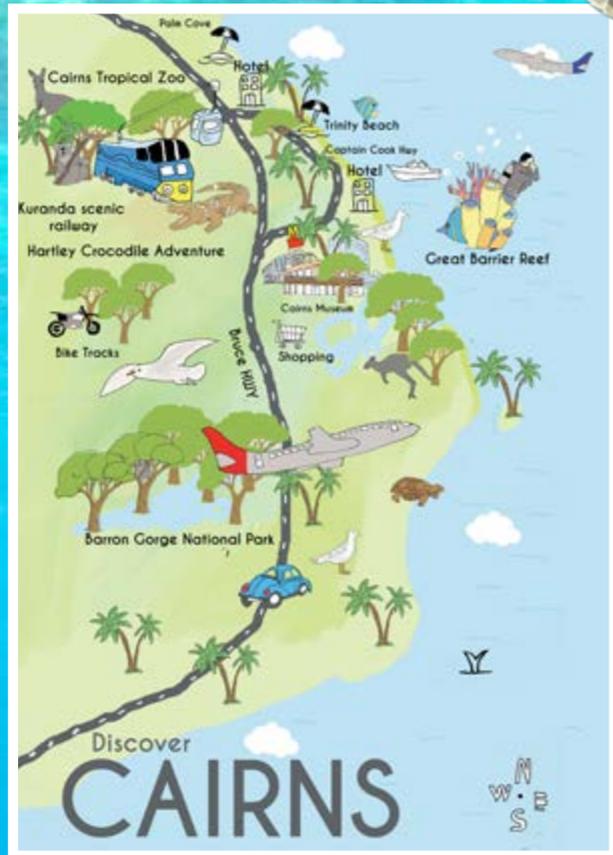
**D**o you love vacationing and spending your holiday in another country? Well, touring the world seems to be a great opportunity for everyone but before you intend to visit a particular place it really makes sense to ask this question to yourself first: Is the spot or place I am visiting good enough to satisfy my needs and expectations as a busy person and travel enthusiast?

So far, the world is actually teeming with many exciting and interesting places that every tourist like you would simply want to add on his wish list. Maybe you have already traveled to Europe or to the United States for a vacation. While these destinations have more to offer, rest assured that Asia has a lot to offer, too. But if you have been to many of these places already, visiting Australia for its Great Barrier Reef can simply make a big difference compared to your previous travel experiences.

## THE GREAT BARRIER REEF: AN OVERVIEW

The Great Barrier Reef is known as one of the World's Seven Natural Wonders, stretching 1,240 miles or 2,000 kilometers in the warm waters of North Queensland's coast. One of the things that make this destination truly interesting is its pristine and white sand beaches. Everyone will surely awe in wonder with the reef's beautifully secluded islands and crystal clear waters that brim with coral and other forms of marine life.

For your information, the Great Barrier Reef has been listed by the World Heritage as a place which is best visited during the day. Once you are in this place, you can't help but spend much of your time snorkeling, diving and cruising across the reef on a boat with a glass bottom, thus allowing you to see the grandeur and beauty of the reef under the waters.



You can actually organize tours from any tourism agency or at Cairns' central tourism office. Once you get there you will be given the opportunity to choose from among the wide range of tour companies and packages. Whatever type of itinerary you have on your mind rest assured that there will be something to suit your needs and expectations. You can opt for snorkeling, diving, chartering a yacht or staying overnight in one of the islands. Now if you want to stay dry then you can sign up for boat ride or cruise on a boat with a glass bottom to explore the reef in an underwater observatory.

The Great Barrier Reef is composed of many islands which can be easily reached via day trips from Cairns. Many of these islands are made of low-lying sand cays which are also surrounded by crystal-clear waters. There are also islands which are specifically made as popular holiday or vacation islands simply because they are dotted and specked with resorts.

The months of June to October happen to be the peak season to visit the Great Barrier Reef. During these months, the reef has the best water conditions, allowing you to enjoy its beauty in the best way possible. However, arranging for a tour outside this season gives you the opportunity to reduce rates on tour packages and accommodations.

Once you are in Cairns, it would usually take 1.5 hours to 2 hours to reach the Great Barrier Reef.

## BEST WAY TO ENJOY THE GREAT BARRIER REEF

So what comes into your mind after acquainting yourself with some of the fascinating, exciting and thrilling facts about this spot in Australia? For sure, you would be thinking of ways on how you can enjoy your stay in this world-famous destination in the land down under. Ideally, the best way to experience and enjoy the reef is to get a boat and head out into the sea.



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## Gourmet Lobster Night

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Price: CNY 528 / person

Date: Every Thursday to Saturday, 1<sup>st</sup> to 30<sup>th</sup> September, 2017

Venue: Promenade, 1F

*The St. Regis Tianjin*

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