

TIANJIN PLUS

津品生活

2018.02



22

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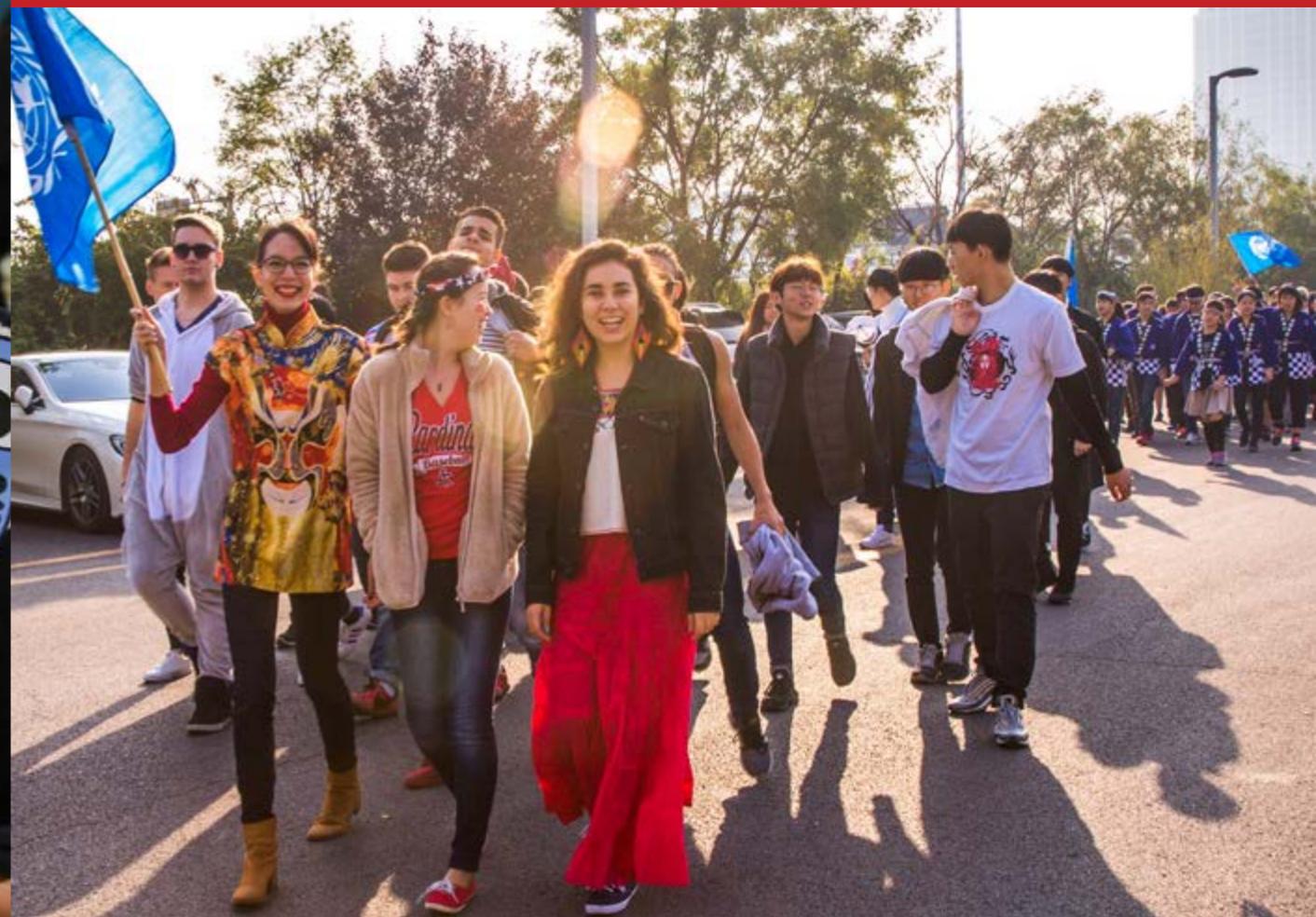
Teda International School
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Interviews for Candidates:
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For further details, please contact:
admission.tianjin@wellingtoncollege.cn

(+86-22) 8758-7199 ext. 6027
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Valentine's Day Selection
情人节精选
2018.02.14

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



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Olympic Tower
No. 104, Chengdu Road
Heping District, Tianjin
和平区成都道126号
奥林匹克大厦1楼104
Tel: +86 22 2334 5716
Opening: 7:00 - 22:00



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Restaurant

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Wine 肉铺

Steak & Wine
Habuka the Butcher
羽深肉铺



Address: No.187, Chengdu Road, Heping District, Tianjin
地址: 和平区成都道187号
Tel: +86 22 8338 5251 / +86 157 2205 2242
Lunch / 午餐时间: 11:30 - 14:30
Dinner / 晚餐时间: 17:30 - 23:00 (22:00 L.O.)



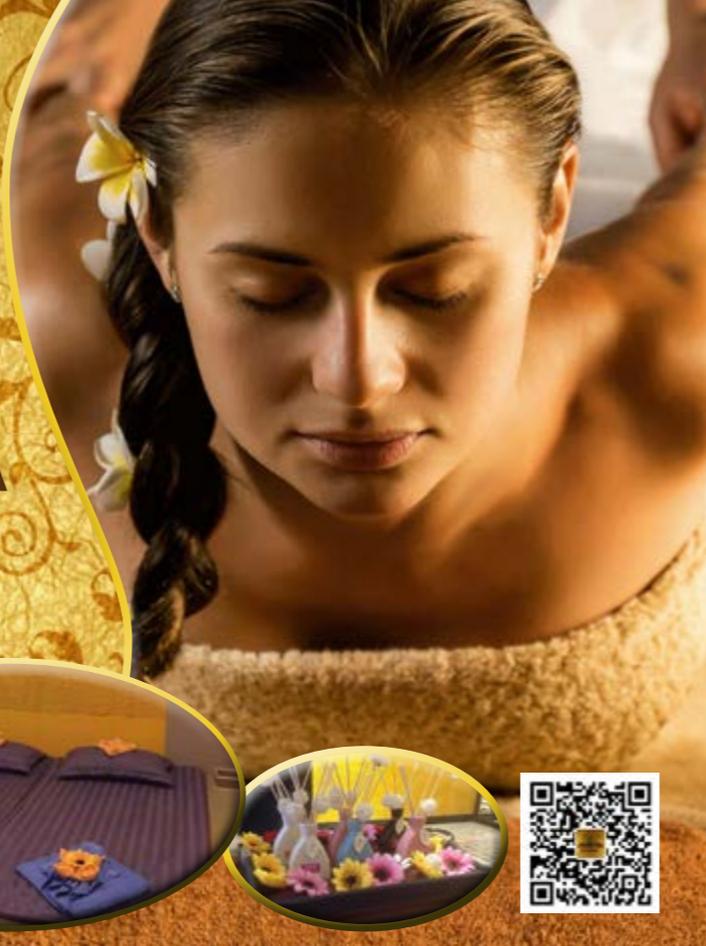
- Nankai District 光明店
A: No.1 Guangming Apartment, Xiaguang Road, Nankai District
天津市南开区霞光道光明公寓1号
T: +86 22 2393 2959
- Dongli District 东丽店
A: No.14 Fushan Road, Zhang Guizhuang, Dongli District, Tianjin
天津市东丽区张贵庄福山路14号 (东丽公园对面)
T: +86 22 2439 6899
- TEDA 开发区店
A: No. 2-S238, Yujing Yuan, 2nd Avenue, TEDA 天津市开发区第二大街十号景园邸2-S238底商
T: +86 22 6539 9899
- Hexi District 银河店
A: B1-37, Galaxy Mall, junction of Leyuan Road and Yuexiu Road, Hexi District 天津市河西区乐园道与越秀路口, 银河购物中心B1-37号
T: +86 22 8388 7133
- Hongqiao District 红桥店
A: 2F, Milan Supermarket, Fuxing Road, Hongqiao District 天津市红桥区复兴路米兰超市内 (二楼精品烟酒旁)
- Hebei District 河北店
A: Entrance of Milan Supermarket, Jinwei Road, Hebei District 天津市河北区金纬路米兰超市入口处
- Xiqing District 环球超市店
A: B111, World Fans Supermarket, Zhongbei Zhen, Xiqing District 天津市西青区中北镇万卉路5号B111 (中北镇环球购地下一层B111) 沃德范环球超市
- Jinnan District 津南店
A: 2#, A-6, Milan Sunshine Garden, Jianguo Street, Jinnan District 天津市津南区咸水沽建国大街米兰阳光花园A区6号楼底商2#
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Nankai District, Tianjin
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+86 22 8137 2222

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会员持续招募中



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Hi friends, we wish you a Happy Chinese New Year!

We are so lucky in Tianjin to have so many fantastic Chefs and top hotel brands and yet sometimes it is easy to not feel conscious of the reality of living in one of the most vibrant and exciting cities in the world. If we add to this the fact that traffic congestion and pollution is much less here than in other high-density parts of the globe, we can think ourselves to be lucky enough at this moment.

One good example is Chef Iacopo Frassi because his culinary skills and innovative cooking methods are full of surprises. He has previously served at numerous Michelin starred restaurants and constantly looks for ways to spice up its usual offerings and bring an international gourmet experience to Tianjin. Currently, he is engaged in preparing everyday a culinary feast at Italian restaurant Cielo, located at the 9th floor of Four Seasons Hotel Tianjin.

The way we dress is an extension of our personality. Every bit of detail and colour reflects on the wearer. Clothes are a necessity, and as we end up splurging our money on the latest trends and pieces in fashionable retail stores, we end up buying clothes of lesser quality that don't even last long. Treating apparel as an investment is a key fashion tip in making sure that items in your wardrobe do not go waste.

Tianjin Plus's continuous endeavours to search for magnificently diverse culinary talents have led us this month to Yún Shàng Qiān Hé. You will find in this restaurant a relaxed, natural and dynamic atmosphere of Yunnan.

What you can expect from the Great Wall renovation is another highlight in this issue that you should not miss. Discover as well how to bargain when shopping, and why dance walking is so popular. As a new shopping mall arrives in town, we take a quick look at Luneng CC Plaza, and provide some hints to fill the bag there.

We wish you a happy new year again, and don't forget to visit our website www.tianjinplus.com and follow us on our official Wechat account (ID: [tianjin_plus](https://www.tianjinplus.com)) for more articles and information.

Best wishes,
Sandy Moore

Managing Editor | Tianjin Plus Magazine

转眼又到农历新年,在此,津品生活杂志全体成员向各位读者拜年啦!本期我们为大家隆重介绍来自意大利的天津四季酒店意荟·意大利餐厅主厨Iacopo Frassi先生。他对美食有着无限的热情和优异的天赋,曾在多家国际米其林星级餐厅工作。现在,他把之前的厨艺心得和烹饪艺术带到天津四季酒店,以孜孜不倦的热情和对高标准的严格要求打造意荟·意大利餐厅,为宾客演绎至美非凡的烹饪艺术。天津是一个总能给你带来新意与惊喜的城市,天津鲁能城购物中心坐落于南开水上片区,毗邻水上公园与天塔湖,交通便利。除了H&M、UGG、等知名大众品牌,入驻鲁能城的还有首次登陆天津的“音乐主题餐厅”和追求视听互动体验的沃美国际影城等。电力世界馆,鲁能小将主题馆,均带来更具活力、更新奇、更潮流的体验。如果想来点特色美食犒劳辛苦了一年的自己,不妨到云南菜特色餐厅云上干禾一品佳肴。最后,欢迎关注我们的网站www.tianjinplus.com和公众微信号[tianjin_plus](https://www.tianjinplus.com),更多有趣资讯在这里等着你!

兒懂事 Dong Sir

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
(滨江道与山西路交口, 麦购商场对面)
+86 22 2331 9777

M 米兰意食尚 Milan Restaurant

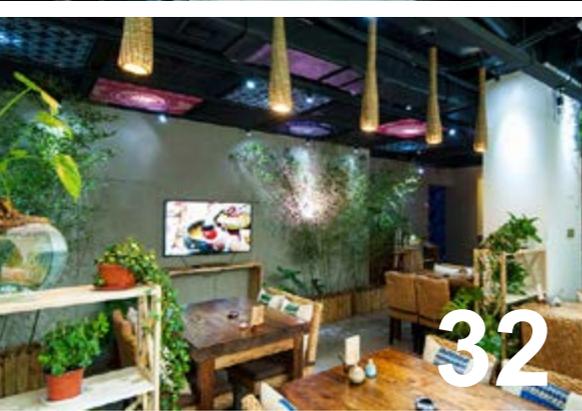
1F, A area, Tianzhao Mansion, No 10
Chongqing Road, Heping District
天津市和平区重庆道10号
天照大厦A区首层
+86 22 6018 8509



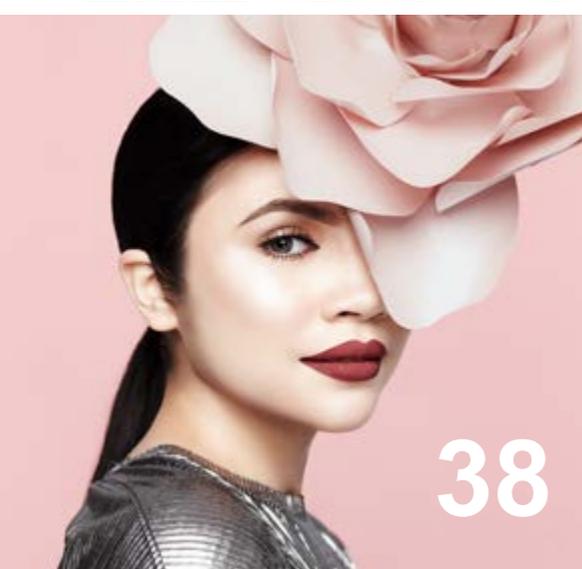
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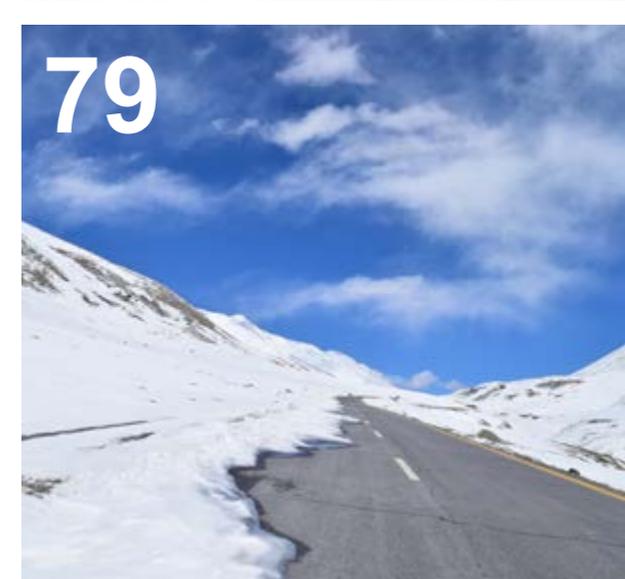
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54



58



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2018 February Calendar

To include your event, email:
editor@tianjinplus.com



National Symphony Orchestra of Ukraine
2018 New Year's Concert

02
Fri

Time: 北京音乐厅
Venue: Beijing Concert Hall
北京音乐厅
Price: 180-880
Tel: +86 6605 5812



Guqin 2018 New Year's Concert
2018中国古琴新年音乐会

02
Fri

Time: 19:30
Venue: Jinwan Grand Theater
津湾大剧院, 津湾广场4号楼
Price: 120 - 380
Tel: +86 22 2321 9966



Launch of the 2018 Business
Climate Survey Report

02
Fri

Time: 7:15
Venue: Thames, 1F, the Astor Hotel,
Tianjin 天津利顺德豪华精选大饭店
Price: Members 120; Non Members 180
Tel: +86 22 2318 5072



Flamenco from Granada, Spain Carmen
西班牙格拉纳达弗拉明戈舞蹈团《卡门》

12-13
Mon
Tue

Time: 19:30
Venue: NCPA-Opera House,
Beijing 国家大剧院歌剧院
Price: 280-880
Tel: +86 10 6655 0989



The Circus Clown 2018 in Beijing
新春版朝阳公园大马戏

16-21
Fri
Wed

Time: 10:00; 13:15; 15:30
Venue: 08 Plaza, West Gate 4,
Chaoyang Park
朝阳公园西4门内08广场
Price: 100 - 380
Tel: +86 10 5287 1635



Folk music masters New Year's Concert
民乐名家迎新春音乐会

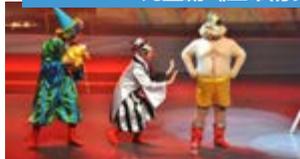
19
Mon

Time: 19:30
Venue: Music Hall,
Tianjin Grand Theatre
天津大剧院音乐厅
Price: 120 - 598
Tel: +86 22 8388 2000

03-04
Sat
Sun

Time: 15:00
Venue: 21 Art Space
21剧艺空间, 于家堡21堡子里
文化创意社区B2层
Price: 40 - 120
Tel: +86 22 6686 3968

Children's drama: *the Emperor's
New Clothes* 儿童剧《皇帝的新装》



04
Sun

Time: 14:00-18:00
Venue: Executive Meeting Room,
The Ritz-Carlton, Tianjin
天津丽思卡尔顿酒店2楼宴会厅
Price: Free
Tel: +86 22 2318 5072

Analysis of the UK Real Estate Market
and London Housing Project
Promotion Meeting



09
Fri

Time: 9:30 - 13:30
Venue: Han Building Teacher Center.
International School of Tianjin
天津经济技术开发区国际学校天津分校
Price: Enter is free for all
Tel: +86 22 2859 2001

IST PFO Chinese Bazaar
IST 国际学校新年集市



20
Tue

Time: 19:30
Venue: Music Hall,
Tianjin Grand Theatre
天津大剧院音乐厅
Price: 120 - 598
Tel: +86 22 8388 2000

Classic Music New Year's Concert
著名歌唱家经典名歌新春演唱会



28
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

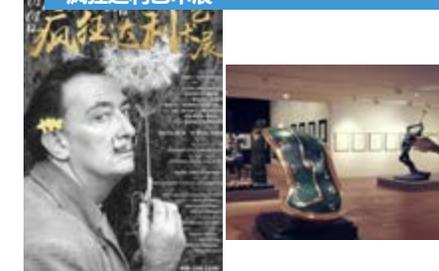
Kammerstammtisch Tianjin



Until
Mar
31

Time: 10:00 - 22:00
Venue: Beijing-Yang Art Museum
北京·蓝色港湾央·美术馆
Tel: 400 109 1288

Dali's Fantastic Universe, 2018
疯狂达利艺术展



SPECIAL DAYS

时间如流水飞逝, 很快就要到中华民族传统的节日——春节了, 也就是我们俗称的“过年”, 2018年狗年的春节将于2月16日到来, 人们将春节视为新一年的开始, 这样的开始并不仅仅是指农历的正月初一, 更是意味着一年中万象之始。春节起源于殷商时期年头岁尾的祭神祭祖活动, 是中国最盛大、最热闹、最重要的一个古老传统节日。在中国有春节发红包的习俗, 收到红包的小伙伴们一定要记得说声谢谢哦。

每年的2月14日是西方情人节, 在这一天, 人们往往会赠送礼物给情人或心仪的对象, 例如巧克力、贺卡和鲜花等, 表达自己心意, 也在一定程度上促进了社会大众的节日消费。而今年的情人节是恰巧是除夕的前一天! 希望大家合理的安排好假期时光。



Valentine's Day

Let Cupid's arrow fly and allow yourself to see life through rose tinted glasses for a day. Whether that's showing your other half all the love and affection they deserve, or finding companionship in a potential new partner, Valentine's Day is all about showing the love. Dress up in red, buy chocolates and flowers for your loved one. Go out for dinners, head to the cinema. Date night on this day is a special one. Show just how great relationships can be and celebrate this day of love.



Chinese New Year

Swinging round slightly earlier than last year, this year we celebrate the Year of the Dog. We welcome 2018 Spring Festival. How will you celebrate this year? Remember to manage your own expectations if you go travelling in China. They don't call it 'people mountain, people sea' for nothing. However you choose to celebrate, remember to eat well and proclaim "Xin Nian Kuai Le", and do remember to say thank you if you're lucky enough to receive a lucky red packet!

Nasca Linien Activities for February 2018年2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 创意绘画 Creative painting 10:00-13:00	2 手工 Handcraft 10:00-13:00	3 油彩 Painting 13:00-15:00	4 素描 Sketch 13:00-15:00
			哈哈瑜伽 Hatha yoga	阴瑜伽 Yin yoga	哈哈瑜伽 Hatha yoga	哈哈瑜伽 Hatha yoga
5 哈哈瑜伽 Hatha yoga	6 中国画 Chinese painting 13:30-16:30	7 哈哈瑜伽 Hatha yoga	8 创意绘画 Creative painting 10:00-13:00	9 手工 Handcraft 10:00-13:00	10 油彩 Painting 13:00-15:00	11 素描 Sketch 13:00-15:00
	缝纫 Sewing 10:00-13:00		哈哈瑜伽 Hatha yoga	阴瑜伽 Yin yoga	哈哈瑜伽 Hatha yoga	哈哈瑜伽 Hatha yoga
	哈哈瑜伽 Hatha yoga					
12 哈哈瑜伽 Hatha yoga	13 哈哈瑜伽 Hatha yoga	14 哈哈瑜伽 Hatha yoga	15 哈哈瑜伽 Hatha yoga	16 阴瑜伽 Yin yoga	17 哈哈瑜伽 Hatha yoga	18 哈哈瑜伽 Hatha yoga
19 哈哈瑜伽 Hatha yoga	20 哈哈瑜伽 Hatha yoga	21 哈哈瑜伽 Hatha yoga	22 哈哈瑜伽 Hatha yoga	23 手工 Handcraft 10:00-13:00	24 油彩 Painting 13:00-15:00	25 素描 Sketch 13:00-15:00
				阴瑜伽 Yin yoga	哈哈瑜伽 Hatha yoga	哈哈瑜伽 Hatha yoga
26 哈哈瑜伽 Hatha yoga	27 中国画 Chinese painting 13:30-16:30	28 哈哈瑜伽 Hatha yoga				
	哈哈瑜伽 Hatha yoga					

* 请于开课前5天预约报名。3人开课。PLS book register 5 days before the course date through nasca_linien@hotmail.com Minimum 3 members for each course.
瑜伽课程时间为: 10:00-11:00; 12:00-13:00; 14:00-15:00; 17:00-18:00; 18:00-19:00。印度教师驻店授课, 课程详情请咨询。
Teaching by Indian Teacher. For more information or reservations, please call 13388070329

**'Year of the Dog' New Year's Eve Reunion Dinner
@ Shangri-La Hotel, Tianjin**

The Grand Ballroom will be transformed into a palace of happiness adorned in lucky red for the Spring Festival. Customary New Year dishes and gourmet creations from our master chefs on the banquet menu include Fortune 'Raw Fish' Salad and Steamed Turbot Fish in Lotus Leaf. Diners can also choose to order Shang Palace's famous Peking Roast Duck for their table. Musical and cross-talk performances will enliven the stage throughout the evening and an abundance of lucky draw prizes, including accommodation, spa and dining vouchers, will be given away ensuring good luck for everybody in the Year of the Dog.



Price: RMB 3,588 net per table
Venue: Shangri-La Hotel, Tianjin, No.328 Haihe East Road, Hedong District, Tianjin
For more information or reservations, please call +86 22 8418 8888 or send an e-mail to sltj@shangri-la.com

**Romantic Valentine's Day Celebrations
@ Wanda Vista Tianjin**

Melt your loved one's heart with a romantic and memorable dinner on Valentine's Day at Wanda Vista Tianjin! Celebrate the special day with exclusive gourmet dining options featuring Valentine's Day dinner buffet and luxury set menus.



Price: Valentine's Day Dinner Buffet: RMB 576/couple
Valentine's Day Dinner Set Menu: RMB 888/couple
Date: 14th February, 2018
Time: 17:30 - 21:30
Venue: 1/F, Café Vista, Wanda Vista Tianjin,
No. 486, Bahao Road, Da Zhi Gu, Hedong District, Tianjin
For more information or reservations, please call +86 22 2462 6888 ext.6014

**Annual Meeting
@ Sheraton Tianjin Hotel**

Share your 2017's happiness and hard works with your colleagues at Sheraton Tianjin Hotel. Come and book your annual parties here with the professional team and the elegant atmosphere. You will get a perfect year ending and a good start for 2018.

You will have following benefits for your annual party:

- The Band warm up
- 20% off for LED screen
- Get two tables for free
- Complimentary dinner buffet for 2 persons
- One bottle of house wine per table for free
- Double points
- Cloakroom service



Date: From now until 28th February, 2018
Venue: Sheraton Tianjin Hotel, Zi Jin Shan Lu, Hexi District, Tianjin
For more information or reservations, please call +86 22 2731 3388

**Exclusive 666 Champagne Night
@ The Ritz-Carlton, Tianjin**

Every Saturday evening, FLAIR is a stunning place where music and Champagne fuse to perfection. Come taste our six highly recommended luxuries: Ritz Blanc de Blancs Champagne, G.H. Mumm, Louis Roederer, Rose Vintage 2011, Taittinger, Rose, Taittinger, Vintage 2008, Taittinger, Grand Crus. Enjoy sumptuous Champagnes of unique aroma, texture and taste for exclusive 40% savings. We also offer Champagne in bottles for RMB666+ each.



Date: Every Saturday evening
Venue: 1st Level, FLAIR of The Ritz-Carlton, Tianjin
No. 167 Dagubei Road, Heping District, Tianjin

For more information or reservations, please call + 86 22 5857 8888
*The above rate is subject to 15% service charge.

**Fall in Love in the Silver Moonlight
@ Renaissance Tianjin Lakeview Hotel**

"Take You to the Journey" themed dinner buffet

Price: RMB 488/person
Date: 14th February, 2018
Venue: BLD, 1F, Renaissance Tianjin Lakeview Hotel

Fire House Valentine's Day Set Menu
Price: Valentine's Day Set Menu RMB 999/couple
Date: 14th February, 2018
Venue: Fire House, 1F, Renaissance Tianjin Lakeview Hotel

The Lounge Valentine's Day Sweet Set Menu
Price: Valentine's Day Sweet Set Menu RMB 131.4/set
Date: 14th February, 2018
Venue: The Lounge, 1F, Renaissance Tianjin Lakeview Hotel, No.16 Binshui Dao, Hexi District, Tianjin
For more information and reservation please contact +86 22 5822 3388



**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

Riviera Business Lunch Set Menu
@ The St.Regis Tianjin

Heralds this new year with restaurant chef Johnny creations to Riviera, a classic 3 courses brings you an authentic Mediterranean style cuisine, perfectly solving your lunch allodoxaphobia.

Start from fresh starters like Caprese salad, Caesar salad and mushroom velouté, which will surprise your palate in different ways. When it comes to the main course, it's definitely the heaven for meat lovers who will immerse in the extreme happiness of enjoying the grilled chicken breast, foie gras and Argentinian beef rib-eye. At the end, try the Muesli cheese cake with seasonal fruits, and your gourmet experience at Riviera will be last and memorable.

Chef Johnny certainly thinks outside the box. Come and enjoy the most innovative gourmet in a breathtaking view of the river Hai at Riviera in New Year!

Price: RMB 228/person
Time: 11:30 - 14:30, every Monday to Friday
Date: From now until 28th February, 2018
Venue: Riviera, The St. Regis Tianjin
No. 158, Zhang Zizhong Dao, Heping District

For more information or reservation, please call +86 22 5830 9962 or email to riviera.tianjin@stregis.com



Chinese New Year Family Reunion Dinner
@ Hyatt Regency Tianjin East

Celebrate the Chinese Lunar New Year and enjoy a joyous family gathering at Hyatt Regency Tianjin East. Our tailor-made Chinese New Year set menus will make family gatherings extra special with their selection of gourmet holiday dishes.



Price: Starting from RMB 4888 net/table
Venue: Hyatt Regency Tianjin East.
126 Weiguo Road, Hedong District, Tianjin, China

For more information or reservations, please call +86 22 2457 1234 or visit website tianjin.regency.hyatt.com

Spring Festival
@ Pan Pacific Tianjin Hotel

Chinese New Year family gathering in Hai Tien Lo Chinese restaurant with the master chef recommended set menus.

Price: Set A RMB 1988/table for 5-6pax
Set B RMB 2688/table for 7-8pax
Set C RMB 3288/table for 10pax
Date: 14th to 24th February and 2nd March, 2018
Time: 11:30-14:30; 17:30-21:30
Venue: 2F Hai Tien Lo, Pan Pacific Tianjin Hotel
No. 1 Zhang Zi Zhong Road, Hong Qiao District, Tianjin
For more information please call +86 22 5863 8888 to 8728



Take a raincheck

By Caroline Lane



It is Alice's birthday this coming Sunday and she's planning to have a big party in her house. She's invited all her classmates and has prepared the food already so all there is left to do is to party!

message to all her friends saying, "Hey guys, sorry about this but it looks like I'll have to take a raincheck on tomorrow's party. It's going to be storming so it won't be possible to have a pool party. Let's move it to next Sunday."

Raincheck是美国流行口语，典故出自露天举行的棒球比赛。棒球是最受美国人欢迎的运动之一。如球赛进行时天不作美，突然之间下起了倾盆大雨，比赛不得不取消，但是观众可以领取“Raincheck——雨票”，或用原票存根作为“雨票”，即球赛改期举行时可凭之入场。Rain check这句话后来有了引伸意思，日常生活中普遍应用。比方说有人请你吃饭，假如你刚巧因事不能奉陪，你可用婉谢的口吻说：May I take a raincheck? 引伸义是：这次抱歉不能赴约，下次有请必到。以后可以用这句地道的英文去表达改期的意思哦！

However, the weather had been quite gloomy and rainy over the past few days. Alice's party was going to be a pool party, so a sunny weather was definitely preferred. She had been praying for good weather since a week ago but when Saturday night came about, things went even more downhill - a storm started and the sky was lit up with lightning.

If we look at the phrase "take a raincheck," we can immediately guess that it has something to do with "rain." In fact, this phrase comes from 1880s America when baseball game ticketholders were given a pass to a game that had to be rescheduled due to bad weather. Nowadays, people use it in everyday conversation when they need to postpone a meeting, whether or not it is related to weather.

Alice got really upset with this, but there's nothing she could do. It looked like it would be sunny next week, so she took out her phone and sent a group

This phrase doesn't translate directly into Chinese, but Chinese phrases that carry the same meaning include 改期 (gǎi qī), 改天吧 (gǎi tiān ba), or 下一次再去 (xià yī cì zài qù). Next time you need to reschedule a meeting, instead of saying "I need to cancel..." try saying "May I take a raincheck?"



When in Rome... But why do they do that?

By Nadia N.

每个国家的人都有自己的文化传统，在生活细节方面差异尤其大。作为外国人，在中国生活久了慢慢会发现不少中国人的特点。比如中国人的个人空间很小，甚至可以小到没有。在公交车、地铁上，大家挨着人站着或坐着。对于不少从西方国家来的游客而言，这种情形简直是不可想象的。他们对彼此没有距离的接触感到非常不适应。但我们需要明白，这并不是中国人不礼貌，这与个人态度无关。

在中国谈论一些个人问题都是可以接受的，比如你来自哪里、年龄家庭情况等等。家长里短的问题都是人们口头常聊的话题。但是对于涉及到政治社会等敏感问题，人们常常都闭口不言。大家会小心谨慎地避免对此类事情发表太过明显的评论。

在中国，孩子无疑是每个家庭的希望。孩子在任何场合也受到了更多的关注和优待。甚至在一些公共场合有些孩子会让人明显感觉到没有束缚，可以享受无条件的自由，比如：大声说话，随意跑动。人们会因他们是孩子而原谅他们这样的行为。大多数中国人认为给孩子们任何他们想要的东西会有利于孩子的自由发展并且显示自己对孩子的爱。

中国父母的一切生活基本围绕子女或者是孙子和孙女进行，爷爷奶奶陪着自己的孩子和孙子出门购物并且帮助带孙子孙女，以及积极参与子女的婚事都是非常常见甚至被认为是正常的事。直系亲属基本会参与子女的一切重大人生事件。传统的观念在中国影响依然非常深远。

此外，中国人对于很多外国人也有不少先入为主的概念。如果你来自美国，那么中国人会认为你很有钱，喜欢可乐和汉堡。如果来自德国，那么你大概很喜欢啤酒和香肠。对于来自法国的朋友，中国人的概念是浪漫。对于来自俄罗斯的朋友，中国人会认为你很耐寒。

Living and spending a long time in a different country can be pretty exciting. You can meet tons of new people, get to know another culture and traditions, visit places you've never been to before and so on. However, when the first excitement has passed, you start to wonder how to understand the new environment and the people there to be able to blend in. When it comes to understanding Chinese people and their culture, many foreigners tend to fail simply because rules and Western "common decency" doesn't always work in the Middle Kingdom. So, how should you understand Chinese people and finally find answers to questions that have been bothering expats for a long time?



PERSONAL SPACE IS MUCH SMALLER IN CHINA

Anyone who has ever been traveling on long-distance train or ever visited a common hospital in China, have wondered if Chinese people have any idea about so-called personal space. While in the west it is a major aspect of social behavior, Chinese people are usually more relaxed about it. Probably because of the collectivist society or simply large number of people basically everywhere, Chinese are simply more comfortable in spaces that many foreigners will consider "claustrophobic". Staring in the subway, sitting too close to each other, asking personal questions, speaking loudly on the phone - all these things Chinese most of the time simply don't realize and it has nothing to do with personal attitude.

2 While many Chinese people are quick on judging certain matters, other topics should better be avoided or treated delicately. Chinese politics, social issues, personal affairs, etc. are better left alone. You will never hear Chinese people commenting on any of those, but also your friends might be insulted if you comment (especially negatively) yourself.



3 LOVE FOR CHILDREN
It might be a very difficult thing for a 10-year old child to get a seat on a crowded bus - older people take priority. However, in China, there is no way for a child to stand in a subway/ bus: very young children are even more precious than the elderly. In general, it might be a little surprising for many Westerners to see relations between parents and children in China as the latter gets all the freedom even in public places. Many people who come from countries with more strict educational standards find it simply unbelievable and sometimes disturbing, but in China it is pretty normal. Firstly because "one child - one family" policy was applied in China for many years and people, understandably, cherished their children more than usual. Secondly, majority of Chinese people believe that allowing their child freedom and providing him with anything he/she wants only benefits their development and shows their love.



FAMILY IS A TOP PRIORITY

Many young couples believe that parents shouldn't be involved in their lives as much, and love to enjoy their freedom and make their own decisions. In China, however, it is very frequent to see a young couple living with the husband's parents, a mother accompanying her son and his wife to the supermarket and giving advice on what to buy or parents even taking an active part in the marriage of their children. All this has nothing to do with the personality of the child or his parents. In China immediate family plays a major role in one's life and all the important decisions are to be made after consulting with them. Of course, with China changing, many young couples rebel and demand their freedom in choosing careers, building relationship and general independence, but majority of people still follow the traditional way.



5 HEALTH COMES FIRST
Chinese people always put health first and it is the key to understanding many of their "weird" habits and strange behavior. When for many people appearing well and nice-looking in public is a priority and showing any discomfort you have in a public place is inappropriate, for Chinese people these are silly reasons. That's why many of them behave truly relaxed in public transport, at work, and basically anywhere - there is no shame in anything natural. In addition, it is considered rude to react on anything like that because a person is doing something that is simply healthy.

CHINESE HAVE STEREOTYPES

6 Everybody has different stereotypes - it is unavoidable. However, while in Western world it is considered bad to judge a person according to these stereotypes, in China it is still very popular. If you are from the USA then you must be rich and love hamburgers, from Germany - have a good car, from France - romantic, from Russia - cold-resistant, etc. It can be annoying sometimes to answer a billion questions coming from different Chinese people based on stereotypes, but learning how to be a diplomat sometimes will definitely help you to break them and, maybe, save some nerves.

What You Can Expect from the Great Wall Renovation

By Rose Salas

2017年是长城入选世界遗产名录30年，也是我国实施长城保护工程逾10年。由国家文物局和京津冀三地文物局指导，中国文物保护基金会联合中国文化遗产研究院、中国古迹遗址保护协会共同主办的“长城保护维修理念与实践论坛”在6月举行。与会代表审议并通过了《长城保护维修山海关共识》，相关工作人员将从3个方面做好长城保护工作：一是选择或历史文化价值突出或技术难题需要突破、体制机制有待创新的长城点段，通过社会募集资金进行保护修缮，力争做成具有示范、样板意义的工程；二是形成一系列长城知识、长城故事、长城保护成果，长城IP开发的成果与产品，努力使全民对象征民族精神的长城有普遍的了解和正确的认知；三是开展长城保护研究，打造专业性的长城研究平台。

近年来，类似的长城抢险工程每年都在启动，文物工作者牵着骡队，肩扛背驮将一块块重达二三十斤的长城砖石运到险峰上，精心呵护着中华记忆。修缮长城的工作队伍不仅是普通工人，而是经过培训，知道如何做好城墙修复的工作人员。

此外，自去年8月份以来，长城旅游景区已经设立了300多台高清摄像机，以避免游客破坏。这些相机将提供实时监控和记录，加大了长城保护工程检查巡视力度。

总体而言，长城的修复工作有着重要意义，它帮助传承历史经典，保留老祖宗的遗产，加强民族归属感，还可以发展旅游，发展经济。

The Great Wall, known as one of the greatest wonders of the world, owes its fame to its historical significance and remarkable architectural splendour. This 6,700-kilometer ancient wall demonstrated the resplendence and uniqueness in style of a massive construction that was built to protect its people thousands of years ago. Nowadays, this magnificent wall attracts millions of tourists from all over the world. In fact, you would not call it a satisfying trip if you don't visit it in Beijing. It became a symbol that represents national spirit and patriotism.

As years passed, the natural occurrence of calamities and human destruction caused the Wall to lose some of its parts. Huge sections were already in ruins. According to Yanqing cultural relic's authority, Great Wall calls for rescue. Seen on the news are pictures circulating from the Internet which the tourists have taken showing some sections that were concreted. It became alarming since the tourists captioned it negatively, saying it hasn't been maintained properly, and hence is showing drastic changes from how it originally looked years ago. Even Deputy Director Dong Yaohui of the Great Wall of China Society admits that the restoration work had not been up to the standard. People responded in Chinese social media with an outrage when it was tagged as "China's Great Wall of Concrete".

In June 2017, another draft was released for the restoration project. With the new renovation plans in place, what are the things we can look forward to in this country's iconic wonder?

1. USE OF OLD MATERIALS AND TRADITIONAL CRAFTSMANSHIP

To preserve the original structure of the Wall, no major construction will be done. For example, some sections that have already collapsed or disappeared will be reconstructed as per the original layout. Original bricks will be used but if they can't find the exact ones, it would have to be new bricks with almost the exact specifications.



2. TEAM OF SKILLED WORKERS WORKING ON THE REPAIRS

The team that is working rigorously not only comprises of ordinary workers but those who have been trained and know how to do the "bricking job". Since it is very dangerous to work on the wall's steep sides, they have to be extremely careful as their lives are at risk. They are exerting intense physical efforts in the Jiankou section by applying historically appropriate techniques. They want to preserve the original structure and rugged beauty of this part as much as possible.



China is building deepest high-speed railway station under Great Wall

5. HIGH-SPEED RAIL TUNNEL BELOW THE GREAT WALL

A 12-km long high-speed train tunnel is now being constructed through the Badaling section of this iconic wall. This will speed up the journey hours from 3 to 1 for traveling up to 350km/hour. It is expected to be completed in 2019 and will be connected to Zhangjiakou city that will co-host 2022 winter Olympics along with Beijing.

3. REGAIN AND PRESERVE CHINA'S PRIDE

If the purpose of the reconstruction before was to attract millions of tourists, the goal now is to preserve the beauty, century-old value and historic heritage for future generations. Even the district governments are working hand in hand to oversee the on-going repairs. The unsightly repairs which were previously done were criticized as being shoddy. Now, they are rebuilding the Wall one brick at a time!



Great CCTV camera on the Great Wall of China

4. HIGH DEFINITION CCTV CAMERAS INSTALLED

Over 300-high definition cameras were set up since August to avoid vandalism from tourists. These cameras will provide

real-time monitoring and record any incident that will serve as evidence if someone violates the sanctity of this historic site. If caught, the person will be banned from visiting again.

Though the Great Wall has been rebuilt countless times over the centuries by different dynasties, it has not lost its grandeur. Some netizens commented that if only the government did a regular maintenance instead of waiting for it to collapse, it could have saved the country from being in the spotlight for the wrong reasons. The ancient wonder that amazed the world was said to have looked like a modern-day biking path. However, with all the efforts being done now, I believe that they'll be able to bring back the grandeur of this historical spot. Tourists or even locals would keep the Great Wall as part of their Bucket List destinations and would be interested to see the new fixes as though nothing has changed.





Creating Innovative Flavours & Perception

Thinking of a genius Chef Iacopo Frassi at Four Seasons Hotel Tianjin

By Natasha J



作为全球奢华酒店行业的翘楚，四季酒店向来以其令人惊艳且屡获殊荣的餐饮体验闻名，在全球范围内共拥有超过15间米其林星级餐厅。于2017年在天津开业的天津四季酒店良好地继承了四季酒店的高品质传统，无论在住宿体验还是美食打造方面都做到了至臻一流。

天津四季酒店推出了五间概念各异的餐厅及酒吧，皆由国际著名的SPIN事务所倾力设计，令本地宾客和国际旅行者在时尚别致的环境中享受珍馐美饌以及贴心的四季服务。

其中，意荟·意大利餐厅位于9层，是酒店的标志性餐厅，餐厅采用开放式厨房概念设计，设有可将肉类自然排酸的风干肉房，特色餐品包括地道进口的意式冷切肉、各式木炙烤肉和自制意大利披萨等等。意荟·意大利餐厅由拥有国际米其林餐厅经验的主厨Iacopo Frassi先生主理，他曾在多家国际米其林星级餐厅工作，有着丰富的意大利及法餐料理经验。

在意大利的美食地图上，位于中部地区的托斯卡纳被称为“美食和葡萄酒之都”，山地和海洋地势为当地提供丰富多元的食材，葡萄、橄榄种植也非常出名，保留着独特经典的烹饪传统，是盛产意大利名厨的地方。Iacopo Frassi先生正是生长于托斯卡纳的艳阳下，对美食有着无限的热情和优异的天赋。他自童年时期便耳濡目染，对烹饪产生浓厚的兴趣爱好，在结束学业后他获得在多家意大利著名及米其林餐厅工作的机会。现在，他把之前的厨艺心得和烹饪艺术带到天津四季酒店，以孜孜不倦的热情和对高标准的严格要求打造意荟·意大利餐厅为米其林级别的餐饮水准，为宾客演绎至美非凡的烹饪艺术，呈上或纯正地道、或别具创意的意式美饌，带领天津的意大利餐饮水平到一个全新的境界。

Iacopo Frassi先生表示，为了把米其林品质餐饮带到天津，他努力培养自己的厨师团队，并和大家一同成长。在意荟·意大利餐厅，最受欢迎的餐品是地道的意大利面。Iacopo Frassi先生希望为天津顾客带来更多传统意大利美味，帮助大家了解意大利美食根源。除了每天的日常餐饮，Iacopo还曾多次助力客人求婚成功。他会事先了解男士求婚对象的偏好需求，并提供十足惊喜的菜品，并帮助客人将戒指通过餐盘传递。对于这类情况，他说需要非常谨慎。毕竟这是别人人生的重要时刻。最后，提及服务过的名人，他说以前曾为美国总统和两位足球明星Fabio Cannavaro和Pato提供过餐点。

未来，意荟·意大利餐厅主厨Iacopo Frassi先生会继续将他的丰富热情与创意赋予菜品创作，呈上正宗地道或颇具创意的意式佳肴。配以标志性的贴心侍餐服务，天津四季酒店意荟·意大利餐厅，值得你的青睐！



Four Seasons Hotel Tianjin

Chef Jacopo Frassi's culinary skills and innovative cooking methods are full of surprises. He has previously served at numerous Michelin starred restaurants and constantly looks for ways to spice up the usual offerings and bring an international gourmet experience to Tianjin.

He has prepared a culinary feast at Cielo Italian Restaurant, located at the 9th floor of Four Seasons Hotel Tianjin, to indulge food connoisseurs and treat guest to an extraordinary fine dining experience.

Cielo is an open-kitchen concept with a wood-fired pizza oven, and a spacious outdoor veranda – one of the Hotel's "gardens in the sky" – and provides a unique dining space suspended above Tianjin's bustling streetscape.

You hailed from Tuscany which is a popular destination for culinary celebrities. Can you share with us how you started your journey?

My journey began at an early age of 19, when I finished culinary school in Tuscany. I left for Milan to work at a very famous Michelin starred restaurant known as Savini, inside the Grand Mall de

Milano. Thereafter I worked at many renowned restaurants like Trussardi (2 Michelin stars), Hotel Pellicano (2 Michelin stars), Piccolo Principe where in my second year I was promoted to Sous Chef De Cuisine and the restaurant received its second Michelin star and Alain Ducasse (3 Michelin stars) at the Dorchester Hotel in London.

My story in China began 2 years ago when an executive chef invited me to the Four Seasons Hotel Tianjin. This is my first experience in Asia as well as Chef De Cuisine.

What excites you most about cooking at Cielo?

At Cielo we have 3 concepts - international breakfast, business-oriented lunch inclusive of semi-buffet and a la Carte and a fine dining concept for dinner.

With my background and training, I will bring my talents to present an unique Michelin star dining experience featuring a combination of traditional flavours and innovative culinary techniques. For example, buffalo mozzarella is a simple dish of tomato, mozzarella and oil. I want to combine these elements together and convey sophistication in my modification - a tomato soup base with mozzarella and basil pesto, a twist to a simple recipe with simple ingredients.

How do you intend to bring out the real Tuscan cuisine to Tianjin?

Tuscan cuisine is very similar to French cuisine. King Philip hailed from France, married Elizabeth, the Queen of Tuscany. The onion soup and squab (pigeon) are typical dishes of Tuscany. I have added my touch to better suit the Asian palate and so my squab dish entails foie gras seasoned with typical Chinese five spices.



Cielo Italian Restaurant

If a man chooses your restaurant to propose to his future wife, how will you make it memorable for the couple?

I will first speak with the guest to better understand his and his future wife's preferences and dreams, as this is an important milestone in their new chapter of life.

I have handled occasions of this nature before and surprised them

in many ways including the ring appearing through dishes. The element of surprise needs to be guarded.

Brunch is the norm now. What leisurely brunch offerings are regularly prepared at Cielo?

We have jazzed the monotonous Sunday brunch and created a friendlier concept especially for our customers. A combination of

many Western foods including the French style eggs benedict, an American twist on the 'stick with egg', variations of pasta and so many more choices!

When creating a dish from scratch, what are the first things that come to your mind?

I go to a local market and have a look at the ingredients available to me during that season. This is an important attribute to consistently provide quality food. It is also vital to roam around the city and understand the local palate. Once I have understood these aspects of the locale, I will revolutionize a classical Italian dish using fresh techniques.



Risotto Alla Pizzaiola





Is there any childhood recipe that inspired you in fashioning your own dish for the Cielo Italian Restaurant?

Yes! I have such vivid memories of nonna (grandma) cooking for me fragrant pizzaiola sauce after school. I decided to modernize this traditional tomato base sauce with the same flavours minus the sauce and incorporate it into a typical Italian risotto, which is my signature dish here at Cielo.

What do you consider as the major successes achieved by Cielo so far?

When we started off we only featured buffet at dinner considered local people's preference but now we have renovated the kitchen and integrated an chef's signature a la carte menu to refine and level up guest's dining experience.

This has made Cielo the leading Italian restaurant in town as we only serve an authentic Italian cuisine and not an American-Italian style.

What are your most popular dishes?

As we are an Italian restaurant our most popular are the pasta dishes to mass market and

signature dishes to guests with higher demand like Australian Wagyu Beef. My signature dish is risotto and can only be enjoyed here at Cielo. Pasta Bolognese is a common dish, yet guests adore it because we make fresh coratella pasta with beef ragout. My novelty on ravioli is handmade and served with lobster. I aim to deliver familiar dishes with superior quality and an innovative twist.

We also feature an exquisite array of succulent meats all imported from Australia like one of my signature dish Australian Wagyu Beef. The meats are grilled on charcoal making them tender all the while retaining the smoky flavour.

How do your guests' expectations towards food differ in China, as compared to Italy?

Italian style of eating is very different to the Chinese way. In Italy we like our pasta and risotto al dente (hard) but in China it is overcooked and slightly chewier. This would be a big 'No!' in Italy.

There are also many misconceptions concerning Italian dishes. For instance, the Caesar salad is not authentic to Italy but rather stemming from USA. Some people also believe that ravioli is a Chinese dumpling.



Who has been the most influential chef in your career?

All chefs influence me but there are two chefs in particular who have helped mold my career. One is Antonio Guida at Pellicano Hotel. He taught me the most valuable lesson I carry with me to date. "Iacopo, when you go home, you have not finished training. You need to continue to study throughout your career. Never stop because the kitchen will always evolve, and you need to grow to be at the very top of your game if you want to succeed."

Chef Giuseppe Mancino from Piccolo Principe has also shaped



Seared Rougier Foie Gras, Coconut, Berries



Homemade Tagliolino, Squid Ink, Lemon, Calamari, Sour Carrots Jus



Seared Shabu Shabu Salmon, Fennel Salad, Crunchy Prosciutto

my career. He promoted me to sous chef. He pushed me to follow my imagination. He would say "Ok Iacopo, make this dish yourself. You can modify this recipe. You are a chef. You can create."

What do you do to unwind at the end of the day?

There was a time when I would head to the gym to wind down. Now I frequent a pub that's in close proximity to the hotel. Other times I read culinary books, visit restaurants and roam about the city in search of inspiration. I believe that as a chef you will never have time off. You need to constantly explore and expand your boundaries. Tianjin's jiānbǐng is one of those findings that I have now included into the breakfast menu.

If you could cook for any famous personality, who would it be?



Marinated Thin sliced of Langoustines, Dashi Pesto, Citrus

I have previously cooked for several celebrities including the President of the USA and two football stars Fabio Cannavaro and Pato.

If I could cook for anyone it would be Steven Spielberg. I respect his works especially Jurassic Park which is my favorite movie as I am fascinated by dinosaurs and even have one tattooed on my arm.

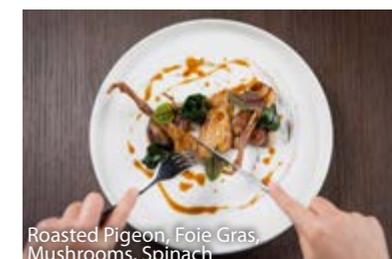
Are any exciting events in Cielo set to happen this year?

Yes, we have many events planned. This year Valentine's Day and Chinese New Year are celebrated in the same week. So, we opted for a romantic set dinner for couples and various a la carte choices for celebration.

As Four Seasons Hotel Tianjin was the latest hotel launched in Asia from the group, we will host this March a conference for all personnel working for the F&B department of Four Seasons in the Asian region.

What do you think is the driving force that any aspiring young chef could draw inspiration from?

Many people assume the chef's profession as simple, but it is



Roasted Pigeon, Foie Gras, Mushrooms, Spinach

strenuous. My day at the kitchen starts at 6am and ends past 11pm. Although my days are long I don't feel it because I am passionate about cooking. In my opinion you need to be enthusiastic about pottering around the kitchen and continuously strive to grow. In Italy we study and work simultaneously because it is imperative to put into practice what you learn.

Is there anything you would like to add and share with our readers?

Yes, I want to invite your readers to the Four Seasons Hotel Tianjin to check out some of the new menu surprises at Cielo. So please do come and enjoy!



BEST LIVE MUSIC BARS IN BEIJING

By Ellen Morris

While the old Beijing is charming and nostalgic during the day, at night it transforms into a modern metropolis with an active nightlife and the loudest beats. Dozens of bars are scattered around the city, offering some of the best live music ranging from rock and metal to techno and jazz for the night owls. If you feel

you're too cool for the typical night scene in Sanlitun, there are plenty of alternatives for a great night out. Here we have rounded up some of the best music spots in Beijing.



Temple Bar 坛酒吧

Located in the trendy Gulou area, **Temple Bar** is the pillar of the live music scene in the city, hosting various local and international bands playing rock, indie and metal music. Its vibe, probably one of the best in the city, draws a big crowd every weekend. The bar offers a great beer selection and boasts over 100 shooters, all reasonably priced. Its free entry makes it the city's most popular hangout spot for expats and local young people alike. It is a must-go if you are to experience Beijing's bustling nightlife!

Opening hours: Daily 7pm-late

Address: B202, 206 Gulou Dongdajie, Dongcheng District
鼓楼东大街206号院内B202 (近南锣鼓巷)



Dada Bar DADA酒吧

Another icon in the Gulou area and located right below Temple Bar, **Dada Bar** is for the stylish, the alternative and the techno music lovers. This bar hosts the best DJ and live electronic music parties, often with international guests, every Friday and Saturday that can keep you dancing throughout the night! Its eclectic program during the week may feature local DJs, art and culture and film events - free entry guaranteed, or a minimal cover for international acts. It is highly recommended to those who look for the best beats.

Opening hours: Daily 9pm-late

Address: B101, 206 Gulou Dongdajie, Dongcheng District 鼓楼东大街206号B栋101室

北京有很多各式各样的酒吧，其中一些以现场音乐演出为主要特色。本期我们就来走近几家这样的值得推荐的酒吧。在Temple Bar，你常常能看到一些中国知名摇滚圈人士，当然这里的现场演出的质量也是北京数一数二的。如果你饿了，不妨试试这里的汉堡，必须是北京TOP5之列的啊！Dada Bar可以说是北京最有个性的Bar之一，与著名的Temple Livehouse仅楼上楼下之距离。很难让人相信，Dada Bar在短短两年时间发展成为一个鼓楼极具地标性的酒吧。这里真正的活跃时间在周末的夜间，动辄就会人满为患无从下脚，你不知道今晚又是哪位DJ或电子音乐人的现场表演。“这个江湖为你保留，四合院还在，音乐还在，坐在周围的都是朋友”——这就是隐匿于京城深处的江湖酒吧。独立江湖系列音乐演出选在这里，是希望为酷暑之中的人们营造这样一个忘川所在。每个周五夜晚，独立音地网站都会邀请两队优秀的独立音乐组合在江湖酒吧演出。这12队中外组合将为你呈现从民谣、地域音乐、北欧音乐到电子、器乐、新古典等多种风格的原创作品。夜色低垂之际，你正可以邀三五知己，在旧式四合小院的江湖，把酒欢叙，暂忘烦忧。School酒吧是北京最具摇滚气质的现场酒吧，这里每年有超过200场各类型演出及Party，超过300支乐队及艺术家，以及无数个醉生梦死，汗流浹背的夜晚！年轻乐队摇滚梦开始的地方，也是大牌乐队重新找回昔日摇滚真性情的地方！13CLUB是一家比较老牌的Livehouse，有酒吧、台球和一些简单的娱乐设施；在这里会有很多金属乐的演出，如果你是个金属乐迷，那一定不要错过13CLUB！



School Bar 学校酒吧

Another hidden gem in a Hutong, **School Bar** hosts hundreds of gigs and parties featuring young alternative rock and punk bands from the city, thus being a hotbed that breeds the thriving underground music scene of Beijing. The stage is so close to the audience that it contributes to the place's cosiness. Both musicians and audience end up dancing and banging their heads together under the strong punk beats. A plus about this bar is its balcony that overlooks Lama Temple.

Opening hours: Daily 6pm-late

Address: 53 Wudaoying Hutong, Dongcheng District
东城区五道营胡同53号院

Jianghu Bar 江湖酒吧

With its longstanding presence in Beijing's live music scene, **Jianghu Bar** is an all-time favourite for those who opt for some jazz, blues and folk music in a more relaxing setting. Alternative musicians come in for the weekly jazz jam sessions on Tuesday and blues jam sessions on Sunday, along with a variety of genres of music every day that caters to everyone. A bonus is that the bar is hidden in a Hutong, adding a touch of mystic atmosphere to your night-out.

Opening hours: Daily 7pm-2am

Address: 7 Dongmianhua Hutong, Jiadaokou Nandajie, Dongcheng District
东城区交道口南大街东棉花胡同7号



13 Club 北京13俱乐部

Founded by a metal guitarist, it explains why **13 Club** remains a metal stronghold of Beijing while also hosting a number of Beijing's rock live acts. Boasting of the most powerful sound system in town, a typical night at 13 Club would comprise of deafening industrial sounds filling the sweat-soaked place full of headbangers. Its simple industrial decor echoes with its heavy metal vibe. It mainly caters to a student crowd which explains why drinks are reasonably priced. A surprise of this bar is its authentic Mongolian milk tea introduced by the founder who is originally from Inner Mongolia.

Opening hours: Sun-Thu 8pm-2am, Fri-Sat 8pm-3am

Address: 161 Chengfu Lu, Haidian District
海淀区蓝旗营161号成府路西侧路南



Top 10 Must-See Places During Your Stay in China

By Evelyn Rubenstein

在每个人心中，可能都有一份来到中国必去的十大景点名单。本期小编就来说说我们心目中认为来中国必看的十大景点。堪当第一名的，当然是我国的骄傲——长城，正所谓“不到长城非好汉”，长城已经成为中华民族和中国的地标之一，所以，来到中国，尤其是去到北京时，当然要到长城看看啦。紫禁城即故宫博物院，也在各大到中国旅游的“必去榜单”首位。同列前排的还有西安的秦始皇陵兵马俑，如果您想知道千年前的军队勇士是什么样子，那么到这里可以一探究竟。悬空寺作为悬挂在山崖峭壁上的一座寺庙，为海内外游人所熟知，这座庙已经在这里风雨不倒，屹立千年，值得一看。黄果树瀑布是亚洲最大的瀑布，它位于贵州，风景秀美。布达拉宫作为海拔最高的宫殿，神圣庄严，引人神往。上海作为亚洲最繁华的都市之一。是到中国来旅游的游人必去之地，外滩也成为了上海的地标性旅游区域。除了上述景点，敦煌莫高窟，楠溪江风景区，元阳梯田等，都值得一看。

One of the most visited countries in the world, China holds a global charm that attracts millions of tourists every year. We've gathered 10 must-see places in China that will surely leave a lasting impression on travelers.

1

Great Wall of China



We start with one of the most iconic landmarks that have graced mankind. You've never really been to China if you haven't walked through the Great Wall. The wall stretches for 13,000 miles, and sadly you can't see it from outer space. Avoid visiting during cold winter days and pack comfortable walking shoes. Don't waste an opportunity to visit one of the Seven Wonders of the World!

Visiting the Forbidden City isn't illegal, don't worry. This was a palace serving only to the once opulent Ming and Qing Chinese dynasties. Ordinary people were denied entry back in the day. The city is surrounded by a 26 feet high wall that also served a defensive purpose. Now it houses China's cultural treasures and valuable relics. The museum carries out a tour of the city, and if you want to fully immerse yourself, then allot at least 3 hours to explore the city.

2 The Forbidden City



3

Yuanyang Rice Terraces

Located in the southwestern province of Yunnan, the terraces are carved in the country's mountainsides. These terraces are cultivated and are filled with water. During sunrise and sunset, the reflection of the water changes colours, giving it an impressionable aura. Ethnic minority groups such as the Hani people, and Miao people reside in this area. Most of its residents still wear their colourful traditional clothing.



4

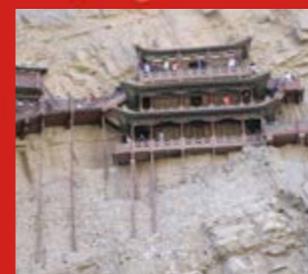
Terracotta Army

If you've ever wondered what ancient Chinese armies looked like, then this destination is perfect for you. The site has around thousand soldiers (all ceramic), and made with stunning details of craftsmanship that has lasted for more than 2,000 years. Buried underground, these were discovered by local farmers in 1974. It is a significant archaeological site, so be careful when meandering through the area.



5

Hanging Temple



This underrated destination is just 4 hours away from Beijing. It's an amazing temple clinging or hanging from the mountains of Hengshan and is suspended over 100 feet above the valley floor. If you're not afraid of heights or prone to dizziness, then book a trip to the temple. It seems to defy gravity and was even listed as "the world's top ten most odd dangerous buildings."

6

Huangguoshu Waterfall



Considered as the highest waterfall in Asia, it stands at 67 metres high and 83.3 metres wide. Even if you're a brave soul, don't attempt to dive in the waterfall. It also translates to "Yellow Fruit Tree." Depending on the visitor's viewing spot, the waterfall is visible from any angle. It's also easily accessible to most major cities like Beijing and Guangzhou.



7

Nanxi River

Mountainous backdrop, ancient houses along the shoreline, Nanxi River holds up to its name as a scenic area. Visitors can cruise along the river on a bamboo craft and absorb the destination's unique local culture. Some of the scenic spots in the area include Baizhang Waterfall, and Furong Triangle Rock, to name a few.

8

Potala Palace



Potala Palace stands at 3,700 metres above sea level. Bask in Tibetan architecture as you stroll along the state museum. It lulls tourists into a divine and spiritual atmosphere. There is a limit on visitors per day so plan and book your schedule ahead of time.

9

The Bund



When in Shanghai don't forget to visit its famous waterfront. One of its iconic places is located west of the Bund where you'll find an array of architectural delights from gothic, baroque, and renaissance period. Visiting this place is like being in two different countries as there is a heavy influence of western style mixed with Chinese culture. It's also been dubbed as "museum of international architecture."

10

Dunhuang Gansu



Another prime tourist location in Western China, Dunhuang is situated in an oasis. It was even a major stop on the renowned Silk Road. Nearby attractions include Crescent Lake, and Mogao caves. You can opt for camel rides over the sand dunes or try out their all-terrain vehicles. After a day tour of the oasis, you can visit the Dunhuang Night Market in the evening and shop for some fine souvenirs such as jade, sculptures, and jewelry.

China is a country full of adventures and for a hassle-free trip, make your booking ahead of time or join one of the many tour groups available.

A Mouthful to Yunnan and Back

Yún Shàng Qiān Hé 云上千禾

By Natasha J



云上千禾释义为生长于云南的万千风(谷)物,致力于以餐饮为主线,以云南为背景,把云南的吃食、云南的文化以及更多的云南的美好带出来。

公司的主要创始人是地道的云南人,且在云南深耕餐饮行业多年,对云南的饮食和文化了解颇丰。

云上千禾主打云南菜和小吃,云南没有菜系,那是因为26个名族在这里汇聚让这里的饮食文化丰富多彩,无法归纳。云南得天独厚的地理条件造就了壮丽的自然景观,大自然赋予云南永恒魅力的同时还给这里带来了无比丰厚的物产,各种食材一年四季取之不尽。

云南有“春天食花,夏天食菌,秋天食果,冬天食菜”之说,云南菜具有生态、绿色健康的特点,讲究选取天然食材,很多配以独特蘸料,口味丰富独特。云南常年蔬菜不断,做素菜或用于点缀,体现清淡淳朴、鲜嫩回甜的风味,讲究滋养。

现在城市生活节奏快,很多人生活压力大,没有时间放松没有时间旅游,我们就想把一个轻松、自然、有活力的云南带给大家。

或许你没有去过云南,但是来过云上千禾后,你也许会感觉你去过云南了。

云上千禾主要客户群为家庭和上班族,人均消费定位为60~80元之间,这里有精选的小吃、米线、云南菜和有特色的甜点。

云上千禾坚持真材实料,云南味道,因为每个人心里都有一个小云南。

This is a hard-to-resist interpretation of Yunnan's astonishingly diverse culinary traditions.

Today, the pace of urban life is express. Stressed by life, many do not have the time to relax or the time to travel. Fear not! Tianjin Plus's continuous endeavours to search for magnificently diverse culinary talents have led us to Yún Shàng Qiān Hé. They aim to bring a relaxed, natural and dynamic Yunnan to you. Yún Shàng Qiān Hé's fresh, local sensitivity to Yunnan steers towards straightforward and uncomplicated cooking. It builds up to a pitch of flavour that makes you dream about your next visit.

Yunnan, China's most south-westerly province, bordering Laos, Vietnam and Myanmar, celebrates a diverse cultural fabric, under a crystal-clear, azure sky. Its unique geographical conditions create magnificent natural landscapes. Nature has endowed Yunnan with eternal charm, which has given the world immense wealth.

What is distinctive about Yunnan is not only its extremely varied topography, climate and demographics but also its cuisine. It is an amalgam of cuisines of the Han Chinese and other ethnic minorities in China. Of the country's 55 classified ethnic minorities, 51 ethnic groups are gathered here to make the catering culture colourful and unable to be summarized. Its cooks have a light Southeast Asian touch with fresh vegetables, herbs, fruits, edible flowers and all kinds of food groups that are available throughout the year.



DALI FISH AND PAPAYA

Dai cooking is one of Yunnan's prized minority specialties (around Jinghong). A first meeting with an unfamiliar cuisine that combines strange new flavours in ways you'd never imagined can stop you in your tracks. It features bold and intriguing combinations of unusual flavours, principally hot and sour. The latter is achieved by using raw papaya. The flaky fish is seasoned with tart - refreshingly direct and to the point. This dish would provide a memorable Kunming experience for adventurous eaters.



BABY CABBAGE WITH MUSHROOMS

Yunnan is famous for its wild mushrooms found in the mountainous, forested parts of the province. We could also add to this list the bounty of wild herbs and edible ferns, many of which are unique to Yunnan, or even to a particular region of Yunnan. This dish is prepared with lengths of Chinese cabbage and dictyphora mushroom, which is commonly known as bamboo fungus or veiled lady. It shows a firm understanding of how mushrooms should be treated.



PORK RIBS WITH CRAVING PLUM

Yunnan is famous not only for its mushrooms, but also for its meats. So, definitely try the ribs. It is concentrated around the beautiful old city of Lijiang. The crunchy and meaty ribs are given a gentle cure and then fried until blistered with sugary bits of candied plum. The whole thing is slicked with a sweet soy glaze and is surprisingly easy to finish before you realize it.



FRIED TOFU

I just fell silent as I swiped this home-made tofu into the small pile of rust-coloured powder again and again, trying to name all the spices. Whatever is in it, it's hard to resist.



BLACK LAMB SOUP

In autumn and winter, it is a trend to enjoy this speciality hotpot in Lijiang. The mutton used in this has fine muscle fibre, tender meat, delicious taste and little sheep smell. Also, it has high nutritional value and high protein content and low fat and cholesterol content, which helps in nourishing Yin, toning Yang, strengthening the body and improving the immune system. This soup is carefully boiled for 4-5 hours using a secret herbal formula.



FRIED GREEN LEAVES

There are unexplored veins of Yunnan's flavour lurking in this stir-fried dish of nicely crunchy bitter pea-shoots and fermented chillies.

云上千禾 水上公园店

Address: Cross of Liangli Road & Shiyong Road, Nankai District
天津市南开区亮丽道和士英路交口 (亮丽道上)
Tel: +86 22 8719 6123; +86 131 0211 5130

云上千禾 咸水沽店

Address: Jianguo Street, Xianshui Gu, Jinnan District
津南区咸水沽镇建国大街 (米兰阳光底商, 麦当劳旁)
Tel: +86 22 8757 8885; +86 131 1221 1502

如果你爱恋的另一半是一位单身母亲或单身父亲，你会怎么做呢？本期，我们的主人公就遇到了这样的问题。她与一位单身父亲相恋甚久，但在发现他还有一个三岁的儿子并且需要全职照顾孩子时，两个人都陷入了感情选择的泥潭。在遇到这种情况时，给对方一点时间去处理自己的事情，并思考两个人的关系走向大概是更好的选择。不论要继续，还是选择遗憾地放弃并祝福对方，先思考清楚眼下的所有情况应该更为明智。在理清思绪看明白自己真正想要什么样的生活后，才能做出负责的决定。

Dear Experts,

I have been dating this guy for the last six months, on and off. Initially, we got to know each other through social media. When we first met in person, we decided to give it a try for some time. It was a happy two months before we broke up. Thereafter, we moved on and a couple of months back, we bumped into each other again. The dating phase sort of rekindled and we were together again. However, over the past few weeks, he has been acting rather distant and fails to give me time. Just to let you know, he is a full time single father of a 3-year old since the time his wife passed away. So, I eventually got frustrated and popped up the topic to check if he wanted to move on. To my surprise, he didn't want to move on, but the relationship is not heading anywhere either. How should I resolve this?



Angela says:

Since you mentioned that he is a single father of a 3-year old child, it might be taking him some time to adjust to his full time role. For this, it is getting difficult for you two to communicate with each other since you are going through different phases in life. My guess is that he needs some time to settle down with so much happening in his life and then you could sit and discuss where your relationship is heading.



Daemon says:

Before I answer this question, you need to ask yourself if you are really into this guy and this relationship. This might be a tricky and messy case unless you are really interested and want to see this phase through. It would require a lot of patience and determination to be with him now. In the situation that you are casually dating him and are not looking for something serious, I would suggest you to move on right now without investing too much time in him since he is probably still getting over his wife's death and will need some time to settle down.





5 Clothing Pieces that You Should Invest

By Evelyn Rubenstein

女人天生爱买，永远觉得自己的衣橱里少一件衣服，鞋柜里少一双鞋。但其实并不是衣服多，配饰多，就能穿着好看的。很多女性，没有建立自己的衣服结构，所以会盲目去买，然而最终我们会发现，买回来的很多衣服、裤子和鞋子，最后就压箱底了。其实，衣服不用太多，有这些基本款就好了。那么，衣服的基本款有哪些呢？牛仔裤是大家非常多的单品，牛仔裤有不同的颜色，蓝色是必备的。还有非常流行的破洞牛仔裤，破洞牛仔裤可以自己动手剪，不一定要重新去买一条。在大衣上，大家一定不要吝啬。好的大衣需要几千块以上，但可以让你穿五年到十年。黑色、驼色、灰色，以及米色的大衣，能够让你穿很长的时间。围巾，不是真用来御寒的，而是用来拗造型。好看的围巾可以给单调的服饰增添不少色彩，为你的形象加分。每个女人，都要有一条小黑裙。不仅是百搭，黑色非常显瘦。当你不知道穿什么，就穿一件小黑裙。小黑裙有合身的和宽松的，你可以根据自己的风格来买。小花裙，也可以有OL范的，森女范的，度假休闲风的等等。连衣裙，是女人非常喜欢穿的单品，既可以单穿，也可以做内搭。白衬衣也是体现女性气质的单品，米白和裸粉是相对安全的选择。春秋的时候，可以搭半身裙，也可以外面套一件毛衫，露出领子也非常好看，没那么正式，又显得很休闲。

The way we dress is an extension of our personality. Every bit of detail and colour reflects the wearer. Clothes are a necessity, and as we end up splurging our money on the latest trends and pieces on fashionable retail stores, we end up buying clothes of lower quality that don't even last long. Treating apparel as an investment is a key tip in making sure that each item in your wardrobe doesn't go to waste. Here are five clothing pieces that you should invest in:



1. A Good Pair of Jeans

So, you have six pairs of jeans that you wear on a regular basis, but they don't hold up to the wear and tear, especially after putting them in your washing machine. The colour fades, the zipper is stuck, and the button seems to be flimsy. A good pair of jeans won't do that to you. Since jeans are one of the most versatile clothing items, investing in a good pair and in good brands will make them last longer in your wardrobe. When purchasing, take note of the fabric, colour, stitching, and fit. *Jeans have various cuts and lengths, choose one that'll fit your body type*

2. Durable Coat

Freezing temperatures have greeted us once more and now we've got our coats ready. Coats keeps us warm, and a timeless piece can bring versatility and functionality. A durable coat should keep its form or shape even when it is stored. Since this is a seasonal wear, investing in this apparel is a must as you'll be wearing it throughout the cold weather. A durable coat can also be worn during fall or spring (depending on your location and temperature). Neutral colours never go out of style, but don't be afraid to try bold ones such as red. Just make sure that you can pair it with what you have in your wardrobe. Woolen fabrics with a double-breasted design are classic style options for this apparel. *Neutral colours and this type of silhouette is flattering to anybody*



3. Scarf or Shawl

What better way to buy a clothing item that can also function as an accessory? Scarves or shawls have always been around as they're more than just an item of practicality during cooler seasons. With various colours and fabrics to choose from, we recommend that you invest in cashmere, wool, or cotton. Scarves and shawls have so many uses, and they come in endless style options. They bring depth and dimension to any look while being trendy yet classic at the same time. *Solid colours with trimmings, or tastefully patterned scarves are styles to try*



4. Black Dress

Every woman needs a black dress in her wardrobe. But it shouldn't just be any dress - it should be of best quality and fabric that will last through numerous events and seasons. Black dress is a favorite among fashionistas because of its sophistication and elegance. You can wear it for work, a date, a night out with friends, and even on formal occasions. Styling it is easy as you'll only need minimal accessories. At the time of purchasing, think of the length you would be most comfortable in while wearing and one that can easily give you freedom to move. *Comfort is the key when it comes to the black dress. There are also styles that have patterns sewn on the material*

5. White Collared Blouse

Another classic piece to add to your wardrobe is a buttoned white collared blouse. The absence of colour may seem boring to some or too plain for others, but it is one of those timeless pieces that can be paired with almost anything in your wardrobe. From jeans to skirt, to sneakers, and high heels, the white collared blouse is a statement of chic and simplicity. A cotton fabric is a great choice and you can choose from different sleeve lengths. *A white blouse is perfect for any day of the week*



Look Younger for Longer

By Anastasia Chapman

Tips to Slow Down the Ageing Process

最近流行一句话，“你花钱买包、买衣服，别人可能看不出你与他人的区别；但是如果你把钱花在脸上，那么你和别人的区别可以一眼看出”。谁不想让自己看起来更加年轻呢？但老化是每个人都必须面对的问题。皮肤衰老和身体的衰退是一个自然的过程，虽然我们不能改变自然规律，但是我们可以尽力拖延衰老的时间，努力让自己更加健康并且看起来更为年轻。

首先要注意的是健康的饮食。在日常饮食中抗衰老的食品其实非常丰富，如：水果和蔬菜。富含蛋白质、维生素、碳水化合物的食物都是维持健康身体的必要食材。为你的皮肤保湿是使自己看起来更加年轻的关键因素，因为脱水是皮肤干燥的主要原因。皮肤缺水时会看起来失去光泽和弹性，并且容易催生皱纹。及时补充水分不仅会使你的皮肤看起来更好，也会帮助你清理肠道，从而为身体排毒。充足的睡眠是健康和美丽的必要条件，所谓“好皮肤是睡出来的”，这句话并不假。人的自我修复期正在睡眠的那几个小时中，请重视一天的睡眠时间。积极的健康生活方式也是左右衰老的因素。减肥只是其中的一部分。去健身房为自己的身体塑形和维持保持正常的运动量可以使你的新陈代谢更加规律。最后，如果想要避免早衰迹象出现，那么戒烟戒酒是必须做到的。酒精和烟不仅对你的身体脏器有害，还会使你的皮肤缺水，让皮肤看起来更加干燥，失去年轻的光泽。

Who doesn't want to look and feel younger! We all do, isn't it? But ageing is an inevitable phenomenon that all of us have to come to terms with at some point in our lives. But what if you can begin the New Year by being able to slow down the onset of another decade? Well, you certainly cannot defy the process of ageing but yes, you can mitigate the signs of ageing to a certain extent.

Although there is nothing wrong with growing old and looking your age, still it remains a desire in most of our hearts to look younger. At the end of the day, we should all embrace the way we evolve with each passing year and focus on finding ways to look the best that we can.

Yes, we cannot cheat nature but there are certain lifestyle changes that help in slowing down the ageing process. Start working towards it from now on before going under any cosmetologist's knife! Here are some useful tips to turn back the clock and achieve a youthful glow.

HAVE A HEALTHY DIET

As they say, beauty is skin deep! You can minimise many of your ageing concerns just by downing the right kind of food. A healthy diet plays an indispensable role in attaining a youthful charm. That's right, eating healthy not just boosts your immunity but has multiple benefits all over your body. From young-looking skin, glossy hair to strong nails and a healthy gut, a nutritious diet rich in antioxidants, vitamins, proteins, carbohydrates, minerals and healthy fats improves your day-to-day appearance while

playing an important role in the process of ageing. Include age defying foods like fruits rich in Vitamin C and antioxidants like oranges, pomegranates and berries, green tea, avocado, eggs, different types of seafood and nuts, etc. in your daily diet to experience magical results.

HYDRATE YOUR BODY

Dehydration is among the main causes of premature ageing. Dehydrated, dry skin looks dull and tends to make one appear older. Dried-out, parched skin is a manifestation of internal disorders. Hydration is one of the most important aspects you would want to keep an eye on if your idea is to age gracefully. Drinking lots of water can do wonders to your body. Water flushes out harmful toxins from your system that not just improves the way your insides work but also benefits your gut and helps in achieving a glowing skin. The more water you drink, the more hydrated your body will be, which will eventually show up on your face, body and skin. Two to three liters a day is good to go if you want to fight the signs of early ageing.

GET ENOUGH SLEEP

This is like the 'Mother' of all advice for people wanting to capture the fountain of youth! If you want to be eternally youthful, religiously follow a fixed sleeping pattern. The concept of

beauty sleep is no farce! Human body has self-restorative powers which are activated only when you get enough sleep. While you sleep, your body cells are busy producing hormones like progesterone and estrogen that make up for the wear-and-tear from the day before. So make time to snuggle down and let those cells do their job!

LEAD AN ACTIVE LIFESTYLE

Here are some more reasons for you to now hit the gym regularly. Having an active lifestyle isn't all about dropping extra pounds! It has innumerable benefits that you are sure to lose count of. Apart from a great shape, here are the other plus points of working out regularly - a healthy heart, ever-lasting energy, smoother and more radiant skin, less stress and anxiety, better immunity, natural detoxification and the list goes on!

GET RID OF ALCOHOL AND SMOKING

Eliminate that booze and smoke from your life to permanently banish signs of ageing. Both alcohol and smoking dehydrate your body, thus making your skin look dull and dry. Get back your youthful glow by quitting both and within days you will notice your skin becoming more hydrated and brighter than ever before.



New retail, entertainment and amenity options usher the city into a new era

The 2018 surprise seems to have been Tianjin's Luneng City Centre Plaza. It finally blossomed into a butterfly from its cocoon on the 20th of January. Booming beyond imagination, Luneng CC Plaza brings new fashion power to urban life with novel international leisure activities.

Fill Your Bags to the Brim at Luneng CC Plaza

By Natasha J

天津鲁能城购物中心坐落于南开水上片区，毗邻水上公园与天塔湖，总建筑面积12万平方米，地上六层和地下一层各6万平方米。得天独厚的区位优势与双地铁上盖的交通优势给予鲁能城购物中心广阔的发展空间。作为鲁能集团商业地产产品线首发之作，天津鲁能城不仅是鲁能集团布局全国商业地产、升级产品线的标杆示范综合体，也是鲁能城项目展示综合实力的崭新名片，更肩负着打造鲁能城项目品牌含金量的重任。

天津鲁能城购物中心立足生态、人文、时尚、娱乐主题，针对都市家庭和时尚人群的根本消费需求，在运营理念、规划设计、业态组合和品牌落位方面探索创新，打造独特亮点。在空间设计上，鲁能城购物中心以城市公园为设计理念，通过3座下沉广场、“春中庭”“水中庭”两大中庭和遍布购物中心内外的自然与艺术景观，形成情景化的休闲消费空间，装修风格贴近生态自然。

天津鲁能城购物中心还致力于为大家带来创新的娱乐体验业态，将文化、商业与企业独特DNA进行深度融合，打造鲁能特色的原创主题商业区域和业态。将能源与科技游乐体验融合的电力世界馆，将运动与智能技术结合的鲁能小将主题馆，均带来更具活力、更新奇、更潮流的体验，形成区别于其他项目的个性和优势。

除了H&M、优衣库、i.t.、UGG、外婆家、星巴克、西贝等知名大众品牌，入驻天津鲁能购物中心的还有首次登陆天津的品牌主力店——“音乐主题餐厅”鼻祖硬石、追求震撼视听互动体验的沃美国际影城等。这些品牌与其他300多家国际品牌商在鲁能城共同构筑都市未来生活方式，引领津城消费新风貌。

天津鲁能城购物中心将与水上公园、天塔形成互补和依托，打造商业休闲新地标，成为这座城市最具底蕴、品味与活力的休闲生活目的地。

Attracting a number of domestic and world-class brands, it responds to Tianjin's growing demand for high-end design. The location is also fully integrated with the local bus and transit metro system at the lowest level to facilitate easy access within the city.

We found our way into this maze of stores which is comprised of shops of every description, size and purpose. A vibrant city of joy in the water district (adjacent to the Water Park and Tianta Lake), refreshes the high value of Tianjin's prime residential area. Spread over 120,000 square meters of commercial area, it is divided into six above-ground floors and one underground level shopping street.

Designed by the Luneng Group, part of China's largest electric utility company, Luneng offers visitors two interactive exhibitions in the basement: the Luneng Power Exhibition and the Luneng Sports Pavilion (coming soon). The eye-catching bright yellow light bulb logo will take you to a space styled as per the post-modern industrial era. Everything is full of mystery and fantasy - retro mailbox, exquisite street lights, a tram station and so on. The Luneng Power Exhibition invites visitors to immerse in the world of renewable energies. Visitors can understand the cycle of energy generation and consumption in a playful way. They traverse an obstacle course of ten media stations and participate virtually in the energy transfer process of the state grid. The Luneng Sports Pavilion, still in initial stages, provides a playful interaction: a multimedia space installation offers the setting for different sports and is designed to provide a virtual-physical sports experience for everyone.

The interior architects decorated the 2 atriums and courtyards drawing from nature. Convenience, accessibility, and a vast selection are some of the perks of Luneng CC Plaza. Filled with over 200 high quality retailers from small specialty shops you may discover, to the large chains that you know and love like H&M, UNIQLO, LEGO, UGG, CHOCOLATE, a wardrobe update is a must while shopping at Luneng. Each atrium provides the customer with a mix of high-brow stores to satiate the fanciest of desires as well as retailers known for their low priced yet fashionable goods, not to mention the unique features and entertainment venues such as WOMEI CINEPLEX - a five-star theatre. Should you desire food or drink while you shop, you can easily enjoy one of the varied food offerings which range from sit-down restaurants such as HAILIAO HOTPOT and fast casual take-out stops to food courts and snack bars. The centre is filled with stores for every budget.

If you are a shopper there is something within to suit your fancy and for others it can just be a worthy rainy-day activity. Come on! Forget Bin Jiang Dao and bring your love to Luneng CC Plaza! Enjoy the tasty food and crazy shopping here!



Classification of Nutrients



人体所需的营养素有碳水化合物,脂类,蛋白质,矿物质,维生素,共五大类。但我们通常并不太熟悉他们之间细微的区别和各自的功效。今天我们就来聊聊营养素的分类和各自的特点。

营养素按照不同的分类标准,可以分为不同的类别。例如营养素可以分为必需营养素与非必需营养素。必需营养素包括七大类:脂类、糖类、蛋白质、无机盐、维生素、纤维素和水。非必需营养素包括抗氧化、多糖、皂苷等类。还有从产热的角度可以分为产热营养素和非产热营养素、从需求量划分为宏量营养素与微量营养素等。其中碳水化合物,脂类和蛋白质因为需要量多,在膳食中所占的比重较大,称之为宏量营养素;矿物质和维生素因需要相对较少,在膳食中所占比重也较少,称为微量营养素。矿物质中有7种在人体内含量较多,叫做常量元素,有8种在人体内含量较少,称为微量元素。

碳水化合物是为生命活动提供能源的主要营养素,它广泛存在于米、面、薯类、豆类、各种杂粮中,是人类最重要、最经济的食物。任何碳水化合物到体内经生化反应最终均分解为糖,因此亦称之为糖类。除供能外,它还促进其他营养素的代谢。**蛋白质**是维持生命不可缺少的物质。人体组织、器官由细胞构成,细胞结构的主要成分为蛋白质。机体的生长、组织的修复、各种酶和激素对体内生化反应的调节、抵御疾病的抗体的组成、维持渗透压、传递遗传信息,无一不是蛋白质在起作用。肉、蛋、奶、豆类含丰富优质蛋白质,是每日必须提供的。**脂肪**是储存和供给能量的主要营养素。每克脂肪所提供的热能为同等重量碳水化合物或蛋白质的2倍。机体细胞膜、神经组织、激素的构成均离不开它。脂肪还起保暖隔热;支持保护内脏、关节、各种组织;促进脂溶性维生素吸收的作用。**维生素**对维持人体生长发育和生理功能起重要作用,可促进酶的活力或为辅酶之一。最后,**矿物质**是人体主要组成物质,碳、氢、氧、氮约占人体重总量的96%,钙、磷、钾、钠、氯、镁、硫占3.95%,其他则为微量元素共41种。每种元素均有其重要的、独特的、不可替代的作用,各元素间又有密切相关的联系,在营养学研究中这部分占很大比例。

Food is made up of variety of nutrients and they are the main sources of energy in our body. Having information about nutrients classification and how they act would help us to understand processes in human body.

Nutrients are classified into two main groups:

1. Macro nutrients: Carbohydrates, Protein and Fats; 2. Micro nutrients: Vitamins, Minerals and Water

All types of food that we eat contain all these six main nutrients groups.

MACRO NUTRIENTS

Carbohydrates are macro nutrients and are the main sources of energy for our body, providing it to any cells that need it. They are formed from sugar molecules, and provide around 30% of calories in form of glucose.

CARBOHYDRATES (CHO)

Simple Carbohydrates

Simple carbohydrates, or sugars, are short chains generally comprising of only one or two sugar molecules. They are sweet. Simple sugars can be further divided into two groups:



Monosaccharides

Single molecules building blocks of carbohydrates



Glucose

Blood sugar



Fructose

Fruit sugar



Galactose

Makes up part of milk sugar



Sucrose

Most common simple carbohydrate in the diet, example is white sugar



Lactose

Found in milk and is a combination of glucose and galactose



Maltose

Composed of two glucose molecules, and is found in beer and cereals

VS

Complex Carbohydrates

The term Complex Carbohydrates, or Polysaccharides, refers to the linkage of anywhere between ten and many thousands of single sugar molecules. Starch is the most common polysaccharide in the diet and is found in foods such as bread, rice, pasta, potatoes and vegetables. Generally, starchy carbohydrates are very dense i.e. around 60% carbohydrate. Most fruits and vegetables contain considerably lower concentration.



Bread



Rice



Potatoes



Cookies



Pasta



Cereal

Refined carbohydrates

Refined implies product processing, and as a result many of their original properties are lost. Although refined carbs are a good source of energy, they are actually deficient in dietary fiber, vitamins and minerals.



White bread



Rice



Cakes



Biscuits



Pasta



Candy

VS

Unrefined carbohydrates

Mainly they are natural products with little or no interventions. This makes them a good source of energy but also a good source of dietary fibers, vitamins and minerals.



Whole Grain



Fresh vegetables



Sweet potatoes



Pulses



Quinoa



Whole grain rice

Protein is a macro nutrient and main material for every living cell in the human body. Many tissues in the body, such as skin, hair, muscle and tendons, and the core of bones and teeth are predominantly made of protein. For this reason protein is essential for normal growth and repair of body tissues. Proteins also make up many hormones. Proteins could be divided into two main groups which are -

PROTEIN

Complete proteins

Complete proteins mainly are found in animal products like meats, fish, eggs, and dairy products like milk and cheese.



Meat



Fish



Egg



Cheese



Milk

Incomplete proteins

Incomplete proteins are found in cereals ,legumes (peas, beans etc)



Cereals



Beans



Peas



Corns



Wheat

Their main functions in human body are: protection of organs/thermoregulation/insulation of nerve cells/growth, development and repair of body tissues.

The cell membrane of every cell in the body, including muscle cells, is a double layer of fat.

FAT

Saturated fats

Saturated fats mainly could be found in animal products and they contain hydrogenated fats as well. Hydrogenated fats are products of hydrogenation within food industry, a process wherein unsaturated vegetable oils are used.



Fat Meat



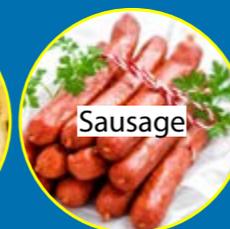
Biscuits



Margarine



Fried food



Sausage

Unsaturated fats

Unsaturated fats consist of monounsaturated and polyunsaturated fats.

Monounsaturated fats

Monounsaturated fats lower LDL cholesterol



Olives



Beef



Nuts

Polyunsaturated fats

Polyunsaturated fats are essential fatty acids and they regulate metabolism in human body



Oily fish



Walnuts



Sunflower seeds

MICRO NUTRIENTS

Vitamins, also known as coenzymes, are organic chemical compounds found in food which, although only required in small amounts, are vital to our health. They are essential in assisting enzymes to work effectively.

VITAMINS

Water soluble vitamins



VA



VC



VA



VD



VE



VK

Fat soluble vitamins

Minerals perform vital functions in our body and could be divided in two groups:

Macro elements

Macro elements: sodium potassium and calcium phosphorus



Na



K



Ca



P

Trace elements

Trace elements: cooper, iron, zinc, selenium



Cu



Fe



Zn



Se

WATER



Water is a major component of our body mass. We can survive for a couple of weeks without food but only days without water. No other nutrient deficiency has such a profound effect.

Make A Good Plan To Handle Your Exams Well

By Chelsea Hunter

应试是有技巧的，在人口大国的中国，学生有很多的应试技巧。在考试前做好充分的考前准备非常重要。给自己拟定一个良好的时间计划，可以帮助你取得更好的成绩。

首先我们需要找到适合自己学习的时间，有一些人在早晨效率更高，有一些人只在晚上更容易集中注意力，找到适合自己的时间，用最快最高的工作效率来完成学业，将事半功倍。另外，在设定计划的时候，留出一些时间给紧急情况或突发问题，比如看医生、休息等等。在复习的同时，为自己的学习制定切实可行的目标，是非常重要的。适当的目标，既不会太容易达到，又不会太过于难以实现让自己沮丧。切合实际的目标，可以让你在获得成就感的同时，更加勇敢的继续学习下去，提升学习动力。

学习的时间并不是越长越好，在一个时间段内为自己的某一个课程设定一个固定的实习时间，这样可以的大脑和身心都得到放松，从而更好地投入到接下来的学习中。另外，在每个环节里，你需要确保自己一次主要专注于门课程的学习，这也有助于提升你对知识的记忆力。最后，定时检查自己的学习成果非常重要，无论是做一套试题来测试自己，还是有计划的重新复习，都是非常有效的。

Preparing for exams at any point within a semester can be stressful, but preparing and studying for final examinations is even more stressful for majority of students. However, getting what is required to make a good plan for the exam period will help you craft a brilliant study schedule. Once you consider the restrictions on your time and then stick to your study plan, you will be able to craft a schedule and be more productive when studying during the exam period.

SET AN APPROPRIATE TIME TO STUDY

Everyone is born differently and while some study better at night, others are more productive in the morning hours. Evaluate yourself and schedule your studying period for a time when you are sure that you will be productive. This will help you comprehend what you are reading and retain information without putting in too much effort.

INCLUDE EVERYTHING IN YOUR SCHEDULE

While creating your study schedule, make sure you set aside time for non-studying stuff such as classes and doctor's appointment. This will help you realize how much time you can spend with your books. Additionally, this plays a vital role in preventing you from setting your study routine and then finding out that you had an appointment which you forgot, hence making you miss your study time.

SET REALISTIC AND ACHIEVABLE GOALS FOR YOUR STUDY SESSIONS

Being realistic is of paramount importance since it will help you to become more productive. Make sure you are realistic about what you want to achieve in every study session. For instance, you shouldn't plan to study five chapters, write an essay, and work on a project all within a 2-hour block.

TRY TO LIMIT YOUR STUDY TIME PER SESSION

Recent findings indicate that after every two hours, your brain will concentrate less on a specific subject and task. Additionally, after this duration your concentration and capability to preserve what you have studied decline. Dividing your study time into 2-hour blocks is of paramount importance as it allows you to set realistic goals and helps you to create a good plan for the exam period. However, this does not imply that you are restricted to schedule just one 2-hour session per day. Based on the time you have set aside for your preparation, you are at liberty to schedule one or more two-hour study sessions in the morning and a couple of two-hour study sessions in the evening hours.

FOCUS ON ONE TOPIC AT A TIME

In every session, make sure you study one topic at a time as this will allow you to concentrate on the material better and retain more information. Bear in mind that dividing your time between several topics in one study session will not give you sufficient time to get the required knowledge that you wish to retain. A change is healthy when it comes to studying for your exam period. Tackling one subject for one study session and then changing to a different topic in the next session will help you keep things fresh and retain your energy and efficiency.

SET TIME FOR REVIEW

When preparing a schedule to study for your exam period, ensure that you set aside 10 or 15 minutes to review what you had learned the day before quickly. It will help you keep things fresh in your mind as it reminds you of the relation between what you are studying and what you did the previous day.

While creating your schedule try to incorporate a 10-15 minute break every hour into your plan. This will help you to freshen up the mind. For majority of students, balancing their normal lifestyle with serious studying might be challenging, but making a good plan for the exam period will help you strike the right balance.





Tiny Students, Lofty (Giraffe-like) Ideas! @ International School of Tianjin



IST is known for the inquiry based, creative and engaging methods of teaching that its teachers widely practice to foster hands-on and long-term learning for the students. This approach makes the process of learning not only very enjoyable but also more memorable for them, which ensures that lessons learned are retained for the long-term.

A current example of this kind of teaching and learning is the ongoing Animals unit In Kindergarten where the children have been busy inquiring into how animals use their characteristics to live in their environments. They have completed a variety of inquiry tasks from visiting the Tianjin Natural History Museum to researching and writing a report on an animal of interest to them. However, one of the highlights of the unit came from an idea of the children. They wanted to make a life size giraffe after reading that it was the tallest animal on earth and a green anaconda which they learned about from a favorite song. The children found out the height and length of each animal, looked at their observable characteristic, along with the colors and went about creating them. They printed the patterns or the animal skins, drew the animals, cut them and proudly displayed them in the school. Not surprisingly, both animals have become a popular attraction.

Common Book Experience @ International School of Tianjin



Continuing with the spirit of offering unique and abiding student learning experiences at the International School of Tianjin (IST), all students in Grades 6, 7 and 8 and all of their teachers are enjoying a common reading experience, initiated by IST's library team, for three weeks in January and February. Every student has been given a copy of Neil Gaiman's best-selling novel, *The Graveyard Book*. Depending on their best language, students have received a copy in either English, French, Korean, German, Chinese, Danish or Russian. And that's not even the best part—the best part is that this is purely reading for pleasure. No homework, no reading journal, no vocabulary work, no quizzes. Students are given 30 minutes of reading time in school each day. Some days students read during English, Math, Humanities, or Science classes. The overarching goal of this experience is to promote sustained reading for pleasure but this is also a chance to discuss a common book with friends and teachers, irrespective of one's native language.

IST is one of the very few international schools in the world to choose this method of reading promotion and community building. The IST librarians are so confident in the success of this activity that they are already starting to plan for next year's common book experience. As one of the characters in *The Graveyard Book* says, "If you dare nothing, then when the day is over, nothing is all you will have gained." We are certain that our community will gain a great deal from this common reading experience.

Tianjin Haichang Polar Ocean World Trip



January 17th, 2018, the Reception children at Wellington College Bilingual Tianjin had an opportunity to visit the Tianjin Haichang Polar Ocean World in the Binhai area. This is a part of their learning on the topic, Arctic World. The children were in awe and wonder as they were now able to see the various animals in their habitat, come to life. The children were mesmerised by the snowy white beluga whale and the gentle giant, polar bear. The dolphins and seals had a chance to display their skills and antics during the "Dolphin Show". The facility also houses marine animals and the children enjoyed observing their favourite ocean animals such as turtles and a rich diversity of fishes. It was truly an experience worth remembering!



Chinese New Year Celebration @ Wellington College International Tianjin



From 5th-9th February, A week-long celebration of Chinese culture, with Music, Dance, Fashion, Art and Design. Come along and enjoy the Chinese New Year Celebration with Wellington College International Tianjin. Our 2nd Charity Chinese Market will be held on Friday, the 9th at the Dining Hall. Chinese food, Arts and Crafts available all afternoon. All the proceeds from the event will go to the Tianjin RuHui Rehabilitation Centre, a worthy cause indeed. Free Entry and All Welcome!

TEDA Shows Off Some Talent @Teda International School

We feel an immense sense of pride in our students and staff who worked so hard to make TIS' Got Talent (TEDA International School's annual showcase) such an amazing event on 14th December of last year.

A packed auditorium, with an audience consisting of students, staff and parents, were treated to a diverse array of incredible acts. The program ranged from solo singers, groups, bands, choirs, dancers and drum soloists, all performing a wide variety of different musical styles. TIS' very own Jazz Band performed "All I want for Christmas is You", while the Special Primary Choir and staff choir, Sing 4 Joy, added to the Christmas theme with "Let it Snow" and "White Winter Hymnal" respectively. There was a beautiful rendition of "Ave Maria" by the high school choir and moving solo recitals on ocarina and hang drum. Spectators were thrilled by several high energy dance performances from both student groups and staff members.

With the bar now set to such a high standard we are looking forward to making next year's event even more spectacular!



BOOKS

My First Trip to China

Author: Kin-Ming Liu (Editor)

Foreign experts on China and overseas Chinese narrate of their first encounter with China. This is a collection of writings by some of the best journalists who give their personal insights into how the country appeared to them during those early days. To understand China with a Western eye and how the West changes its views and attitude towards China over these decades, this is the book to read.



Carmen, Flamenco Dance, Spain

Venue: Opera House of NCPA, Beijing
Date: 2018.02.12 – 2018.02.13

Written by Merimee and adapted for the opera stage, this classic tragedy has been one of the greatest works of all times. Set in Spain in the 19th century, it narrates the love life of a free-spirited gypsy girl. Her passionate love is interpreted by flamenco, an integrated art form that originated in Southern Spain and combines dancing, singing and instrumental music in a single performance.

THEATRE

MUSIC

National Symphony Orchestra of Ukraine 2018 New Year's Concert

Venue: Beijing Concert Hall
Date: 2018.02.02

Founded by 1918 and hailed as one of the best symphony orchestras in Eastern Europe, National Symphony Orchestra of Ukraine is bringing to Beijing audience the work by various composers, including Pastoral Symphony by Beethoven and Vienna Blood Waltz by Johann Struss Jr. etc, under world-acclaimed conductor Nicola Giuliani.



Dalí's Fantastic Universe, 2018

Venue: Yang Art Museum

This is an exciting exhibition dedicated to Salvador Dalí, a renowned artist and master of Surrealism. The exhibition features three monumental sculptures – *Dance of Time II*, *Profile of Time* and *Woman Aflame*, as well as a variety of artworks in different mediums, from bronze sculpture to surrealist furniture and graphics. It remains open till the end of March.

ART EXHIBITION

PERFORMANCE

Comedy Night - Kyle Kinane

Venue: The Bookworm, Beijing.
Date & Time: 2018.02.11 at 8:00pm

Presented by Kungfu Komedu, this stand-up comedy is hosted by Kyle Christian Kinane, a native Chicagoan who earned his reputation in LA with his distinctive, growling delivery, conversational storytelling style and brutal self-deprecation. The Variety called it as being one of the "ten comics to watch". He is touring internationally, including a stop in Beijing. Don't miss out.





有句流行语说：在中国，买东西都要砍价。不管是普通百姓还是明星名人，都会在购物时砍价砍他几个回合。如果你还不习惯砍价，或者不知道该如何与商家砍价，别担心，小编今天就来给你支几个小妙招。

首先砍价并不是在所有的地方和场合都适用的，在超市以及上海南京路或万达、大悦城等地段或商场，砍价可是不被接受的哦。但当你去一些小摊小贩购物时，尤其是旅游景点附近的私人小铺逛街时，砍价是交易的重要一步。一般而言，你可以给出一个在标价基础上打三折的报价。如果在对比本区域该商品的价格后觉得高的离谱，你可以直接将价格砍刀一半。而后老板或老板娘和你的“争夺战”可就开始了。当然了，第一次开始砍价往往都不会成功，这个时候，毫不犹豫地转身走开是一个好方法。如果商家认为你的报价其实在他的预算范围内，那么此时他往往会呼唤你留下来并达成交易。如果他并不同意这一说法，那么你还可以寻找下一个店铺。当然了，旅游嘛，最重要的是开心，所以即使在双方满意的条件下达成交易，那就请礼貌地致谢，并道声再见，继续前往下一站寻找在中国旅行的乐趣。当然了划价是有点费时费力的，所以，这项技能也需要一点点小的练习哦，如果你实在不愿意在这方面浪费时间，那么去一些标准的商场等地购物是不错的选择。

Shopping is one of the most exciting things to do when one goes travelling. No matter what item you're looking for, it's best to bring home a genuine piece of a country's souvenir acquired at a very good price. For travellers on budget, it is best to have a bargaining skill so that they can enjoy the pleasure of shopping without having to spend too much.



China is one of the biggest shopping places in the world. There's a popular saying - "Everything in China is negotiable." Haggling in street markets and smaller shops is a daily scene for travellers. If you are a tourist, you might pay over the odds for something. But fret not! For every tourist-trade, everyone's out to make a deal and you just have to learn how to play and master the game. Here are some of the best tips we've gathered that can help you when shopping around China:

1 Know where and when to haggle
Though haggling is entertained, it is not acceptable everywhere. Markdowns are not available in supermarkets or some shopping malls like around YuYuan or Nanjing East Road, where they have fixed prices.



Learn the art of haggling
Before you haggle for an item, decide how much you're willing to spend for it. If you are in an open air market, look around first and quickly check how much they sell it for. Once you ask for the price, the game begins! Always start at a fraction of the asking price. You can start as low as 10% if you think the item is too expensive. Then go further on negotiations until you arrive at the best price. Remember, you cannot make it lower once the seller agrees to your offer!



3 Don't hesitate to "Walk Away"
This technique works when the seller cannot give in to your proposed price. The fact that you are very much interested in the item can make the vendor think that he or she could sell it to you for a high price. If you think it is way above your budget, pretend to walk away and they may call you back and give you your discount.

5 Bring small bills
Always pay with small bills. Be familiar with the currency so that you can pay the right amount and get the exact change.



6 Stay polite and just have fun
Whether or not you get your desired price for an item, always stay polite and keep your humour. Don't get annoyed. Just always smile and be friendly and just go away if you don't want to continue the negotiation. Have fun with bargaining and just enjoy shopping.

4 Memorize a few useful Chinese phrases
A little rapport can build a good negotiation. Knowing some phrases can help you with your shopping. Sellers will be delighted to hear you speak Chinese too! Don't worry if the pronunciation is not too good. They also have a handy calculator to show you the price. Be ready to hand it back and forth until you two agree on the price. Here are some helpful phrases for you:

duō shǎo qián
多少钱? = How much is it?

pián yì diǎn?
便宜点? = Can you give me this for cheaper?

tài guì le
太贵了! = Too expensive!

wǒ yào shì yī shì
我要试一试 = I want to try it.

bù yào xiè xiè
不要, 谢谢 = I don't want it, thank you!



Bargaining process can be exhausting and takes so much time. A little research and practice of this skill can abate your frustrations and make it a memorable shopping experience for you. Once you get to know the best times and methods that work, you will understand clearly that you could win in this game and become an expert at bargaining!

Dance Walking

What Makes It So Popular?

By Barbara Ross

现在人们的生活节奏越来越快，时间越来越紧张，在节省时间的同时又要保持健康，并维持锻炼，真的不是一件容易的事。如果能将你日常的步行与锻炼身体相结合，是不是听起来很棒呢？其实早在2012年在美国有一位 Ben Aaron先生就已经发明了这种方法，那就是Dance Walking（走路跳舞）。顾名思义，这种锻炼的方式正是在人们步行的过程中加入舞步，让你自由的徜徉在音乐和舞步带给自己的乐趣中。这样一来不仅锻炼身体，也愉悦心灵。当时这位艾美奖获奖记者Ben Aaron在YouTube视频中率先公布了这一锻炼方式，并且在很短的时间内就收获了无数的点赞。跳舞不仅是锻炼身体的良策，更是社交的好方法，它在带给你好心情、缓解压力的同时，还可以改善你的记忆力，并且帮助你收获更多的人气，有利于开展社交活动。如果你没有时间去健身房，那么何不走在路上就开始自己的锻炼计划呢？让我们一起加入Dance Walking（走路跳舞）的队伍吧！

Did you know that dancing makes you stronger, tones your muscles, improves the condition of your heart and lungs, improves your endurance, gives you stronger bones and reduces the risk of osteoporosis? Well, that's quite a lot, isn't it?

And about walking, it is regarded as the "nearest activity to perfect exercise" and according to England's Chief Medical Officer, "If a medication existed which had a similar effect to physical activity (like walking), it would be regarded as a <wonder drug> or a <miracle cure>."

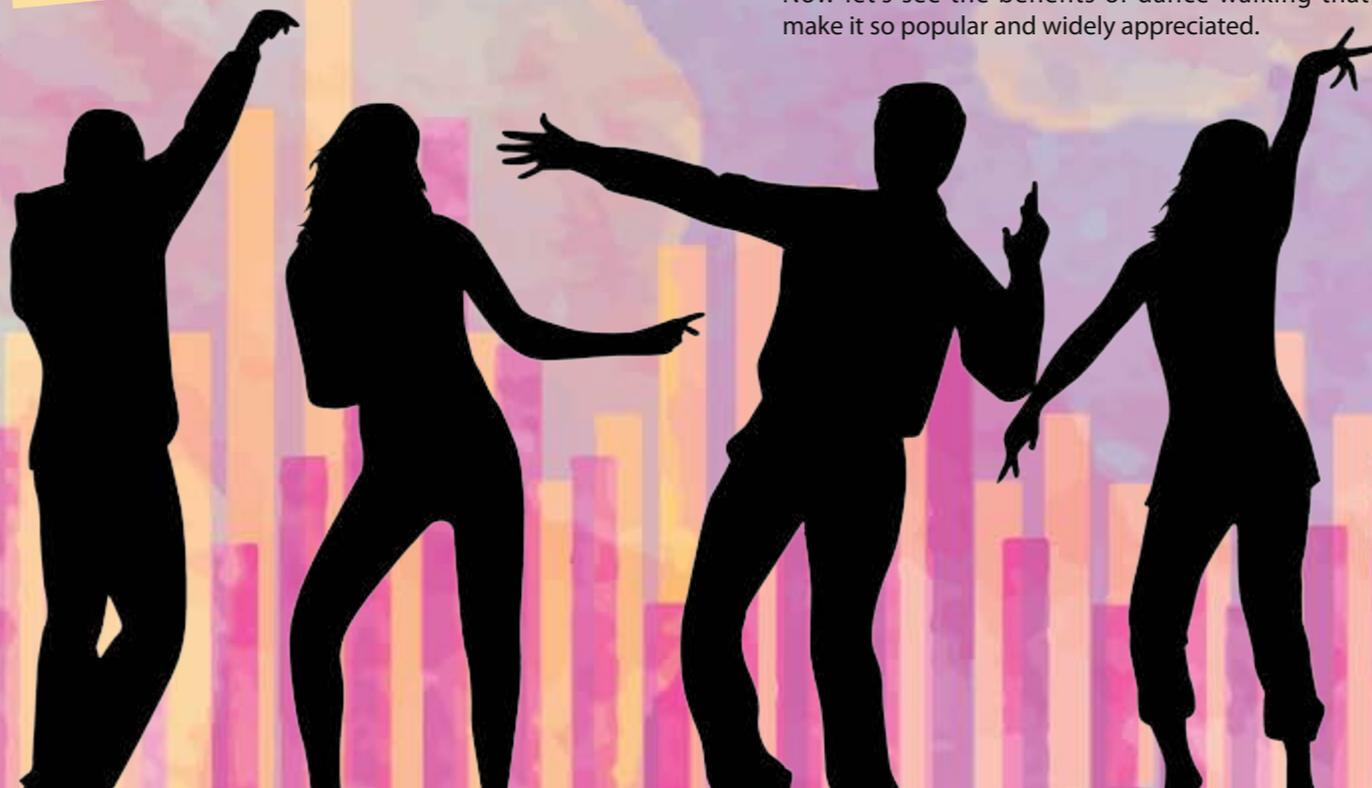
That pretty much sums up the miraculous benefits of both dancing and walking.

Now what if you could reap the benefits of both of these activities in one go? Pretty cool, isn't it? Not to mention super fun too!

We know how boring and monotonous regular fitness regimes can get. So let me introduce you to a revolutionary phenomenon that has already stolen the hearts of many people all over the world – dance walking!

Yes! As fun as that sounds, it is hugely popular and for good reason.

So, what exactly is dance walking?



WHAT IS DANCE WALKING?

Well, as the name suggests, it basically involves dancing and walking at the same time. It is an art as well as a way of self-expression, wherein you literally just set your mind and soul free to move to the music you're playing while dancing and walking down the streets of your city, burning calories and having fun.

It all started back in 2012, when Emmy Award-winning NBC reporter and TV personality Ben Aaron pioneered this workout routine on one of his YouTube videos. He was inspired by a man who was walking and dancing along 5th Avenue in New York City, during one of his usual hilarious street reports down 5th Avenue.

He was both surprised and intrigued to know more about the routine and he joined the man for a minute, dancing alongside him.

That was, my friends, a revolutionary moment for Ben Aaron there, because he realized then that it was just the perfect workout routine for him. It was revolutionary for the whole world as well because he decided to share it on YouTube. The rest as they say is history.

Since then the phenomenon has become extremely popular not only as a workout routine but also as a fun way to interact with people and socialize.

Now let's see the benefits of dance walking that make it so popular and widely appreciated.



BENEFITS OF DANCE WALKING

• **Puts you in a better mood** – This has got to be one of the biggest benefits of the routine. Several studies have already proved that upbeat dancing has helped in lifting the symptoms associated with depression in people. It can also reduce stress, especially if you dance with a partner.

• **Strengthens your heart** – We all know that a treadmill can help us keep heart diseases at bay. But we also know that it is not the most fun thing to do. That is why we have dance walking now. In fact according to an Italian study, people with a risk of heart failure who took up dancing instead of biking or walking on a treadmill, improved their heart health and quality of life a great deal more.

• **Improves your memory** – It is proven fact that dancing helps to improve memory. As a matter of fact, a study conducted by the New England Journal of Medicine has found that any kind of aerobics including walking or running can help improve memory and keep the risk of dementia away with advancing age. Instead of simply running or walking, you can dance-walk your way to a better memory now.

• **Helps you socialize** – One thing that puts this workout routine right on top of the popularity list is the fact that it is one of the best methods to socialize and make new friends. Even though people meet regularly at the gym, there is hardly any reason to spike a conversation or have some fun. But with dance walking, you don't have to think about breaking the ice at all. There really is no ice to break when a group of like-minded people with a common interest for music and dance come together to burn calories.

That said, I think the haze is pretty much out of the way now. If these reasons don't make you quit the gym and join the bandwagon for dance walking, I don't know what will!

New Gene-Editing Method to Cure Genetic Diseases

11月13日，一位名为 Brian Madeux 的44岁罕见病亨特综合征患者，在加州大学旧金山分校贝尼奥夫儿童医院接受了体内基因编辑的治疗，这是世界上首次采用体内基因编辑的方式治疗遗传疾病。亨特综合征，又被称为粘多糖病II型，是一种罕见的X连锁隐性遗传疾病，发病者主要是男性，每10万个至17万个新生男孩中会有一位不幸罹患该病。由于IDS基因（这个基因并非可有可无，它的职责是生成一种可分解有毒碳水化合物的酶）的缺失，患者体内的细胞无法代谢有毒物质，一般在青春期前就会死亡，而 Madeux 之所以能活到44岁是因为他经历了脊柱压迫矫正、疝气、胆囊、眼、耳等26次手术。Madeux 是 Sangamo 代号“SB-913”在研疗法的首例人体临床试验。该疗法应用了锌指核酸酶（ZFN）基因组编辑技术，即把正确的基因插入到肝细胞基因组里的特定位点。CEO Sandy Macrae 表示，简单地说我们就是把DNA 打开一个口子，然后插入一个正常的基因，最后把它缝补好，这段修补过的DNA 就会成为患者的一部分。最终手术成功与否，将在三个月见分晓。

在上世纪九十年代初，基因疗法一度成为科学界的宠儿，众多人体试验火热展开。但以生命为代价的“意外”给基因疗法泼了一盆冷水。因反思而消沉了许久的基因疗法在2017年似乎有了新的起点。两款CAR-T基因疗法相继被FDA批准上市。在安全性上，有人看好，有人仍存顾虑。但科学的进步无可阻挡，让我们怀抱希望拭目以待。



Brian Madeux suffers from Hunter's syndrome. An experimental therapy might just cure him.

For the first time in human history, scientists in the U.S. tried to change the structure of DNA inside a living human body. It was a bold attempt to make a huge breakthrough in the world of medicine.

Brian Madeux is 44-year-old man from Arizona and he is one of the oldest people still living with a disease called Hunter syndrome. Until now, he has had 26 surgeries and the main goal was to help him stay alive. However, there is no cure for this illness. Now he is taking part in a clinical trial conducted by California Company Sangamo Therapeutics. This company's major goal is to find the ultimate cure for this illness and many other genetic diseases.

What is Hunter Syndrome?

Hunter syndrome is a genetic disorder which affects human cells and slowly destroys them. It usually affects only boys. The body can't process a certain kind of protein, so those proteins build up in human cells causing damage to bones, tissues and, in the end, brain. Hunter syndrome usually affects body parts and common symptoms are large, round cheeks, broad nose, thick lips and a large tongue, bushy eyebrows, large head, slowed growth etc. The symptoms vary from person to person, but they are usually manifested as heart

problems, breathing problems, trouble with walking, liver problems and a lot of coughs, sinus and throat infections.

Life expectancy with the disease is 10 to 20 years, so most patients are children. However, the trial is currently open only to adult patients. Young patients still need to wait for official approval of this gene-editing method.

How Does The Therapy Work?

Genetic diseases, caused by genetic mutations, are now treated symptomatically, which means that only their consequences are cured. This new treatment allows doctors to treat diseases from a completely different angle. Instead of curing consequences, they would cure the "ill" part of the human DNA.

Brian Madeux got billions of copies of a curative gene through an IV injection. The genetic tool will eventually improve his DNA material. Scientists programmed the virus to implant itself just into liver cells. By inserting it in just one part of the body, they will make sure that this virus won't do much damage to the other parts. The virus will make copies of ZFN protein and correct the genes that cause metabolic disorder, ABC reports say.

Madeoux said he was ready to take any kind of risk. We can expect some

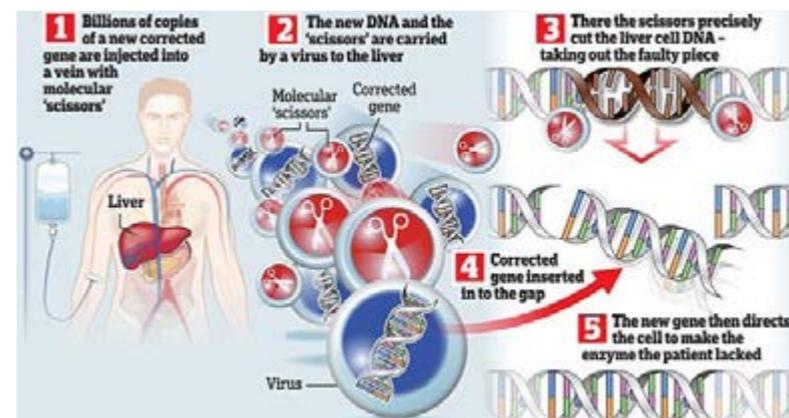
improvements in a month, and after three months the tests will give the ultimate answer. If successful, it will be a huge breakthrough in a new field of gene therapy.

Is This First Human Gene-Editing?

Scientists have changed human genes earlier, but they did it in the lab, on the excised cells that they then returned to the patients. There are genetic therapies that do not include DNA modifications. However, these methods can only be used for several diseases. Some give results that are not durable. Others plug the new gene into DNA as a "reserve" but have no control where the gene will be injected, which can lead to other problems, such as cancer.

With this new method, genetic modifications happen precisely within the body. It is about sending a miniature surgeon who sets the gene exactly where it is needed. This means there is no way back or ways to correct mistakes made by genes change. Experts believe that even though they can't predict all the risks, research studies will provide all details to improve it in future. These metabolic diseases have fewer than 10,000 patients worldwide, partly because many die very young. Doses of missing enzymes can reduce some of the symptoms, but they cost between \$100,000 and \$400,000 per year and do not prevent brain damage.

Genetic modifications will not repair the damage already caused, but they might minimize the risk for new ones. The ultimate goal of research is to treat very young children, who did not suffer much damage. If successful, this American scientist's attempts to permanently change DNA and thus cure the disease could open the way for healing up to 6,000 to 7,000 genetic diseases that are caused by mutations in genes.





Amazing Tips to Creating the Ultimate Bachelor Pad for Your Weekend Soirees!



据国家民政局数据显示，中国单身男女人数已近2亿。全国的独居人口已从1990年的6%上升到2013年的14.6%。为单身或独居人士提供的室内家居设计，也逐渐成为流行趋势。现在的人们都追求个性，对于自己的居住空间更是要求甚高，在自己的居所中，通过家居装饰来凸显自己的喜好品位和各类倾向可以更好地体现单身主人的品位。

单身公寓或独居空间往往可以有更多的设计巧思，比如部分空间可以设计为娱乐空间，看电影、玩游戏，体育运动等等，不一而足。为自己投资一个充满特色的娱乐空间，使你在工作和紧张的生活之余可以充分的放松，绝对是一个好主意。收藏爱好者则可以在一些空间中通过巧妙的展览设计来展示自己的收藏品。

在卫生间的部分，试着忘记那些千篇一律的浴室喷头和洁具吧，在浴室中设置一个豪华水疗区域，装上一具复古四足浴盆，契合特别的壁砖和地砖的纹理与色调。置身于这样的环境中，让自己充分放松，一定会让您乐不思蜀。

会客空间最好以舒适为核心，沙发不需要像普通家居那样周正，舒适和柔软是最重要的元素。在其中多增加一些靠垫抱枕等，更可以提升居住的满意度。最后，室内光线最好可以随着心情而变换，满足主人的不同需求。

In today's era, bachelor pads are so much more than just enormous LED TVs and cool Xboxes, leather interiors and the prerequisite fancy bar in the corner of the room. The metrosexual male of the 21st century digs sophistication, space built nonchalantly to hang out with friends and acquaintances or to impress a date.

Today's male brigade is not afraid to add a personal touch on their humble abodes and is not ready to settle for just another cookie cutter version of the age-old stereotype of a bachelor pad. Man-space, man-cave, manuary or man-land, whatever you like to call your own space, if you are a single male looking for quirky ideas to deck up your home interior, you are in the right place! Let's look at some of the most creative ways of putting together your man-cave:-

CHANNEL YOUR PERSONALITY THROUGH THEMES

If you have a winning personality then it's great. So why not channel it through your home décor? Let your friends, acquaintances and object of affection know what you are all about, by setting a distinct theme for your bachelor pad. Who doesn't love a good theme, especially if you are a sport or music lover, or a staunch worshipper of the retro era, or an admirer of vintage collectibles! Take your time to fill your space with accents and pieces to set the right tone in each room. A well designed décor doesn't mean you have to spend a fortune, just make sure the interiors channel your inner spirit!



SET-UP A COOL ENTERTAINMENT SPACE

A man's life would be so incomplete without movies, videos games and sports! Therefore, it makes total sense to invest in an idiosyncratic entertainment space featuring your love for leisure and amusement. Hardcore movie buffs can consider setting up their personal miniplex by adorning the room with leather sofas, lighting and fixtures resembling a movie theatre. You can also double up the fun in your movie room by installing virtual sport simulators to enjoy your favorite games without having to venture outside. Avid art collectors and book lovers can also personalize their man-caves by installing shelves showcasing rare collectibles and memorabilia.





HOW ABOUT A LUXURIOUS SPA?

Most single guys do not have the reputation to care too much about household details! What usually comes to everyone's mind while talking about a bachelor's pad is worn-out sofa from the fraternity house, untidy washrooms, dirty plates stacked in the kitchen and clothes scattered around the house. Want to come out of this pigeonhole? Take this opportunity to show the world that you are a polished gentleman with distinct tastes and standards. Splurge on a luxurious bathroom by installing plush options like a Spanish style tile shower enclosure or a vintage claw-foot tub combined with rich textures and hues on the floors and walls. Such fine artistry and details will certainly put your likings a notch above the rest, especially among your female friends who will enjoy spending time in such a stylish space.

ALWAYS PLACE COMFORT OVER STYLE

While you, of course, would want to have a stylish bachelor pad, make sure to not sacrifice comfort in the process. Having a great interior is one thing; do not let your personal space turn into a museum. That may be a clear sign that you went overboard in your pursuit to earn kudos. The whole idea is to have the ultimate space to relax, hang out with friends and acquaintances and feel comfortable. If your bachelor pad doesn't serve the main purpose of making your guests comfortable, then splurging on such a stylish space would not make any sense. Make sure to invest in comfortable seating like one statement sofa instead of stuffing and cluttering your living room with several bean bags and chairs.



ADD PILLOWS, BOLSTERS AND ACCESSORIES TO UP THE STYLE ANTE

When it comes to decorating and picking accessories for the home space, men are more minimalistic than women. But it is the little additions to the interior that makes it feel like home. Just like your movie room and book corner, throw some pillows, cushions and other accessories to add depth to your bachelor pad.



NEON AND FLUORESCENT IS NOT APT MOOD LIGHTING

Even if you are a kitsch lover, overhead lighting can be obtrusive and harsh. While neon and fluorescent lighting might come across as a cheaper option, it is always better to put in a variety of floor and table lamps along with other utilitarian lighting system. The right kind of lighting can truly make a world of difference in the atmosphere and mood of your bachelor pad.



Shangri-La Academy of Magic Party @ Shangri-La Hotel, Tianjin

Behold the Shangri-La Academy of Magic Party! Step into a wizarding world of wonder at our Baby Shower Fair 2017 held in the Grand Ballroom on 30th December.

Discover how Shangri-La Hotel, Tianjin can transform your baby shower or children's birthday party into a magical soiree for all ages. Inspired by the imaginative adventures of Harry Potter, our expert party planners have created Four Magic Academies where guests can learn spells and dress up in magic robes to pose for souvenir photos.

Guests of all ages are invited to participate in fun challenges and enjoy spellbinding performances, including a Magic Show, children's dance performance, guitar playing, and appearances by your favorite cartoon characters.



Member Joining-in Launching Ceremony @ Shangyi Expert Consultation

Shangyi Expert Consultation's member joining-in launching ceremony was held with grandeur at Renaissance Tianjin Lakeview Hotel. More than 300 people, including heads from Chambers of Commerce like Chamber of Commerce of Jiangxi Province, Liaoning Province, and Shanxi Province, attended this ceremony. Shangyi Expert Consultation, adopting membership service mode, provides family doctors to members and targeted medical care services according to clients' needs and Shangyi's distinct features.

Ren Wenqi, executive president of Shangyi Expert Consultation, and Zhou Lizhi, chairman of Shangyi Expert Consultation, gave enthusiastic speeches at the ceremony.

All the guests at site witnessed the success of Shangyi Expert Consultation Member joining-in launching ceremony.



Bakeries & Desserts



HP **Gang Gang Bread & Wine**
网网葡萄酒 & 面包店
Great bread and pastries, plus other stuff like cookies and sandwiches.
Very reasonable prices.
A: 104# Olympic Tower, Chengdu Dao, Heping District
和平区成都道126号
奥林匹克大厦1楼104
T: +86 22 2334 5716

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

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淇淋 (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

HP **(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 109, Buliding A2, Binshui West road, Nankai District, Tianjin
南开区奥城商业广场A2商9
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

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
河西区宾水道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
河西区宾水道与紫金山路交口18号
T: +86 22 2813 8138
W: dintaifung.com.cn



HP **Dongsir Hotpot 懂事儿涮肉**
A: No 270 Binjiang Road, Cross of Binjiang Road & Shanxi Road, Heping District.
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, Ziyu 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 Nanjin 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: 1st 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

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

Indian

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

HB **Club Italian Restaurant & Winery 威尼斯意餐酒吧**
A: No. 48 ZiYou Road, Former Italian Concession Area, Hebei District
天津市河北区意大利风情街自由道48号
T: +86 22 8761 3413
E: veneziaclub.tianjin@yahoo.com
W: veneziaclubrestaurant.jimdo.com



HP **Pomodoro (International Plaza) 小蕃茄意大利餐厅 (国际商场店)**
A: 1st floor, International plaza, Nanjing road, Heping District, Tianjin (close to Catholic Church)
天津和平区南京路国际商场B座底商(近西开教堂)
T: +86 22 2346 0756

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 **Seitara 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

Thai

HP **Kudos Thai Restaurant & Lounge Bar 泰庭泰国餐厅**
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

HP **Chat Thai Restaurant 泰来时尚泰国餐厅**
A: 3rd 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 58719019

HP **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

HP **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

HP **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



HP **Milan Restaurant 米兰意食尚**
A: 1F, A area, Tianzhao Mansion, No. 10 Chongqing Road, Heping District
天津市和平区重庆道10号天照大厦A区首层
T: +86 22 6018 8509

HP **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



HP **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

HP **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

HP **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



HP **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



HP **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: 1st 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

HP **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
河西区滨水道16号万丽天津宾馆1层
T: +86 22 5822 3388

NK **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

HP **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

HX **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
河西区滨水道16号万丽天津宾馆1层
T: +86 22 5822 3388

HX **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

HX **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

HP **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

HP **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

HP **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



HP **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

NK **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

NK **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

HP **Browns Bar & Restaurant 勃朗斯英式酒吧餐厅**
A: No.108-111, 1st 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

HX **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

NK **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

HP **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辅位首层
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

HP **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

NK **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

HP **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: 1st 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 50th 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: 1st 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 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 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

Beauty Salons

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

Spa & Massage

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



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



HP Women's and Children's Specialized Health 美中宜和医疗集团天津美中宜和妇女儿童医院
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

Tattoo Studios

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

Hospitals



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



Golf Clubs

H P 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

J H 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

N K 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
南开滨水西道时代奥城中央会所
T: 400-108-7890

H X Tianjin Xing Jian Fight Club 天津行健搏击
A: F4, Quanhui Mall, Cross Dagu Nan Road and Zhujiang Road, Hexi District
天津市河西区大沽南路与珠江道交口泉汇购物广场4楼
T: +86 22 2821 3200
+86 137 5235 8517

Moving & Relocation



H P Asian Tigers China - Tianjin
A: Room 2705, The Exchange Tower 2, No. 189 Nanjing Road, Heping District, Tianjin, 300051, China
天津市和平区南京路189号, 津汇广场2座2705室
T: +86 22 2433 3378
E: general.tsn@asiantigers-china.com
W: www.asiantigers-mobility.com
Wechat ID: AsianTigersMobility



Catering Solutions



H B 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

Decorations

D L 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

N K 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

Laundries

H P 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

Hotels



H Q Courtyard by Marriott Tianjin Hongqiao 天津陆家嘴万怡酒店
The first Courtyard hotel in Tianjin, located right close to Metro Station, Tianjin West Railway Station, Ancient Culture Street, Eye of Tianjin and Drum Tower.
A: No. 166 Beima Road, Hongqiao District, Tianjin
天津市红桥区北马路166号
T: +86 22 5898 5555

Hotels

H P 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



H P 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

H P 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



H Q 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



H D 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



H P 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



H P 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

H P 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



H P 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



H P 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



H X Renaissance Tianjin Lakeview Hotel 天津万丽天津宾馆
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



H X 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

H X 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



H B 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



H B 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

H B 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



H Q 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



天津香格里拉大酒店
Shangri-La hotel

H D 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



H D 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



H D HYATT REGENCY TIANJIN EAST 天津东凯悦酒店
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

B D 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



HP **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

PDH **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

HPD **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



HX **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

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

PDH **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
天津雅诗阁泰达MSD服务公寓
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



PDH **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

HPD **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



HX **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
河西区滨水道16号
T: +86 22 5822 3322



NK **FRASER PLACE TIANJIN**
天津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

NK **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

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

HPD **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



HPD **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

HPD **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

HX **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

HPD **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

HPD **The Astor Hotel Tianjin Museum 天津利顺德大饭店博物馆**
Politicians, Peking Opera kings, movie stars, emperors and actresses 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

NK **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

HX **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

HX **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

BD **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

NK **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

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

HPD **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

HPD **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

HX **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



HX **NEW YORK KIDS CLUB 纽约国际儿童俱乐部**
A: 2nd 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



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



HP **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



NJ **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: No.22 Weishan South Road, Shuanggang, Jinnan District 津南区(双港)微山南路22号
T: +86 22 2859 2003/5/6
W: istianjin.org



HX **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

HP **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

NK **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

HX **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

XQ **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

NK **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

HP **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

HP **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

NK **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

NK **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 1st 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, 1st 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, 1st 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, 3rd 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, 1st 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, 2nd 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, 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. 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, 2nd 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, 1st 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号天津生态城世茂希尔顿酒店一层
T: +86 22 5999 8888 ext.8133



Pomodoro Italian Restaurant
小番茄意大利餐厅 (天津开发区店)
A: 2-01 Binhai Sky Fashion Boulevard, (north side of Holiday Inn Express) Teda 天津滨海新区滨海时尚天街2-01 (智选假日酒店北侧, 近迪卡侬)
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
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, 3rd 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, 2nd 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, 2nd 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 1st 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, 3rd 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, 3rd 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 开发区发发达街
T: +86 22 6621 6367

Hotels



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, 2nd 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, 2nd 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



Tianjin Goldin Metropolitan Polo Club 天津环亚国际马球会
A luxury resort destination hotel with a prestigious members-only polo club, two international standard polo fields, a column-free Grand Ballroom and 10 restaurants and bars.
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.metropolitanpoloclub.com

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, 1st Avenue, TEDA 开发区第一大街86号
T: +86 22 6628 3388
W: HolidayInn.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
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T: +86 22 5988 1999
E: reservations.binhai-tianjin@frasershospitality.com

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

Libraries

Tianjin Binhai Library 天津滨海新区文化中心图书馆
Monday: 14:00-18:00; Tue-Sun: 10:00-18:00
A: No. 347 Xusheng Road, Binhai Central Business District 滨海新区中心商务区旭升路347号

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, 3rd 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: 5th 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, 3rd 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 2nd Avenue, TEDA 开发区第二大街与黄海路交叉口

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

XANADU

The Former Capital

By Evelyn Rubenstein

英语里有个词叫“Xanadu”，意思是“华夏，行宫，世外桃源”。Xanadu是“上都”的蒙古语音译，指的就是元上都。可以说，西方人最初的东方梦就始于马可·波罗笔下的元上都。“……终抵一城，名曰上都，今在位大汗之所建也。内有大理石宫殿，甚美。其房屋皆涂金，绘种种鸟兽花木。工巧之极，技术之佳，见之足以娱人心目……”这是13世纪意大利著名旅行家马可·波罗在其名著《马可·波罗游记》中关于元上都的一段记述。

欧洲当时还没有如此繁华的城市，欧洲人更没有见过东方的奢华宫殿，于是上都变成一个梦，口口相传，被诗人和文学家写进自己的作品。最终，“上都”成为欧洲很多民族语言中的一个词汇，犹如“香格里拉”一样，表示一个可以用美丽、神秘、繁华、富庶、充满梦幻，以及一切你可以想象到的美好词汇来形容的一片令人神往之地。

元上都遗址位于今中国内蒙古自治区锡林郭勒盟正蓝旗境内，多伦县西北闪电河畔。1256年，忽必烈命刘秉忠在此选址建城，初名开平府。1260年3月，忽必烈在此登基，成为元开国皇帝元世祖，将开平府作为首都。这座史学家眼中可与意大利古城庞贝相媲美的草原都城，被认定是中原农耕文化与草原游牧文化奇妙结合的产物。2012年6月29日，在俄罗斯圣彼得堡举办的第36届世界遗产大会上，元上都遗址被列入了《世界遗产名录》。

这里的旅游资源也极为丰富，第一必去之处自然是元上都遗址。它位于内蒙古自治区锡林郭勒盟正蓝旗草原，曾是世界历史上最大帝国元王朝的首都，是中国大元王朝及蒙元文化的发祥地。元上都南临上都河，北依龙岗山，周围是广阔的金莲川草原，形成了以宫殿遗址为中心，分层、放射状分布，即有土木为主的宫殿、庙宇建筑群，又有游牧民族传统的蒙古包式建筑的总体规划形式，是草原文化与中原农耕文化融合的杰出典范。金莲川草原位于内蒙古锡林郭勒盟南端的正蓝旗，曾经是辽、金、元三代帝王的避暑胜地，是草原风光和蒙古族民族风情的有机结合。上都河因上都城而得名上都河，因滦河上都城又称为滦京。滦河水系由锡林郭勒草原南部流向河北、北京、天津等地。二十世纪八十年代引滦入津成为著名的水利工程。无论你已经“种草”了多少个旅游去处，上都的魅力都足以吸引你让它成为你的下一个旅行目的地。

Xanadu or Shangdu, as more commonly known in Chinese, was the former capital of China during the Yuan Dynasty under the reign of Kublai Khan. When the throne was moved to Jin Dynasty, Shangdu became Kublai Khan's summer capital. This legendary city was even visited by the famous Marco Polo circa 1275. Historical accounts have shown that Shangdu became an inspiration for several famous poems such as Kubla Khan, which was written by the English poet Samuel Taylor Coleridge. The place continues to hold its significance in today's popular culture.

Inner Mongolia is an autonomous region of China, located north of the country. It is China's 23rd most populous province-level division with a population of 24,706,321 (as of 2010). The official languages are Mandarin and Mongolian.

Located 350 kilometers north of Beijing and 28 kilometers northwest of Duolun, Xanadu is part of Inner Mongolia. The general layout of the former

capital consists of an inner city and an outer city. Square enclosures are nested around the city's layout - the inner Imperial Palace, larger Imperial City, and the Outer city which served as the former capital's defense. The walls of the Imperial Palace and Imperial city were made of bricks and stones, while the Outer city was built from soil compositions. Xanadu's Imperial Palace was half as large as Beijing's Forbidden City. The Site of Xanadu is also a large archaeological site with grassland preserves throughout the city.

Those visiting Xanadu for the first time will notice the assimilation between nomadic and agrarian civilizations of northern Asia. It is the place where Tibetan Buddhism expanded. Xanadu integrates the lifestyle and ethics of Mongolian and Han Chinese. Remains from a bygone era are still present around the city. Ancient city walls, temples, tombs, and other relics serve as a must-see for travelers, archaeologists, and historians. This multi-cultural destination was included in the UNESCO World Heritage Site back in 2012.

ATTRACTIONS NEARBY



Jinlianchuan Prairie

This is where the foundations of the upper capital were built during the Yuan Dynasty. Surrounding this grassland is an abundance of flowers scattering amongst its mountains and plains. It is considered as being one of the most beautiful grasslands of Inner Mongolia.

Shangdu River (Xandii Gool)

With a length of 82 kilometres, this is regarded as the 'Holy River' by the local Inner Mongolian Herdsmen. It is also a wetland and part of the Jinlianchuan grassland.



Shangdu Ruins

Xanadu was originally called Kaiping before being renamed. Today it contains remnants of a city (mostly stones and rocks) which is surrounded by grassy mounds.

Shangdu Museum

To fully immerse into the legendary city's former glory, visitors can take a tour of the Shangdu museum. It has four exhibitions halls where you can find valuable relics and antiques that are well-preserved.



Duolun



This is a town in Duolun County under the administration of Xilin Gol League in Inner Mongolia. The town has a population of 300,000 with ethnic groups comprising this number. Some of these ethnicities comprise of Han Chinese, Tibetan, Hui, and more. It has abundant historical sites because remnants of Xanadu are located just 28 kilometers away from this town.

Dolon-nuur Lake



It is a local attraction of Duolun. This is a placid broad grassland lake with calm waters.

Huizong Temple



This temple was built by the Kangxi Emperor back in 1711. It was also nicknamed Lama Miao or Lama Temple.

Shanxi Guild Hall



This hall previously served as a business centre to merchants who would conduct business in Duolun. It is a well-preserved location that exhibits its glorious past.

TRANSPORTATION

Land transportation is the most common way to easily reach Xanadu. There are several starting points that travelers can take, namely **Zhenglan Qi, Chifeng, Xilinhot, Chengde, and Beijing**. Most visitors — especially those coming from Beijing — take the daily bus. Keep in mind that this has a long travel time so plan your trip and timetable carefully. You can also opt for a private car to take you to Xanadu.



BEST SEASON TO VISIT

Since Xanadu is in the northern part of Inner Mongolia, weather conditions can be harsh during the **winter** and **spring** season (**November-April**). It can be too cold during these months, so it is recommended that travelers visit the location during summer time.



Visitors will enjoy this unique destination and will have a deep appreciation for history. The grandeur of Kublai Khan's era will continue to inspire the masses, and the best way to see a part of history is to visit Xanadu, Inner Mongolia.

它被称作中国最危险的边界走廊，亚洲最惊险的神奇公路，全球最高耸的跨境道路，世界最恐怖的死亡之路。同时，它也被誉为人类的第八大奇迹，世界上最美的公路，当代的丝绸之路，它就是——中巴友谊公路。G314线，又叫喀喇昆仑公路、中巴国际公路、帕米尔公路，是一条连接中国西部与巴基斯坦的公路，英文简称为KKH。喀喇昆仑公路北起中国新疆城市喀什，南到巴基斯坦北部城市塔科特，全长1032公里。其中中国境内416公里，巴基斯坦境内616公里。经过1.5万人十余年的努力，1979年喀喇昆仑公路正式宣告建成。喀喇昆仑公路修建难度非常大，是自人类建造金字塔以来的最大工程，也是世界上海拔最高的国际公路，可以说是一个工程奇迹，被誉为“当代的丝绸之路”。喀喇昆仑公路的起点是喀什，这里三面环山，一面敞开，北有天山南脉横卧，西有帕米尔高原耸立，南部是喀喇昆仑山，东部为塔克拉玛干大沙漠。诸山和沙漠环绕的叶尔羌河、喀什噶尔河冲积平原犹如绿色的宝石镶嵌其中。沿途景色也震撼人心——奥依塔克红山，自身透体通红，像是因为炎热而被烤红的番薯。选择自驾的路上不需要刻意寻找就能发现它，像一幅巨大的油画，走近细看拱起的山崖身披裂纹，像是人为雕刻般不真实。出了喀什，穿过了疏附就需要来到盖孜边检站，拿出证件过安检。过了边境站，进入克孜勒苏柯尔克孜自治州阿克陶县境就能看到纯洁的克拉克湖，仿佛梦镜中的天堂。在湖的旁边是白沙山，就是白的沙堆积的山。经过数万年的风化，在阳光的照射下，与湖水交相闪耀着不同频率的反射面。慕士塔格峰山，它地处塔里木盆地西部边缘，是有名的冰山之父，围绕主峰两侧聚集了大量放射冰川，而且山上积雪常年不化，超级冷艳有型。塔格峰山的旁边还坐拥着一座喀拉库勒湖，在当地又称为黑湖。它最有魔力的是，湖水会随着天气的变化而自动改变颜色，有绿有青有蓝有黑，每一次都能变化不同的惊喜。石头城、阿拉尔金草滩、红其拉甫国门等等都是值得一去的沿途美景。

Karakoram Highway, which is popularly known as KKH, is the highest paved international road in the world. Dubbed as the "eighth wonder of the world," Karakoram highway is one of the adventurous roads connecting Western China and Pakistan. We can find many historical references about this caravan trail as part of the ancient trade, and it is a part of the old Silk Route. KKH is a highway that runs 1,300 km or 800 miles and is the highest international border of the world at Khunjerab pass. The Karakoram Highway is profound that it takes plenty of curiosity and courage in the world to explore this extraordinary road.

The Sublime Beauty of Karakoram Highway

If you are a serious adventure lover, then you need to travel on KKH at least once in your life as it is one of a kind of thrilling road journey. It's not only the stunning landscape that awaits you; there are a lot of other things that will turn your journey into a memorable one.

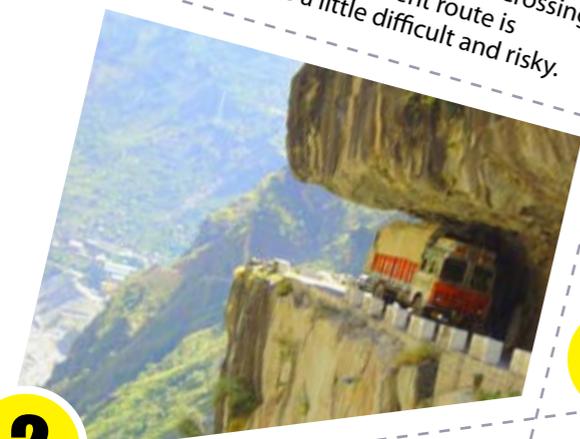
The Most Adventurous Road in China
Karakoram Highway

1



ATTABAD LAKE

Attabad Lake or Gojal Lake located in Hunza, the Gojal Valley of northern Pakistan, was created only in 2010. In 2010, when a massive landslide blocked the river Hunza for months, it ended up building a natural dam called Attabad. The only way to cross this stunning blue lake is via boat. Crossing the lake by car via a different route is possible, but it is a little difficult and risky.



2

U-SHAPED TUNNEL

Once you enter the Karakoram Highway, surprises await you at each stop. The U-shaped tunnel carved into the mountain on the way is indeed a unique sight. It is a challenging road, and it puts a real test for your vehicle's stamina as the road has a lot of turns and twists. As the road is exceptionally treacherous, you require a vehicle that has technically in superb condition to handle the toughest terrain in the world.



3

OYTAGH CANYON

Oytagh Canyon or the red mountains is a major scenic spot in KKH. The spot is not very far from Opal, and all the surrounding mountains in this area have a beautiful red tint. Towards the west of the red valley, you will reach the Oytagh Glacial Park which is another incredibly scenic spot. However, unfortunately, authorities have stopped access to the serene area since 2014.

6 Popular destinations that you

4



KARAKUL LAKE

Karakul Lake located at the foot of the Pamir hills is a sparkling jewel among the 3 highest peaks. It is located around 200 km from Kashgar among the landscapes of western Xinjiang. It is one of those popular tourist places visited by tourists. The whole area around the lake is really remarkable. On one side is the stony desert with dunes and oasis and on the other side is the mountain hills with all their glory.

shouldn't miss on Karakoram Highway

5

BABA GHUNDI ZIARAT

Baba Ghundi Ziarat is a shrine of the holy Baba Ghundi Ziarat who was a Sufi saint who is said to have several miraculous powers. It is a famous pilgrimage center surrounded by meadows and plenty of sheep herds.



6

KHUNJERAB PASS

Khunjerab Pass is the final stop on the Chinese side of the KKH. It is a high mountain cross on the north side of Pakistan's border with China. It is the highest border crossing of the world as well. It is the edge of China, and unless you have a Pakistani visa, you will not be able to travel to the real border point.



When to plan the trip

The KKH will be open to the tourists from May to December, and you can travel anywhere between these months. However, there might be times when the government closes the highway due to landslides or falling of rocks. If you cannot withstand cold, it is recommended to travel to the Karakoram Highway on warm months of June to September as the temperature is comparatively low. The rainy season is at its peak in July and August, and it is recommended not to plan your trip during the rainy season. When it rains heavily, it can lead to considerable delays due to the vehicle getting stuck in mud and delays due to slow traffic, etc.

Safety tips for travelers

The Chinese side of the KKH from Kashgar to Tashkurgan is really safe for travelers. While the potential dangers like mudslides and falling of rocks, the danger possibility is quite low comparatively. It is good that Chinese government responses positively to the feedback of people and resolve the poor road conditions by executing prompt road repair works. Foreigners traveling the Karakoram need to get a permit if you are going



for trekking at Muztagata Mountain area and has to pay some environmental protection fee. Before starting the trip, it is best to check with the concerned authorities whether you need a permit or not as the laws may change without any notice.

Conclusion

The Karakoram highway is a not destination for the timid driver or people who are looking for luxurious amenities. It is an adventurous and thrilling spot you must sign up for if you want to enjoy a humble and gratifying experience. Definitely, it is the one that takes you outside your comfort zone. If you happen to be in Kashgar, then a trip up to the Chinese side of KKH highway is a must. The scenery in the highway is unbelievably breathtaking, and you will get a chance to meet different ethnic groups like Uyghur, Kyrgyz, and Tajik. The culture and hospitality of the people will keep you rejuvenated throughout the trip.



Sensuality
By Tania

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By Yuma

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二等奖**



My perspective
By Lara Gonçalves

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