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22

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彩虹思慕雪	RMB22
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★小清新思慕雪	RMB25



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DESERT Fashion Restaurant

甜品

Afternoon Tea Time:

2pm - 5pm

Address:

211 Nanjing Rd,
Heping District, Tianjin
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和平区南京路国际商场后
门, 西开教堂对面

Tel: +86 22 8628 4132



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大理石芝士蛋糕	RMB40

SNACK 小吃

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千丝万缕虾	RMB33
炸猪耳	RMB33
★这就是玉米片	RMB49

天津香格里拉大酒店
Shangri-La hotel
TIANJIN

津津小熊家庭假期

Jin Bear Family Staycation

在天津, 欧式文艺复兴建筑遍布全城, 与本地居民乐享慢生活的文化相融合, 形成了独有的风土特色。天津香格里拉大酒店紧邻津城风景之首的海河, 所有房间均可俯瞰天津标志性欧式风情建筑物以及河岸风光。且地理位置优越, 搭乘城际列车到天津站后, 仅需五分钟即可抵达。

天津香格里拉大酒店为您和家人全新推出“津津小熊家庭假期”套餐, 携手同位于天津嘉里中心的综合娱乐购物广场嘉里汇, 为家庭出游的宾客量身定制完美假期。套餐包含舒适的豪华客房住宿, 韵咖啡自助早餐。每个入住家庭都会在房间内找到一只独属的“津津小熊”, 全套共三款, 每一只都独具特色, 可爱的小熊也是孩子最好的玩伴。入住第二天, 酒店为精力充沛的小朋友安排了充满奇趣色彩的一日探险。

酒店联合面积达1600平米的超大室内儿童乐园—ZipPiTeeDoo's 昕星园一起为孩子们带来美好时光。作为津城最大的室内儿童游乐场, ZipPiTeeDoo's 昕星园拥有多个玩乐功能区域, 包括极具童话色彩的2博小镇、充满智慧的万事通鸟巢和缤纷梦幻的主题派对包房, 更有惊险有趣的波波山脉, 各种高空绳索探险项目让孩子们在体验互动和游戏娱乐中, 挑战自我。在激动人心的冒险项目之后, 还可以一起去冰Go溜冰场挥洒汗水, 之后去往百丽宫影院享受温馨的电影时光。



Family holidays are memories to be treasured forever. Treat your loved ones to a short escape or 'staycation' filled with thrilling entertainment in beautiful Tianjin. Swap regular weekends at home for fun and adventure at our riverfront luxury landmark located just five minutes from Tianjin High-speed Railway Station.

The Jin Bear Family Staycation package includes contemporary accommodation in a room or suite plus daily buffet breakfast at Café Yun and a cuddly limited edition "Jin Bear" (one of three to collect). In addition to the delights of our hotel, families can enjoy a world of adventures at Riverview Place Shopping Mall directly connected to Shangri-La Tianjin.

Your VIP pass includes entry to ZipPiTeeDoo Kids' Adventureland, a 1,700sqm indoor children's playground with a variety of themed play, exploration and development zones, including the Master Owl's Nest and Pippo's Mountain, featuring 10-metre-high slippery slides and an aerial rope course. Take to the ice for an afternoon of magic and fun at the full-sized BingGo Ice Skating Rink located right inside the mall. After these thrilling activities, families can relax with a movie at the high-tech Palace Cinema before returning to the luxury of the hotel.

套餐包括:

购买此套餐的客人可享受以下惠利:

- 豪华河景房一晚入住
- 韵咖啡每日自助早餐 (至多两位成人及一位12岁以下儿童)
- 限量版“小熊津津” (三选一)
- 入住期间两位成人可携一位儿童进入嘉里汇ZipPiTeeDoo's 昕星园畅玩一次
- 溜冰场60分钟滑冰体验
- 电影票每位一张
- 健身中心和室内游泳池
- 无线网络
- 酒店免费停车

Package includes:

The Jin Bear Family Staycation Package includes:

- One night accommodation in a room or suite
- Daily buffet breakfast at Café Yun (for a maximum of two adults and one child under 12 years old)
- A cuddly limited edition "Jin Bear" (one of three to collect)
- One-time entry to ZipPiTeeDoo at Riverview Place for one child and max. two adults
- One ice skating ticket per person (60 minutes)
- One movie ticket per person
- Access to the indoor swimming pool and fitness centre
- Wi-Fi access within the hotel
- Onsite parking

条款与细则:

- 本套餐不可与其他推广或代金券同时使用。 - 本套餐所有优惠仅限入住期间使用, 不可延期。 - 溜冰券公共节假日不可使用。
- 活动条款及细则适用。 - 所有资料以打印日期为准。 - 酒店持有最终解释权。

Terms and conditions:

- Offer is not valid in conjunction with other promotions or gift certificates. - All benefits are valid for current visit only. Validity will not be extended.
- Ice skating tickets not available on public holidays. - Promotional terms and conditions apply. - All information is accurate at time of print.
- Management reserves the right of final decision upon dispute.

天津市河东区海河东路328号 邮政编码 300019 No. 328 Haihe East Road, Hedong District, Tianjin 300019, China
电话Tel: 022-8418 8888 电子邮箱Email: stj@shangri-la.com





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24hr Service Center 24小时服务中心: 4008-919191
www.ufh.com.cn



TIANJIN PLUS
TIANJIN PLUS

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Hi friends,

On June 1st we will celebrate Children's Day, and we have decided to publish one photo of a child to honor them. They are the future and the present, they are what we most love and care. So, this photo is to represent to all of them. This cover is for them.

The cover photo was taken during one of the most popular and awaited annual international events in Tianjin, the Wellington College International Tianjin's Charity Summer Fair. It is the school's largest family and community event for both local as also international communities. It was a very exciting and fun filled day, especially for children and parents, and of course the visitors that also enjoyed themselves very much. We at Tianjin Plus Magazine fully support such charitable causes and believe in "playing it forward".

Our feature story dwells upon Tianjin Haihe River Sightseeing Tour. Tianjin is known as the Water City in Northern China because it is on the downstream of nine rivers with crisscross courses and the 72km Haihe River being the major waterway that flows through Beijing and Tianjin before emptying into the Yellow Sea at The Bohai Bay in Tanggu, Binhai District. In Tianjin, Haihe River runs through the heart of the city, forming a tourist line along its banks that you should not miss. Cruising on Haihe River gives you a chance to enjoy splendid views with either side of the river lined with historic buildings and modern high-rises.

I am sure you will find very interesting all the other articles published this month, and we hope that you will enjoy and find them useful in your daily life.

Don't forget to visit our website www.tianjinplus.com and follow us on our official Wechat account (ID: **tianjin_plus**) for more articles and information.

Best wishes,
Sandy Moore
Managing Editor | Tianjin Plus Magazine



Restaurant

Steak 羽
S 深
Wine 肉
铺

Welcome the Butcher

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.)



Address:
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
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Opening: 7:00 - 22:00



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52



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Robin Giesbrecht Piano Recital
罗宾·吉斯布雷特独奏音乐会

01
Fri

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



2018 International Circus Carnival
2018国际马戏小丑六一嘉年华

01
03
Fri
Sun

Time: 10:00, 15:00, 19:30
Price: 100-1000
Venue: Tianjin People's Gymnasium
天津市人民体育馆
Tel: 400 810 7910



Rick le Cube et les mystères du temps
《盒星人雷克秘境奇遇记》

03
Sun

Time: 14:30
Price: 50-650
Venue: Opera House, Tianjin Grand Theatre
天津大剧院歌剧厅
Tel: +86 22 8388 2000



2018 Yin Yang Music Festival
2018阴阳音乐节

16
18
Sat
Mon

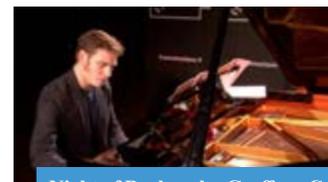
Price: 480-650
Venue: Huang Ya Guan Great Wall
黄崖关长城
Website:
eventmaster.cn/2018YYMF



London Symphony Orchestra China Tour
伦敦交响乐团2018中国巡演

20
Wed

Time: 19:30
Price: 980-2800 RMB
Venue: Concert Hall, Tianjin Grand Theatre
天津大剧院音乐厅
Tel: +86 22 8388 2000



Night of Brahms by Geoffroy Couteau
杰弗罗·库托·勃拉姆斯之夜音乐会

23
Sat

Time: 19:30
Price: 100-380
Venue: Concert Hall, Tianjin Grand Theatre
天津大剧院音乐厅
Tel: +86 22 8388 2000

09
Sat

Time: 19:30
Price: 180-532
Venue: Tianjin Jinwan Grand Theater
天津津湾大剧院
Tel: +86 22 2321 9966

Sophie Zelmani 2018 China Tour
苏菲·珊曼妮 2018巡回演唱会



10
Sun

Time: 19:30
Price: 120-680
Venue: Opera House, Tianjin Grand Theatre
天津大剧院歌剧厅
Tel: +86 22 8388 2000

Gaelforce Dance
爱尔兰经典踢踏舞剧《命运之舞》



10
Sun

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

Trio Carducci
意大利卡尔杜齐三重奏音乐会



23
24
Sat
Sun

Time: 19:30
Price: 680, 880
Venue: Beijing Poly Theatre
北京保利剧院
Tel: 400 6655 501

Saigon
2017年阿维尼翁戏剧节剧王《西贡》



29
30
Fri
Sat

Time: 19:30
Price: 80-380
Venue: Opera House, Tianjin Grand Theatre
天津大剧院歌剧厅
Tel: +86 22 8388 2000

Snow
法国戏剧《雪》



30
Sat

Time: 19:30
Price: 120-480
Venue: Concert Hall, Tianjin Grand Theatre
天津大剧院音乐厅
Tel: +86 22 8388 2000

St. Florian Boys' Choir
奥地利布鲁克纳童声合唱团音乐会



SPECIAL DAYS

6月有很多对我们每个人而言都意义非凡的日子。每年的6月5日是世界环境日，“保护环境，人人有责”这句从小耳濡目染的话一直教育着我们要提高自身的环境意识，积极参与生态环境事务，尊重自然，顺应自然，保护自然。每年6月14日，世界各国都会庆祝世界献血者日，大家通过这个活动来感谢自愿无偿献血者献出可挽救生命的礼物——血液，同时提高人们对定期献血必要性的认识。父亲节顾名思义是感恩父亲的节日，它起源于二十世纪初的美国，每年6月的第三个星期日都是全天下父亲的节日。今年的端午节和国际野餐日都是6月18日，在这一天，约三五好友，一同出门看龙舟赛，欣赏美妙的田园风光吧。



World Environment Day

You've probably heard by now that global warming, climate change, melting ice caps, deforestation and super volcanoes will someday contribute to the demise of our species. That is unless we all start going green. World Environment Day highlights the need for a united global front against environmental damage, a burden that should be equally distributed amongst everybody who lives, and wants to keep living, on this beautiful planet.



World Blood Donor Day

Did you know that blood donation by just 1% of the world's population could meet a nation's basic requirement of blood? World Blood Donor Day sets out to raise awareness of the need for safe blood to save millions of lives around the world. Celebrated annually on 14th June, people are encouraged to head down to their local blood bank and make a selfless donation, asking for nothing in return.



Father's Day

Although fathers carry a special place in our hearts, they always seem to draw the short straw when it comes to gifts and appreciation. While mothers get pampered with flowers, chocolates and spa weekends, dads often get landed with a bottle of shower gel and a few pairs of socks. Now is the time to show your appreciation and love for the man who helped make your life possible, by doing something extra special for Father's Day!



Dragon Boat Festival

Dragon Boat Festival is an annually celebrated Chinese national holiday which has been observed for over 2,000 years. The festival commemorates the life and death of famous Chinese scholar and poet Qu Yuan who is said to have drowned himself in the Miluo River after being falsely exiled by the King of Chu in third century BCE. Traditional customs include eating zongzi (glutinous rice balls) and paddle boat races



International Picnic Day

We're now well into the summer season and all over the world, International Picnic Day celebrates holding a friendly outdoor feast with special friends and close ones. It doesn't take much effort to take an hour out of your day to enjoy the great outdoors and some sunshine. Pack up some of your favourite snacks, sandwiches and sweet treats, take a blanket and head down to your closest park for some homemade al fresco dining. International Picnic Day is as good a time as any to really take in the best of summer.

**The Caroline Astor Afternoon Tea
@ The St. Regis Tianjin**

The St. Regis Bar invites you to indulge in its signature afternoon tea set, "The Caroline Astor Afternoon Tea" while overlooking the Haihe River. With The Caroline Astor Afternoon Tea, guests celebrate a cherished ritual which includes daily baked scones and six kinds of finger sandwiches. End on a lovely note with sweet delights like banana brûlée tart, English cheese cake, lemon tart, raspberry mousse, hazelnut éclair, and opera tart, chocolate kirsch roll and palet do'r. Complete the lovely afternoon with The St. Regis blend tea prepared by TWG tea experts to further enhance your experience. The Caroline Astor Afternoon Tea presents an enchanting setting, from a get together to an elegant bridal or baby shower with your nearest and dearest.



Price: RMB 448 for 2 diners
Date: June 1st - 30th
Time: 2:30 PM to 5:00 PM
Venue: The St. Regis Bar, The St. Regis Tianjin,
 158 Zhang Zi Zhong Road, Heping District, Tianjin

For more information or reservation, please call +86 22 5830 9958 or email to stregisbar.tianjin@stregis.com

**New Signature Delicacies
@ Four Seasons Hotel Tianjin**

Cielo Italian Restaurant of Four Seasons Hotel Tianjin is an ideal place to enjoy an extraordinary gathering full of authentic Italian delicacies, and experience the joy of sharing through its newly launched "To Enjoy & Share" menu. The Hotel's Executive Chef Cyril Calmet and Cielo's Head Chef Iacopo Frassi are thrilled to debut this new menu featuring specially selected ingredients, culinary techniques and flavors that both local and international guests would enjoy and share with loved ones.

Price: "Sharing with Love" Package RMB 1,888+15% per package
 "Chef's Recommendation" Set Dinner RMB 588+15% per person
Date: From 21st May 2018 onwards
Venue: Cielo Italian Restaurant, Four Seasons Hotel Tianjin,
 138 Chifeng Road, Heping District, Tianjin

For more information or reservations, please call +86 22 2716 6263 / 6688.



**Summer Garden BBQ
@ Sheraton Tianjin Hotel**

Sheraton Tianjin Hotel's "Summer Garden BBQ" now is open for guests! Pamper yourself in the Summer Breeze BBQ with our live entertainment by Dynamix from Philippine at our pristine garden. Taste the sublime flavoured combination dishes and catch a joyful moment with family and friends. To celebrate the intimate Garden BBQ at Sheraton Tianjin Hotel, charges are RMB 198 net per person, and service free of charge on every Thursday from June.



Price: RMB198 net per person
Time: 18:00 - 21:00
Date: Every Thursday from June
Venue: Terrace Café, Sheraton Tianjin Hotel

Seats are limited, please call for reservation:
 +86 22 2731 3388 ext. 1850/1852.

Price includes free flow imported red and white wine, beer, juices, coffee and tea. Offers are not applicable with any other promotions or privileges at the same time.

**"A Meeting of the Senses"
@ The Ritz-Carlton, Tianjin**

At The Ritz-Carlton, meetings and events are anything but ordinary: they are sensory experiences that enliven the participants and create memories. The Ritz-Carlton, Tianjin has launched a new program, "A Meeting of the Senses," dedicating to hosting luxury meetings and events that create immersive experiences and offering guests a journey through Tianjin.



In the program of "A Meeting of the Senses," the relaxed and refined environments of participating hotels and resorts around the globe set the scene for the skilled Ladies and Gentlemen of The Ritz-Carlton to create innovative meetings that awaken the mind, stir creativity, and intensify focus. Expert meeting planners draw inspiration from unlikely sources to curate unique and unexpected food and beverage experiences, develop wellness-inspired breaks, and personalize itineraries that embrace the environment of each individual hotel and destination.

The Ladies and Gentlemen of The Ritz-Carlton, Tianjin showcase the destination's beauty with "A Journey through Tianjin" program, in which each meeting guest will receive a welcome drink made by Tianjin city flower, the China Rose upon arrival, welcome in-room amenities with local sweets and Yangliuqing Painting, the Tianjin folk art with local sweets.

For more information, please contact The Ritz-Carlton, Tianjin's meeting professionals at +86 22 5809 5127/5164.

**Rice Dumpling
@ Renaissance Tianjin Lakeview Hotel**

Renaissance Tianjin Lakeview Hotel presents Rice Dumpling Gift Box for your Dragon Boat Festival reunion.



Price: Rice Dumpling Gift Box RMB 288/box
 (8 rice dumplings and 1 bottle of Las Condes Merlot red wine).
 Homemade Rice Dumpling in Zhaoqing Style RMB 158/box
 (1 traditional Zhaoqing rice dumpling around 700g. Inclusive of conpoy, roasted pork, mushroom, egg yolk, lotus seeds, green bean and chestnut).

Venue: New Dynasty Chinese Restaurant,
 Renaissance Tianjin Lakeview Hotel,
 No.16 Binshui Dao, Hexi District, Tianjin

For more information or reservations, please call +86 22 5822 3110/3111.

**All about Tarts Afternoon Tea
@ Wanda Vista Tianjin**

Experience the laziness early-summer time at Lobby Lounge, arouse your sense of taste with dazzling afternoon delicacies featuring fruit tart, nuts tart, quiche and more to unwind yourself and ease your mood.

Price: RMB 198/two person
Date: Valid from June 1st to June 30th
Time: 14:00 - 18:00
Venue: 1F, Lobby Lounge, Wanda Vista Tianjin,
 No. 486, Bahao Road, Da Zhi Gu, Hedong District, Tianjin
 For reservations kindly call +86 22 2462 6888 ext. 6013.



中国古代兵器简史

A BRIEF INTRODUCTION OF THE ARMOURS AND WEAPONS IN ANCIENT CHINA

By Lily Watson

在传统的天津相声中，我们常会听到这样一段逗哏和捧哏之间的台词：刀枪剑戟，斧钺钩叉，镜棍槊棒，鞭铜锤抓，拐子流星，什么带尖儿，带刺儿的，带棱的，带刃的，带绒绳的，带锁链儿的，带倒齿钩的，带峨嵋刺儿的，十八般兵刃我是样样（捧哏插话：“精通？”）——稀松！

这一段相声灌口中，罗列了不下十八般兵器，足见我国兵器历史之悠久，种类之丰富。在人类社会的发展初期，工具和兵器是不可分的，随着社会的复杂化以及工艺的进步，兵器在此时产生了较为明确的定义，专门指人与人武力斗争的器具。一般而言兵器分为热兵器和冷兵器两种。大约在新石器时代的后期，人类进入了青铜器时期，由于铜加入了铅和锡之后形成青铜合金，容易加工，逐渐取代了石器，人类的工具从此进入以金属为主要素材的阶段。早期的青铜剑约在商朝即已大致成形，在未来的千年间，这种剑的造型逐步迈向成熟，并作为步兵的基本武器而活跃于战场上，并且剑只在近战或肉搏时使用。

战车也是古代战争中的重要工具。1936年，在河南省安阳市殷墟车马坑中，首次出土一辆商朝战车。坑中南端并排着兵器、马骨，车内外分布着3套兵器。从出土于商、西周、春秋和战国时期古墓中的战车可以看出，商周时期战车的形制基本相同，战车通常每车驾2匹或4匹马，每车载甲士3名，在车战的起始阶段，使用战车的数量较少。而秦朝则是战车鼎盛时期。秦朝战车的乘法和使用情况，可以从陕西省临潼县秦始皇陵兵马俑坑出土的战车得到准确反映。大约到汉武帝年间（公元前140~前87），汉王朝的军队为了与匈奴进行持续的战争，发展了大量骑兵部队，此后战车在战场上便逐渐消失。

中国古代弓箭在世界军事领域里算是发展比较早也比较成熟的。我国历史上从战国、秦汉起，就有强弩这种军阵大杀器存在。弩自秦汉起就成为了军阵射远器主力之一，和弓平分秋色，一直到明朝才完全没落。中国古代的单兵弩，其射力都远大于弓。

随着历史发展，骑兵被大量使用，冲锋陷阵、马上战术对兵器的强度有更高的要求，所以在西汉末年时，钢铁兵器正式装备部队后，因其硬度和韧度都明显地优于青铜，于是钢铁兵器几乎完全取代了青铜，兵器史进入了一个全新的时代。

明清末年，欧洲的洋枪火炮推动武器进入了一个全新的纪元，往昔强大的弓箭枪剑无法在大规模的火药主导的战场中占据主动，它们也就这样渐渐步入历史，成为了我们对古代的一种认知。

So far, humans still do not seem to put a stop to violence or wars. Ancient swords though have already left the battlefield (except military knives). Nevertheless, the inherent hunting instincts still strike us with an indescribable feeling for swords. Perhaps, this is a fraction of genes we have inherited from our ancestors. Without further ado, let's have a glance at these appealing yet appalling beasts.

Weapons in history are closely related to contemporary technology and the form of wars. A simple classification in regard to weapons and equipment in ancient China could be roughly divided into early warfare, chariot warfare, Chinese crossbow warfare, heavy-armour warfare, and firearm warfare.

The Early Warfare

We can imagine the forms of war in the prehistoric period. A basic bow could be a long-range weapon at the time but it had no stability; wooden sticks and stone axes could be the main sources of close-range weapons though manually stone-throwing could also be effective in fights. Wars were probably similar to modern gang fighting, wherein the courage and number of people decided who won.

But towards the end of the Neolithic period, humans entered the Bronze Age and

China was no exception. Copper was mixed with lead and tin to form bronze alloys, thus the material hardness increased and the melting point decreased. So the production of bronze became easy, and it gradually replaced stone tools. In this way, metal tools appeared in wars.

Appearance of bronze weapons changed the strength of the battlefield. Bronze spears and bronze pikes defeated weapons like the wooden axe and stick with their hardness. And due to the lack of medicines and defensive tools, bronze weapons could easily cause heavy or fatal injuries to soldiers. During this period, most weapons were still quite simple and basic.

Chariot Warfare

With the development of metal forging, chariots joined the history of wars.

The chariot dominated the wars during the ancient eras since its appearance, because soldiers could team up in the chariot with an archer, a pikeman and a warrior. So, the group became a moving fortress that could rank in front of the infantry. It provided long-distance and mid-range attacks, and the opposite infantry could hardly approach



the chariot. Although the infantries were also equipped with spears or pikes, unless they had the courage of self-sacrifice they could not stop the war horse with a sword, the car could still crush the soldiers due to inertia over a short distance. Therefore, in the situation, the fenders and spears became longer and longer till they were about 4 to 5 meters. Archaeologists have unearthed spears and spikes that are up to 6 metres long with Terra Cotta Warriors. These long weapons had been designed precisely against the chariots.

Chinese Crossbow Warfare

When we talk about cold weapons and wars in ancient China, a strong military empire that shouldn't be ignored is the Qin Dynasty (221 - 206 BC). And the Terra Cotta Warriors are sculptures that were made during the Qin Dynasty rule. They showcase the glories that Qin's army may have enjoyed in history.

The chariots might have been invincible until the invention of the Chinese crossbow.

As per the Terra Cotta Warriors, the Chinese crossbow was equipped with both a wingman in the cavalry and infantries of the Qin army.

In fact, this crossbow is not quite suitable for cavalry, as it is difficult to wind up for the individuals after firing an arrow, especially on the horse. Therefore, the group of hussars with the crossbows was an opportunistic force in wars. When approaching the opponents, they had only one chance to shoot and they could not attack until the arrows had been reloaded. In the absence of stirrups, the cavalry couldn't be used as an assault force.





Consequently, Qin Army's hussars performed the run-and-gun tactics, which meant to wind up, meet the enemy, shoot and quickly proceed to a safe distance to reload and repeat the process. Although the chariot is a moving fortress, it is hard to steer due to its cumbersome structure; the Qin army's hussars could attack chariots from the sides, and the opponent battle arrays would be disrupted. In such a case, Qin's own infantry and chariots could end the war with a victory.

In order to cooperate with the Chinese crossbow, other weapons of this period were mainly spears that created a distance from swords and knives in close combat. It is noticeable that the development of iron



production has replaced the knife with the sword being the main weapon for individual soldiers during this period. And armours were also constructed because of the increasingly mature iron production.

Heavy-Armour Warfare

Not long after the Qin Dynasty ended, another prominent military empire took over China, namely the Han Dynasty (206 BC–220 AD).

The Han Dynasty has a 400-year history, during which the Civil War was continuously happening. Thus, the heavily armed forces with heavy assault, and heavy armour were spawned.

From the Han Dynasty to the Tang Dynasty (618–907 AC), armours became heavier and more complicated as civilisation and economics touched the high points. The design of weapons and armours kept developing till the firearms were introduced in China.

Firearm Warfare



Firearms appeared in the Ming-Qing period (1368—1840 AC) of China, and that is when the heavy-armours stepped down in history.

Since cannons and guns were introduced in China by the west, heavy armours lost their importance in wars, as they could not provide enough defence against the firearms and the weights significantly slowed down movement.

During this period, weapons such as knives, guns, swords, and bows weren't the main force in war anymore. Although both armours and weapons were traditionally strictly controlled by the government, civilians could possess basic weapons like knives, spears, swords and bows. Amours and crossbows weren't allowed as part of private possession in the Song Dynasty (960–1279 AD).

During the Ming and Qing dynasties (1368—1840 AC), cold weapons were no longer the main force of wars. So, the government gradually allowed private possession of some old weapons. And that was when the martial arts and old weapons gradually revived again among civilians.

了解英语短语的朋友可能明白 “No Shit” 这个短语本来是用来表示惊愕的，当对方讲了一件超乎想象的事情时，可以用这句话来回应（当然好朋友之间居多）。但是现在大多作反讽用——当对方讲了一个大家都知道的事实时，你就可以说 “No shit, Sherlock”，“这谁都知道，人尽皆知”。夏洛克是人尽皆知的大侦探，他几乎知道任何事。把 “Sherlock” 加入短语中，讽刺意味明显更为强烈。当然了，这样的句子最好不要用于不熟悉的人哦，否则会被视为极度无礼而遭人讨厌。

Alexandra is an eight year-old girl who loves reading books. She knows quite a bit for her age, from any field ranging from zoology and botany, to astrology. Her parents are very engaged when they listen to her talk about her passions, and frequently ask her questions.

However, things are different at school. Like in any school, kids who are knowledgeable or are smart are made fun of by other kids sometimes. There have been many instances where Alexandra gets responses such as, “who cares” or “yeah you know-it-all” after explaining something.

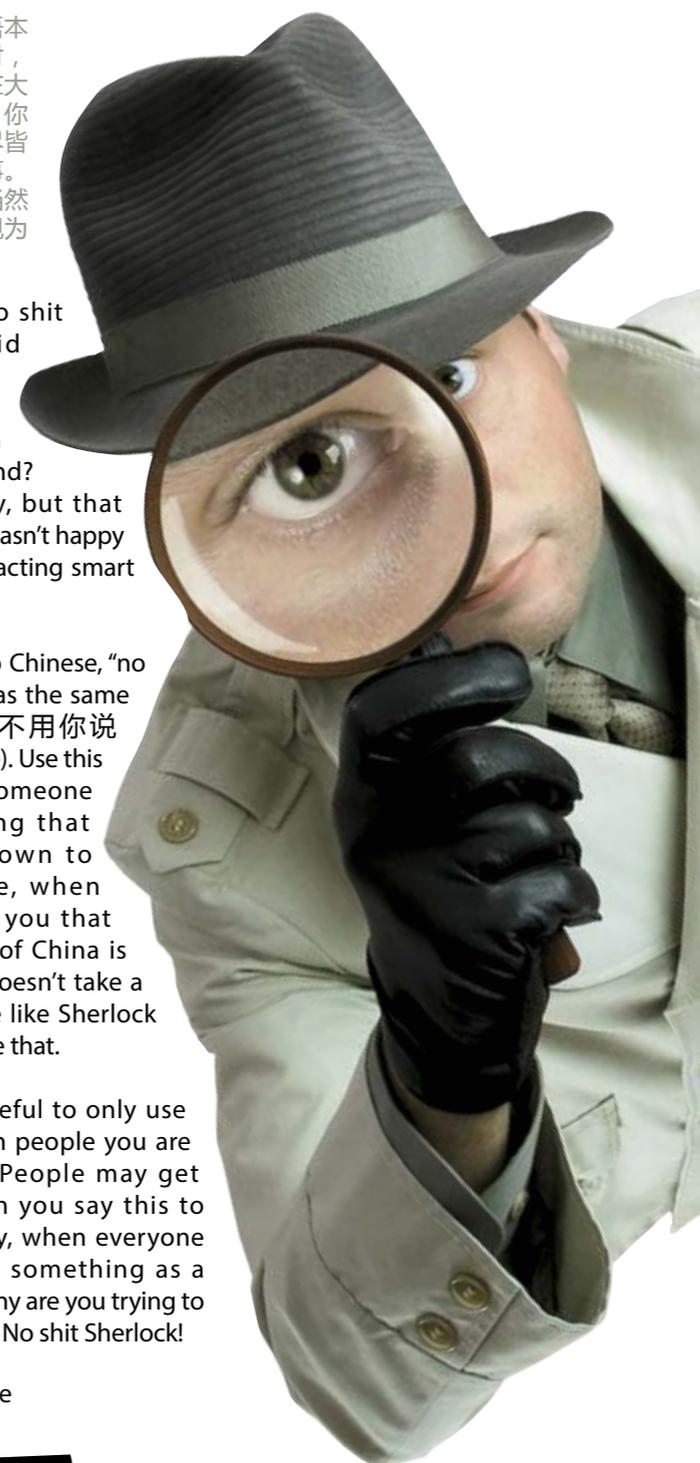
One day, a curious classmate of hers asked, “So, fish can never live on land, right?” which led to Alexandra spending 20 minutes to explain how fish have gills, something mammals don't have, that allow them to breathe underwater. Alexandra explained everything with good intentions, but her answer attracted many other classmates. When she concluded by saying “so yeah, fish can't live on land,” one student blurted out, “no shit Sherlock” and the whole class started laughing at Alexandra.

Was it really no shit Sherlock -- did every 8 year-old kid already know why fish can't live on land? Not necessarily, but that one kid clearly wasn't happy with Alexandra acting smart and all-knowing.

If translated into Chinese, “no shit Sherlock” has the same meaning as 不用你说 (Bùyòng nǐ shuō). Use this phrase when someone says something that is already known to everyone, like, when someone tells you that the Great Wall of China is in Beijing -- It doesn't take a clever detective like Sherlock Holmes to realize that.

Though, be careful to only use this phrase with people you are familiar with. People may get offended when you say this to them! But really, when everyone already knows something as a matter of fact, why are you trying to explain it to me? No shit Sherlock!

by Caroline Lane



NO SHIT SHERLOCK!

“谁都知道啊”

Let's Boat On The Haihe River!

泛舟海河之上，体味津城之美

天津的历史说长不长，说短不短——作为一个完整的城市，天津是在明清时期形成的：公元1400年燕王朱棣率兵由直沽渡河，南下夺取皇位，称帝后为纪念靖难之役的胜利于1404年将此地赐名天津，意为“天子经过的渡口”。从名字就可以看出天津的城市发展与水路息息相关。

海河是天津的母亲河，也是这座城市的象征、历史的见证，更是独具特色的水路风光游览线。北运河、永定河、大清河、子牙河、南运河五条河流自北、西、南三面汇流至天津后，称为海河。作为中国华北地区主要的大河之一，她贯穿了整个天津市，堪比威尼斯水城。无论你是岸上，还是在船上，都能尽享两岸的旖旎风光。

天津津旅海河游船股份有限公司隶属天津市旅游（控股）集团，是天津市唯一一家经营海河游船游览及海上游船游览的大型国有企业。公司现拥有包括华北地区最大的内河观光游船“观光九号”在内的内河及海上中高档游船20艘。公司以“提供高品质服务，营造高品位享受”为主旨，精心打造了“海河观光游”、“海河夜景游”、“海河——渤海一日游”等多条游览线路，并提供餐饮、演艺、婚庆典礼、商务会议包船等多项服务。

海河游船目前分为海河游船观光游、海河游船夜景观游、海河游船水陆互动游和海河游船一日游四个项目，每个项目都有不同的游览时间和游览路线。游客有多个登船码头可选：古文化街码头、意风区码头及天津站码头。如果你乘坐火车到天津游玩，出了天津站便可看到海河游船码头，方便直接登船纵览海河风光。

海河上建有金钢桥、狮子林桥、金汤桥、北安桥、解放桥、赤峰桥、大光明桥、刘庄桥、光华桥等桥，这15公里的航道上凝聚了百年历史，海河游船作为海河上一道流动的风景，见证了海河两岸的变迁；置身游船之中，看遍两岸中西结合，穿越时空的风景线，游客自己仿佛也在百年岁月中游历一番，收获良多。夜间乘船游览海河时，水色灯影交相辉映、魅力迷人的景观带更是令人流连忘返。

By Natasha J

There's a reason why Tianjin is known as the Ford of Heaven. It lies on the downstream of nine rivers with crisscross river courses and is given the name Water City in Northern China. The 72km Haihe River or Hai River, is a major waterway that flows through Beijing and Tianjin before emptying into the Yellow Sea at The Bohai Bay in Tanggu, Binhai District, in Tianjin. In Tianjin, Haihe River runs through the heart of the city, forming a tourist line along its banks.

After the redevelopment of Tianjin, Haihe River has been spruced up as a sightseeing and business belt. Cruising on Haihe River gives you a chance to enjoy the splendid views on either side of the river lined with historic buildings and modern high-rises.

The Haihe Sightseeing Tour relies on the comprehensive development of the Haihe River, which inherits the urban culture, embodies the style of Tianjin, and displays the prosperity of the city. It has gradually become a symbolic window for Tianjin, since it showcases tourist attractions and displays the urban landscape in Tianjin. It has won unanimous recognition and high praise from majority of tourists.

Tianjin Jinlv Haihe Pleasure Boat Co., Ltd. is part of the Tianjin Tourism Group and was established in July, 2009. It is the first NEEQ-listed company in cruise sightseeing commercial transportation in the north of China.

The company has more than 20 high-end cruise ships running daily on three different routes including the Haihe River and the sea. It has attracted more than 4.4 million domestic and foreign tourists.

The company has also launched a variety of customized services such as business events and wedding celebrations to provide tourists with more choices and satisfy different levels of consumer demand.

The three terminals in operation for the three cruise routes are:

ANCIENT CULTURAL STREET TERMINAL:

文化街码头，古文化街码头：
南开区张自忠路古文化街亲水平台左转200米处，近狮子林桥

Daytime Boating Time: 09:00 – 16:30

Night Boating Time: 19:30 – 20:30

ITALIAN QUARTER TERMINAL:

意风区码头：河北区北安桥下音乐公园旁

Daytime Boarding Time: 09:30 – 15:30

Night Boating Time: 19:30 – 20:30

TIANJIN RAILWAY STATION TERMINAL:

天津站码头，天津站码头：
天津火车站前广场内，解放桥旁

Daytime Boating Time: 10:00 – 16:00

Night Boating Time: 19:30 – 20:30

Daytime Boating Ticket Price: CNY80 per Person

Night Boating Ticket Price: CNY100 per Person

HAIHE RIVER LANDSCAPE TOUR

On the cruise, travelers get to see thirteen scenes of the Haihe River and both the remains of old Tianjin and the skylines of new Tianjin, disembarking into the four major scenic spots in Tianjin.

Service content: Boat tour along the Haihe River with vocal introduction

Tour line: The Eye of Tianjin - Jiefangq Bridge

Price: ¥80/adult, child under 1.2m ¥10/person, 1.2m-1.4m child ¥40/person

Full-time students and senior citizens over 65 enjoy 20% discount with valid certificates



HAIHE NIGHT TOUR

Service content: Boat tour along the Haihe River at night with vocal introduction

Tour line: The Eye of Tianjin - Jiefang Bridge

Full-time students and senior citizens over 65 enjoy 20% discount with valid certificates



HAIHE RIVER LANDSCAPE TOUR

On the cruise, travelers get to see thirteen scenes of the Haihe River and both the remains of old Tianjin and the skylines of new Tianjin, disembarking into the four major scenic spots in Tianjin.

Service content: Boat tour along the Haihe River with vocal introduction

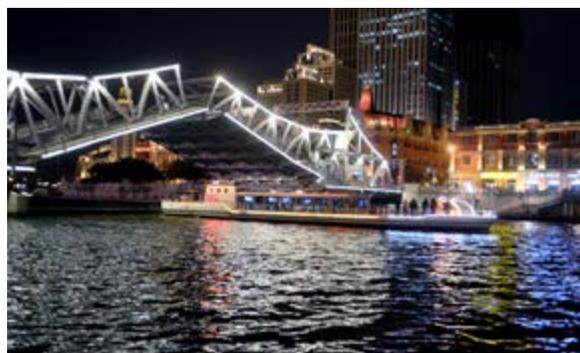
Tour line: The Eye of Tianjin - Jiefangq Bridge

Price: ¥80/adult, child under 1.2m ¥10/person, 1.2m-1.4m child ¥40/person

Full-time students and senior citizens over 65 enjoy 20% discount with valid certificates

HAIHE RIVER CRUISE

Route	Tianjin Eye to Jiefang Bridge (50 minutes round-trip)			
Pier		Ancient Culture Street Pier		Tianjin Station Pier
Schedule	March, April, and November	09:00; 10:30; 13:30; 15:00; 16:30	09:30; 11:00; 14:00; 15:30	10:00; 11:30; 14:30; 16:00
	May to October	09:00; 10:00; 11:00; 13:00; 15:00; 16:00		
Cruise Feature	Enjoy a cruise with a tour guide and view 8 bridges and 10 attractions on or around Haihe River.			
Ticket Price	80 Yuan per adult; Free for children who are shorter than 1.2 meters; 40 Yuan for children who are between 1.2 and 1.4 meters. 120 Yuan per visitor for the Ferris wheel ride			



HAIHE RIVER AND BOHAI SEA ONE-DAY TRIP

Route	Sluice No.2, Baocheng Stone Park Meal (inside), Dagu Fort, and Tianjin Port	
Pier	Tianjin Station Pier	
Ship Names	March to April	Jinxiang and Yinjian
	May to October	Jinlong and Jinxiang
Cruise Feature	Include tickets to all attraction along the trip, Haihe River Cruise ticket, land and sea transportation, lunch, and tour guide service.	
Ticket Price	198 Yuan per customer; 100 Yuan per child who is less than 1.4 meters.	

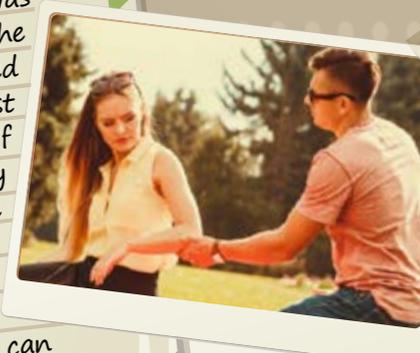
HAIHE RIVER NIGHT CRUISE

Route	Tianjin Eye to Jiefang Bridge (50 minutes round-trip)			
Pier		Ancient Culture Street Pier		Tianjin Station Pier
Schedule	April 15 th to April 30 th , and November	09:30	09:30	20:00
	May to October	19:30; 20:30	19:30; 20:30	19:30; 20:00
Cruise Feature	Enjoy a night cruise on Haihe River with a tour guide.			
Ticket Price	100 Yuan per adult; Free for children who are shorter 1.2 meters; 50 Yuan for children who are between 1.2 and 1.4 meters. 120 Yuan per person for the Ferris wheel ride.			

Dear Experts,

I have had a crush on my sister's friend from high school. When I finally gathered the courage to tell her, it seemed like it was not such a bad idea after all. We got together and it was the best period for me ever. We did everything together, remained the best of friends even during the relationship. It was almost envious for our friends. But then I made a big error of judgment and became a little disloyal in my relationship. My girlfriend and crush for many years found out my mistake and broke up with me immediately, stating that she could not trust me anymore. I have tried to explain to her many a times and told her how sorry I was about the whole thing, but she would not listen. That is quite normal and I can accept it. But I badly need to get back together with her and I am pretty sure the mistake on my part will not be repeated. I don't know how I can make her believe this, but I am desperate and need her with me.

Ryan



Angela says:

The idea is simple here. It took you years to gain her trust and one day to break it. If you have let her down once, I am pretty sure she will not be willing to trust you anytime soon. And I don't blame her for it. Trust and loyalty are the most important things in any relationship. Chances are low that you will be able to get her trust back again. I would suggest you take some time and move on from there. That will be the best for you, your girlfriend and the group of friends you hang out with. If you want to still persist with this, you would have to wait for quite some time before you can approach her about these things again.



Daemon says:

This is indeed a pretty messed up situation. I can understand what your girlfriend is going through. She found her comfort zone in you and that got a little distorted. Now, she refuses to trust you. But if it really means that much to you, hold on to whatever is left in the relationship/friendship and work on it. It will take quite some effort. You would need to start from scratch and get her comfortable with you and win her trust. Once that happens, you can slowly convince her to be with you again!



如果你对自己挚爱的人犯了一个对二人关系带来巨大伤害的错误，此时的你该如何挽回对方的心和信任呢？本期读者需要寻求一个挽回自己女友的方法，他在犯错后清醒地意识到自己的女友才是最重要的。但在一段即将濒临崩溃的关系中，一方可能无法容忍另一方的背叛行为。我们的专家鼓励他遵从内心，努力修复这段关系。这其中最重要的就是让女友重新树立对自己的信任。这一点并不容易。近年我们可以看到很多告白类的节目在电台播出，帮助人们完成对他人的告白。有不少人在这个舞台上鼓起勇气收获了真爱，也有一些人是来这里寻求原谅和解脱的。从结果来看，并不是每一次道歉都能换来原谅：有人黯然离场，有人虽然被原谅但仍要在未来的人生中经受考验，毕竟道歉需要付出真诚的行动和对自身严格的自省。故此我们也希望所有人能明白，在犯错之前，最好想一想你要付出的代价是什么。并不是每个人都能幸运地挽回自己的真爱。有时候一失足成千古恨，为自己的所作所为付出巨大代价，失去挚爱的人，真的是得不偿失的。



Charity Summer Fair

AT WELLINGTON COLLEGE INTERNATIONAL TIANJIN

By Natasha J

天津作为北方最大的沿海城市以及世界上人口数量名列前茅的大都市，数年来吸引了无数国内外人才到天津工作、安家，其中也不乏许多外籍人士。随着天津的开放与发展，进驻天津地区的国际学校也越来越多，这些教学品质与教育创新双优的学校为在天津地区生活的外籍家庭提供了教育便利的同时，更给本地天津的家长带来了丰富多样的选择。不同的文化与教育理念在此碰撞，为这片神奇的土地培养出了一代又一代兼具新思想和创造力的青少年。天津惠灵顿学校正是其中之一。

作为在天津地区知名的国际学校，天津惠灵顿学校在学生和家长群体中有着广泛的影响力。学校不仅注重教学质量，更注重学生多种能力的拓展，校内每年都会举办大量有助于提升学生能力和拉近孩子与家长关系的多彩活动。今年5月份，天津惠灵顿学校夏日慈善嘉年华活动盛大开启。夏日慈善嘉年华面向整个惠灵顿社群以及整个天津地区开放。本届嘉年华不仅是学校面向当地和国际社区举办的最大型社会活动，同时也是天津地区一年一度最受欢迎的国际社群活动之一。每年都有上千人来到天津惠灵顿学校参加此盛事。

本次活动设置了近一百个摊位，吸引了超过2500人加入其中。活动还照顾到了各个年龄层的不同喜好，为每个年龄段的人提供了多样的游戏和活动，包括各类食品饮料，以及舞台表演和抽奖等活动环节。宾客们在此享受着美好的夏日阳光、丰富的摊位和主题活动，以及令人难忘的音乐艺术演出。可以说，你能想到的美酒、美食，吃的、看的、玩的，这里应有尽有。

《津卫商务》与《津品生活》携冈冈面包、泰享阁(泰式按摩)、米兰酒业、硬石餐厅、乐可贝烘焙店共同参与了本次活动，与大家分享美食、健康与快乐。

面向孩子们的活动是最精彩的部分。孩子们在活动中可以亲自体验DIY领带、染色T恤、临时纹身、临时染发、制作工艺。更惊险刺激的是在木马上尝试打马球。节目演出则从上午11点开始，直到下午3点方才结束；本次共有30个节目，种类包括歌曲、舞蹈、瑜伽、说唱、器乐演出。

今年夏日嘉年华的主题是“尊重环境”。和往年一样，学校依旧筹集善款捐赠给由学生们共同选出的慈善机构。活动中更有许多小朋友愿意为了自闭症孩子们献上自己的爱心。

协办本次活动的学校相关管理部门对嘉年华做了认真积极的筹备工作，确保所有学生及来宾可以在安全友好的环境中享受本次夏日慈善嘉年华带给自己的乐趣。一天的活动结束后，无论是学生、家长还是访客，都带着从嘉年华中收获的满足的笑容和愉快的心情回家了。而惠灵顿学校未来仍将有更多精彩活动，值得你的期待。



As a coastal metropolis in Northern China and one of the most populous cities in the world, it is but natural that Tianjin plays host to huge and diverse events. Tianjin is a vibrant cultural landscape combined with a cosmopolitan outlook and draws hundreds and thousands of visitors. A population of over 15 million, including a large number of students and youngsters, means there are plenty of creative minds to help conceive such events.

One of the most popular and awaited annual international events in Tianjin is Wellington College International Tianjin's Charity Summer Fair. It is the school's largest family and community event for both local as also international communities. Tianjin is known for its hectic lifestyle and long working hours, so this fair is a much-needed escape for the community.

This year's fair was held on Saturday, 19th May, 2018. It was a great half term event for those with children. The Summer Fair is the highlight of the Summer Term at Wellington College International Tianjin. An earnest effort was made by the management to ensure that all attendees and vendors had fun in a safe and friendly environment. It offered a wide range of games and activities for all ages, international

and local food and drinks, as well as a variety of on-stage performances, a Grand Prize Draw and so much more. This exciting event attracted more than 2,500 people and was a wonderful way to share the joy of art with friends and family.

Wellington College International Tianjin intends to create well-rounded individuals and inculcates strong values in its students. Therefore, the



management's initiation in creating a fundraising event through the profits of the fair sends a powerful message to the students. Proceeds from the summer fair will support the school's nominated local charity: Ru Hui Rehabilitation Centre – in helping autistic children and their families here in Tianjin. The event is coordinated and overseen by the school management and teachers and supported by a wide range of businesses and enterprises operating in the NE China area.

We at Business Tianjin and Tianjin Plus fully support such charitable causes and believe in "paying it forward". The other gold sponsors were: U-Tour, Raffles Medical, Orange Dental for Kids, Zippiteedoo's, The Little Gym, Arrail Dental, Loong Swim Club, Creater-Edu and Jin. The bronze sponsors were: Kokua, Cheers Wine and JLL.

A total of nearly 100 stalls were set up in the sports field for community groups, and food vendors that participated in the Annual Summer fair. Business

Tianjin and Tianjin Plus set up shop at stall 13 along with our partners: Milan Wines, Le Crobag, Always Thai Massage, Gang Gang Bread & Wine and Hard Rock Café, Tianjin.

Food Court on one of the four running tracks comprised of 19 kiosks selling an assortment of food items. Options ranged from grilled meats, fish and chips, sweet items to drinks such as wine, beer and even a science corner selling ice cream and drinks inspired by science experiments. It was set up by Wellington teachers to entertain and inspire the next generation of scientists and creative artists. Aim of the stall was to help students understand the role of science in food. The sports hall had activities for little kids with two bouncing castles and kindergarten games. Parents conducted fun activities and games at the football pitch along with the Wellington teachers. Some of them were stilt walking, sponging the teacher and mini golf.





Metropolitan Polo Club brought with them wooden polo practice horses and other gears to entertain kids and bring out the adventurous side of them. A Bicycle play took place in the Basketball Court and more exciting and interactive activities similar to a summer camp were coordinated in the tennis courts by Ivy League Campus.

Students were more than happy to splurge their tokens bought by parents on knickknacks, face painting, DIY tie and dye t-shirts, temporary tattoos and hair colour, jewellery, craft activities and various games in hopes of winning numerous prizes. Parents on the other hand were very content to watch their kids roam about in a safe environment while they treated themselves to a beer or other food and drinks.

The main-stage events were mainly staged by the students of Wellington College International Tianjin. There was one dance medley performance by the staff of Wellington College International Tianjin. The performances began at 11 am and continued till the end of the event at 3 pm. There were more than 30 acts that included songs, dances, yoga performances, rap and instrumental enactments performed in groups or even solo by the very confident lot.



The lucky ones took home classy gifts which they received from the charity raffle. The prizes were as follows:

GOLD WINNERS

Business Tianjin and Tianjin Plus Magazines:

x5 Imported Wine

Kerry Kidz, Zippiteedoo:

x5 20- Person Party Voucher (15,000 RMB)

The little gym:

x4 Half year membership card (32,800 RMB)

Orange Dental:

x3 Orange child care (4320 RMB),

x10 Fluorine treatment (4500RMB)

x10 Child teeth cleaning (4990RMB)

x10 Adult teeth cleaning (49900 RMB)

UTour travel agency:

Phuket 5 nights/6 days (8000RMB)

x2 suitcase (960RMB)

Creater-Edu:

12-session + lego competition (7188 RMB),

24-session + lego Competition (14,376 RMB),

48-session + lego competition (17,280RMB)

Arrail Dental:

x20 Oral Health check (5200 RMB),

x10 Pre-paid Card (3,000RMB),

x10 Teeth Cleaning Card (7600 RMB)

Loong Swimclub:

x30 3-session Card (38,400RMB)

NASCA Group:

x5 Kids Street Dance Season Card (15,995RMB)

BRONZE WINNERS

Cheers Wine:

x42 Konigsmosel Riesling wine (4,116RMB),

x3 Konigsmosel Riesling Wine 6 bottles (1764RMB)

Kokua: x10 Time card (6000RMB)

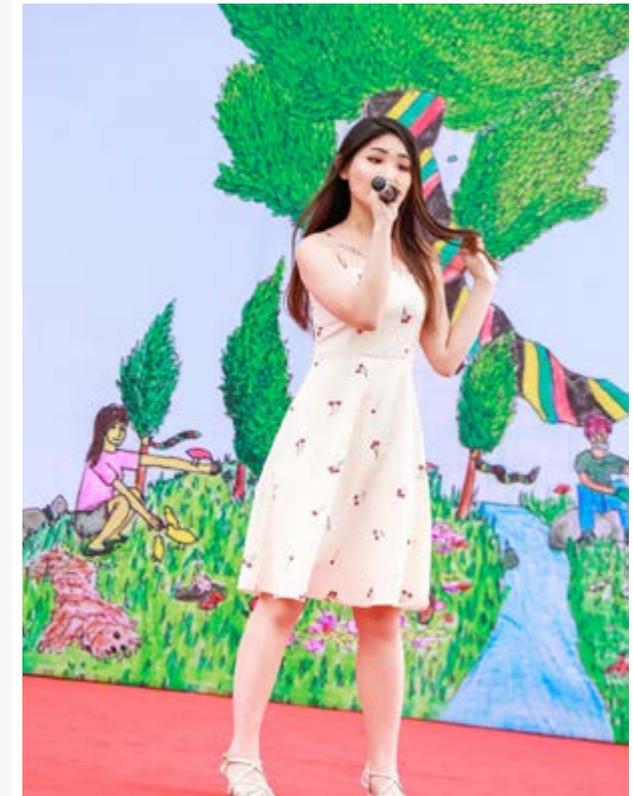
MISC SPONSORS

Pan Pacific Hotel:

x3 Two-person Evening buffet (1,368RMB)

Fish & Potato Co.: (1000 RMB)

All in all it was a very exciting and fun filled day, especially for children and parents and of course the visitors also enjoyed themselves very much.



KID'S PARADISE!

By Ellen Morris

“二胎”放开后，不少宝妈甚至宝爸就成为了全职带娃的爸爸妈妈，如何让孩子在娱乐中拓展自身能力，发展身心健康，是各位宝妈宝爸们每日关注的问题。周末这个家庭宝贵的休息日更是要让孩子玩得开心，玩得“有品质”。本期我们就来一起和爸妈们盘点一下北京的儿童游乐好去处！

滑梯、海洋球、“绳索桥”……孩子喜欢的室内玩具你几乎都可以在北京工体翻斗乐找到。这里是一个集娱乐、教育、健康、休闲为一体的大型室内儿童教育娱乐中心，孩子们在这里能得到体能、智能、情感、社交、表演等多方面的锻炼，并能让孩子充分发挥各方面的机能及潜力。同时工体翻斗乐还提供为幼儿园、学校举办特别策划的毕业典礼、亲子节日派对、运动会、新年、圣诞晚会、集体生日会、外出郊游拓展等大型活动。

希望孩子了解科学技术、增长知识的家长可以带自己的宝贝去中国科学技术馆。技术馆的新馆位于朝阳区北辰东路5号，设有“科学乐园”、“华夏之光”、“探索与发现”、“科技与生活”、“挑战与未来”五大主题展厅以及公共空间展示区、球幕影院、巨幕影院、动感影院、4D影院等4个特效影院，其中球幕影院兼具穹幕电影放映和天象演示两种功能。中国科技馆于2017年12月入选教育部第一批全国中小学研学实践教育基地名单。这里的主要教育形式为展览教育，通过科学性、知识性、趣味性相结合的展览内容和参与互动的形式，反映科学原理及技术应用，鼓励公众动手探索实践，不仅普及科学知识，而且注重培养观众的科学思想、科学方法和科学精神。

陪伴一代人成长的石景山公园摩天轮见证了北京近30年的飞速发展，这座29岁的北京首座摩天轮于2015年5月1日起正式停运。不过幸运的是，老摩天轮停运拆除后，将会新建一座更大的摩天轮成为北京新地标。石景山公园也在新旧更替中继续在孩子中间焕发着它不息的生机。园内新建成的“幻想世界”和“冒险世界”两大主题娱乐区占地10万平方米，新增的侏罗纪探险、飓风、金刚魔轮等多个主题娱乐项目将带给孩子们全新的娱乐体验。

除此外，世界公园，国贸溜冰场以及麋鹿公园都是北京孩子的“心头好”。还不知道该带孩子去哪里玩耍的家长，赶快带上自己的宝贝去愉快地过一个开心的周末吧！

Fundazzle

This cavernous, indoor playground has a huge two-story jungle gym, trampolines and a toddler area with small cars, swings, seesaws, toy houses and so on. On weekends, counsellors put on shows, lead the kids in song and dance, and teach arts and crafts.

RMB 50 per child (weekend or weekday), three-hour limit;
RMB 15 per adult (weekends), free on weekdays;

Address: Gongti Nanlu, Chaoyang District



AA Place Lego

More than 60 years after it was founded, Lego has kept up its popularity among people of all ages. Head to the Lego store and pick up a classic set of building blocks, or special sets like Star Wars, and enjoy putting them together as a family. While Lego stores can be found all around Beijing, Parkview Green's location is a favourite due to its interactive play area.



Shijingshan Amusement Park

It is the oldest, and the largest, amusement park in Beijing that entertains visitors, especially kids with thrilling facilities and distinctive activities. It combines fun rides, outlandish buildings, gardens, and entertainment, and it features faux Disney characters. Your family wouldn't have to travel all the way to Hong Kong or Shanghai to have fun with Mickey Mouse.

Address: 25 Shijingshan Lu, Shijingshan District, Beijing
Opening Hours: Summer 8:30am-5:30pm; Winter 9am-5pm



Le Cool

If you want to squeeze in a skating lesson between shopping trips, head to the China World Shopping Centre's indoor rink. Le Cool's 14 coaches run lessons following Ice Skating Institute (ISI) training courses. RMB 30-50 for 1.5 hours (skate rental included), RMB 100 for a 40-minute private lesson.



China Science and Technology Museum

Enormous not only in size, but also in educational fun, China Science and Technology Museum will satisfy the thinker in children and adults alike. You can easily spend an afternoon walking through four themed floors and nine different galleries. Containing countless hands-on exhibits and displays, the museum provides children with a healthy mix of information and entertainment that will leave them wanting to learn more. If your kids still have energy, check out Science Paradise, the massive play centre on the first floor. Tickets can be purchased outside the west entrance. Designed for children 3 to 10 years old, the centre includes a main jungle gym playground surrounded by different science themed obstacle courses.



Milu Park

The land around Milu Park was once an imperial hunting ground. Now it serves the opposite purpose: to preserve the nearly extinct milu – a hulky indigenous deer. Also known as Père David's deer, this species was wiped out from China around 1900. Luckily, an eccentric English aristocrat had spirited a few to his Bedfordshire estate in the 19th century and, in 1985, their descendants were reintroduced in this park.



Beijing World Park



Is time too short for an around-the-world trip? Beijing has a park that can give you a glimpse of all the world famous landmarks — in miniature. The park has 100 world-famous man-made and natural attractions from nearly 50 countries throughout the world. If China wasn't on the top of the list for the kids, take them to Beijing World Park to see their hoped-for destination in miniature.

Address: Dabao Village, Huangxiang Town, southwestern Fengtai District

Splash Recreation Club

This long-running hotel swim club is a favourite with many Beijing families. Based out of CITIC Hotel Beijing Airport, the Splash Recreation Club is open to outside guests, and grants access to the hotel's indoor and outdoor pools, a poolside bar, and a restaurant. The admission price includes towels and a locker. RMB 100 for adults, RMB 50 for kids over 1m, free for kids under 1m.



10 Mountains

You Should Climb in China

来中国不得不去的十大名山

By Evelyn Rubenstein

我国地域辽阔，说到名山简直枚不胜举。有以奇峰怪石著名的黄山，以峻险出名的华山，历史悠久的泰山，多宗教融合的庐山，佛教文化与名茶、武术文化结合的峨眉山，此外，世界最高峰珠穆朗玛峰也在我国境内。今天就让我们一起来探索这些俊秀山川，共享祖国山河壮美。

张家界景区闻名中外，其中天子山更是本地土家族心目中“神山”一般的存在。天子山的风光，用一句话说概括，就是“原始风光自然美”。她的景观、景点都是天造地设，全无人工雕琢痕迹。

江西多山多水，地貌丰富。著名三教名山武夷山就位于江西与福建西北部两省交界处，是我国著名的风景名胜区和避暑胜地。

常听人言：“五岳归来不看山，黄山归来不看岳”。的确，黄山之奇险峻美实数“天下无双”。黄山之奇险峻美实数“天下无双”。代表景观有“四绝三瀑”，四绝为奇松、怪石、云海、温泉，三瀑为人字瀑、百丈泉、九龙瀑。黄山迎客松是安徽人民热情友好的象征，承载着拥抱世界的东方礼仪文化。

再来看看“新三山”中的庐山。庐山风景秀丽，素有“匡庐奇秀甲天下”之美誉。它不同于其他名山的特点在于文化内涵深厚。此处集教育名山、文化名山、宗教名山、政治名山于一身。

更多关于十大必登名山的介绍，敬请阅读下文。

Reaching the top of Tianzi mountain will give visitors a stunning view of the Wulingyuan Scenic Area. Unique rock formations dotting various peaks are the highlight of Tianzi Mountain and it offers colorful scenery for each changing season.



01 Tianzi Mountain

One of the most beautiful sceneries in southeastern China, Wuyi Mountain boasts an abundance of flora and fauna. The best time to visit this mountain is during warm sunny days. Tianyue peak is a recommended must-see spot.



02 Wuyi Mountain

Mount Wutai or Mount Qingliang is home to some of China's prominent temples and monasteries. It comprises of five peaks which is associated with cardinal directions. Each peak has its own temple and monastery.



03 Mount Wutai

Situated in Anhui province, Huangshan prides itself on its scenery, especially its spectacular sunrise. There are three popular peaks: Lotus peak, Bright peak and Celestial peak. This mountain is commonly visited by tourists and climbers.



04 The Yellow Mountains

For over 3,000 years Mount Tai has served as a place of worship. Buddhist and Taoist monasteries and temples are situated in the mountain. Mount Tai's imperial history renders this mountain a different hiking experience.



05 Mount Tai

With steep paths, and globally recognized as one of the most dangerous hikes in the world, Mount Huashan is only for the brave hearts. The “plank walk” is the most visited and is not recommended for those who are afraid of heights.



07 Mount Huashan

In Jiangxi province Central China, Mount Lu is one of the most renowned mountains in the country. Its highest peak is Dahanyang peak. There are many peaks in the area, most of them steep, and the summits are usually enveloped in a sea of clouds.



09 Mount Lu

The challenging Mount Emei in Sichuan Province is a favorite among mountain climbers and tourists. Some of the mountain's hiking trails are narrow and some are steep, stone-paved pathways have been built for easy hiking.



06 Mount Emei

Henan province is home to one of the Five Great Mountains of China — Mount Song. With a summit of 1,500 meters above sea level, Mount Song has 72 peaks in total. It is also known as one of the most sacred Taoist mountains in China.



08 Mount Song

Northeast of Jiangxi province lies the renowned Taoist sacred mountain, Sanqingshan. Its three main summits, Yujing, Yushui, and Yuhua are believed to represent the Taoist trinity. The highest peak is Yujing hill with a height of around 1,819 meters.



10 Mount Sanqing

Zii MEXICAN FOOD

舌尖上的墨西哥

By Natasha J.

过去我们在“餐饮”栏目中介绍过多种美食：正宗中餐、西餐以及各式各样的中国美食，今天给大家带来的是带有北美风情，散发着玉米片香味以及墨西哥大草帽热情的墨西哥菜！

Zii Mexican Food制作纯正地道的墨西哥美食，我们的美食探索之旅也正是从这家夫妻店开始的，Byron和Joanna共同经营着这家墨西哥餐厅。我们知道身为中美洲文明古国的墨西哥，曾被西班牙统治过，并受到古印地安文化的影响，因此墨西哥料理味道比较重、咸，多以辣椒和番茄做主打，味道有甜、辣和酸等，辨识度很高；常配合玉米饼、墨西哥饼等食用，极具特色。墨西哥料理有三大必备元素：玉米、豆、辣椒。从这三大元素，墨西哥料理又衍生出许多副食品，如Tortilla、Taco、Nacho、Burrito等。除了Taco等基本的墨西哥食物，Zii Mexican Food甚至制作出了自己的Longaniza，这是一种墨西哥香肠，完美融合了香料和不同的肉类。同时几乎每道菜都配有某种蔬菜或豆类，没有过度加工也没有油炸食品，非常健康。

Burrito是墨西哥料理中最常见的菜色之一，外型卷的圆圆的，通常份量量大。主要是以面粉薄饼去包裹肉类、墨西哥饭、碎蔬菜、豆泥、酱料、酸奶等配料，当然里面所包的东西你都可以依喜好做选择。Zii Mexican Food制作的Burrito de Tradicional加入了腌制猪肉，配以鳄梨酱、奶酪、豆类 and 香菜，肉质丰富，多汁美味。

在品尝墨西哥菜时，你体验到的不仅仅是美味，更是其背后热情友好的墨西哥文化。这融汇了厨师心血、热情和文化的食物，在Zii Mexican Food都能找到。饭店菜单上的价格也非常合理，从20元到40元不等。那么有没有推荐菜呢？我们推荐您多进行几次尝试，毕竟，每一盘墨西哥美食，都有它独特的魅力。

We are usually hesitant to just throw the word "best" or "authentic" on anything as it is all so subjective and may seem audacious. But I have to say Zii Mexican Food is just that. I guarantee that what we share will make you hungry, so read on and prepare to go get tacos.

This was no cookie cutter Latin experience based on American eating or something churned out by a marketing department. Mexican culture is one that puts a priority on family and community meals. It is fitting that they would seek to create businesses based around those values. It also explains why dining feels as if you are in someone's personal kitchen. It is this exact openness and friendliness that we love about Mexican eating.



As we spoke with Byron who is from Mexico and Joanna, the husband and wife team behind Zii Mexican Food, one thing became obvious. Their food! They only put things on the menu that they like and recipes that they truly believe in. They promise to deliver a tour of tacos and burritos with a spicy integrity. Another example of their own tastes showing up is the spice. They import all spices and Byron makes his sauces and cheese from scratch. He even makes his own Longaniza,

a Mexican sausage with a perfect blend of spice and different cuts of meat. The food is always well-seasoned, especially the meat. Almost every dish has some sort of vegetable/bean presence (think chilis, tomatoes, radish, onion, garlic, lettuce, cilantro). There are no highly processed and fried foods. The restaurant is operated by proud, hardworking folks and the food goes amazingly well with beer. They are very much faithful to the Mexican roots.

You will be overwhelmed by the bounty of taco choices. The fresh, supple, and steamy tortilla makes for an amazing taco. The salsas are the final piece that put the tacos over the edge. Byron likes it hot and was excited to share three different salsas with us. A deeply rich and smoky salsa is among the best.

While the Pozole cooled, we picked at the tacos, taking in the extreme variety in offerings: lengua, longaniza, pastor, de pollo, carnitas, de bistec, to name a few. The al pastor is interesting almost without exception. This pastor was a chopped, marinated, grilled pork with plenty of sauce. It had the expected great tang from pineapple and a heap of coriander to balance the smokiness.

The homemade longaniza was absolutely outstanding. It was obvious that this was one of their signature meats. Put it on a freshly homemade tortilla and add a bit of their homemade smoky salsa and you have found something worth searching for. What's more, it also comes in Burrito form. We were absolutely blown away by this. It was so simple, but genius. You take that smoke and meat and balance it with sweet, creamy, spicy and tart salsa. Sold! To accentuate that genuine taqueria feel, they serve up their homemade tacos on the one-time use plates.

The Burrito de Tradicional is marinated and shredded pork served with a hearty portion of guacamole, cheese, beans and coriander. The meat is generously spiced, rich, juicy and tender. It is a must-try in

my opinion, especially with their selection of salsas.

The Enchiladas de Mole was definitely a highlight - it is a true reflection of Mexico, because it is made with such diverse Mexican chilis. As a matter of fact, all the chicken was as they have something special going on with their chicken. It is perfectly moist and savoury with a hint of smoke. Enchiladas are made of chicken wrapped in corn tortillas, topped with sauce and covered with cheese, sour cream and onion. The Mole sauce is a unique Mexican sauce made from spices, chili and Abuelita's cocoa.

Also tugging at us was the tostadas. This dish was a diversity of flavours and textures. The crunchy corn tortilla against the tender chicken, a top layer of lettuce, sour cream and cheese was phenomenal.

Zii Mexican Food is a perfect combination of extremely welcoming and friendly folks, handmade and well-prepared food and excellent value. The prices on the menu are very reasonable ranging from 20 to 40 RMB. As for the food and our recommendation, it really is not something you can take in all in one trip. It took us multiple visits to get into other realms, like soup, enchiladas, quesadillas, burritos and so much more!

Byron and his wife are constantly working on additional items and will soon be relocating from their current location to a trendier joint to accommodate all the Tianjiners that keep coming back for more!



The straw bag has come a full circle and is now back in fashion stronger than ever. Over the last couple of years, we've seen designers and mass-market brands promote this accessory in delicate summer outfits. But there's no denying that 2017 marks the big comeback of Jane Birkin's favorite bag. Straw-bags are a 70s classic French-country touch which you can add to any look and feel like its summer. This retro holiday accessory is a must during the hot season. You can also wear it for New Year's Eve if you're traveling to an exotic country and have a little bit of romantic fashion fun.

STRAW-BAG TREND IS HAVING A BIG COMEBACK

By Elisabeth Galbraith

2018年夏季的包包流行趋势是什么？答案必须是：草编包。各大品牌都相继推出了草编包新品，连近几季越来越酷的品牌Miu Miu也为各位爱美女士准备了好几只。草编包在国外的时尚博主中间甚是流行，可谓是配饰中的女王。1970年代时尚icon、爱马仕灵感“缪斯”Jane Birkin曾有过一只很喜欢的“菜篮子”，外出、约会、派对都要带着它。即使是普通女孩，只要在大大的草编包上扎上一条鲜艳的丝巾，带上墨镜，穿上你心爱的裙子，走出家门，踏入六月的初夏暖阳中，你自己就是那法国电影里走出来的度假女郎。

夏季流行的草编包是指那些用稻草或者竹子编织而成的包包，它有种种令你任何的穿搭变得chic的魔力。草编包的搭配风格非常多样——如果你对白衬衫有特别的喜好，最好用一件民族风的白色衬衫搭配草编包，下穿浅蓝色牛仔裤，自然而不失时尚。草编包非常适合和飘逸感的裙子搭配，无论是长款的碎花裙，还是优雅的阔白裙，都能让你的穿搭充满浪漫气息。如果你偏爱田园风裙子，那么一件印花连衣裙再配一双芭蕾舞平底鞋，再挎上你心爱的草编包，浓郁的复古美感瞬间呼之欲出，简直完美。用牛仔衬衫搭配格纹阔白裙，在白色草编包的映衬下也特别优雅。T恤衫同样可以搭配草编包，此时颈部再加一条彩色丝巾作为点缀，你就是人群中那个亮眼的“她”。草编包材质天然环保，比真皮对自然的掠夺性小很多。这样既环保又不失时尚的今夏必备包包，要不要来一款？

草编包席卷今夏潮流



The Straw Bag, Mother Earth's Friend

Straw is an ecofriendly material which you can see on a lot of other accessories besides bags. Think hats, backpacks, jewelry, belts and even sandals made from this dried stalk of grain. It's versatile, nature friendly and easy to style, especially if you want to feel comfy and not fuss over a vacation outfit.

Perfect for the beach, this vintage accessory will soon become a staple in any wardrobe. What's more, it ages with grace and it can even become an heirloom for future family generations.

If it gets stained, you can wash it in the shower and let it dry in the sun or in the light. Or if you can't get the stain out, take it to a specialist and they will colour it for you in a funky shade.

If you're a fan of the DIY-style projects and are craft driven, you can dye it yourself with other natural products. Think of henna, green or black tea and even berries or beet root. This year it's all about going back to nature, and to simple things.



How to Style the Straw-Bag

With this springy-summery accessory you can add colours to any daily outfit. Although a lot of women think this piece is too casual for work, you can wear it shopping during the weekend or on holidays. The adorable basket bag can be a bit kitschy, but you can find a lot of cute alternatives to stack books or even food for an early autumn picnic in the park.

Of course, don't think that you can't wear this bag to office even if you work in a more formal environment. Make it your second bag and carry your lunch in it with Anna dello Russo's attitude. And don't think that because there are easy-on-the-wallet alternatives, there aren't some high-class glamorous ones too. Big luxury labels like Chanel offer quite a lot of versions.

When it comes to the rest of your look, it's best to style the straw bag with an ethnic white blouse, light blue jeans and some platforms. Another lady-like alternative would be a flower-printed dress with ballet flats. You can upgrade your early fall look by getting inspiration from



Parisian ladies By wearing a white t-shirt, a powdery pink skirt, white sneakers, a camel coat and a colorful silk scarf around your neck or even on your head, you will have acquired a perfectly matching look.

If you want to be authentic with this youthful trend, go and buy a classic picnic straw basket. It comes in many different sizes, perfect for day ensembles. Then come the glamorous models which are mini versions of a straw box - they are square and have more structure. And last, but definitely not least, are beach models which are round and loose. For evening friendly looks, there are also woven clutches with pom-pom touches or precious bedazzlement. This fall, have a little summer with you all the time!





Need
-To-
Know

Top 5 Skincare Ingredients

护肤5步曲

Sunscreen

If you think sunscreens do not have any role in improving your skin health, her proof you need to reconsider your thought! It is the first line of defense that proteo your skin from harmful UV rays responsible for premature ageing and skin cancer you don't like the sticky texture of sunscreen on your skin, you can definitely opt i sunscreen based foundations and mix it with an invisible sheer sunscreen milk or g That will keep you away from looking chalky. We recommend **EltaMD Skincare UV Clear Broad-Spectrum SPF 46** or **Julep's No Excuses Invisible Sunscreen Gel** th have high levels of SPF and are gel based to give you that matte look. Wear the with your regular makeup, without fretting about looking streaky or ashy that usua happens in case of traditional sunscreens.



夏季马上就要来临，护肤又成了各位美眉们必须面对的问题，防晒当然护肤步骤的重中之重。一些美妆博主常常这样一句话概括防晒的重要性：“不谈防晒，就不要和我谈什么护肤”。那么防晒是不是我们隔三差五出门的时候涂一点防晒霜就可以了呢？No。根据一位美国著名皮肤科医生在书中所写到的，每天防晒是非常必要的，即使日常涂15倍的防晒，也比偶尔出门的时候用一次高倍数的防晒产品更有效。我们知道防晒产品上有SPF等多种指数，SPF防晒指数是衡量可抵挡的紫外线程度，而PH指数是延缓晒黑时间的长度。在户外最好挑选指数较高的产品，同时补涂防晒霜也是很重要的哦。通常我们认为敷面膜可以改善皮肤状态，增加皮肤营养，但是如果你没有良好的皮肤基础的话，敷再多的面膜也是没有用的。因此，去角质是护肤的一个重要步骤。毛孔堵塞、肤色不均等等，都会成为你皮肤的严重问题，所以在选择磨砂膏或去角质产品时，建议各位美眉们要根据自己的肤质来选择适当的产品。如果你的皮肤偏薄，千万不要用清洁力度或磨砂颗粒过大的产品，另外去角质的霜或膏体一周用1-2次即可，不能多用。

随着年龄的增长，我们的皮肤往往会失去弹性，但是抗氧化剂可以缓解这一问题。抗氧化剂可以从水果中获得，但是这并不能保证这样的营养可以被你完全吸收。所以选用带有抗氧化剂的美容产品可以帮助你预防皮肤老化的早期迹象。除此外，它还可以帮助你淡化斑纹并改善细纹的情况，让你的皮肤看起来更加富有光泽，呈现年轻化状态。

除上述护肤方法外，局部外用的维生素和精油也是改善我们皮肤水平的不错的产品。从植物中提取的天然精油，可以有效抵抗干燥等皮肤问题。

By Anastasia Chapman

Who would not want to have a flawless complexion? In fact, every woman dreams of having that perfect complexion. But, given the hectic lifestyle and crazy food habits that we put ourselves through, it becomes extremely difficult for one to have a proper skincare regime.

The result is early ageing and ten thousand other skin problems that often turn your skin dull and lifeless. Plus, the multitude of beauty products that we are bombarded with by different cosmetic brands makes things even harder for us to figure out the right products for our skin.

So if you are overwhelmed keeping track of the confusing skincare ingredients or looking at upgrading your daily beauty rituals, make sure you include these super-effective skincare items in your newfound beauty plan to get a glowing complexion.

Topical Retinoids

Topical Retinoids form a group including Vitamin A and its many offshoots. Retinol being the most commonly used topical compound is primarily used to treat acne, but can also be used to reduce sun damage and wrinkles. It also has a number of benefits like decrease in pore size, wrinkles and fine lines appearance, increase in collagen production, less acne and pimple attack and a radiant complexion. RoC RETINOL CORREXION Deep Wrinkle Night Cream is a great buy, if you want to go the non-prescription route. Otherwise, it is always wise to consult a dermatologist before buying a retinoid based product to address a n y s p e c i f i c s k i n r e q u i r e m e n t s and problems. As applying Retinols make your skin more sensitive to sunlight, make sure you buy ones that already have SPF in it or else you have to apply and reapply sunscreen throughout the day to avoid skin irritation.



Exfoliator

Pollution, dirt and grime wreaks havoc on our skin. The resultant is clogged pores, uneven skin tone and patchy skin texture. If you want to a smooth and healthy glow on your skin, make sure you exfoliate two to three times a week. For this, you are going to have to need a good exfoliator or facial scrub. Beauty experts recommend using exfoliators on skin on a regular basis to clear away old skin cells while accelerating the production of new skin cells. Dry to combination skin type should exfoliate three to four times a week while sensitive skin type should keep away from scratchy and grainy scrubs and instead go for mild options. Biore Deep Pore Charcoal Cleanser for Oily Skin, Neutrogena Naturals Acne Foaming Scrub and Acure Brilliantly Brightening Facial Scrub are what we recommend for a radiant skin tone.

Oils

The best thing about facial oils is that they are natural multi-taskers made without filler ingredients or water. Plus, there are so many varieties of oils to choose from. When you are applying oil on your face, body or even hair, you can rest assured that you are using 100% pure and effective ingredients to fight dryness everywhere - nails, hair and skin. You can use anything ranging from essentials oils like Lemon essential oil, Carrot Seed essential oil by dōTERRA Essential Oils or go for products that are made with a blend of fruit oils and marine extracts for increased hydration and skin brightening like Clark's Botanicals Intense Radiance Mask which is made with ingredients like mango-shea seed butters, cucumber, jasmine extracts along with avocado oil.

No matter what cosmetic items you use to attain that perfect complexion, the ground rule remains that you need to hydrate your skin and body from within that comes with drinking loads of water every day. On top of that, you can always use skincare products that are produced with organic ingredients to beautify your appearance.



Superfood Skincare

Antioxidants are naturally occurring substances and are the 'Holy Grail' of youthful and baby-like skin! But with age and several other external factors, our skin tends to lose its elasticity, paving way for free radicals in the body. Even though antioxidants can be procured from many food items like citrus fruits, different types of berries and green tea, there is no guarantee that the nutrient will be absorbed entirely by your system. In such scenarios, it is recommended to use beauty products with antioxidant properties that will help in fighting the early signs of ageing.



Mists, creams and serums rich in antioxidants add other benefits too apart from fighting the signs of ageing. Research shows that antioxidants help brighten the skin tone, fade dark spots and improve the appearance of wrinkles and fine lines by stimulating collagen production. Bottom-line, it gives a holistic treatment to keep your face looking flawless. So, the next time you go out shopping for skincare products, pick the ones with Vitamin E and C like PCA Skin's C&E Strength Max or Julep's Love Your Bare Face Hydrating Cleansing Oil.

DIETARY ROLE of MAIN NUTRIENTS



人体主要营养素大盘点

By Murray Bedford

目前, 我们已知有40~45种人体必需的营养素, 其中人体所必需的营养素有蛋白质、脂类、糖类、维生素、水和无机盐(矿物质)、膳食纤维(纤维素)7类。营养素(nutrient)是指食物中可给人体提供能量、构成机体和组织修复以及具有生理调节功能的化学成分。凡是能维持人体健康以及提供生长、发育和劳动所需要的各种物质均称为营养素。所以除了七大营养素外, 其实还包含许多非必需营养素。

在我们的日常生活中, 碳水化合物、脂肪和蛋白质在食品中存在和摄入量较大, 称为宏量营养素或常量营养素。碳水化合物为生命活动提供能源, 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, 与蛋白质、脂肪结合成糖蛋白、糖脂, 组成抗体、酶、激素、细胞膜、神经组织、核糖核酸等具有重要功能的物质。

而维生素和矿物质在平衡膳食中仅需少量, 故称为微量营养素。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。维生素可分两类, 一类为脂溶性维生素, 包括Vit.A、D、E、K, 它们可在体内储存, 不需每日提供; 另一类为水溶性维生素, 包括维生素B族、维生素C等, 这一类需每日从食物提供。它们各司其职, 缺一不可。

矿物质中又分常量元素和微量元素, 常量元素在人体内含量相对较多, 微量元素在人体内含量很少。不能在体内合成, 必须从食物中获得的营养素, 则称为“必需营养素”; 另一部分营养素可以在体内由其他食物成分转换生成, 不一定需要由食物中直接获得, 称为“非必需营养素”。

人们在进食含有这些营养素的食品之后, 机体可进一步利用它们, 并用来制造许多为身体机能活动所必需的其他物质, 如酶和激素等。从营养学和食品科学或食品加工的角度来说, 应尽量保持这些营养素不受破坏。

There are six main nutrients, each of which is found in the food that we eat:

1. CARBOHYDRATES
2. PROTEIN
3. FATS
4. VITAMINS
5. MINERALS
6. WATER

They are sufficient for normal functioning of human organism. Having information about them and knowing how they act will help us to select and maintain a healthy diet.

All of them form an essential part of a balanced diet, and that's why lack or insufficient consumption of nutrients is harmful for our health.

CARBOHYDRATES

Body's cells and mainly brain need energy. Carbohydrates provide the fuel for the body in form of glucose, or around 50-60 % of energy @ 4 calories per gram.

Carbohydrates from food are broken down in the digestive track into small units of sugar, which are then absorbed into blood stream and transported and stored in our muscles and other tissues.

Pasta, bread, rice, cakes and fruits are sources of carbohydrates and consuming these causes the levels of glucose to rise. If cells are saturated with glucose, any excessive quantities cannot be absorbed and stored, and this will lead to excessive weight gain!

What would happen if we don't consume sufficient carbohydrates?

If we don't consume enough carbohydrates, it will be difficult for the body to maintain required levels of blood glucose and our body would instead convert protein and fats.

When the glucose levels drop, the brain sends signals that we are hungry and if we ignore this signal, our body converts protein to derive energy.

What is the result? We lose muscle mass!

This process is also known as catabolism, meaning more muscles are formed if you burn more calories and vice versa.

Why is carbohydrate consumption important for our health?

Significant loss of water, vitamins and minerals are associated with non carbohydrate diet. Loss of nutrients is harmful for our health.

PROTEINS

What are proteins and what is their role in the human body?

Proteins are main macro nutrients, and they provide around 10-15 % of energy - 4 calories per gram, but their main role is building and repairing muscle tissue.

Meat, fish, eggs, milk, cereals, and legumes, provide the body with requisite quantities of protein.

First proteins are broken down in the stomach. Next, these are absorbed through the walls in the small intestine, and are delivered to cells in form of amino acids.

Sufficient proteins are needed to repair the body after training sessions, and that's why people leading active lifestyles need more protein than those leading a sedentary lifestyle. Proteins also form a part of many hormones.

What is hormone?

Hormones are chemical messengers that pass information from one part of the body to another.

Let's have a look through this simple example!

Hormone insulin - This hormone is responsible for controlling the level of blood sugar/glucose/ in the human body. Insulin transports

glucose/blood sugar, and provides energy to cells.

Fats

Fats provide maximum energy per gram - 9 calories. We obtain fat from our diet - around 25-30 % of total calorie intake is from fat. Excessive fat consumption increases adipose tissue stored in the body. Adipose tissue is the scientific term for body fat.



strength and density. That is why a low-fat diet is far from health.

VITAMINS AND MINERALS

Vitamins and minerals are essential micro nutrients that the body needs to survive and carry out daily functions and processes.

Vitamins and minerals, 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.

These nutrients play an important role in metabolism and provide essential elements that we need to consume every day.

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 profound effects. Without water our blood pressure would rise, our heart would malfunction and our kidneys would shut down.

Water helps to maintain normal sodium levels in our blood. The body can store water, but only in very limited quantities.

That's why for our body to function optimally we need to replenish water daily, to make up for loss through bodily functions such as urine, stool, perspiration and respiration.

What is the role of fat in the human body?

Fats are very important for thermoregulation and protection of organs, isolation of nerve cells, and growth and development of body tissue.

Another interesting fact pertains to storage and modification of reproductive hormones.

Estrogen, in particular, is stored in adipose tissue and is vital, especially for women.

Estrogen also promotes bone

MUSIC THERAPY TO IMPROVE YOUR GRADE RESULTS

By Nancy Allen

音乐改善成绩

First, let's start by answering the question which probably most of you are asking yourselves. What is music therapy? Well music therapy means participating in any kind of musical environment to build up your abilities to do certain things like learning and even concentrating believe it or not. It also works as a stress reliever and as an incredible mood booster!

If you are a student, I am sure you listen to music even while doing your homework. You probably think music helps you focus and finish things faster, and you are not wrong! Unfortunately this works better when you listen to music before performing a task and not during it. However, this doesn't mean that playing music during the task won't help. This is something that varies from person to person, which means that some students might find it helpful to study or do homework while listening to music while others would find it more effective to do it in silence.

Music therapy is used to soothe stress and anxiety mostly, therefore whenever you are overloaded with chores consider taking your time to relax and listen to some music for a decent amount of time. Play any instruments if you know how to, because sometimes the distraction helps your mind to reset and get ready to start with your work or study sessions. Doing your school work while feeling stressed out is not recommended as it will have an adverse impact your performance as a student. As a result your full concentration will not be on the actual school

work but rather on anything else that helps you deal with your frustration at the moment. So just give it a try, get musically involved for about 10 to 15 minutes before beginning a task and you will see that once you get started with it you'll feel more inspired and will concentrate better.

How exactly will this improve your grades? Like I said before, music therapy helps you to concentrate, so that means that it will help you to study better and not only that but it'll also improve your memory! Playing music improves skills such as communication, coordination, motivation and more! Here's how: music therapy works in many different ways, and it is proven that having rhythmical elements involved in what you do will help release endorphins and dopamine.

These are known for being natural boosts; endorphins reduce muscle tension and dopamine helps control the pleasure centers, leaving you with a feel-good sense. This will help you get rid of any negative feelings you have and change your behaviors for the better. Research has shown that positive emotions help with memory formations while negative ones impair your memory.

I am guessing you did not imagine music could be as helpful to improve your grades but it does. Guess what I did before starting this article?



Grade 5 PYP Exhibition| @ International School of Tianjin



The PYP Exhibition, held this year on Wednesday April 25, is the culminating project for the IB Primary Years Programme, involving an in-depth, collaborative inquiry into a topic that students are passionate about. It is also a demonstration of how students can take action from their learning and is a celebration of their learning.

Over the past several months the Grade 5 students of International School of Tianjin (IST) have been inquiring into the Central Idea of the Exhibition, that "One World One Dream". Students shared, discussed and explained their research, main issues, key reflections, data and expressive work to their parents and other community members.

Congratulations to all of the students, teachers and mentors involved in this celebration of learning and taking action to change the world.

70+ Teachers From Around China Attend ACAMIS Conference @ International School of Tianjin



IST was proud to host the 2018 ACAMIS English Language Learners Conference on April 20 & 21. More than 70 teachers from around China came to learn more about the latest resources available and share lesson plans and activities that had found to be effective for them. The Association of China and Mongolia International Schools or ACAMIS is an organization that has 75 international schools in the China and Mongolia as its members.

"Collaboration: ELL & Mainstream Teachers Working Together to Support Language Development" was the theme of the conference. The theme was based on the common situation that international schools face when they receive a large number of students who are not native English language speakers. There were 2 Keynote Speakers, Tan Huynh (currently at Vientiane International School in Laos) and Nicola Bourgeois (currently at NIST International School in Bangkok). Both speakers gave great insight on the changing dynamics of the classroom.

Many presenters shared good ideas on resources and lesson plans. It was a very enlightening two days at IST! A team of staff and students led by IST ELL Teacher Lori Zhai were responsible for the organization and execution of this wonderful event.

Earth Day @Teda International School



With the aim of raising awareness of global environmental issues, activities to celebrate Earth Day began in earnest this year at TEDA International School. Throughout the day children thought up wonderful and practical ways in which they could help the environment. These resolutions were then displayed on posters specially created for the occasion. In addition to this, an area of the cafeteria was given over to display model ships the students had created from reclaimed materials.

The next day things got off to an early start. While carrying colourful signs made by the upper primary classes, our students, staff and parents gathered in a few spots across town before walking to school. Later on, middle school students created a range of hand-made, eco-friendly soap which used recycled cooking oil from school cafeteria. Children also had the opportunity to participate in an interactive lesson about the issue of plastic pollution which was given by a team of experts from the Global Environmental Institute in Beijing.

Our hope is that through the efforts of our students, they and others will be empowered to make more environmentally responsible choices in their everyday lives.

Today Graduation, tomorrow the world! @Teda International School

We are extremely proud of our graduating students here at Teda International School. Over the past few years they have all put in an incredible amount of hard work. They have not only excelled in their AP exams, but also received placement offers from a plethora of world class universities from across the globe. We would like to take this opportunity to wish them all the best and good luck in their future endeavours and in all the exciting things that come to you when the world is at your feet.

USA	CANADA	EUROPE
Arcadia University with scholarship	McMaster University	Sciences Po
Baylor University with scholarship	Queen's University with scholarship	University of Bristol
Boston College	UBC with Scholarship	University of Manchester
Brock University with scholarship	University of Alberta	University of Sheffield
Columbia College Chicago	University of Calgary with scholarship	University of Sussex
George Mason University with scholarship	University of Toronto	
Keystone College with scholarship	University of Waterloo with scholarship	
Ohio State University	University of Western Ontario	
Penn State University	Western University	
Purdue University	York University	
Seattle University		
The Oregon State University		
University of California, Los Angeles		
University of Florida		
University of Pittsburg		
University of Washington		
University of Wisconsin-Madison		
	KOREA	
	Seoul National University	



PERFORMANCE

In Honour of Nijinsky

Venue: NCPA, 2 Xi Chang'an Jie, Beijing
Date: 2018.06.03

Dubbed everything from the 'God of Dance' to the 'Eighth Wonder of the World', Vaslav Nijinsky was a supernatural combination of feather lightness and steely strength. As a choreographer for the Ballets Russes, he created iconic but radical work: his *L'Après-midi d'un faune* (Debussy) featured his miming masturbation with a nymph's scarf, while *Le Sacre du printemps* (Stravinsky) has a young woman

dancing herself to death as part of a pagan ritual (this, and the strident music, caused an audience riot).

Unfortunately, choreographic sketches on paper rarely survive, but choreographer, dancer and movement analyst Dominique Brun uses documentary research and informed imagination to recreate once-lost legendary dances. Backed by the period ensemble Les Siècles Orchestra, the program features *Sacre*, *L'Après* and *Jeux* (Debussy), in a heartfelt homage to Nijinsky.

MUSIC

London Symphony Orchestra 2018 China Tour

Venue: Tianjin Grand Theatre, Concert Hall
Date / Time: 2018.06.20

The London Symphony Orchestra [LSO] was established in 1904 with a unique ethos built on artistic ownership and partnership. With an inimitable signature sound, the LSO's mission is to bring greatest music to the greatest number of people. Gianandrea Noseda will conduct Dvorák, Liszt and Shostakovich on tour in Tianjin.



Program:

- Dvorak: The Noon-Day Witch Op.108
- Liszt: Piano Concerto No.2 in A major, S.125
- Shostakovich: Symphony No. 10 in E minor, Op.93



THEATRE

Saigon

Venue: Beijing Poly Theatre, 14 Dong Zhi Men Nan Da Jie, Dongcheng
Date: 2018.06.23 - 24

As our international borders become increasingly fluid and global migration reaches crisis levels, a sense of identity seems ever more

important. Director Caroline Guiela Nguyen was born in France to an overseas Vietnamese mother who considered Vietnam her homeland but was so distanced that she struggled to communicate with fruit-sellers. Nguyen saw her mother speaking a 'stateless' language, and this, combined with reading Homer's *Odyssey*, made her realise the importance of connection.

Set in a restaurant called Marie-Antoinette, *Saigon* crosses time and space, travelling between Paris and Saigon in 1956, when the last of the French left Vietnam behind, and in 1996, when the lifting of the American embargo gave the Vietnamese new hope. As historical events explode around them, the characters share their lives, loves, pain and dreams.

CONCERT

Hedgehog

Venue: Omni Space, 9 Tianqiao Nandajie
Date / Time: 2018.06.23

Hedgehog is back. The beloved Beijing trio – one of China's finest bands – appears to be in good form as they head back to where it all began to celebrate the release of their new eponymous album. Read more about the band and the new record in our full feature below.

Sophie Zelmani

Venue: Jin Wan Grand Theater Tianjin
Date / Time: 2018.06.09

Sophie Zelmani is a singer and songwriter from Sweden. Her music style is mostly described as folk-pop music. But to really grasp the music style of her songs you need more words than only those two. Sophie's music is music as simple as it can be - voice and guitar, drums and bass, the sound of a saxophone in a distance, the sounds of a flute or violin coming in close. With her gentle, sometimes whispering voice she sings about love, life and other feelings.



SPORTS

The Colour Run 2018 Hero Tour

Venue: Beijing Garden Expo Park
Address: 15 Shejichang Lu
Date: 2018.06.09

Run, crawl, walk or party your way along the course of this untimed race where you get paint chucked at you at intervals along the route. Billed as 'the happiest 5K on the planet', this year's Colour Run features a Foam Zone full of coloured bubbles and a great big paint-throwing party at the end. There are only two rules: wear white at the beginning and finish looking as though a unicorn threw up on you.

Brawl on the Wall 2018

Venue: Grand Hyatt Beijing,
Address: 1 Chang'an Jie

China Sports Promotions hosts its sixth businessmen's boxing charity event, with 16 white-collar warriors ready to rumble and plant fat knuckle sandwiches square in each other's gobs in the boxing ring. It's a strictly black-tie event, with a four-course dinner served alongside free-flowing booze, all in support of blind children's charity Bethel.



FILM

A Quiet Place

Date: 2018.05.18 - 06.22

Two parents do what it takes to keep their children and soon to be born safe in a world full of creatures hunting every sound they can hear. Not a sound can be heard from the family hiding in silence, but all it takes is one noise and everything can go wrong.



Outdoor Health Benefits

By Linda Perry

看这篇文章之前，请你想一想，自己有多久没有坚持到户外运动了呢？户外运动好处多多，这不仅仅指户外锻炼，更关乎其他方面的身心健康。我们都知道，进行户外活动时，只要人体接受足够的日光，体内就可以合成足够的维生素D。但目前全球有10亿人维生素D缺乏或不足。中国维生素D不足人群超过70%，其中孕妇维生素D缺乏率高达80%，青少年和老年人维生素D充足者少于10%。无论是孩子还是成人，多出门运动接触日光都是非常必要的。

除了维生素的吸收，户外活动对预防近视发生也起着重要作用。适当的户外运动可以降低眼压，有助于控制近视的发展：因为现代青少年近视发生的主要原因就是长时间近距离用眼和不良的用眼习惯，当我们看远处的时候，睫状肌和晶状体都保持正常安静状态，没有动作，远处目标就会看的很清楚，而当我们由远看近，随着目标的移动，眼睛要想使来自5米以内的物体的发射光成像在视网膜上，双眼就要发送集合、调节和缩瞳三个动作，以便物体在视网膜上的成像轮廓清晰。所以当眼睛长期、持续看近时，以上这几组肌肉都需要长期、持续收缩，久而久之，就会导致肌肉紧张、麻痹、功能丧失等。此外，户外的强光照射使瞳孔缩小，瞳孔缩小后，会使景深加深，视觉模糊降低，从而抑制近视的发生。

室外运动可增强人的体质，从而提高身体的机能，增强五脏六腑的功能。中医认为，眼分五轮，对应五脏，五脏健康则身体各部位健康。适当的户外活动还有助于安眠和放松。从今天开始，迈出家门，一起来亲近户外阳光吧！

Going out is always a great idea. You could refresh your mind and be positive in every situation. When you have had an exhausting day full of hard work, we advise you to take a walk to your closest park to feel the benefits of nature. There are many positive reasons for going out. You could get more focused on your next goals, you could meditate and come back in shape, and you could just relax and have some fun alone or with some great company. Below we would make a list of benefits from being amidst nature. It is good for your children to be outside and play games with their neighbors. So, take a look and plan your free time to be amidst nature with your friends and family.

Obtaining Vitamin D

One of the healthiest reasons why you should go out is to catch your dose of vitamin D from the sun. This vitamin is essential to maintain your immune system in good shape. Getting enough sun is good as it would protect you from diabetes and heart diseases. You could just organize a coffee break with your friends and find some table under the sun. Enjoy your morning coffee with a double benefit.

Preventing Your Eyes from CVS

This is especially important because you prevent your eyes from computer vision syndrome, meaning you can prevent eye problems caused by your computer when you expose your eyes directly to computer lights. If you are working on your computer you may irritate your eyes and make them dry. We recommend you to go outside and relax. Look at the green grass and trees to refresh your eyes. Because it is a known fact that green colour refreshes your eyes. Call your family or friends and plan a picnic somewhere where you could enjoy and have more fun. Try to choose someplace with big gardens or green valley so as to have a perfect effect. Going out would not only relax your eyes but your soul too. Plan accordingly your work timetable and try to spend more time outdoor. It would pay off.

Improve Your Sleep

When you are refreshed you are likely to feel more satisfied. That is why you would fall asleep easier. Spiritual health is also very important and it is related to your sleep too. As going out changes your mind and focus, it would also change your sleeping time but in a positive way.

Fresh Air

If you had a headache after your busy day, then it is assured that you have to take a break and go outside. Feel the fresh air and relax your muscles. That is how your symptoms would end and you would feel more agreeable and ready for the next day. Maybe the air in your area is polluted but you could go to the closest mountain and breathe fresh air. It will definitely help you to feel rejuvenated.

Exercise

If you are going outside you could take your bike and enjoy more health benefits. Not only would you maintain your condition but would also activate your muscles. These types of exercises could improve your health by protecting you from heart diseases, strokes, and obesity. Exercising outdoor has more benefits because fresh air has more oxygen, it lowers depression, increases well-being, triggers primal regions of our brain and psyche and also increases sensory stimulation. It is proved that people work out longer when they are outdoor.

Take your time and go outside. The benefits are much more than those mentioned above. Going out would benefit your mental and spiritual health and in this way you would be more organized and focused on your new tasks. Your daily skills for new projects would improve because you would feel more satisfied and positive. Go out and plan your free time with friends and family.

ATHLEISURE Makeup

By Barbara Ross



Ever since we were introduced to the realm of "athleisure" we have been seeing a lot of lifestyle products including clothing being created to support the concept. And for good reason too.

We have all loved the fun and practical concept of athleisure and needless to say we have all loved the athleisure clothing and workout accessories launched by our favourite brands.

Since we have everything we need now from the neck below to hit the gym in style, why not amp up our face routine too?

Yes, I'm talking about not just athleisure skincare but also athleisure makeup that is the latest thing in the beauty industry these days.

Since the trend is on its upward trajectory, and since it is gaining momentum pretty fast, it would be worthwhile to know more about it.

So let's start with what it is all about.

近几年大家都流行“投资”——有人投资股票，有人投资基金，更多人在为健康投资。也正因此，健身和锻炼的话题受到追捧，饮食和锻炼的关系也备受关注，那么空着肚子锻炼能否使得减肥效果加倍？如果从网上搜索“锻炼，吃饭，饭前是否饮食”这样的关键字，你会得出很多的帖子和答案，不少信息提供者强调在饭前吃饭是对人体体能的必要补充，说的通俗点儿就是：吃饱了才有劲儿锻炼。但是，有事实证明锻炼前不进食更加有助于燃烧脂肪。研究结果表明，在进食后，我们的脂肪组织会受到身体中食物的严重影响，所以，在进行同样的运动后，你所能减掉的公斤数是不同的。当然这并不意味着所有人都要在健身前禁食，毕竟有些人精神和体力都无法支撑接下来的能量消耗，进而导致锻炼效果大打折扣。更有些人空腹锻炼后会更加饥饿，导致锻炼后吃的更多。所以请大家结合自己的身体情况选择适合自己的锻炼方式，这样才能更好地达到减脂减肥的效果哦。

What is athleisure beauty?

It basically refers to makeup products and skincare products that are compatible with the athleisure lifestyle adopted by men and women these days. In other words, it is makeup that is suitable for an active and upbeat lifestyle.

According to Vogue, athleisure beauty comes in three categories, namely sweat-proof makeup, natural makeup and products that have been inspired by sport and fitness.

Now the first category obviously refers to makeup products including foundations, concealers, blushes and bronzers that are made to have a sweat-proof finish so that you don't have to worry about walking out of the gym with your makeup running down your temples.



It looks like the trend is more than just a fad and is definitely in for the long haul. Let's stay tuned for more innovations in the athleisure industry.

The second category refers to makeup products that are made on a mineral base, such as mineral foundations and concealers or powder foundations. This is also meant for the makeup to stay put even when you're sweating bucket-loads (well according to claims at least).

The third category is all about beauty products that have been created with inspiration from fitness and sport, such as the sport variations of sunscreens that have a high level of SPF.

Best of athleisure makeup

Now that we know what athleisure makeup is, talk about some of the best brands and products that fitness fanatics love.

There are a lot of high end makeup brands that have their own athleisure line. For example Tarte cosmetics introduced their athleisure line full of workout-ready products way back in 2016. Other than that there are also specific athleisure brands such as Rae cosmetics and Sweat cosmetics.

Now the use of makeup while working out has often been debated against because of the topical effects of products and how it blocks the natural process of the body to maintain equilibrium - sweating.

Biologically speaking, sweating helps regulate body temperature by opening up your pores and producing extra water. When you have makeup on, it basically sits as a whole other artificial layer on your face, thereby blocking the opened up pores.

Well if you put it that way, makeup does sound like something that you shouldn't have on while you're sweating. But on the bright side, this is the reason why we have light weight makeup these days that lets your skin breathe through.

Besides, a lot of women are still not ready to step out bare-faced, so let's give it up for athleisure makeup.

Here are some very popular athleisure beauty products used by supermodels and other celebs:

- 1. Glamglow Thirstymud Hydrating Treatment mask:** A mask during cardio is one of the best ways to activate the nutrients faster;
- 2. Nars Audacious Black Mascara:** Some stubborn volume for your lashes;
- 3. Eyeko Magic Brow Booster:** Powder brow fibres to keep your eyebrows full even when you bury your face in a hot towel;
- 4. Vapour Beauty Aura Stick:** For quick lip touch ups;
- 5. Laura Mercier Broad Spectrum Tinted Moisturizer:** For a healthy shimmer that stays put and gives a protection of SPF 20;
- 6. K&K Beach Waves:** For sexy beach waves that stand the wrath of sweat;



First Attempts for BRAIN-TO-BRAIN COMMUNICATION

By Fanny Bates

心灵感应真的存在吗？我们是否可以不通过语言，只在脑中想着告诉对方的话就让对方接收到我的信息呢？早在14年，身在印度的一个人对位于法国的另外三人说出了“hola”和“ciao”（分别是西班牙语和意大利语“你好”的意思）。但是这几句问候并非用嘴说出来，也不是打字输入，更不是发短信。这次备受质疑的沟通是有记录以来第一次脑对脑沟通。这次实验的研究团队成员来自巴塞罗那研究机构Starlab、法国公司 Axilum Robotics以及哈佛大学医学院，他们将研究发表在了《PLOS One》期刊上。研究作者之一是哈佛大学医学院神经学教授Alvaro Pascual-Leone，她希望该研究和后续研究有一天可以为无法开口说话的病人找到一条和别人沟通的方法。

不过Pascual-Leone教授的实验步骤非常冗长。首先研究团队将字母转化为二进制代码，随后将脑电图(EGG)传感器连接在发送者头皮上，动手就代表1，动脚就代表0。随后，代码通过电子邮件被传送到接收者那里，通过TMS设备刺激接收者的头部，他会看见快速闪过的光。闪光一次代表1，空白一次则代表0。由此代码被重新转化为文本，重复这条信息用去了约70分钟的时间。

在目标相同的探索道路上，华盛顿大学计算机科学与工程教授拉加什-拉奥和来自脑科学研究所心理学副教授安德烈-斯托克亲自做了实验。他们在实验中戴上了能够读取脑电图（“EEG”）的电极帽，通过互联网桥接两者的脑部信号而成功完成了一次“人与人之间的大脑入侵试验”。在试验过程中，拉奥和斯托克分别被安置在大学内的不同地点，利用“电子脑部记录和磁场模拟”技术将拉奥的脑部信号传递至斯托克。在信号抵达的瞬间，佩戴着磁场模拟线圈的斯托克立刻无意识地用右手食指按下了键盘上的空格键。

尽管如此，两项研究都只能说向心灵感应工程的建立迈出了一小步，要完善这项技术，可能需要几年甚至几十年的时间。除了医疗领域，脑对脑沟通在其它许多领域也有作用。比如说，士兵可以在战场上直接向其他人下达命令，发出警告。不单是士兵，平民也可以从中获益。在谈判过程中，商人们可以直接向伙伴示意；棒球比赛中投手和接球手也可以直接交换想法，避免了眼神交流被击球手捕捉到。

Imagine that you are watching a movie with your friend and while watching a scene, you just look at each other and realize what the other one is thinking without even saying a word. Telepathy has always been one of the most fascinating and powerful brain processes. It's a psychic process which involves a sender and a receiver. The message is transmitted by using your thoughts, feelings or memories without making use of the usual means of communication.

Throughout history, scientists were fascinated by the fact that almost every human in the world experienced telepathy but was unable to explain it. When they tried to reproduce it, there was always something missing in the process. However, a group of researchers from the institute Starlab, French firm Axilum Robotics and Harvard Medical School succeeded in their attempt to finally perform a brain-to-brain communication. Another research team from the University Of Washington followed them in their attempt to successfully achieve human communication without using any verbal expressions. They were able to send a simple mental message from one person to another without any physical contact between them.

International Group of Neuroscientists Made a Huge Breakthrough

The international group of researchers reported that they used a non-invasive technique to achieve this kind of communication in humans. Study's co-author and neuroscientist Alvaro Pascual Leone said that they “wanted to find out if one could communicate directly between two people by reading out the brain activity from one person and injecting brain activity into the second person, and do so across great physical



distances by leveraging existing communication pathways.”

The sender and the receiver were miles apart, one situated in India and the other in France. Greetings were not exchanged by words or text messages, but using one person's brainwaves. The research has shown that technology can be used to transfer information from one brain to another brain, even if they are thousands of miles away. To achieve this, neuroscientists used several brain technologies, one of them being EEG or an electroencephalogram.

EEG consists of a number of electrodes which were put on the head of the first participant enabling the scientists to detect the word imagined by the subject

in form of an electric signal. This signal was wirelessly transmitted to other participants. These electrodes actually recorded any electrical brain signal like, for example, for people using an electric wheelchair.

In this study, three participants received the EEG signal through TMS or transcranial magnetic stimulation which enabled them to recognize it in form of a light flash. This kind of device has been formerly used in medicine where the person's brain parts were stimulated to produce some kind of action, like a muscle twitch. In the end, all participants could interpret the message and recognize it in a form of a greeting. Scientists introduced a special set of binary codes to manage the messages in a rightful manner.

Washington Research Team Goes One Step Further

In the initial demonstration performed by the team of highly engaged neuroscientists from the University of Washington, participants were the researchers themselves. They demonstrated that they could control the brain signal by transforming a thought

into a hand motion of the other participant. In this new study, participants were just ordinary people who communicated using nonverbal means. They were situated in different buildings in the University's campus and hooked on EEG, just like the participants from the aforementioned study.

These scientists chose 5 pairs of subjects and gave them the roles of an inquirer or respondent. Their main task was to play a game of 20 yes/no questions using only their brain signals. The respondent would see an object, for example, a dog, and the inquirer would see examples of possible objects and some questions associated with it. The inquirer then sends the question by using a mouse click and the respondent is required to answer with a “yes” or “no”. The signal was recognized in the form of a phosphene or a flash of light.

The study was performed in dark rooms and participants wore earplugs so that they couldn't hear a thing. The percentage of recognized objects was very high, about 72%. In the end, the researchers concluded that: “Brain-computer interface is something people have been talking about for a long, long time. We plugged a brain into the most complex computer anyone has ever studied, and that is another brain.”

Even though these kinds of studies involve some ethical questions as well, both research teams hope that their studies will be applied in medicine, helping people with different kinds of disabilities, especially those who might have experienced a stroke. All in all, these kinds of projects will have a huge impact in the field of technology and medicine.

CREATIVE WAYS TO USE THE ENTRANCE OF YOUR HOME!

By Anastasia Chapman

门厅是我们回到家打开门见到的第一个区域，这个区域的美与丑直接能看出家中主人的品位。当然除了美丑，我们还需要在乎的一个问题就是好不好用——一进门，衣服挂哪里、鞋子脱哪里、钥匙放哪里、包包放哪里、有没有换鞋凳？一个功能齐全的门厅柜一定不能没有这几个功能啊。但是如果门厅只用于此类功能，难免太过单调了吧。今天我们就一起来看看门厅这个小空间还有那些发掘“潜力”！

正如刚才提到的那样，一个家庭的门厅可以完全凸显家中主人的兴趣爱好或品味与理念。如果家中藏品太多，不妨把这一片区域化为一个展示自我的创意空间。你可以将门厅墙壁上挂上你喜爱的艺术作品，墙壁的粉刷也可以选取大胆的明亮色调，以欢迎每一个来到这片空间的客人。

如果你有一些手工艺收藏品，可以将它们放在门厅的角桌上。具有异域风情的挂毯也可以为你的门厅带来新的活力。热爱植物和自然的你可以将门厅化为一块小小的花房。萌萌的多肉植物以及喜阴植物是这里最好的点缀。

如果你家还有一片小院子，不妨把门厅及小院区域结合建成一片自我放松的休闲区。伴着户外的微风以及葱葱郁郁的花草，再加上香薰蜡烛和优雅的音乐，这片门厅区域简直就像是世外桃源。

在大城市中生活的我们，家中往往没有太大的门厅。如何才能使这个空间更具利用价值呢？爱美的你一定要在门厅放置上一大面镜子，随时能够看到漂亮的自己，而且镜子可以放大空喔！如果门厅有空间做柜子，那就做一个多功能柜子吧，漂亮的柜门可以把杂乱的鞋子都藏在里面，非常整洁。有了合适的门厅布局，你就能设计出一个井然有序的空间，帮助你找到需要的物品，再也不用把时间浪费在找钥匙这样的琐事上。回身看看自己家中的门厅，把这些小妙招加入其中吧！

Imagine having a creatively decorated porch that makes a lasting impression on each of your guests every time they visit your place! It's ironic how we put in a fortune to transform our interiors but pay little attention to decorating the outer sections of our home. An enhanced outdoor space is like adding another room to your home space.

To make alterations to this part of your house, you don't need to re-construct anything! Just a couple of items are required to give a facelift to your entryway, and your home will be all set to be the cynosure of the locality! To help you get started, we have put together a list of creative ways to use the entrance of your home.

PLANT A MINI GREENHOUSE IN YOUR ENTRYWAY

A foyer garden is the most apparent and easiest choice for homeowners. Why not make it grander then? Give your front entrance a new look by planting a mini greenhouse including plants and blossoms of different kinds. You can do this by adding bonsai plants, cacti, blooms and non-invasive ivy in mini painted pots. You can be experimental if your entryway has a cover or awning with a square of soil which makes for a perfect setup for a typical European flowering vine. Think tangerine beauty, morning glories, roses and chocolate vine! The possibilities are endless...



TRANSFORM YOUR FOYER INTO AN ART CORNER

If you are still figuring out where to build a 'creative space' in your home, envision your foyer as a potential inspiration! Take a moment to daydream and align all the essential elements required to build an ideal entryway art corner. Start with the wall colours; paint the entrance walls with a bold or bright hue to attain that welcoming vibe. You can also channel your inner artist by creating a large wall mural instead of painting it in solid hues. For a more clutter-free setting,

engage guests by creating an eye-catching wall display.

Arrange your favourite art accents - vintage collectibles, paintings, custom artwork, wallpapers or handicrafts; sky is the limit! Tuck in a small table at one corner of the entrance to showcase all your assortments. Also, try adding some vigour to your vestibule by adorning the space with bright and interesting tapestries to transform it into a bohemian art paradise. Sounds amazing, right?





USE IT AS A SMALL RELAXATION NOOK

Want to get your Zen on? Then consider building a small relaxation corner in your entryway. Your home is incomplete if it doesn't have proper relaxation spots! In today's day and age, it is so important to have a corner, particularly for unwinding and de-stressing after a long week of work. Be it for aesthetics or meditation purposes, a peaceful retreat where you can sit, rest and loosen up is an amazing addition to your outdoor space. Decorate it with lush plants, scented candles and feng shui accents to create a positive atmosphere.

The same principle works if a group of ornamental mirrors are hung on a dark hued wall for a more dramatic effect. You can even set up a Gazebo, portable fountains and other garden decorative items for a lavish and a more unified spot for relaxation and rejuvenation. Pick up your favourite book and beverage and just sit back enjoying some quiet 'me time' in the lap of nature.



BUILD AN OUTDOOR DINING SPOT

Creative decorating strategy like turning your entryway into an outdoor dining spot is a great addition to your home space. It's a perfect way to enjoy your meals in the long summer days reveling in the glory of nature. The best part about this arrangement is that you get to spend more time in a natural setting, reconnecting with organic elements around you. If you are building an outdoor dining spot in your entryway, it doesn't always have to be proper lighting, paper plates and plastic cups. Choose a seating arrangement that creates an inviting dining area where you can relish your meals while enjoying the surroundings. In case you don't have proper furniture or cutlery, fret not! You can always manage with makeshift items. For instance - make use of old tables and chairs, rugs and candles to set up a romantic eating zone.



CREATE A BEACH FRONT YARD

Denizens of cold-climes; don't think that you need to live in a tropical island to enjoy a beach like environment! What if we say, you can transform your entrance into a beach front yard! Sounds crazy, isn't it? The ambitious vestibule designer in us would not mind trying out this extremely creative idea of turning an entryway into a full-fledged tropical fantasy! Just make sure to fill the entire patio floor with sand and keep an eye on it from prevent it from entering the house. Plant a couple of fake palm trees and throw some shells on the sand to give your entryway a more authentic beach look.

2018 Wellington Youth Football Tournament

Photos: Courtesy of Wellington College Tianjin – Rasha Popovic



With an objective to create well-rounded individuals with strong values and skills to thrive within an ever-changing global society, Wellington College International Tianjin in tandem with Momentum Sports organized a Youth Football Tournament. It was held on the 13th of May, 2018, at the Wellington College International Tianjin sports field. Seeing the success of the football tournament that commenced last year, the organizers wished to set up an annual event for enthusiastic and trained players.

The tournament would not have been a success had it not been for the significant contributions by various sponsors. The players were also able to participate without a registration fee in a safe environment due to the services provided by sponsors. Kelme provided the sports clothing and equipment such as the footballs, Chartwells provided scrumptious meal and drinks, CPIC insured all players and Raffles Medical provided medical services for the students.

The Youth Football Tournament comprised of 34 teams from 15 different schools, clubs and district football associations in Tianjin (such as the Champions Football School coached by Eelco Van Kuilenburg and Mehdi Jemli, and their team in Aocheng). In total there were approximately 300 children and 200 adults on campus either as spectators, coaches or proud parents cheering on their little ones.

The event commenced at 9 am and culminated at around 6 pm with prize distribution for the winning teams by the Master of Wellington College International Tianjin, Mr. Julian Jeffrey. There were 21 rounds of matches, with 4 of them scheduled simultaneously, summing up to a total of 84 matches played. Each match lasted for 16 minutes with 5 team members - 1 keeper and 4 field players. The teams played under 4 categories - Boys under 8, 10, 12 and girls under 12 with the youngest competitor being 7 years old.

THE RESULTS WERE AS FOLLOWS:

Boys under 8:

- 1st Place: Xiqing Football Association
- 2nd Place: Ruihu
- 3rd Place: Boyue
- 4th Place: Champions Football School

Boys under 10:

- 1st Place: Ruihu
- 2nd Place: Pengcheng
- 3rd Place: Huasai
- 4th Place: Xiqing Football Association

Boys under 12:

- 1st Place: Xianyang Lu
- 2nd Place: Pengcheng
- 3rd Place: Huyi - Dongxing Primary School
- 4th Place: Wellington

Girls under 12:

- 1st Place: Xiqing Football Association
- 2nd Place: Wellington A
- 3rd Place: Huyi - Dongxing Primary School
- 4th Place: Wellington B

英国惠灵顿公学是一所具有150年历史且具有皇室基础的名校。天津惠灵顿学校荣享这种历史传承，沿用惠灵顿学院的师资、教材与教学管理模式，是面向在津居住和工作的外籍人员子女开办的具有国际一流教育水准的学校。

天津惠灵顿学校的办学特色之一是八大智能教育理念：即逻辑和语言、体育和文化、自我认知和人际、道德和精神。体育教育作为惠灵顿学校的教育重点之一，广受惠灵顿学生喜爱。为给惠灵顿天津社群的孩子们提供一个相互交流和切磋的平台，天津惠灵顿学校与Momentum Sports (动量体育)于5月13日在校内体育场携手合作开展了“第二届天津惠灵顿青少年足球赛”，希望借此机会拓展学生体育素质，帮助学生全方位发展，并在不断变化的社会中培养出具有正确价值观及多项技能的人才。

校长Julian Jeffrey先生曾在往届比赛中提到：“公平竞赛与享受运动带来的乐趣才是选手们最重要的目标”，本次比赛中，运动员们同样发扬了“友谊第一，比赛第二”的精神，整场比赛有来自天津15个不同学校、俱乐部及地区足球协会的共34支球队参赛，其中共有大约300名儿童和200名成人参与本次活动。做为观众，教练和学生家长也为在场上拼搏的孩子们加油鼓劲儿，场面好不热闹。在所有球队中，最年轻的足球小将只有七岁。其中西青足球队获得了团体第一的好成绩。运动员们极好地发扬了体育精神，比赛也十分精彩激烈。

赞助商也为活动的成功举办做出了重要贡献，Kelme为比赛队员提供了足球运动服装和设备，Chartwells提供了美味的餐点饮品，Raffles Medical则为学生提供医疗服务。祝愿每一位在绿茵场上驰骋的孩子都能从中收获成长与欢乐。



Fourth Anniversary Celebration @ Jixian Marriott Hotel

On April 27th, 2018, Jixian Marriott Hotel held its fourth anniversary celebration. Nearly 200 customers and media spent a wonderful night here. Before the anniversary party, Jixian Marriott hosted a cocktail party in the indoor garden. Customers and media enjoyed delicious food and dessert with the saxophone performance. During the party, customers and media also enjoyed a superb dance, clown show, magic show and live band show. All the guests raised glasses to celebrate the fourth anniversary of Jixian Marriott Hotel, and the anniversary party went on to a perfect end.



Tianjin Equestrian Association Officially Launched

On May 13th, Tianjin Municipal Bureau of Sport and Tianjin Goldin Metropolitan Polo Club signed a strategic cooperation agreement, announcing the official establishment of Tianjin Equestrian Association. Tianjin Goldin Metropolitan Polo Club has achieved accolades for having successfully organized the Equestrian Competition of the 13th National Games in 2017, 2017 Longines China Tour Fortune Heights Cup and 2018 Longines FEI Jumping World Cup™ China League, Tianjin, which has been fully recognized by the Cycling and Fencing Administration Centre of General Administration of Sports of China, Chinese Equestrian Association and the audience.



Bakeries & Desserts



H P **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

N K **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

H P **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

H P **Bella Milano Hand Made Gelato**
贝拉米兰意式手工冰激凌
(Hisense Plaza) 海信广场店

A: No.188 Jie Fang Road 3F, Heping District, Tianjin
和平区解放路188号3层
T: +86 22 23198315

H X **(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

H P **(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



N K **LE CROBAG - Tianjin Store**
Le Crobag 德国面包房

A: Room 109, Building A2, Binshui West road, Nankai District, Tianjin
南开区奥城商业广场A2商9
T: +86 22 23741921

Chinese



H P **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

H P **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



H P **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

H P **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

H P **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

H P **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

H X **New Dynasty 天宾楼**

A modern upscale Chinese restaurant with touches of Chinese elements. New Dynasty takes classic Cantonese cuisine and puts a modern twist on it while maintaining its authentic flavours.

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

A: 2F, Renaissance Tianjin Lakeview Hotel No.16 Binshui Road, Hexi District
河西区滨水道16号万丽天津宾馆2层
T: +86 22 5822 3388

H X **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

H X **Din Tai Fung 鼎泰丰**

World-renowned dumpling restaurant, offering delectable fillings and great variety.

11:30-14:40; 17:30-21:50.

A: No. 18, the junction of Zi Jin Shan Lu and Binshui Dao, Hexi District
河西区滨水道与紫金山路交口18号
T: +86 22 2813 8138
W: dintaifung.com.cn



H P **Dongsir Hotpot 懂事儿涮肉**

A: No.5 Yong'an Road, Hexi District (opposite of People's Park)
河西区永安道5号(人民公园西南门斜对面)
T: +86 22 2331 9777

N K **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
华苑产业园区梅苑路8号赛象酒店内
T: +86 22 2376 8888

French

H B **La Seine 赛纳河法国餐厅**

A very good French restaurant. Gourmet dishes and a great wine cellar.

11:30-14:30; 17:30-21:30.

A: No.50, Ziyou Dao, Hebei District. (Italian Style Town)
河北区自由道50号(意大利风情街)
T: +86 22 2446 0388



H B **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

河北区意大利风情街光复道37号
T: +86 22 2662 6688
F: +86 22 2445 2625

H P **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

H X **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



H P **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

H P **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

N K **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

H X **Seitaro 清太郎日本料理**

One of Tianjin's best Japanese Restaurants which features a wide selection of regional specialties for lunch and dinner including a teppan and sushi counter.

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

A: 2F, Sheraton Hotel Tianjin, Zi Jin Shan Lu, Hexi District
河西区紫金山路喜来登大酒店2楼
T: +86 22 2335 0909

H X **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

H P **Bowbow Sushi Japanese Restaurant**
宝寿司

A: Xiannong Area, Intersection 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

H P 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

H P 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

H Q 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

H B Pattaya Thai Restaurant 天津芭提雅泰国餐厅
A: Italian Style Street, Hebei District 河北区意式风情街
T: +86 22 24458789

Western

H P Cielo Italian Restaurant 意荟·意大利餐厅
A: 9/F, Four Seasons Hotel Tianjin, 138 Chifeng Road, Heping District, Tianjin 和平区赤峰道138号天津四季酒店9层
T: +86 22 2716 6263

H P La Sala Lobby Lounge 四季·大堂酒廊
A: 2/F, Four Seasons Hotel Tianjin, 138 Chifeng Road, Heping District, Tianjin 和平区赤峰道138号天津四季酒店2层
T: +86 22 2716 6261



H P Milan Restaurant 米兰意食尚
A: 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

N K Nan Duo Shi 南多世 Afro - Portuguese Restaurant
A: No. 12 Ning Le Xi Li, Shuishang Dong Road, Nankai District, Tianjin. 天津市南开区水上东路宁乐西里12号
T: +86 22 2374 0090

H P 1863 The Ding Room 1863 至尊西餐厅
Choose one of the traditional menus and enjoy what Puyi or Hoover had when they were guests at the hotel. 18:00-22:00. Mondays Closed
A: 1F, The Astor Hotel Tianjin, No. 33, Tai'er Zhuang Lu, Heping District 和平区台儿庄路33号天津利顺德大饭店豪华精选酒店1层
T: +86 22 5852 6888



H P Drei Kronen 1308 Brauhaus 路德维格·1308 德餐啤酒坊
The world's oldest heritage brewery joins Tianjin's growing segment of good international restaurants. You're greeted by the stainless-steel brew tanks, featuring dark beer, wheat beer and lager. Till 0 am.
A: 1F-2F, bldg. 5, Jinwan Plaza, Jiefang Bei Lu, Heping District 和平区解放北路津湾广场5号楼1-2层
T: +86 22 2321 9199

H P Seasonal Tastes "知味" 全日餐厅
Offers guests an innovative combination of Asian and international cuisine.
00:06-10:00; 11:30-14:30; 17:30-21:30.
A: 1F, The Westin Tianjin, No. 101, Nanjing Road, Heping District 和平区南京路101号天津君隆威斯汀酒店1层
T: +86 22 2389 0088

H P Promenade Restaurant 河岸国际餐厅
Featuring gorgeous views of the Hai River, Promenade provides the exclusive dining experience with South East Asia flavors, Indian gourmet, Chinese and Western traditional cuisine and more. 06:00 - 22:00
A: 1F, The St. Regis Tianjin, No. 158, Zhang Zizhong Lu, Heping District 和平区张自忠路158号天津瑞吉金融街酒店一层
T: +86 22 5830 9959



H P Habuka the Butcher 羽深肉铺
A: No. 187, Chengdu Road, Heping District, Tianjin 和平区成都道187号
T: +86 22 8338 5251 +86 157 2205 2242



H P Riviera Restaurant 蔚蓝海法餐厅
Riviera brings the casually elegant refined dining experience to Tianjin featuring modern Mediterranean -French dishes paired with selections from an superb list of international wines.
O: 11:30 - 14:30, 17:00 - 22:00
A: 1F, The St. Regis Tianjin. No. 158, Zhang Zizhong Dao, Heping District 和平区张自忠路158号天津瑞吉金融街酒店一层
T: +86 22 5830 9962



H P ZEST 香溢·全日餐厅
A heady mix of gastronomy and entertainment, drawing inspiration from the sensory feasts of Hong Kong's open-air dining culture, the aromatic romance of Italian bistros and the elegant minimalism of Japanese delicacies.
A: 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

H X Café BLD 麓廊
BLD offers buffets for each meal period with open kitchens that give the guest a feeling they are dining in the kitchen itself.
06:00-24:00.
A: 1F, Renaissance Tianjin Lakeview Hotel No.16 Binshui Dao, Hexi District, Tianjin 河西区宾水道16号万丽天津宾馆1层
T: +86 22 5822 3388



N K Hard Rock Cafe, Tianjin 天津硬石餐厅
A: No. 56 Tianta Road, Nankai District 南开区天塔道56号水上公园正门斜对过
T: +86 22 2351 7625

H X Fire House 浓舍
An international Steakhouse featuring a wood burning grill as the centerpiece of the restaurant.
11:30-14:00; 17:00-22:00.
A: 1F, Renaissance Tianjin Lakeview Hotel 16 Binshui Road, Hexi District 河西区宾水道16号万丽天津宾馆1层
T: +86 22 5822 3388

H X Terrace Café 燕园咖啡厅
A great location to have a very relaxed meal, in front of a wonderful garden.
06:00-23:00.
A: 1F, Sheraton Hotel Tianjin, Zi Jin Shan Lu, Hexi District 河西区紫金山路天津喜来登大酒店1层
T: +86 22 2731 3388

H X Mug German Restaurant Beer House 麦谷德餐啤酒坊
The menu offers a collection of four authentic German beers, specially imported from Germany, to provide the ultimate German experience!
A: No. 1-115, Zonglv Garden, Zhujiang Dao, Hexi District (Face to the Fuli Bus Station) 河西区珠江道富力津门湖棕榈花园底商1-115号
T: +86 22 8815 8577

H B PAULANER Tianjin 普拉那啤酒坊
Paulaner's only flagship store in Tianjin authorized by the headquarters in Munich, Germany. 10:30-24:00, Sun-Thu 10:30-02:00; Fri, Sat & Holidays
A: Venice Square, Italian Territory, No. 429-431, Shengli Lu, Hebei District 河北区胜利路429-431号意大利风情区威尼斯广场
T: +86 22 2446 8192

H D Café Vista 美食汇全日餐厅
Café Vista redefines the standard of all-day dining service at international hotels.
A: 1F, Wanda Vista Tianjin, 486 Bahao Road, Da Zhi Gu, Hedong District 河东区大直沽八号路486号天津万达文华酒店一层
T: +86 22 2462 6888

H D Brownie Bistro Bar 布朗尼西餐酒吧
A: No. 55, Music Street, Bawei Lu, Hedong District 河东区八纬路音乐街55号
T: +86 22 6089 3448 or 137 5202 0168



H P 1981 Fashion & Restaurant 1981时尚餐厅 (国际商场店)
A: 211 Nanjing Rd, Heping District, Tianjin (in front of Xi Kai church) 和平区南京路国际商场后门, 教堂对面
T: +86 22 8628 4132

H P Prague Restaurant 布拉格餐厅
A: No. 83 Chongqing Road, Heping District, Tianjin (West of MinYuan Square) 和平区重庆道83号(民园广场西楼)
O: 10:00am - 0:00
T: +86 22 8312 2718

H P blue frog (Riverside 66) 蓝蛙 (恒隆广场店)
A: Unit 3009, Riverside 66, No. 166 Xing'an Road, Heping District 和平区兴安路166号恒隆广场3009室
T: +86 22 23459028

N K blue frog (Joy City) 蓝蛙(大悦城店)
A: 1F-J02, IF Street, Joy City, Nanmen Wai Dajie, Heping District 南门外大街大悦城如果街1F-J02
T: +86 22 27358751

N K Trolley Bar & Grille 乔尼西餐厅
A: Aocheng Plaza, Tianjin 22/23-119, Nankai District, Tianjin 南开区奥城商业广场天玺22, 23号楼底商119
T: +86 15222091582

H P Browns Bar & Restaurant 勃朗斯英式酒吧餐厅
A: No. 108-111, 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

H X Nha Trang Authentic Vietnamese Cuisine 芽莊越式料理
A: 5F, Star Hall, Galaxy International Shopping Mall, No. 9, Leyuan Dao, Hexi District 河西区乐园道9号银河国际购物中心星光厅5楼
T: +86 22 8388 7555

Mexican

N K TJ-Mex 墨西哥餐厅
A: 1F, Bldg. A3, Magnetic Plaza, Binshui Xi Dao, Nankai District 南开区宾水西道时代奥城商业广场A3座1楼
T: +86 22 5811 3300

Coffee Shops

H P Starbucks Coffee 星巴克咖啡
A haven to listen to the best American songs and enjoy coffee and tasty bites with friends.
1) Sun-Thu 08:00-22:00, Fri-Sat 08:00-23:00
A: 1F, Berth C1-2, Buidling No. 1, No. 18 by 1, Tai'an Dao 泰安道18号增1号三号院一号楼C1-2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

H P Bistro Thonet 庭悦咖啡
As the viewing café in Qing Wang Fu, Bistro Thonet gives you beautiful scenery with flourishing vegetation. It provides various Chinese and Western cuisine, business lunch and afternoon tea in both indoor and outdoor venues.
A: No. 55, Chongqing Dao, Heping District 和平区重庆道55号庆王府院内
T: +86 22 8713 5555, +86 22 5835 2555
W: qingwangfu.com

N K Harvest Book & Coffee 哈维斯特咖啡
They have a great collection of muffins, scones and toasted bagels to go perfectly with their healthy smoothies. 10:00-21:30
A: 4F, Cafeteria, Tianjin University of Technology, extended line of Hongqi Nan Lu (Huanwai), Nankai District 南开区红旗南路延长线天津理工大学餐饮楼4楼(环外大学城)
T: +86 22 6021 5789

Tea Houses

H P Yang Lou Tea House 洋楼茶园
Tea house in a villa where you can watch TV, search the internet and play mahjong. 09:30-02:00
A: The junction of Kunming Lu and Chongqing Dao, Heping District 和平区重庆道与昆明路交口
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 Countyard, 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

The Lobby Lounge 大堂酒廊

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 普唐音乐酒吧
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

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

NK 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

HB 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

HD 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

NK 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

KTVs

HP Eastern Pearl 东方明珠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

HX 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
河西区平水道水映兰庭商业3层
T: +86 22 2355 2888

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

HX 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

NK 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区3楼
T: +86 22 5810 0179

Spa & Massage

HD 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

NK 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

NK 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

NK 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

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



HX 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



HX 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

HX 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

NK 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



Golf Clubs

HP **G&G Golf Clinic/ Pro shop/ Club Fitting 吉恩吉高尔夫诊断中心**
They take your golf game to the next level. You can enjoy the latest technology to improve your Golf Skill. 08:30-22:00.
A: -2 Floor, Huaqiao Building, No. 92-1, Nanjing Road, Heping District 和平区南京路93号增1号 华侨大厦负2层
T: +86 22 2392 1937

JH **Fortune Lake Golf Club 天津松江团泊湖高尔夫球会**
The Club occupies an area of 3500 mu, including a 36 hole golf course, 4600 sqm of clubhouse, driving range, villas, business and recreation facilities. 09:00-16:00.
A: Jinwang Lu, Jinghai Zhen 静海县津王路
T: +86 22 6850 5299

Gyms

NK **Fitness Body Comfort Club 倍体适健身**
Fitness Body Comfort Club is designed in an elegant and fashionable style with all fitness equipment up to a high global standard.
A: Central Clubhouse, Magnetic Capital, Binshui Xi Dao, Nankai District 南开区滨水西道时代奥城中央会所
T: 400-108-7890

HX **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



HP **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

HB **Flo Prestige 福楼外宴策划**
FLO Prestige provides tailor made catering solutions, creating food for your event, matching your theme, atmosphere and expectations.
A: No.37, Guangfu Road, Italian Style Town, Hebei District 河北区意大利风情区光复道37号
T: +86 22 2662 6688

Decorations

DL **IKEA 宜家家居**
Well-designed, functional and affordable home furnishing products are available to everyone. 10:00-21:00.
A: No. 433, Jintang Road, Dongli District 东丽区津塘公路433号
T: 400-800-2345

Electrical Appliances

NK **BuyNow Mall 百脑汇**
A shopping complex for computers and computer accessories, cameras and all sorts of electric gadgets. 09:00-19:00.
A: No. 366, Anshan Xi Dao, Nankai District 南开区鞍山西道366号
T: +86 22 5869 7666

Laundries

HP **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

QH **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

HP **Tianjin 天津日航酒店**
A: No. 189, Nanjing Lu, Heping District 和平区南京路189号
T: +86 22 8319 8888
W: nikkotianjin.com



HP **Tangla Hotel Tianjin 天津唐拉雅秀酒店**
The city's tallest "penthouse hotel", sits right in the heart of the business and retail districts atop the Tianjin Centre.
A: No. 219, Nanjing Lu, Heping District 和平区南京路219号
T: +86 22 2321 5888
W: tanglahotels.com



QH **PAN PACIFIC TIANJIN HOTEL 天津泛太平洋大酒店**
A: No. 1 Zhang Zi Zhong Road, Hong Qiao District, 300091 Tianjin 中国天津红桥区张自忠路1号300091
T: +86 22 5863 8888
E: infor.pptsn@panpacific.com



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



HP **Four Seasons Hotel Tianjin 天津四季酒店**
A: 138 Chifeng Road, Heping District, Tianjin 和平区赤峰道138号
T: +86 22 2716 6688
W: fourseasons.com/tianjin



HP **The St. Regis Tianjin 天津瑞金金融街酒店**
Most luxurious hotel in Tianjin, located by the river next to the train station.
A: No. 158, Zhang Zizhong Road, Heping District 和平区张自忠路158号 (津塔旁, 哈密道正对面)
T: +86 22 5830 9999
W: stregis.com/tianjin

HP **The Westin Tianjin 天津君隆威斯汀酒店**
5 star hotel offering luxury, class and comfort featuring charming city views and the latest in technology.
A: No. 101, Nanjing Lu, Heping District 和平区南京路101号
T: +86 22 2389 0088



HP **The Astor Hotel, A Luxury Collection Hotel, Tianjin 天津利顺德大饭店豪华精选酒店**
First opened in 1863 and refurbished in 2010, the hotel is a landmark in Tianjin's history. Favoured for its traditional appeal and high-standards.
A: No. 33, Tai'er Zhuang Lu, Heping District 和平区台儿庄路33号
T: +86 22 5852 6888



HP **The Ritz-Carlton, Tianjin 天津丽思卡尔顿酒店**
A landmark hotel located in the heart of the city offering unparalleled and memorable experiences.
A: No. 167 Dagubei Road, Heping District 和平区大沽北路167号
T: +86 22 5857 8888



HX **Renaissance Tianjin Lakeview Hotel 万丽天津宾馆**
Located within walking distance of Tianjin Municipal People's Government Offices and near shopping areas, night life venues, the Tianjin International Exhibition Centre and Meijiang Convention Centre.
A: No. 16, Binshui Dao, Hexi District 河西 区滨水道16号
T: +86 22 5822 3388



HX **Sheraton Tianjin Hotel 天津喜来登大酒店**
This globally recognised five-star hotel is 8 km from the railway station, and 5 km from the city centre. Hotel facilities include a gymnasium and an indoor swimming pool. It has five restaurants and bars that serve Western, Japanese, and Chinese cuisines.
A: Zi Jin Shan Lu, Hexi District 河西区紫金山路
T: +86 22 2731 3388
W: sheraton.com

HX **Hotel Indigo Tianjin Haihe 天津海河英迪格酒店**
It is the only hotel in China that offers villa-style accommodation in a city centre locale.
A: No. 314 Jiefang South Road, Hexi District 河西区解放南路314号
T: +86 22 8832 8888



HB **Banyan Tree Tianjin Riverside 天津海河悦榕庄**
Located right next to the Haihe River, it is one of the first hotels in Tianjin to bring a resort style service to a city setting.
A: No. 34, Haihe Dong Lu, Hebei District 河北区海河东路34号
T: +86 22 5883 7848
W: banyantree.com



HB **Holiday Inn Tianjin Riverside 天津海河假日酒店**
Enjoy a scenic waterfront location at Holiday Inn Tianjin Riverside, just 15 minutes' drive from Tianjin's financial hub Phoenix Shopping Mall.
A: Haihe Dong Lu, Hebei District 河北区海河东路凤凰商贸广场
T: +86 22 2627 8888
W: HolidayInn.com

HB **Yi Boutique Luxury Hotel Tianjin 天津易精品奢华酒店**
A: No. 52-54, Min Zu Road, Hebei District 河北区民族路52-54号
T: +86 22 2445 5511



QH **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



Tianjin 天津香格里拉大酒店 Shangri-La hotel

HD **Shangri-La Hotel, Tianjin 天津香格里拉大酒店**
A: No.328 Haihe East Road, Hedong District Tianjin, 300019 China 河东区海河东路328号
T: + 86 22 8418 8801



HD **Wanda Vista Tianjin 天津万达文华酒店**
Located on the banks of the Hai He River, furnished with rich Oriental ambience, Wanda Vista offers its acclaimed guests an extravagant experience of exclusive services and artistry.
A: 486 Bahao Road, Da Zhi Gu, Hedong District 河东区大直沽八号路486号
T: +86 22 2462 6888



HD **HYATT REGENCY TIANJIN EAST 天津东凯悦酒店**
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

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

HP **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

HP **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

HP **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



HP **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

HP **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

HP **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



HP **Nasca Linien 纳斯达克·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

HP **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

HP **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

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

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

HP **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

HP **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.com

HOPELAND INTERNATIONAL KINDERGARTEN

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



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



H Q Wellington College International Tianjin
天津惠灵顿外籍人员子女学校
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.tianjin@wellingtoncollege.cn
W: www.wellingtoncollege.cn/tianjin



J N 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)微山路22号
T: +86 22 2859 2003/5/6
W: istianjin.org



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

H P Language Schools
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

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

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

Exhibition Centres

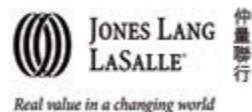
H X Tianjin International Exhibition Centre
天津国际会展中心
Located near Tianjin museum, this two-storey building is suitable for holding large-scale international and domestic exhibitions.
O: 09:00-17:00.
A: No. 32, Youyi Lu, Hexi District 河西区友谊路32号
T: +86 22 2801 2988

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

Libraries

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

Real Estate



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

IT



N K N 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
Le Crobag 德国面包房
A: Room 105, Building C1, MSD. NO.79 The 1st Street, TEDA, Tianjin 开发区第三大街32号 鸿泰仟佰汇商业广场(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 炼瓦家
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
盛宴标帜餐厅
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 Area 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

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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
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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
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A: (Behind Renaissance Tianjin TEDA Hotel) Fada Jie, TEDA 开发区发达街
T: +86 22 6621 6367

Hotels



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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
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T: +86 22 5999 8888



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W: www.metropolitanpoloclub.com

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W: HolidayInn.com

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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 6621 8888



Fraser Place Binhai, Tianjin 天津招泰美伦辉盛坊国际公寓
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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
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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.binhaijipark.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



International School 泰达国际学校
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A: No. 72, 3rd Avenue, TEDA 开发区第三大街72号
T: +86 22 6622 6158
W: Tedais.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

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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, Nanghai 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

Yin Xu

The First Ancient Capital



In the year 1889, villagers of Villa Xiao Tun of the city of Anyang, in the province of Henan found numerous turtle shells and bones carved with letters and signs, which found Yin Xu – an ancestor city with a long history and magnificent culture.

Ever since, this location has been of interest to travelers and archaeologists worldwide, due to the fact that it has been proven that these engravings are the oldest made by men: oracles.

Yin Xu is among the biggest and oldest historical sites in China. It is the last capital of Shang's Dynasty, which is now Anyang and has been a capital for more than 250 years. With an area of 24 square kilometers, Yin Xu had a district of palaces, one of the civil residences, one of tombs and another of workshops, which were divided into two by the river Heng that passed through. This totally rational distribution shows how this city was very powerful and well equipped in China.

By Rebecca Vaughn

“首批全国重点文物保护单位”、世界文化遗产名录、国家AAAAA级旅游景区、20世纪中国“100项重大考古发现”之首……这一项项荣誉的所有者，正是位于河南安阳西北郊的殷墟。殷墟，甲骨卜辞中又称为“大邑商”、“商邑”，是中国商代晚期的都城，也是中国历史上第一个有文献可考、并为甲骨文和考古发掘所证实的古代都城遗址，距今已有3300年的历史。自公元前1300年盘庚迁殷，到公元前1046年帝辛亡国的255年间，这里一直是中国商代晚期的政治、经济、军事、文化中心。

今天我们可以看到的殷墟宫殿宗庙遗址区主要保护展示设施有：甲骨文“门”字形大门、妇好墓坑、妇好享堂、妇好雕像、殷墟地下博物馆、仿殷雕墙与阙楼等。商代是中国青铜时代的第二个王朝，体现出独特的东方色彩。殷墟出土青铜器种类繁多，器形厚重，纹饰繁缛，铸造工艺高超，达到了前所未有的水平。其中尤以王陵遗址出土的司母戊大鼎最负盛名，它是迄今世界上所发现的最大最重的青铜器，是古代科技与艺术、雕塑与绘画的完美结合，是中国青铜器文化中的瑰宝，美术史上的璀璨明珠。

1928年殷墟发掘以来，曾多次发现过商代车马坑。这里发现并清理的多座车马坑以及道路遗存展示了我国古代道路交通的基本雏形，对研究商代社会的阶级、等级关系、亲族制度、埋葬习俗及工艺水平等，都是极重要的研究资料。甲骨文是我国目前已知最早的成系统的文字形式，是世界四大古文字之一。由甲骨文演变发展而来的汉字，在传播华夏文化、促成中国大一统国家的形成与巩固方面发挥了重要作用。甲骨文最早正是发现于安阳殷墟，是商朝的文化产物，距今约有3600多年的历史。

著名的妇好墓是殷墟宫殿宗庙区内最重要的考古发现之一，也是殷墟科学发掘以来发现的唯一保存完整的商代王室成员墓葬，墓上建有被甲骨卜辞称为“母辛宗”的享堂。墓室有殉人16人，随葬品不仅数量巨大，种类丰富，而且造型新颖，工艺精湛，堪称国之瑰宝，充分反映了商代高度发达的手工业制造水平。根据该墓的地层关系及大部分青铜器上的“妇好”铭文，考古学者认定墓主人为商王武丁的配偶——妇好。妇好墓是目前唯一能与甲骨文联系并断定年代、墓主人及其身份的商代王室成员墓葬。

如果看过上述著名出土文物及遗址还不过瘾，不妨再看看甲骨窖穴、殷墟博物馆、乙二十仿殷大殿、乙七基址。相信你能从殷墟遗址中发现更多古人的智慧。

HISTORICAL VALUE OF YIN XU

Archeologists have recorded numerous cases of rituals of human sacrifice in different ancient civilizations, from the Vikings to the Mayans. However, on few occasions, they had encountered such horrifying cases as that of the ancient city of Yin – the capital of the Shang dynasty (XVI - XI century BC), in which it is estimated that thousands of people were sacrificed in a few hundred years in China. To this date, historians knew that men between 15-35 years were usually slaughtered and that each execution killed around 50 people, although little is known about the provenance of the condemned.

A recent study suggests that the people executed were probably prisoners of war from other regions, who in addition to being condemned to such a macabre destination, were subjected to forced labor before receiving the death penalty.

In addition, this is a perfect destination for those who want to “throwback in time” and those who are interested in historical value of places. However, in any aspect, this was something barbaric and you wouldn't want it to happen to you.

HOW AND WHEN TO VISIT YIN XU

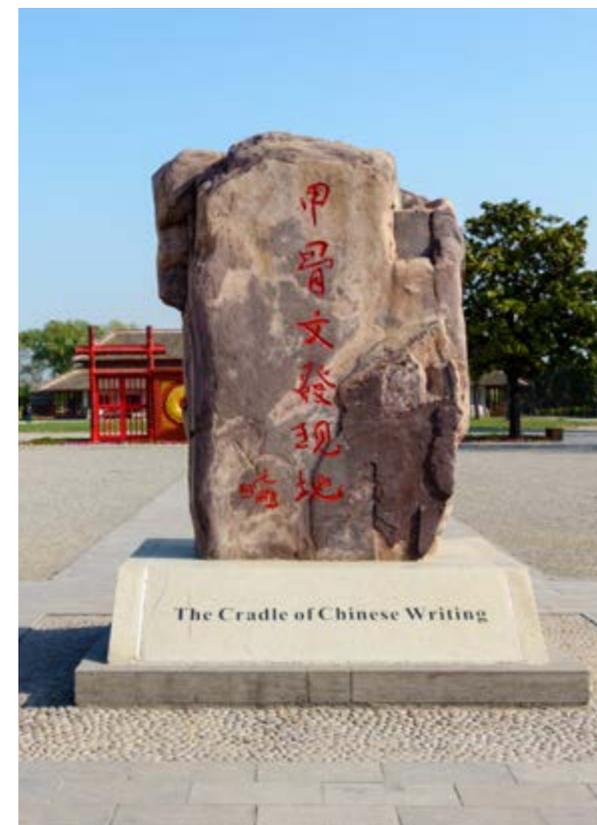
You can visit this magnificent place whenever you want, although you might want to avoid summer holidays and the Golden Week of October, when it is usually crowded. If you want to blend in with others, make sure you have your reservations right on time.

THE OPENING HOURS ARE:

April - September: 8:00am - 6pm

October - March: 8:00am - 5:30pm

Tickets will cost you around 90 Yuan. To get there, you can take a bus from the city center of Anyang, you might take the general public bus No.1 in front of the bus stop of Shirenda and get off at the 14th stop of Yin Xu Museum, then stroll north for about 900m and you will reach Yin Xu. Obviously, you can take a taxi or combine bus lines 6, 15, 18, 39 or 41.





Remains of a Royal Palace

The most important thing for a culture is its language. Here you can see royal tombs in immense quality, as well as more than hundred thousand oracle bones which are the silent witness of the Chinese written language.

The Royal Tombs location includes sacrificial pits including chariots and human remains thought to have been sacrificial victims. Burial goods included embellished bronze ritual vessels, jade and bone carvings, and ceramics. All these artifacts exemplify even more a brilliant ancient China to the rest of the world.

Fu Hao's Tomb

Importance of Yin goes further back thanks to the writing samples found mainly in turtle bones, although there are also samples sculpted in stone and bronze.

This is currently the first sample of Chinese writing, in the absence of checking whether the sequences of symbols found in Wucheng vessels can be considered writing. Most of the texts of Yin are divinations, main reason of cosmology in which the king was also the priest who led the sacrifices and worshiped the ancestors.



Yinxu Museum

This museum is the only professional and systematic underground museum in China, with almost 600 antiques and heritages of fantastic historical artifacts and worthy finds associated with the Shang Dynasty still being found in this area.

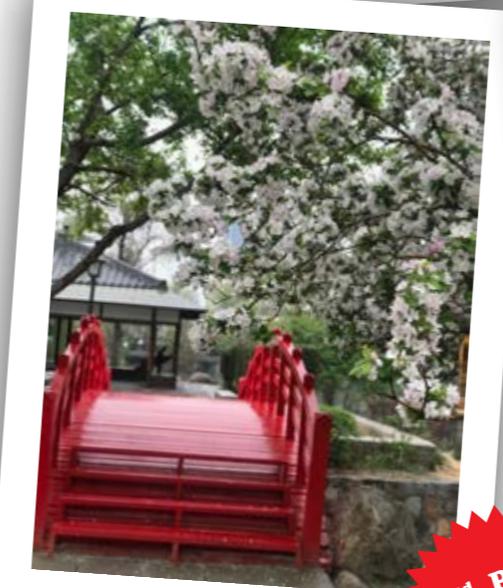
Chariot, Horse Pits

China is basically where horse cars were invented. Archeologists have found buried horses and chariots without wheels which were placed one behind the other. Horses were severely burned and by the number found, it showed that the country was very powerful. These chariots were owned by powerful leaders who could afford this kind of luxury.



June 1st Prize 一等奖

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- 1st Prize Winner: Foreign Wine bottle Voucher
- 2nd Prize Winner: Restaurant Voucher
- 3rd Prize Winner: International Bakery store Voucher



KOMODO

Island Of Dragons

魅力科莫多岛

By Evelyn Rubenstein

位于太平洋上的南亚国家印度尼西亚一直被誉爲“千岛之国”，这些岛屿像一串珍珠散布在海中，各具特色。其中最出名的莫过于巴厘岛，许多著名影星曾在此完婚，引发了中国游客的旅行热潮。但是殊不知在巴厘岛不远处的200海里外，有一座拥有粉红色海滩的绝美小岛——科莫多岛。这里不仅有美妙的海底世界，罕见的粉红色海滩，更有“龙”等待你的发现。

所谓的“科莫多龙”其实是科莫多巨蜥，是已知现今存在种类中最大的蜥蜴。这种巨蜥已濒临灭绝，野外仅存3000只左右，印度尼西亚已在科莫多岛上建立国家公园，以使科莫多巨蜥的家族壮大。通常游客可以见到几只巨蜥，但如果你足够幸运，可以见到多只在一起成群休息的震撼景象哦。

粉红色海滩也使这里成为了“网红旅游胜地”。是什么造就这令人心驰神往的梦幻沙滩呢？正是印尼国宝——红珊瑚。海底大量的红色珊瑚被海水冲碎后变成细小的粉末，与岸上细白的沙子融为一体后，便形成了这浪漫景致。

在科莫多岛，4月到12月非常炎热，平均气温达到30摄氏度，而7月和8月是相对最冷的月份。1月到3月是雨季，但是科莫多岛不会像印尼其他地方那样有持续的倾盆大雨，所以相对来讲全年都是晴朗和阳光的天气，基本上一年到头都适合在科莫多岛潜水。

林卡岛是除科莫多岛之外的另一处科莫多龙保护区，面积只有198平方公里。岛上自然环境优美，人烟稀少，不少游客专程前来观赏科莫多龙。无论是科莫多岛，还是在林卡岛、帕达尔岛，在这些岛屿的山岭中徒步都是一项非常有趣的运动。徒步过程中，你可能会时不时地看到各种有趣的野生动物。

Are you ready to face an island full of dragons? No, they're not your mythical fire-breathing-flying-reptiles; they are our very own modern day Komodo dragons. Indonesia is a haven of tropical islands and amazing beaches. We've all seen postcards and pictures of its most famous locations like Bali, and Jakarta, but there is a special national park that is a perfect dream destination for the more adventurous traveller.

Trekking, swimming, snorkelling, and scuba diving are just some of the activities that you can do around Komodo Island. If this sounds like heaven to you, then this travel guide will be your gateway to an exhilarating escapade.



How to Get There

Komodo is located at the Lesser Sunda Chain of Islands with other surrounding islets such as Rinca, and Padar Islands which form the Komodo National Park. Before you hop on that plane make sure that you've pre-booked your tickets, and Tour Company of your choice. There are many tour packages that will accommodate your stay in the island. It is recommended that you either go in groups or join a group tour. You can't conquer those creatures by yourself. As exotic as they may seem Komodo dragons are carnivorous by nature and you don't want to step into their territory unprepared and looking like their next meal. Yikes!

The easiest and most common way to get there is by booking a transfer boat ride from Labuan Bajo, which is the nearest town. The journey itself is a feast upon the eyes as you'll get stunning views of crystal clear waters, and amazing surrounding islets.

Komodo and Rinca Island

Now that you've reached dragon island be prepared for lots of walking and hiking. Toss your heels and opt for durable and comfortable walking shoes. Wear loose light clothing and always stay hydrated. The terrain might be challenging for inexperienced hikers but the thrill of exploring an island full of Komodo dragons (that may be lurking right behind you) makes up for a great adventure. Komodo and Rinca Islands are home to estimated 5000 komodo dragons while human population is only at 2000. These creatures are the largest lizard species that can grow up to 7 feet long.

In addition to watching the komodo dragons in their natural habitat, travellers can trek the hills of Rinca Island to get a breathtaking bird's eye view of the place. Just a few tips: avoid walking alone, follow your ranger, and always stay with your group.



PADAR ISLAND

If all that walking has left you with an adrenaline rush, then head down to Padar Island to add to your trekking voyage. It is the third largest park with steeper hills and more breathtaking views. The terrain is tougher compared to Komodo and Rinca Islands but reaching the top will reward you with an amazing view and more photo opportunities to add to your Instagram feed.

PINK BEACH, SNORKELLING AND DIVING

You've probably been to a couple of white sand beaches, but a pink sand beach is quite a novelty for your travels. Pink beach is the perfect place to unwind and relax after a day of walking around the island. Combination of white sand and red sand (formed from foraminifera) creates this dreamlike beach that seems otherworldly. Aside from swimming, sunbathing, and prancing around in your beach body, there are many activities that you can do to make your stay worthwhile.

Pink beach is a biodiverse sanctuary for underwater life. Snorkeling will give you a glimpse of our aquatic friends; from fishes to corals, dolphins, and turtles you'll enjoy a memorable trip under the sea. If you're feeling more adventurous you can head down to popular diving spots like Manta Valley Point and swim with the manta rays. Other notable diving spots are also located in Batu Bolong and Tatawa islands.



When to Visit?

Indonesia has two seasons: Wet and Dry. The best time to visit the island is during April to August. It can get very humid and hot during April to June and it can be overcrowded with tourist during July-August. But you'll get stunning greenery and calm seas during this season. If you want lesser tourists and cheaper travel options then you can visit the island from September-November. It's also the mating season for Komodos.

It's time to pack your bags and go! Adventure is waiting for you, and you'll find plenty on Komodo Island (just don't get too close to the dragons). This is a trip that will leave a lasting impression.



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