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26

Flamenco in Tianjin

弗拉门戈在天津





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**August
1st Prize
一等奖**

Momoge
By Kris Prince



Carrying and Smile
By Ma Jing

**2nd Prize
二等奖**



Lisa Ono in Tianjin
By Calvin Lee

**3rd Prize
三等奖**

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



香传好礼，赏味佳节

Mooncake Delights from Shangri-La Hotel Tianjin



海上升明月，天涯共此时。每当中秋佳节临近，回想起去年今日阖家团聚品月饼赏明月，每个人的心中都会涌起一份对家人的思念，对故乡的眷恋，对团圆的企盼，这不仅仅是一种情感，更是一种传承。为了庆祝这一历史悠久的传统节日，天津香格里拉大酒店为您上一份佳节厚礼，让您与亲人共享团圆和美。“香”约中秋，共庆佳节。我们为您准备了三款节日礼盒，无论是充满节日喜庆元素的香月礼盒、典雅的皇月礼盒，还是可爱又充满趣味的熊猫礼盒皆供君任选。打开礼盒，节日的味道扑面而来，既有深受喜爱的熟悉口味，如蛋黄莲蓉和苏式玫瑰月饼；也有创意满满的香柚与松露培根月饼；熊猫月饼以美味的桃山皮为特色，包含巧克力、奶酪蓝莓、香芒奶黄等多种口味。

香
Shangri-La Mooncake
中·秋
2018
傳

In celebration of the Mid-Autumn Festival on 24 September 2018, Shangri-La Hotel, Tianjin presents deluxe mooncake collections, the ideal gift for your business partners, family and friends!

Share the delight of the Mid-Autumn Festival with our gourmet selection of limited-edition Mooncake Gift Boxes. Choose from the 8-piece Shang mooncake gift box decorated in festive red, 10-piece Royal mooncake gift box in resplendent gold, and fun 6-piece Panda mooncake gift box featuring a cute panda design and peach crust mooncakes ideal for children and the young at heart. The gift boxes open to reveal our handcrafted mooncake treats in classic and creative flavours, including white lotus seed with egg yolk mooncake, Suzhou-style rose mooncake, sweet grapefruit mooncake, and truffle and bacon paste mooncake. The Panda mooncakes feature a delicious peach crust in indulgent flavours, including chocolate, cheese blueberry and mango and cream.



香月礼盒 (8粒装)
Shang Gift Box (8 pieces)
RMB228



皇月礼盒 (10粒装)
Royal Gift Box (10 pieces)
RMB288



香熊猫礼盒 (6粒装)
Panda Gift Box (6 pieces)
RMB198


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Shangri-La hotel
TIANJIN



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Restaurant

Steak 羽
S 深
Wine 肉
铺

Habuka the Butcher

Steak & Wine Habuka the Butcher 羽深肉铺



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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.)



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泰享阁足道会馆

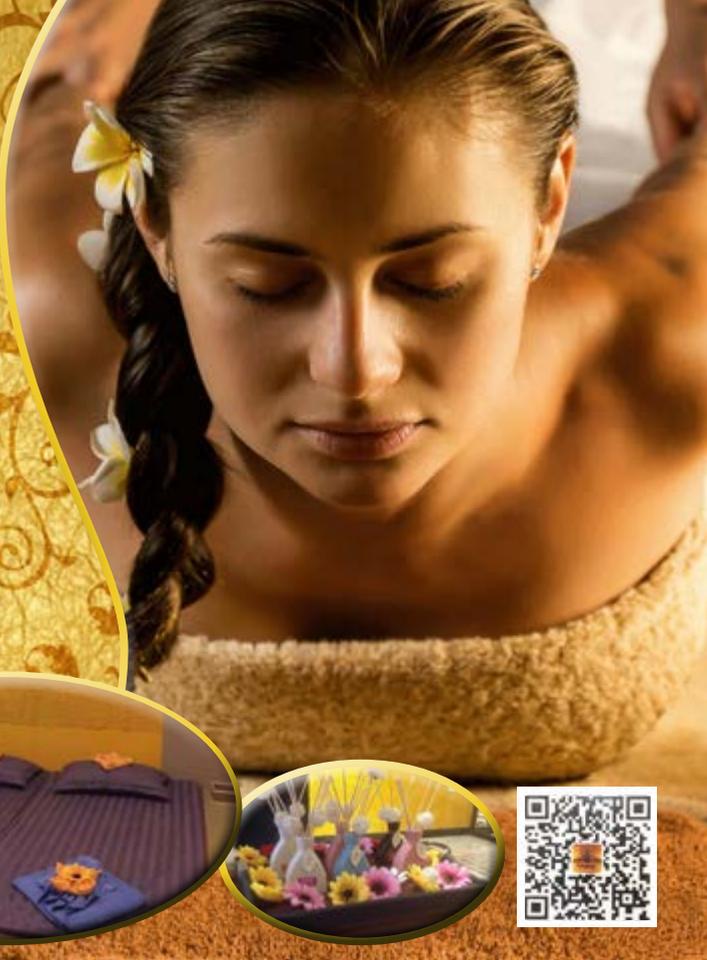
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夏日畅爽~惊喜不断~活动不停

活动时间: 2018. 7. 20-2018. 8. 31

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Hi friends,

Recently we had the opportunity to enjoy several good performances in Tianjin. Famous singers such as Noa from Israel, who is very well-known for her popular songs and great voice, were here. Some others were not so well known but great musicians such as Stockholm-born songwriter Sophie Zelmani, who makes her quiet songs seem intense, were also here.

Flamenco Dance is another great show that appears in Tianjin scene during this summer. This great performance, which is full of passion and emotions, was introduced on the stage of Tianjin Grand Hall. We also had the opportunity to interact with the Director of "Flamenco de Granada" company dance that presents the piece of Flamenco in Tianjin during this summer, and get to know a bit more about this art which is very unique. We regard ourselves lucky to have the opportunity to see it in town.

We are so engaged in flying and traveling the world that we use airplanes almost daily, and at the first sight, all of them appear large and white. But there are plenty of differences, and these are what we explain in the content of our feature story.

If you are looking for an accessible out-of-town getaway within two or three hours traveling time from Tianjin, in our TOP section we have selected 10 different places for a quick yet memorable trip.

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



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2018 August Calendar

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



Steve Barakatt, Canada Piano Solo Concert
 加拿大钢琴家史蒂夫·贝瑞卡钢琴独奏音乐会

02
 Thu

Date: Thu, Aug 2nd
Time: 19:30
Price: 20-120
Venue: Concert Hall,
 Tianjin Grand Theatre
 天津大剧院音乐厅
Tel: +86 22 8388 2000



Ball in the House Concert
 美国阿卡贝拉Ball in the House声乐音乐会

03
 Fri

Date: Fri, Aug 3rd
Time: 19:30
Price: 30-150
Venue: Concert Hall, Tianjin Grand Theatre
 天津大剧院音乐厅
Tel: +86 22 8388 2000



Trinity Boys Choir Concert
 英国圣三一男童合唱团音乐会

04
 Sat

Date: Sat, Aug 4th
Time: 19:30
Price: 20-120
Venue: Concert Hall,
 Tianjin Grand Theatre
 天津大剧院音乐厅
Tel: +86 22 8388 2000

08
 Sun

Date: Sun, Aug 8th
Time: 19:30
Price: 20-120
Venue: Concert Hall, Tianjin Grand
 Theatre
 天津大剧院音乐厅
Tel: +86 22 8388 2000

Tchaikovsky: *The 3 Ballets*
 柴科夫斯基芭蕾舞剧三部曲



11
 Sat

Date: Sat, Aug 11th
Time: 10:30, 14:30
Price: 80-1200
Venue: Jinwan Grand Theater
 天津津湾大剧院
Tel: 4006 103 721

Children's drama: *Frozen*
 魔幻儿童剧《冰雪奇缘》天津站



16
 Thu

Date: Thu, Aug 16th
Time: 19:30
Price: 110, 150
Venue: Multifunctional Hall,
 Tianjin Grand Theatre
 天津大剧院多功能厅
Tel: +86 22 8388 2000

Accordion World Famous Pieces Concert
 盛夏时光--手风琴世界名曲音乐会



SPECIAL DAYS

国际友谊节又叫西方友谊节，为每年八月的第一个星期天，许多国家的年轻人都会庆祝这个节日。这个节日起初是由美国国会在1935提出的，作为纪念朋友的节日。

1999年12月17日，联合国大会赞同主管青年事务部长世界会议提出的建议，决定将每年的8月12日定为“国际青年日”，国际青年日是全世界革命青年反帝国主义、反军国主义、反世界大战的纪念日。

8月13日是国际左撇子日。据了解，全世界约有6%—13%的人是左撇子，1975年的8月13日，美国的一群左撇子建立了名叫左撇子国际的组织，设想把全世界的左撇子联合起来，共同争取左撇子的权益。1976年，该组织将8月13日确定为国际左撇子日。

中国的情人节七夕始于汉朝，是流行于中国及汉字文化圈诸国的传统文化节日。今年七夕节是农历的8月17日。

8月26日是美国的妇女平等日，美国前总统乔治·W·布什在任内根据宪法和美国法律赋予他的权力明确宣布2005年8月26日为妇女平等日，并号召美国人民开展相应的项目和活动来庆祝这一节日。该节日是为纪念美国宪法第十九修正案于1920年得到采纳，为妇女争取到了基本的投票权。



Friendship Day

Typically celebrated on the first Sunday of August every year, Friendship Day encourages all to celebrate the bonds of friendship and companionship. Originally only a small celebration, it has now turned into a big festival involving exchange of gifts, flowers, friendship bracelets and cards. Show your friends how much you appreciate them by following the same traditions.



International Youth Day

To recognize the contribution of the world's youth, the United Nations (UN) elected this day to showcase and celebrate young people of the world, as well as to raise awareness of all issues that youth of today face and how to tackle them. Many countries around the world hold conferences to discuss important issues like education, employment and health, as well as running fundraising activities to promote and back causes for the benefit of young people.



Children's Ballet of Kyiv, Ukraine
乌克兰基辅儿童芭蕾舞团《天鹅湖》

17
Fri

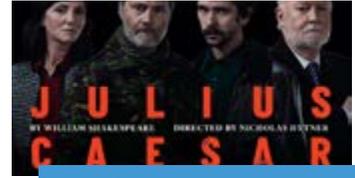
Date: Fri, Aug 17th
Time: 19:30
Price: 100, 180, 280, 380
1000(380x3), 700(380x2), 700(280x3),
500(280x2)
Venue: Tianjin No.2 Workers Cultural Palace
天津第二工人文化宫剧场



Angela Zhang World Tour 2018
2018 张韶涵“旅程”世界巡回演唱会

18
Sat

Date: Sat, Aug 18th
Time: 19:30
Price: 390-1390
Venue: Tianjin Sports Center
天津体育中心（大馆）
Tel: 4006 228 228



Julius Caesar
英国国家剧院现场《裘力斯·恺撒》

19
Sun

Date: Sun, Aug 19th
Time: 14:00
Price: 80-200
Venue: Opera Hall, Tianjin Grand Theatre
天津大剧院歌剧厅
Tel: +86 22 8388 2000

21
&
22
Tue
&
Wed

Date: Tue, Wed, Aug 21st, 22nd
Time: 19:30
Price: 200, 220
Venue: Multifunctional Hall,
Tianjin Grand Theatre
天津大剧院多功能厅
Tel: +86 22 8388 2000

Polish Theater: Uncle Vanya
波兰戏剧《万尼亚舅舅》



23
&
24
Tue
&
Fri

Date: Tue, Fri, Aug 23rd, 24th
Time: 19:30
Price: 200, 220
Venue: Multifunctional Hall,
Tianjin Grand Theatre
天津大剧院多功能厅
Tel: +86 22 8388 2000

Polish Theater: Humanka
波兰戏剧《人偶》



25
Sat

Date: Sat, Aug 25th
Time: 19:30
Price: 20-120
Venue: Concert Hall, Tianjin Grand
Theatre
天津大剧院音乐厅
Tel: +86 22 8388 2000

Alexey Sokolov Piano Recital
俄罗斯钢琴大师阿列克塞·索科洛夫独奏音乐会



Left-Handers Day

If you are a Leftie, then Left Handers Day is just for you! Left Handers, also commonly referred to as Southpaws, are the brunt of more than their share of jokes all year long. How do I know? Yup, you guessed it! It isn't easy being a leftie. But those of us who are would have it no other way. Lefties are proud of it and they should take a day off and celebrate their left-handedness.



Chinese Valentine's Day

Also referred to as 'Double Seventh Festival', Chinese Valentine's Day dates back some 2000 years ago to the Han Dynasty. The myth tells of a love story between a weaver girl and a cowherd, but their love was forbidden and both were banished to opposite sides of the Silver River. But, once a year on the seventh day of the seventh lunar month, magpies would flock to the skies creating a bridge that allowed the lovers to reunite for just one night. Traditions for this festival include girls showing off their weaving skills with needlecraft and honoring oxen by picking flowers, making garlands and hanging them on the horns of ox. What else could be more romantic?



Women's Equality Day

In 1971, after much work, and at the urging of U.S. Representative Bella Abzug, Congress designated August 26th of each year as 'Women's Equality Day'. This day was selected to commemorate the passage of the 19th Amendment to the Constitution, which granted women the right to vote. Celebrate this day by remembering the accomplishments, like gaining the right to vote, and being granted equal status. Women's rights groups suggest that you must continue to be involved in pursuing full and equal rights for women in all areas and in all issues.

Mooncake

@ Shangri-La Hotel, Tianjin

In celebration of the Mid-Autumn Festival on 24 September 2018, Shangri-La Hotel, Tianjin presents deluxe mooncake collections, the ideal gift for your business partners, family and friends!

Share the delight of the Mid-Autumn Festival with our gourmet selection of limited-edition Mooncake Gift Boxes. Choose from the 8-piece Shang mooncake gift box decorated in festive red, 10-piece Royal mooncake gift box in resplendent gold, and fun 6-piece Panda mooncake gift box featuring a cute panda design and peach crust mooncakes ideal for children and the young at heart. The gift boxes open to reveal our handcrafted mooncake treats in classic and creative flavours, including white lotus seed with egg yolk mooncake, Suzhou-style rose mooncake, sweet grapefruit mooncake, and truffle and bacon paste mooncake. The Panda mooncakes feature a delicious peach crust in indulgent flavours, including chocolate, cheese blueberry and mango and cream.



Price: Shang box (8 pieces of mooncakes) RMB228 net;
Royal box (10 pieces of mooncakes) RMB288 net;
Panda box (6 pieces of mooncakes) RMB198 net;

For more information or reservations
please call +86 22 8418 8111.

Summer New Menu @ Wanda Vista Tianjin



Experience the refreshing taste of a wide range of offerings featuring Mixed Bitter melon with Plum Sauce, Pork Bone Soup with Nourish Cool, Tianjin Style Sesame Paste Noodles, cold Plum Soup and more at ZHEN Chinese Restaurant.

Date: August 1st to August 31st, 2018

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

Venue: 6F, ZHEN Chinese Restaurant,
Wanda Vista Tianjin

For reservations kindly call +86 22 2462 6888-6022.

Blue Fin Tuna Fish @ Pangu 7 Star Hotel Beijing

Blue Fin Tuna owns the reputation of "Sashimi King" and "Rolls-Royce in fish", tasting tender, fresh and sweet, and is undoubtedly the top tuna selection for sashimi and sushi cuisine.

From 13th July to 12th August, the Auspicious Garden 3rd floor restaurant is launching a Blue Fin Tuna fish promotion. During this period, every Wednesday and Saturday during dinner time, there is an Inauguration event of the Blue Fin Tuna Fish live show at Auspicious Garden, indulging you with a feast of vision and taste.

Price: RMB880net per person

Time: Lunch: 11:30-14:30; Dinner: 17:30-22:00

Venue: Auspicious Garden 3rd Floor, Pangu 7 Star Hotel Beijing

Warm Tips: Seats with Water Cube view need to be reserved 3 days in advance.

For more information or reservations please call +86 10 5906 7777 or visit hotel official website: www.panguhotel.com.



“FunDay-Sunday” Themed Sunday Brunch @ The Ritz-Carlton, Tianjin

Let our “FunDay-Sunday” themed Sunday Brunch take you on an exciting culinary adventure with many classic flavours to be enjoyed. ZEST's Chef de Cuisine Henry Li has prepared an international feast featuring fresh fruits and vegetables, premium seafoods, flavourful cheeses and carefully selected ingredients from around the world. Start your morning with freshly grilled fish and enjoy the aroma and food from the open kitchen. Besides presenting the tastes of the world, the culinary team has also designed a series of fun-filled activities that allow young diners to experience the joy of cooking.

Price: RMB428+15% service charge per person, including selected imported wine, local beer;

Date: Every Sunday

Time: 12:00pm – 2:30pm

Venue: ZEST, The Ritz-Carlton, Tianjin

For reservation, please call at +86 22 5857 8888.



Bright Moonlight @ Renaissance Tianjin Lakeview Hotel



Partnering with Celebrity Chef Jereme Leung this Mid-Autumn Festival, Renaissance Tianjin Lakeview Hotel presents to you the flowery mooncake infused with Yunnan Rose petals and Osmanthus.

Price: Distinctive Design Mooncake, RMB238/box (8 pieces, 4 flowery flavors)

New Dynasty Restaurant will also present the signature custard mooncake for your holiday reunion.

Homemade Custard Mooncake, RMB 288/box (8 pieces and 1 bottle of wine);

For more information and reservation please contact with New Dynasty via +86 22 5822 3110/3111.

Enjoy the Summer @ Banyan Tree Tianjin Riverside

Every Monday to Friday from now till 30th Sep, 2018, there is a choice of a 60-minute body treatment at Banyan Tree Tianjin Riverside Spa, giving a 30-minute express facial worthy RMB550 in addition to giving a 30-minute calm time. Let your skin shine this summer. 120-minute treatment includes 60-minute body treatment & 30-minute express facial & 30-minute calm time.

Price: Special Price: RMB858 (Original Price: RMB1808)

Date: Every Monday to Friday, till September 30th

Time: 10:00am-6:00pm (finished treatment before 6:00pm)

Venue: B1, Banyan Tree Spa, Banyan Tree Tianjin Riverside

Please make reservations at least one day in advance.

For more information and reservations please call

+86 22 5861 9999 - 8710 / 8711.





古语有云：“家和万事兴”，这句话即使放在今天看来依然有其深远的教育意义。家庭是社会关系中的最小单位，每个人都和自己的原生家庭有千丝万缕的联系，不论是自己的成长环境、性格塑造还是未来的人生发展，都是基于家庭这个原点再向前拓展的；我们的人生记忆和人际关系也在家的基础上得以维系。父母是我们最亲最爱的人，即使在自己成家立业之后，自己的家依然是独一无二的存在，这里的每一位家庭成员都对彼此有无私的爱、尊重与关怀。

在现代社会中，随着独生子女的增加以及跨地区甚至跨国学习、工作人数的增长，很多地区不可避免的出现“空巢老人”以及父母与子女分居两地的情况。在这种情形下，作为子女，如何维系宝贵的亲情、提升家庭幸福感成为了每个人都正在或必将思考的问题。其实，家庭生活贵在实在真切，比如和家人一同用餐，在美食的陪伴中放下手机与家人聊聊家常，拉近彼此的关系，专注于和家人在一起的感受，提升每个人的幸福感。我们相信这美妙的用餐时光将成为家庭和你个人人生中点滴亲情的积累。

除了自己的父母，也不要忘记自己的祖父母。祖辈在我们每个人小的时候，为照顾自己付出了很多的心血。回到家乡和祖父母一起共度美好时光，陪他们聊聊天、做做活，不失为一种莫大的乐趣。

如果你的工作太忙，那么最好每周安排出一天时间，专门留给家人。这样一来既定日程不会被打扰，而家人也在和你的共处中更加亲密。无论是孩子还是伴侣，都非常需要你的陪伴。在重大节日期间，尽可能回归家庭，和家人一同度过这些生命中的闪光时刻。此外，非常重要的一点是，要对家人保持支持与忠诚，这意味着无论家人发生什么事，你都会坚定的站在他们的身边，用爱和行动支持他们。

家庭为重，维系亲情

FAMILY FIRST STRENGTHENING BONDS AND TIES

By Rose Salas

Family is a major component of our society and civilization. The famous saying “Family First” gives us a clear picture of what it really means for someone to belong and feel at home in one’s family. We all find security and happiness from the time we become aware of life in the arms of our loving parents. That’s why even if we are able to stand on our own or even start our own family, we will never forget the good memories in our first home - and every part of it reminds us of a story that we treasure in our hearts.

Parents can be the most influential people in a child’s life. Basically, the kind of relationship one has with his parents becomes evident in the way he gives importance and how he prioritizes them in major aspects of his life. The love for our parents can strongly strengthen the ties that we have with them. This is probably how the foundation of China’s society has been built; because every member of the family gives value to what keeps them all together - love, respect and care.

Due to modernization, it is inevitable that changes can occur on how we maintain the bond within our families. What are helpful ways that can make our family ties and bonds go stronger as time passes by? Here are some great pointers. Read on!

Visit your grandparents once in a while

Elders are at all times valued and respected. Do not forget to pay them a visit by going back to your hometown and spending quality time with them. As one's hair becomes gray, time spent with their loved ones is more precious than anything else in the world.



Don't miss the family meal

Dinner is when everyone gathers after a whole day's work. Be "present" not just physically, but let your family feel that you are with them by engaging into their discussion, or by simply putting away your smart phones and focusing on the meal. Appreciate every moment that your mother or father can still prepare hearty meals for you.

Set a Family Day

Busy parents must set aside a day to spend with their family. It is now common that both parents work to be a provider. In most cases, grandparents take care of the child. Setting a family day can be the best day to bond with your spouse, child, and parents. A week that's spent just for work can put stress. De-stress by going out with your family at least once a week. It will surely boost your immune system!



Come Home

If you are a professional who works away from home, come home on birthdays, family reunions, festivals, and special occasions. Do not break the family's tradition. Make an effort to return to your family. Go home and be with them.

Show Unconditional Love

When you say unconditional love, it means no matter what happens, let your child, your parents, and extended families know that you love them without restrictions or reservations. Make room for mistakes and improvement with each other. Life is short. Live it with love and compassion. This will surely build a harmonious relationship and foster closer ties within your family.



A harmonious family life is not easy to achieve if one does not participate. It is a process and can be learned through small things. Small things can make a huge difference. According to the teachings of Confucius, importance of family extends to the well-being of the country. Let us all strive in strengthening our family ties and bonds. We can help our society and create a legacy for the future generations.



DIFFERENCES BETWEEN THE MOST POPULAR PLANES USED BY AIRLINERS TODAY

经常乘坐飞机往来于不同城市的“空中飞人”们可能对飞机的型号有所了解，今天我们来一起盘点一下各类机型异同之处。世界上最大的商用飞机目前是双层飞机，即空客A380和波音747客机，它们都是飞机中的巨头。空客A380是目前最大的商用飞机，它有双层甲板，波音747则在机身前部有双层舱位。虽然波音747很受欢迎，但一些航空公司已经开始将它替换掉，目前波音正在开发一种新的双层飞机，未来我们很可能会看到全新的更大的商用飞机。

通常大型飞机用于长途飞行，而中型飞机则主要满足中近距离飞行。这类飞机只有单层，如果机身上有五个舱门，那么这样的飞机一定是短途飞行中最大的飞机，有四个舱门的则居中，有三个舱门的属于中型飞机中的小飞机。比较值得一提的是，A340有四个引擎，非常罕见。

波音和空客作为飞机制造商中的领头羊为大众所熟知，波音飞机的机身前部通常比较尖，看上去像鲨鱼的头部；而空客飞机相对圆一些，类似于狗的鼻子。或许也是由于机身头部设计的原因，空客的飞机前窗看起来更像正方形，而波音飞机的前窗则像三角形。

在尾翼部分，波音飞机的尾翼靠近后端而空客飞机的尾翼则相对向前移一些，但差异不大。

波音A330和空客777都有五个舱门，看起来非常相似，很难识别，但A330更长一些，它有传统空客飞机的窗户和尾翼，波音777则更大一些，看起来像标准型号的飞机。我们在下文中详细介绍了更多飞机型号的对比情况，如果你是航空爱好者，敬请继续细细阅读吧。

We are so engaged in flying and traveling the world that we use airplanes almost daily. Well, at least some of us do. But, it is an interesting ability to tell the difference between them. At the first sight, all of them are large and white, but there are plenty of differences, something we will explain in the content below.



DOUBLE DECKERS: THERE ARE ONLY 2 TYPES OF THEM

At the moment, we have only 2 types of double-deckers, one made by Airbus and the other made by Boeing. Without any doubt, you will know what a double-decker is when you see it. In simple words, they are the biggest airplanes that cruise the sky and they are also the most sophisticated.

Anyway, we have:

Airbus 380: It is the biggest airplane ever made for commercial applications. You will notice it due to the fact it is a full double-decker. The upper platform extends across the full length of the plane. If you look at it from the front, you will see wings which are curved.

Boeing 747: It is half-decker. So the upper platform is present only across the front part of the plane. Nevertheless, it is a powerful plane and looks impressive. This double-decker is the most commonly used airplane for long journeys.

Although Boeing 747 is more popular, some airlines have started replacing it. Also, Boeing is currently developing a new, double-decker plane. We will have to wait to see the all-new model, which will probably be bigger and more powerful than current double-deckers.

MID-SIZE PLANES

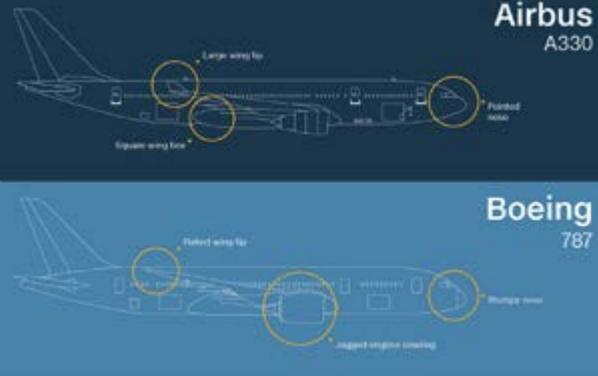
Large planes are used for long journeys, across the Atlantic etc. while mid-sized ones are used for shorter destinations, making them extremely popular. The simplest method to tell a difference is to count the number of doors. If there are 4 doors, you will be inside one of the:



- Boeing 777-200
- Airbus A330
- Boeing 787
- Airbus A340
- Airbus A321

We will add that airplanes with 3 doors are regional planes, while those with 5 doors are the biggest of them all. Those with 4 doors are obviously in the middle. An interesting fact is that A340 has 4 engines, which renders it extremely rare and it is the only plane with this feature on the list here.

Differences between Boeing and Airbus



They are the most popular and the biggest manufacturers of airplanes. Being able to tell the difference between these two brands can render the entire job 50% easier.

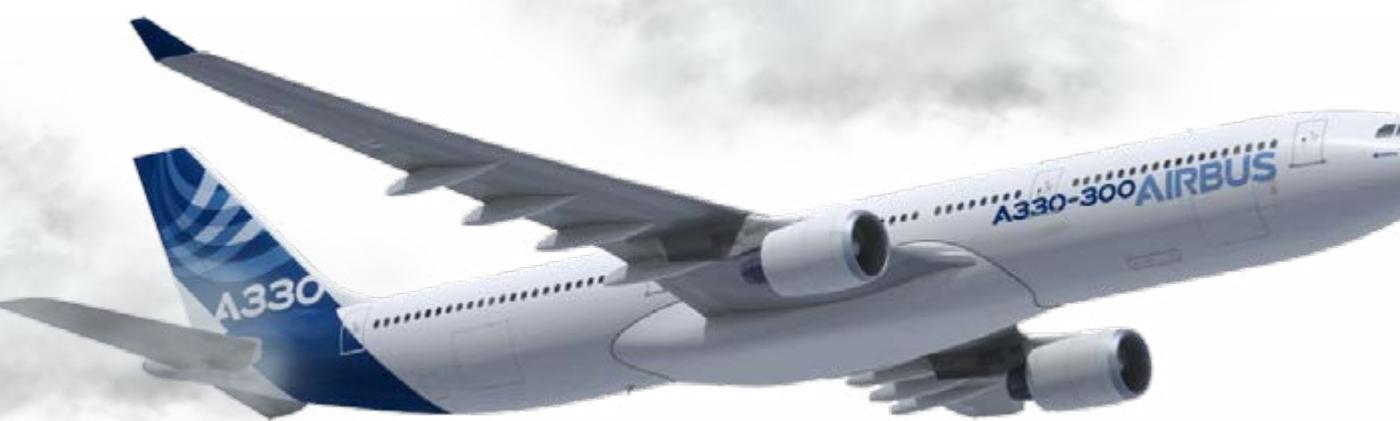
So we have Boeing planes, which always have a sharp nose, while Airbuses have rounded ones. We should add that only Airbus 330 and 340 have sharper noses, those which look similar to Boeing. Keep in mind that difference isn't so obvious, but if you compare them, you will see that Boeing noses are similar to the shark's nose, while Airbus has a nose similar to a dog's nose. Additionally, noses are different among double-deckers, but they are already explained, so there is no need to pay attention to this element.

Windows

From a distance, you won't be able to tell the difference. Up close, Airbus models use square windows, while Boeing has "sharp" windows. The easiest way to tell a difference is to look at the line of a window next to other, front windows. Airbus has a straight line, while Boeing has a line which slants forward. In other words, Boeing planes have windows which look like triangles, while Airbuses use square ones.

Tails

Boeing tail blades are close to the rear end, while Airbus uses blades which are moved frontward of a plane. Still, the difference is minimal, but noticeable. In addition look at the shape of the rear end. Boeing has sharper rear end than Airbus.



DIFFERENCES BETWEEN A330 AND A321



They may look the same, but A330 is much bigger. It also has double wheels at the back and a sharp nose. Nose and tail are the same as other Airbus models, traditional ones in particular. A321 is smaller and has traditional Airbus nose. It doesn't have double back wheels as well. In addition, it has a completely typical Airbus design. on the list here.

BOEING 777-300: EXTRA-LONG

The planes we mentioned above are double-deckers. The Boeing 777-300 isn't, but it is one of the longest planes ever made. In addition, it is a popular choice of airliners and most of them choose it due to its practicality. Nevertheless, not all 777-300 are the same. For instance, 777-200 is a model used by American airlines. It is shorter than the 300.



This model is also abbreviated to 773, while the newer version (777-300er) is also available as 77w. The easiest way to tell a difference is by counting doors. An airplane with 5 doors is 777-300, without doubt. It isn't a double-decker, but it is still one of the largest planes on the planet, or in the sky.

A330 VS. 777



These two planes are the hardest to identify. Both of them look the same and both have 5 doors. Yes, some have 4 doors and emergency door, which for you still means 5 doors! Anyway, A330 looks sharper and longer. It has traditional Airbus windows and tail. Boeing 777 is bigger and looks like a standard model.

We would recommend you to pay attention to the overall appearance. Boeing 777 looks much bigger and heavier plane, while A330 has a "sharper" look.

DIFFERENCES BETWEEN 777-200 AND 787

The main difference between these two planes is the nose. The 777-200 has a traditional Boeing nose and it is sharper than the second plane. It is also one of the longest planes used today.

The 787 has a strange nose, and it looks completely flat. Of them all, 787 has the most original design, which can help you identify it. Look at the part above the cockpit - it is curved, starting from the front point of the nose and then goes straight backward. It also has 4 doors.

SUMMARY

Now you should be able to tell the difference between planes. It is much better when you know the plane in which you fly.





BEIJING

乐享北京

By Ellen Morris

提到北京，人们总会想到它威严丰富气派雄浑，故宫天坛是它的名片，历史悠久承载它的经年沧桑。但北京并非一个老气横秋的古都，它还有着活力和青春，只是尚需你慢慢发现。

来到北京，难道只能去名胜古迹了解这里的文化历史吗？当然不，沿着小胡同走近北京传统的四合院，在这里你可以用中国传统的书写工具毛笔和墨汁将自己的名字写下来带回家作纪念，或者学着画一幅中国山水画。胡同书法课的老师教学经验丰富，在这里收获的是无可比拟的旅行体验。

写过书法，还想品尝一下中国美食？那可别急着去饭店，因为在胡同里，你将有机会去逛本地菜市场，然后回到家在大厨的帮助下做出宫保鸡丁等传统中国菜肴。在四合院中吃着亲手做的中式美食，想必必有一番风味。KTV、饭局、逛街……和朋友在一起可不止这些娱乐项目可选，密室逃脱就是一个集精彩刺激和探索解密于一身的有趣的娱乐项目。在这里你需要找到线索，解开谜题，打开机关，通力合作才能最终走出被困房间。奥秘之家密室逃脱更是以其主题丰富，谜题设置巧妙吸引了众多年轻人来此开始自己的

“冒险之旅”。炎炎夏日，在周末携家人去不远的公园避暑是许多家庭的选择。北京奥林匹克水上公园就是一个可以带给你清凉和美景的好去处。它位于北京顺义区马坡乡潮白河，曾于2008年在北京奥运会上承担赛艇、皮划艇（静水、激流回旋）、马拉松游泳的赛事。目前，北京奥林匹克水上公园万平口生态广场、世帆赛基地和灯塔广场景观部分均已建成并向游人开放。满足了北京地区青少年水上运动赛事的需求。如果你想体验一把持枪射击的潇洒，不妨去中国北方国际射击场小试牛刀。这家射击场是以娱乐性射击活动为主营业务的大型综合娱乐场所，体验项目多、设备先进、商业配套齐全。如果你是新手，一对一专业射击指导可以让你轻松掌握要领、拥有专业水准。

北京好玩的地方当然不止这些，欢迎向我们推荐你“种草”的好去处哦。

Despite its rich history, Beijing isn't necessarily just a place to absorb thousands of years of Chinese civilization. It can be a city where one can find great light-hearted fun! Here we come up with some unusual places and activities for you to enjoy Beijing like no one else does.



HUTONG CALLIGRAPHY CLASS

Would you like to take home new skills and perhaps a souvenir with your name written in Chinese characters - and even cooler, by yourself? Hutong Calligraphy class offers the Chinese traditional culture learning experience of adults and children especially. Teachers have worked on the calligraphy tours for over 2 years. You will be offered calligraphy lessons and water colour art tour. A note - email reservation is needed.

Address:

No.50 Wangfujing Street, Dong Cheng District, Beijing, China, Beijing Sunworld Dynasty Hotel 1F.

Transport:

Subway Line 5, Get off at DongshiKou station A Exit. To the left walk 30 meters, at the traffic light turn left again towards to the west walking 150 meters.

▶ OMESCAPE

Looking for a quick adventure with your friends, even though it means only an hour in the afternoon? You can try this game to free yourselves within a locked room. After being locked into a room, you will find clues and puzzles to gather some ideas as to what you might do next. There are gadgets to trigger to help you escape. It is a fun game for everyone, and some laughter and memories to share.

Address:

Floor B1, Building 12, Bandao International, Taiyanggong Avenue, Chaoyang District, Beijing 100076, China

Opening hours: 10:00 - 22:00



▶ THE OLYMPIC WATER PARK

The Water Park takes up an area of 302.7 square kilometers. It is capable of holding rowing, canoeing, water-skiing and about 8 water sports categories including 114 specific water sports. It is the place where you could hold the most kinds of water sports. After the Olympic Games, it turned into an international leisure resort combining cultural, entertaining, and sports altogether. Entering the gate, you'll be greeted by a beautiful fountain, and there are two walls on both sides with lively water sports pictures. If you take your time to wander in the water park, you'll find almost everything is connected with water, even the street lamps.

Address:

Chaopai Lake, North Xiaoying County, Shunyi District, Beijing

Open hours: 09:00 to 21:00

Transport: Take bus No. 915 to Shunyi Shengli District, then change to Olympic 20 to Water Park.





▶ COOKING CLASS AND MARKET TOUR

After eating Chinese food countless times, how about cooking it? You may take a cooking class to uncover the ancient secrets of Chinese cuisine in Beijing, immerse yourself in the bustling atmosphere of a local market to gain insight into the region's rich culinary culture and purchase fresh ingredients from enticing stalls. Then, under the guidance of an expert chef, prepare local delicacies and delicious dishes inspired by ancient recipes.

Address:

35 Deng Cao Hutong,
Dong Si South Street,
Dongcheng District,
Beijing

Ticket: Price depends on
which area you visit

Duration: 08:45 - 13:00

Cook in the cozy environment of a local home and master the techniques of sweet and sour pork and kung pao chicken. Feast upon the fruits of your labour at the end of the class and enjoy the relaxed ambience of the family home during this enriching experience.



▶ CHINESE BEIFANG INTERNATIONAL SHOOTING RANGE

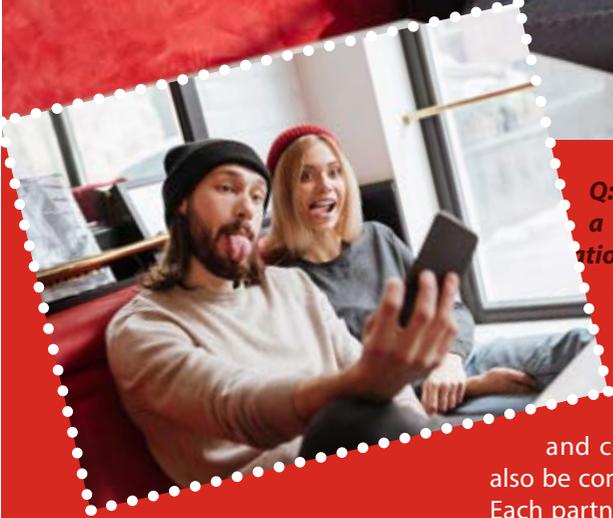
Address: No.1 Mafang Village, Nankou Town,
Changping District, Beijing 102202

Opening hours: 08:30 - 16:00

Transport:

Take long distance bus 919 from Deshengmen to Nankou (1.5 hours), then take minibus 11 (RMB 1) or taxi (RMB 10). The bus runs from 6am until 6pm, about every 15 minutes. RMB 10 for air-conditioned buses, RMB 4 for normal buses.

Located on the grounds of a weapons research institute about an hour out of town, the China North International Shooting Range offers a selection of four handguns and five rifles for fixed target practice, as well as a double barreled shotgun for shooting flying discs (aka skeet or clay pigeons). Priced by the bullet, the firing can get a bit expensive quickly, particularly if you are a skeet-shooting aficionado (RMB 200 per session) or really like guns and want to try them all. The facility features a paintballing area where you can satisfy your thirst to wage safe but exhilarating war against a thinking breathing adversary (minimum RMB 80 per person). Be sure to call ahead to make reservations.



SO, HOW DO YOU KEEP AND MAINTAIN A HEALTHY AND ROBUST PERSONAL RELATIONSHIP? IF YOU ARE LOOKING FORWARD TO ENGAGING YOURSELF IN A PERSONAL RELATIONSHIP, THE FOLLOWING Q&AS' CAN GUIDE YOU ALONG THE WAY:

Q: How should you define a healthy romantic relationship?

A: A healthy romantic relationship is a kind of relationship wherein both partners feel emotionally invested, and connected. Both should also be committed to one another. Each partner should also have his/her own personal needs achieved while contributing to the fulfilment of his partner's needs. A romantic relationship should make both partners feel that they like their existence as individuals.

Q: What are the warning signs that you need to see and consider in a relationship?

A: Aggression in a relationship usually takes place in different forms and it is good advice to always keep your eyes open for it. Aggression usually causes conflicts, stress and even potential violence. You should also consider looking at toxic fighting that goes unresolved and should be aware of situations like putting each other down,

controlling and manipulation of behavior, forcefulness, etc.

Q: How does a family affect a romantic or personal relationship?

A: Families always provide "blueprints" of what younger generations would look like in future. Such blueprints are openly used by many when they are on their way to build personal or romantic relationships. Basically, the kind of blueprint a person has usually has differs from the others depending on the kind of family he has grown up with.

Q: Is there 'a right time' to be followed in order to progress to various stages of a relationship?

A: In every relationship, time is always important. However, each person should have a sense of preparedness so that he may be ready to face things that are going to happen next in his relationship. Each person should openly communicate with his partner about "what's next," thereby allowing both parties to progress together.

Flamenco

in Tianjin

弗拉门戈在天津

Recently we had the opportunity to enjoy several good performances in Tianjin. Famous singers such as Noa from Israel, who is very well-known for her popular songs and great voice, were here. Some others were not so well known but great musicians such as Stockholm-born songwriter Sophie Zelmani, who makes her quiet songs seem intense, were also here.

Flamenco Dance is another great show that appears in Tianjin scene during this summer. This great performance which is full of passion and emotions was introduced on the stage of Tianjin Grand Hall. This scenario is not usually chosen for international performances, but its location just beside of Tianjin city hall and famous center street of Youyi Lu, make it a good venue to experience this enormous and attractive spectacle full of energy.

By Mary Wang

进入盛夏时节，天津的演出市场也随着气温一同升温，其中最令人期待的莫过于格拉纳达舞团为天津观众带来的西班牙著名经典歌剧《卡门》的弗拉门戈舞版《卡门》。格拉纳达舞团的诞生打破西班牙国舞弗拉门戈多年的单一的舞蹈形式的俗套，新生的格拉纳达弗拉门戈舞团作品的魔幻色彩、韵律、动感、魅惑定义了真正的艺术。多年不断的探索加上充分的准备，造就了这一部绝世的艺术巨作。我们有幸与格拉纳达舞团舞蹈总监就本次演出进行了交流，让更多的人了解弗拉门戈的魅力。

据舞蹈总监介绍，格拉纳达舞团主要由格拉纳达的艺术家们组成，本次呈现的代表作《卡门》是世界上最著名的歌剧之一。该剧讲述了一个掺杂了爱情、背叛、嫉妒以及欲望纠葛的故事。弗拉门戈融音乐、舞蹈、歌唱、器乐于一体，节奏感强，舞姿奔放、热情、舒展而优美，具有极大的感染力。弗拉门戈音乐丰富且有趣，它结合了多种音乐融汇其中，弗拉门戈舞是充满感情和魔力的艺术，它对公众有着巨大的吸引力。歌唱、舞蹈与吉他是铸就弗拉门戈的几大元素，基于这位舞蹈总监在中国多年的经历，他认为中国人正在寻找的具有情感和个性的生活艺术正是富有激情和活力的弗拉门戈。

关于本次演出，舞蹈总监介绍说舞团将在国内停留21天，在9座城市陆续进行演出。天津场《卡门》舞剧已于7月24日在天津大礼堂精彩呈现。

“今天，我们已经向世界各地展示了《卡门》的魅力并取得了巨大成功，但我们已经开始着手准备下一场精彩演出，并将于2019年开始巡演”。

We also had the opportunity to talk with Javier Martos, Director of "Flamenco de Granada" company dance that presents the piece of Flamenco in Tianjin during this summer, and get to know a bit more about this art which is very unique. We regard ourselves lucky to have the opportunity to see it in town.

Could you introduce the company dance group? What's its name? Who composed it?

We are the "Ballet Flamenco de Granada". The dance group is made up mostly of artists from Granada.

Could you tell us what Flamenco is for you?

Flamenco is full feelings music. It is an art full of magic that you never stop learning.

Flamenco is sung, danced and played with the guitar. What discipline Flamenco thinks is more attractive?

No doubt dance is the most attractive form of flamenco to the public and other aspects are unknown about this art, but as you learn more you realize that one cannot exist without the other. Song, dance and guitar are joined to create the flamenco.

Could you explain in brief the Flamenco piece that you are representing in Tianjin?

We are representing the play 'Carmen'. Carmen is one of the world's best-known operas. It talks about a soldier who falls in love with a Gypsy and goes on to narrate his deceptions, betrayals and jealousy that lead Jose (the soldier) to become one of the most wanted bandits of Andalusia.





Why do you think Chinese like Flamenco so much?

Flamenco is a passionate and energetic art. In my years of experience in China, as a dance teacher and as a dancer, I've noticed that the Chinese public search for a living art, with emotions and character, and that is flamenco.

How many times have come to perform in China and what plays you have represented?

I've been visiting China since 2010. First, it was only as a teacher and in recent years also it is for presenting shows. The first performance presented in China was "Amalgama", a spectacle that shows my way of understanding Flamenco and with "Carmen" this is our third tour.

How many days will be tour in China and how many cities and performances are going to be held?

We will be in China for 21 days and will visit nine cities.

Why is Flamenco one of the most difficult dance disciplines?

Flamenco dance is made up of many different techniques. It is necessary to have good rhythm, because it is a dance that creates music with your feet, but at the same time it should be elegant and passionate.

What are the plans for the future of this dance group?

Today we are presenting "Carmen" with great success all over the world, but we are already working on a new spectacle, which we will start performing in 2019.

Which place would you like to act where you have still not been?

I would like very much to be able to work in India, since flamenco has part of its origins there, because the Gypsies, who are the creators of flamenco, arrived in Spain from India.

Flamenco comes from Andalusia but is practiced all over the world. What is the secret?

Flamenco is very rich in music. It is very interesting the way the music is composed and the way fusion with other styles is achieved. Flamenco dance passion and feelings reach out to the public very easily.

Song, dance and guitar are joined to create the flamenco.





Is Flamenco one of scenic arts that convey more emotions?

It is certainly an art full of emotions. The flamenco has styles to convey any emotion - sadness, joy, loneliness, grief...

In November 2010, United Nation (Unesco) declared Flamenco as Cultural Intangible Heritage as initiative of Andalusia, Extremadura and Murcia. Is Murcia one of the best areas of Spain of Flamenco?

Flamenco comes mainly from the area of Andalusia, although we find flamenco throughout Spain. The region of Murcia is very important, because there appeared the "Cantes de las Minas", which is one of the styles that are most important and difficult.



NEAR TIANJIN
WITHIN 2-3 HOURS

10大天津周边游热门景点盘点

By Evelyn Rubenstein

天津是我国北方最大的城市之一，更是京津冀经济带中的中坚力量，这里不仅经济蓬勃发展，文化旅游休闲业也随着人民生活水平的提高得到了有效改善。天津周边有不少短途游的热门景点，本期我们就此主题为大家——盘点。

联峰山公园位于北戴河海滨中心西部，该公园为北戴河最大的森林公园，毗邻大海，林中负离子含量极高，游玩方式以登山揽胜、林中探幽，寻史访踪，氧吧洗肺为主。京津周边有不少长城，其中山海关长城建于公元1381年，是万里长城东部起点的第一座关隘，更是关内关外的分界线以及明朝都城北京的重要屏障，在明代万里长城的众多险关要隘中脱颖而出被誉为“两京锁钥无双地，万里长城第一关”。北戴河复无酷暑、冬无严寒，曾为我国毛泽东主席的疗养胜地。这里海滩沙质较好，坡度也比较平缓，是一个优良的天然海水浴场。此外，北戴河地理位置优越，距北京、天津等地只有2-3小时车程，交通便利。

如果你想观赏历史遗迹，郊外的清东陵值得一游。清东陵墓规模极为宏大，建筑体系完整，沿昌瑞山的南麓，依次修建了15座帝陵、帝后陵和妃子陵。顺治、康熙、乾隆、咸丰和同治五个皇帝等共157人都葬在这里。

景忠山位于河北迁西县，山间古迹众多，树木葱郁，景色也十分秀美。游玩景忠山景区，主要是登山漫步，沿途游览御佛寺、真武殿、千手千眼观音殿、财神庙、三忠祠、碧霞元君庙、三教文化墙、佛祖殿、玉皇殿等众多寺庙。

位于河北省滦水县境内的野三坡是国家级重点风景名胜，这里自然风光奇特，生态环境纯净，古老的历史文物独具特色，浓郁的民族风情丰富多彩。野三坡由7个景区构成，分别是百里峡、拒马河、白草畔原始森林、鱼谷洞、龙门天关长城、金华山、野三坡游乐园薰衣草庄园。世界杂技看中国，中国杂技在吴桥。吴桥杂技大世界正是优秀杂技的汇聚场。你可以在露天的杂技表演广场，看驯鼠、独台戏、驯猴、吹破天剧场的吹茶壶、鼻吹唢呐和口吃香烟、上刀山、吞剑等，下午可去魔术宫剧场、鬼手剧场和红牡丹剧场看室内表演以及国术马戏场。

白洋淀是中国海河平原上最大的湖泊，位于河北省中部，水产资源丰富，并以大面积的芦苇荡和千亩连片的荷花淀而闻名，如今《洪湖赤卫队》的故事更是家喻户晓。游客在这里不仅可以欣赏自然风景，更可了解历史人文。红崖谷玻璃栈道位于河北省平山县，它一经亮相就刷爆了朋友圈。这座站到横架于两座山峰之间，全长488米，悬空218米，相当于66层楼高，往下望去，云雾缭绕，风景宜人，但如果稍不留神，真会以为自己走在空气中。独乐寺，又称大佛寺，位于天津蓟州区，是中国仅存的三大辽代寺院之一，也是中国现存著名的古代建筑之一。

1. LIANFENG
MOUNTAIN PARK

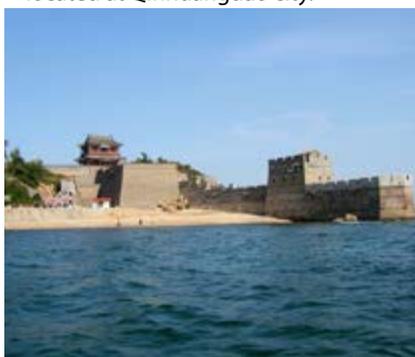
Enjoy the great outdoors at Lianfeng Mountain Park at Qinhuangdao city, Hebei province. The mountain has three main peaks (east, middle, and west peak). From a distance it is said that the park resembles a lotus pod, thus earning the nickname 'Lotus Pod Mountain Park'. It is the largest forest park in the area with plenty of attractions and scenic spots. This well-preserved forestry with peaceful ambiance makes it a wonderful place to unwind and relax.

2. SHANHAIGUAN
GREAT WALL

Used as a military defense during the Ming dynasty, Shanhaiguan Great Wall is known as the "First Pass under Heaven." This is where the Great Wall of China meets the ocean and is the first pass in the east. Built with the intention of protecting the area against foreign invasion, Shanhai Pass has a 3-mile long wall and barbican. An ancient town inside the Great Wall will give visitors a glimpse of the dynasty's history and ancient architectural buildings. It's a few hours away from Tianjin and is also located at Qinhuangdao city.

3. BEIDAIHE SCENIC
AREA

A popular summer resort just southwest of Qinhuangdao city, it's a favorite beach destination for both locals and tourists. It's easily accessible to major cities in China such as Beijing and Tianjin. This 14-mile-long beach is equipped with villas, snack shops, and other facilities, all of which are available to the public. Aside from the sand and the sun, other activities include bird-watching, hiking, and visiting other nearby scenic spots such as Tiger Stone Park, and Dove Nest Park.





7. YESANPO NATIONAL PARK

This well-developed national park is one of Hebei's favorite tourist destinations. It has six scenic areas with stunning landscapes, and resorts to accommodate visitors. The park has an area of 201 square miles. You'll never run out of places to explore and things to do - caves, springs, rivers, mountains, and gorges make up the area. The park itself is located in the junction of two mountains, namely Taihang and Yan Mountains.

8. JINGZHONG MOUNTAIN

Another county in Hebei Province, Qianxi, has its fair share of scenic areas. Jingzhong Mountain is 610 meters above sea level. It is recognized as a religious shrine for Buddhism, Taoism, and Confucianism. It's a great place for hiking and reaching the summit will prove to be a rewarding experience.



9. HONGYAGU GLASS BRIDGE

If you're looking for a more heart-stopping adventure then the Hongyagu Glass bridge is a must visit. It is now the longest glass bridge in the world, spanning a length of 488 meters and a vertical drop of 218 meters, certainly not made for the faint of heart. It can accommodate 500-600 people at a time and visitors are greeted with a stunning view of the mountains.



10. DULE TEMPLE

This Buddhist temple — also called as "Temple of Solitary Joy" — was constructed during the Tang dynasty. It has the oldest timber and wooden structure that has survived until now. Dule temple is a recognized heritage site because of its historical and architectural contribution. The Central Pavilion is a must-see with a height of 20 meters, and it is the temple's oldest surviving structure. Located in Ji County, the temple is around an hour's drive away from Tianjin city.



4. EASTERN QING TOMBS

This sacred burial ground is one of the finest tomb preservations in China. It was formerly used as the final resting grounds of emperors, empresses, concubines, and other members of the royal family during the Qing dynasty. The tombs are located in Zunhua County, Hebei province. Expect a day of walking around the burial grounds. Explore the mausoleums and learn about the traditional burial process. Some of the tombs are filled with elaborate carvings of dragons and phoenixes, as well as architectural grandeur of the previous Qing dynasty.



5. WUQIAO ACROBATICS WORLD

This well-developed national park is one of Hebei's favorite tourist destinations. It has six scenic areas with stunning landscapes, and resorts to accommodate visitors. The park has an area of 201 square miles. You'll never run out of places to explore and things to do - caves, springs, rivers, mountains, and gorges make up the area. The park itself is located in the junction of two mountains, namely Taihang and Yan Mountains.



6. BAIYANGDIAN LAKE

Beautiful water lilies floating on the lake, lotus flowers in bloom, and reed marshes all make up the largest fresh water lake in north China, Hebei province — Baiyangdian Lake. Also known as the "Bright Pearl" this 141 square mile attraction can be explored by boat ride. It has rich botanicals, and a variety of bird species such as ducks and geese. The lake's scenery changes every season making it a picturesque spot. It's an idyllic location and visitors can observe the local people's lives as they hunt and gather fish.



女人必备6大鞋款

人们常说“每个女人的衣柜里都缺一件衣服”，其实这句话放在包包和鞋子上也是一样的。我们的鞋子作为整体服饰的重要搭配元素之一，起到了画龙点睛的效果。鞋子的款式也可以在不同的场合满足不同的需求。其中有六款是女士必备鞋子，今天我们就来一起盘点一下吧。

第一款是我们日常最常穿的也是最舒适的鞋子，那就是芭蕾舞鞋。芭蕾舞平底鞋可爱柔美，在讲求穿着舒适性的同时，它还可以给你的整体服饰带来一抹亮色。芭蕾舞鞋可以驾驭可爱的裸色、水果色，也适合深色调，它可以配合你几乎所有质地的衣料。它整体小巧轻便，如果需要的话，甚至可以放一双在包包里，和高跟鞋替换穿。芭蕾舞鞋还适合各个年龄的女性，可以说是百搭圣品。

黑色高跟鞋往往被视为职场必备鞋款，但其实日常穿着也非常实用。其鞋型大部分以尖头为主，颜色与款式则非常百搭，鞋面的面料也可以多样化。搭配一双黑色高跟鞋，你必将成为派对或职场中的女王。

运动休闲鞋是减龄时尚的标配，穿上一双运动休闲鞋，搭配自己认为最舒适的衣服，和朋友去逛街、喝下午茶或参与各种休闲活动是最好不过的了。

短靴在近几年成为一种新的流行趋势，它刚刚到我们脚踝的部分，长短刚好，不仅可以调节腿部和身长的视觉比例，带给人们一种“大长腿”的错觉，它的可塑性也很大，可以满足不同花样设计的需求。

在夏季，每个人都必备一双凉鞋。女士凉鞋可以带给你更加放松的脚步感受，更是沙滩度假或出门旅游的必备款。其中罗马鞋非常受欢迎。

带有中性格调的牛津鞋或乐福鞋也是女性必备鞋款，它抛去了女性一贯的柔美，转而带来一种简约、舒适而中性的审美享受。牛津鞋搭配阔腿裤或吸烟装非常好看。在实用性上，这款鞋也非常实穿，低跟设计使它在走路时带给我们更多的舒适感。

6 Types of Shoes That Every Woman Should Have

By Evelyn Rubenstein

They say that shoes take us anywhere and everywhere. A nice pair of shoes completes an outfit. You don't need a dedicated closet to store hundreds of shoes (unless you're an avid collector), just a few pairs are good. We've rounded up six essential shoes that you must absolutely have in your wardrobe. These are all easily styled and work for every occasion.

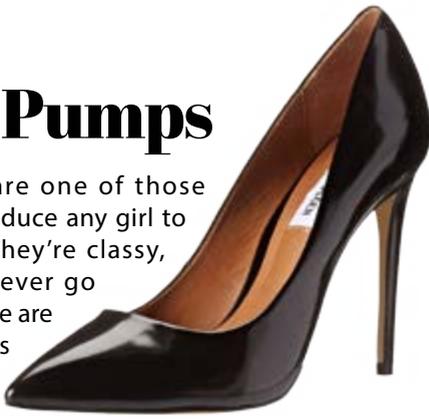
Ballet Flats

This style is a basic backbone to any shoe wardrobe. Ballet flats are cute, feminine, and comfortable. They're a great relief to those high-heeled induced days (or when you're just sick and tired of wearing heels). You may choose nude colored shoes, but there are also a dozen unique colors and patterns that make them fun to wear. Ballet flats are versatile, and you can wear them with dresses, skirts, or jeans. What's great about this shoe is that you can easily keep a pair in your bag as they're not bulky. They'll be your best friend and your feet will thank you for the comfort.



Black Pumps

Black pumps are one of those shoes that introduce any girl to womanhood. They're classy, elegant, and never go out of style. There are many variations of black pumps; some have straps, others are made of suede, and some are pointed. Whichever you choose, the key thing is that you're comfortable when wearing them. Height varies, and you can choose anywhere from 2-inch heels to stilettos. Black pumps are great for work to complete your power suit, and you can also wear them for night outs, parties, and formal events.



Black pumps are the queen of footwear

Ankle Boots

For cooler seasons, styling our feet with sturdy boots is the way to go. Ankle length boots add an edge to an outfit. They're also great for the pesky rainy weather. The best colours are black or tan, but you can also choose more daring colours if you prefer something more fun. Keep your ankle length boots low-heeled to maintain proportion with your clothes or outfit. It also gives an illusion of having longer legs. You'll be stylish and edgy with this pair and its versatility will go a long way.

Ankle boots can also be worn during winter and spring



Sandals

On humid days you wouldn't want to suffer from sweaty feet. Sandals are the perfect summer pair. A classic strap-on sandal should always be in your wardrobe. Avoid flip-flops! They're a huge faux pas to any grown woman. Sandals are fun to wear and highly comfortable for those long afternoon walks by the beach.

You can choose from gladiator style, low-heeled ones (if you dislike wearing them too flat), or the slip on for a simple look.

Sandals are cute to wear especially on warm sunny days



Sneakers have different styles and colors.

Sneakers

Sneakers are your weekend-casual shoes. Every woman has a favourite pair or two. You can choose from more polished white sneakers, the popular converse high top, or just the simple slip on. Sneakers are also easily paired with any outfit and they'll probably be one of your most worn shoes. They're great for casual day-outs around the city or when you're hanging around with friends. They go well with jeans, shorts, and skirts.

Men inspired shoes can be feminine when styled properly

Loafers or Oxfords

Take inspiration from the men's wardrobe. Loafers or oxfords shoes are a chic pair and they look good with slacks or pantsuits. They give off a cool preppy vibe without losing comfort and simplicity. A black pair with a modest embellishment or design is a great alternative to the usual plain ones. Opt for leather texture as they'll last longer. There are also low-heeled variations of this footwear.



Top 5

NATURAL SKINCARE REMEDIES

For Your Little One

五大宝宝护肤妙方

For a mother, her kids are the most precious! And we know every mother looks for the best possible ways to take care of her little ones. But a lot of them are not sure of the essential things that need to be taken care of - especially when it comes to taking care of your child's skin health. Growing children, unlike grownups, are vulnerable in many ways.

They are the ones who are most likely to develop skin problems at an early age if there is lack of proper skin care. Baby oils and creams have also become commercialised these days, so it is hard to trace the presence of any synthetic ingredients or fragrances in these products. After all, it's the mother's duty to be vigilant about things concerning their little charmers!



By Anastasia Chapman

宝宝是每个家庭的焦点，孩子的健康是每位母亲心中最关注的问题。现在饮已经得到了家长足够的重视，但是宝宝的皮肤护理依然是很多家长不太了解上各式各样的成批生产的婴儿用品，很多妈妈也对它们的成分与来源并不放心使用。那么今天我们就向妈妈们介绍几种纯天然的婴儿皮肤护理方式，希

食、安全、教育问题的一个盲区。面对市面心，无法给自己的孩子望可以帮助到各位宝妈奶

对孩子来说，柔嫩的肌肤是他们保持自身健康的第一屏障，皮肤的护理自然也非常重要。温油按摩就是这样一项对人体非常好的古老的皮肤护理技术，这种方式通过使用纯天然有机油，如橄榄油、椰子油、芥子油等植物油轻柔地按摩孩子的皮肤，帮助孩子保持皮肤油脂平衡，使皮肤更加富有光泽。

婴幼儿时期，孩子正处在快速成长期，新陈代谢也比较旺盛。此时为孩子的肌肤适时去角质是非常重要的。去角质的磨砂膏所用材料也必须是纯天然的材料，比如牛奶、玫瑰露、婴儿油和鹰嘴豆粉的混合物，将它们调成糊状之后，均匀地涂在宝宝的身上并轻轻擦拭，在此过程中要确保手法不要过重，以免伤害到孩子娇嫩的皮肤或导致灼伤。

孩子的皮肤很脆弱，接触宝宝全身皮肤的沐浴用品更需谨慎。在这里我们推荐您将檀香膏、姜黄粉、藏红花和牛乳调制在一起做成糊状，并将其涂抹在宝宝的身体上，让宝宝静待10到15分钟之后，再用湿棉布和清水轻轻擦拭。给宝宝洗澡的水温也非常重要，过冷或过热的水温都会对其皮肤造成伤害。

除了这些天然的护肤用品，自然界的阳光对于宝宝获取维生素D大有益处。保证孩子有足够的户外运动，接触阳光，才能保证孩子健康成长。但请务必注意，切忌孩子在炎热的阳光直射下活动，否则孩子的皮肤很可能被晒伤。

To take extra care of your kid's cherubic beauty, make sure you only include organic baby care products if your budget allows. Or you can also settle for simple and effective home remedies to keep your munchkin's skin moisturised, hydrated and irritation-free through the initial years of their lives. Here are some easy to follow natural skincare remedies for your kids:

Warm Oil Massage

Warm oil massage is an age-old technique to replenish your kiddo's skin health. It not only nourishes your child's skin but also give it an even tone. In case, your baby has sensitive skin, warm oil massage works wonders. It adds an extra layer of moisture to the skin while restoring the right balance of oil in the skin cells. With regular oil massage, you will notice a visible change in your baby's skin. It will be healthier, shinier, blossoming with a fair crimson shade. Choose any organic oil starting from olive oil, almond, and chamomile to coconut and mustard oil to get the best results.

Exfoliation

Whether it's for grownups or for kids, exfoliation is the key to attaining problem-free skin! If you are looking for a body scrub that is herbal, chemical-free and smoothening on the delicate skin of your baby, make sure you use a homemade scrub. They are always the best way to exfoliate your kid's skin and it also leaves your little one's skin fair and smooth.

Here's how to prepare a homemade scrub for your baby's skin; mix raw milk, rose water, any baby oil and chickpea powder and blend it to a paste. Then apply it to your baby's body while rubbing it off very gently, ensuring you

are not hurting your kid as it may irritate the delicate skin and lead to friction burns and rashes. A great way to eliminate impurities from your baby's skin surface and boost radiance, just make sure you use the right technique for the rubdown to make the most of the natural ingredients.

Mild Body Pack

A child's skin is delicate and it is ten times more sensitive than adult skin. Therefore, the products that you apply on your baby's skin have to be 100% natural as synthetic ingredients can have adverse effect ranging from rashes, to skin irritation and even respiratory problems. Prepare this antiseptic, antibacterial body pack at home using natural items and use it twice or thrice a week on your baby's skin to keep it soft and radiant. For this, you are

going to need some sandalwood paste, turmeric powder, saffron and raw milk.

Mix it all

Right Bathing Temperature

As mentioned before, a baby's skin is extremely delicate, it is important to understand the right water temperature when bathing your kid. Exposure to too hot or too cold water can cause harm to your baby's sensitive skin and it may also turn the skin darker. To avoid such conditions, pay extra attention to checking the water temperature before dipping your baby in the tub.

The Sunbathe Therapy

No matter how expensive products you apply to your baby's skin, you can't brush aside the role of sunlight in the improvement of your kid's skin health. It is the single factor that can effortlessly tackle multiple health problems in kids. Expose your kid regularly to the morning sun to help promote Vitamin D production in their body naturally. This process should be followed by a synchronized lukewarm water bath after a while out in the sun. However, it is not advised to leave your kid out in the scorching sun as it may tan or leave sunburns on your child's body. To be doubly sure about this problem, you may consider buying a pushchair to protect your baby from direct sunlight.



HEALTHY FOOD

Alternatives for Snacking



如果你是健身爱好者，一定很清楚很多食物富含过高的热量，并且没有什么营养。但是在日常生活中，除了摄取一日三餐，肯定会有产生饥饿感的时候，对于体能消耗较大的健身人士就更是如此。此时，如何选择副食品，摄入一些健康的零食，就显得尤为重要了。

说起对身体有益的零食，我们通常第一想到的一定是水果。没错，水果不仅可以补充营养，还能维持饱腹感。苹果富含多种维生素以及果蔬纤维，含水量更是丰富。芹菜作为零食可以更好地促进消化，有助减肥。胡萝卜中丰富的胡萝卜素对视力健康很有益处。红薯片美味营养，同样含有丰富的胡萝卜素，也是钾元素的重要来源，烤干的红薯片更是口感香脆。如果你对蔬菜没有兴趣，那么黑巧克力也是一个不错的选择。黑巧克力不是常规的巧克力，它含有丰富的铁、镁元素。如果你消化不良，或希望再瘦一点，那么来一杯酸奶作为零食绝对是个好主意。酸奶可以帮助肠胃蠕动，促进消化。坚果则可以在满足饱腹感的同时，提供更多的卵磷脂等对健康和脑力有益的能量元素。总而言之，虽然我们通常认为吃零食不是一个好习惯，但如果零食吃对了，对身体健康也是大有裨益的。

健康小零食

By Evelyn Rubenstein

It's inevitable that we get hungry during the day or afternoon. We have the need to satisfy cravings and we often tend to munch on junk foods rather than eat a substantive snack. The convenience of junk food makes it more tempting to indulge ourselves rather than eat something with high nutritional value. Here we've gathered a list of healthy snacks for you to try.

Celery Sticks

Celery may be more common in vegetable dishes, but did you know that consuming celery sticks boosts digestion and weight loss? This excellent source of antioxidant has high water content and enzymes that provide many health — especially cardiovascular — benefits. Celeries are crunchy and if you're feeling a bit more adventurous you can spread a bit of peanut butter for a more flavorful punch.

Greek Yogurt



A great way to load up on probiotics is eating a small cup of Greek yogurt. Microorganisms found in Greek yogurt, like bacteria and yeast help to keep our digestive system healthy. For those who are trying to lose weight, the high calcium content of Greek yogurt can assist in limiting fat production within the body.

Dark Chocolate

If you're craving for something sweet, dark chocolates - not the regular ones - are a nutritious treat. High cocoa content such as 70-85% dark chocolates are loaded with minerals. It is rich in fiber, iron, and magnesium. Since it is made from the seeds of cocoa tree, this treat is filled with antioxidants which are known to be among the most powerful. The recommended serving is roughly around 1 ounce or 30grams.



Apple Slices

The old saying "an apple a day, keeps the doctor away" is indeed true. This fruit is loaded with vitamin C, potassium, fiber, and vitamin K to name a few. It has high fiber and high-water content making it good for digestion and weight loss. This fruit is great to snack on because of its crunchy texture and sweet-tangy taste. Don't peel the skin since that is where most of its fibers are stored.

Almond Nuts

This crunchy snack is great for in-between meals. Almonds are packed with nutrients that are beneficial for our health. Packed with fiber, protein, and monosaturated fatty acids, this lowcarb snack reduces hunger while keeping you full. A handful of these nuts is enough for a mid-morning or afternoon snack.



Sweet Potato

This naturally sweet tasting potato can be served in various ways - baked, steamed, fried, or roasted. You'll never run out of ideas for eating them as snacks. Sweet potatoes are rich in beta carotene. It's a great source of potassium, high in vitamin B6, and has high fiber content. It has fewer calories as compared to your regular potatoes, and it helps keep you full.

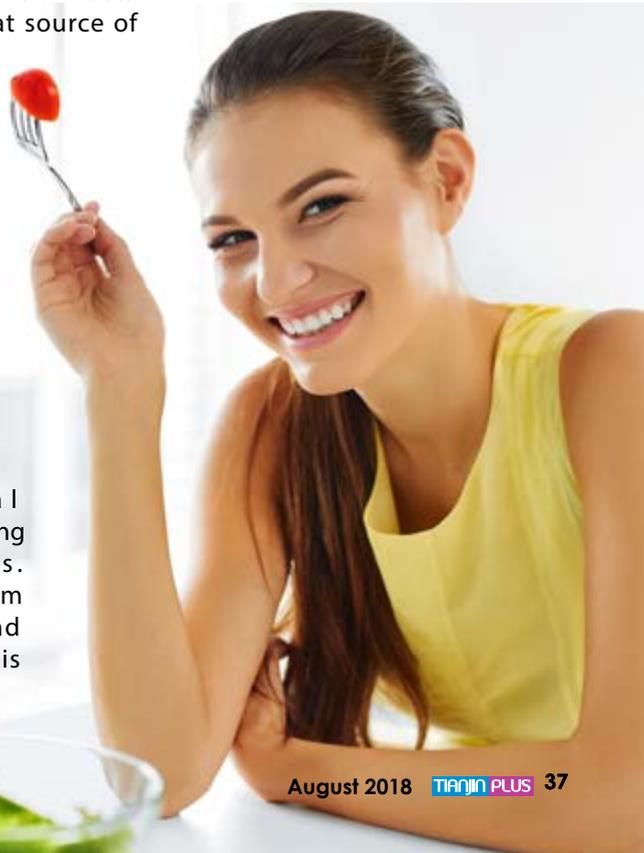
Baby Carrots

Another ideal vegetable for snacking are baby carrots. You can eat them raw or steamed and this crunchy snack is

packed with several vitamins and minerals. Recognized as a good source of beta-carotene, baby carrots are also known to improve eye sight.



Changing your snacking habits to these healthier food options will surely benefit your well-being in the long run. Aside from being jam-packed with nutrients, eating these foods can assist in weight loss and curb your junk food cravings. The key to snacking is maintaining the right amount of portion or serving, and avoid overeating.



How to stay Attentive in classroom



如何在课堂上保持注意力？

By Nina Mitchell

我国一直以来都是教育大国，家长对孩子的教育问题尤其重视。虽然目前各类辅导班层出不穷，但是部分学生依然无法有效提高成绩。其实学生学习效果并非取决于长时间的填鸭式教学，更在于单位时间内的学习效率。在课堂上保持高度集中的注意力，聚精会神掌握老师讲授的每一点知识往往能够起到事半功倍的效果。帮助孩子集中注意力也有不少“门道”，首先要做好身体条件的准备。孩子需要补充足够的水分和充足的睡眠。让孩子每天睡足并携带小水壶非常有效。下面的几点无论对成人还是儿童都很管用：学习前设定好明确的目标。这样一来学习时才会有动力，保持专注。如果事项太多，不妨制作一张学习时间表，有计划有规律地逐条进行。在课堂上，将手机等可能导致你分心的东西拿到自己接触不到的地方，有助于克制自己偷看手机的问题。专注听讲的同时做笔迹也可以帮助你不被其他事情分心。谈话时人们的注意力往往相对集中，所以组织小组讨论也是可以避免学生“开小差”的有效学习方式。另外，喝咖啡对于部分人群具有提神的效果，但也需要注意不要饮用过量。最后，让学生保持学习动力很重要。让他们想想自己为什么要这么做，不忘初心。有明确的动力和目标，学生的注意力也就相对更为集中。

Being attentive in a classroom is very important in order to grasp everything that is being taught. Usually, the length of the period is one hour, and to cover a topic, it requires at least 3-4 hours at home.

Thus, it becomes very important to stay focused and remain attentive so that you can recall everything. Here are some tips by which you can stay attentive in class because classroom learning is a prime factor for the academic success of the student

Set Goals

Start with your basics and understand the reason why you have taken admission here. Knowing your objectives will automatically help you to stay attentive in class.

Stay Hydrated and Get Proper Sleep

The best way to keep yourself attentive is to get enough sleep before attending the class. Also, be sure that you drink plenty of water; you can also keep a water bottle near you so that you can take small sips for proper hydration.

Avoid Being Distracted

Never try to sneak a look at your mobile phones. Put a full stop to the habit of gazing out of the windows of the class and the best way to do this is by sitting in the front seat.

Organize Group Discussions

Try to speak up in class. Instead of sitting passively, become a part of the classroom discussion. This will also help you to know what others are thinking about the topic and you will also get a chance to put forth your framed questions in front of them.

Make Notes

It is a good habit as it helps to memorize what is being taught. It also compels you to concentrate on what is being said in class.

Frame Questions

One way by which you can help yourself from getting distracted is by thinking up questions. If you are feeling too hard to focus, then try to work out what you exactly need to know so as to understand it fully.

Make a Time Table Prepare a weekly study time table that includes the time you should go to bed and get up, have meals and of course spend time on your studies. Studying this way will make you learn more and pay more attention in class.

Have a Cup of Coffee

Before class take a sip of coffee. It not only makes you fresh but also keeps you awake and stay attentive in class.

Stay Motivated

There are certain topics that you may try to switch over or you don't see the point in trying. Sometimes, it also creates fear in your mind. The reason for such things happening is lack of motivation. The best way to deal with this is to find a source of motivation and have faith to overcome it.

Following the above tips will surely make you more focused in class, make you more confident about your studies and you will be able to study properly.

IST Elementary Transition Ceremony 2018 - Grade 5s Come of Age! @ International School of Tianjin

The IST Theatre witnessed another "coming of age" ceremony on Thursday June 07, 2018 in the form of the Grade 5 Transition Ceremony.

This is an important point in the lives of our outgoing Grade 5 students who will turn from being the oldest and most senior students in the Elementary school to the youngest and most junior ones as they move into Secondary school after the summer.

To celebrate this momentous occasion, certificates were awarded to the Grade 5 students while their families, teachers and friends gathered to congratulate them and wish them well.



Grade 5 Promotion Ceremony @Teda International School



How do a class of Grade 5 students celebrate their end of year achievements, hard work, service and virtues-in-action learning at the end of the year? They mark the occasion with a special Graduation assembly and have a luncheon party with their teachers and family!

End of year ceremonies can induce a range of mixed emotions as we witness our hard-working students walk on to the stage to receive awards, for the house leaders to pass the flags, for us all to honour the dedicated service of our staff and the teachers who helped to facilitate the learning and growth of these special students who are ready to embark upon the next chapter of their journey to navigate their way through middle school. Parents and staff alike are proud to see how grown up their children have become and it reminds us all of how quickly time passes and how we can all make the most of our students whilst they are still in our care. This year's ceremony was highlighted by the Grade 5 leading us all in our final virtues song, The Colors of Unity, especially written for the class to wish them well in their endeavours, with the whole school joining in for the chorus:

“Set the butterflies free
May they dance and sing
And make a circle of unity...”

One of our leaving teachers, Ms Kimberly sang and dedicated ‘When a Hero Comes Along’ to remind our students to be brave and to strive and work hard in their forth-coming year, academically, with friendships and all the changes that are going to come their way. The assembly was followed by a spectacular lunch in the PAR, which was dressed beautifully and delicious food laid on by our in-house chef Kai and his team, with a chocolate fountain and fruit and cakes in the formation of 2018! Part of the decorations were photos of the students when they first started school and now as a Grade 5, ready to take flight to the next part of their journey in Grade 6 and middle school! We wish you all the best Grade 5 and we hope you will still pop into the Primary school to say hello now and then.

Class of 2018 @ Teda International School



The sense of pride was tangible as we celebrated the achievements and hard work of Teda International School's graduating students. The evening began with the seniors parading to the stage in the Grand Ballroom of the Sheraton Binhai Hotel. They certainly looked the part dressed in their gowns and mortarboards. Throughout the ceremony various awards were handed out for high achievement and effort in a variety of subjects, alongside the Valedictorian and Salutatorian honors. These bestowals were interspersed with speeches and advice from the headmaster, the schools' superintendent, a Teda alumnus, and one of the senior's homeroom teachers. There

was also a musical performance from the high school ensemble. The celebration culminated in the student address and the switching of the tassel from one side of their mortarboards to the other to represent their transition to adult life. After the mandatory launching of hats into the air the evening concluded with a social dinner. In all, the evening was a wonderful celebration and of course we wish them all the best for their futures in whatever they choose to do.



EXHIBITION

Van Cleef & Arpels: When Elegance Meets Art

Venue: Today Art Museum, 32 Baiziwang Lu

Date: Until 2018.08.05

Displayed chronologically, nearly 400 jewelry pieces and precious objects have been selected to reflect and celebrate the evolution of Van Cleef & Arpels' style.



Leonardo da Vinci and Lu Ban

Venue: Riverside Art Museum, Hongyan Lu

Date: Until 2018.08.28

This exhibit blends the west and the east through this exploration into an unforgettable scientific genius of both Lu Ban and Leonardo da Vinci. Both masters of their craft from vastly different time periods and places, this homage to their brilliance incorporates da Vinci's highly detailed manuscripts with examples of Lu Ban's inventions. The exhibition will bring the past to life with holographic displays of historical treasures.



MUSIC

Steve Barakatt

Venue: Tianjin Grand Theatre Concert Hall

Date / Time: 2018.08.02

For more than three decades, Steve Berika has worked with the world's best artists, record companies, studios, brands and companies to complete hundreds of projects. As a true artist, entrepreneur, and philanthropist, Steve is both a motivator and a creator of others. As a concert pianist, Berika has performed more than 500 live performances on five continents. As a recording artist, he has sold more than 4 million records worldwide.



CONCERT

Honne

Venue: Tango, 79 Hepingli Xijie

Date / Time: 2018.08.01

The English electronic duo, comprising of James Hatcher and Andy Clutterbuck, creates music that's been described as 'futuristic soul destined to reinvent babymaking music'. They're also named after a Japanese word for inner desires, which seems a good fit for their lusty, yet tasteful, shag anthems.

CONCERT

Mike Shinoda

Venue: Beijing Exhibition Centre, 135 Xizhimenwai Dajie

Date / Time: 2018.08.12

Co-founder and vocalist from the multi-platinum Grammy Award-winning rock band Linkin Park comes to Beijing this August for his first solo concert in China. Performing songs from his brand-new debut album Post Traumatic, Mike Shinoda will give us an insight into the difficulties he experienced after the death of his friend and Linkin Park co-vocalist Chester Bennington. This personal and moving performance will also feature hits from his solo project Fort Minor and, of course, the much-beloved Linkin Park.



PERFORMANCE

Matthew Bourne: Cinderella

Venue: Tianqiao Performing Arts Centre, Tianqiao Nandajie

Date: 2018.08.07 - 2018.08.12

Matthew Bourne has made ballet into big business by remembering a very simple lesson, namely that dance, originally, was about entertainment. His production of the iconic fairytale is set in London during World War II with Cinderella's prince reimagined as a young RAF pilot. And like everything else he does, it's a hit. With Lez Brotherston's Olivier Award-winning costumes and sets, lighting by Neil Austin and video and projection designed by Duncan McLean, Cinderella will be performed in surround sound, designed by Paul



Hamlet

Venue: Ullens Center for Contemporary Art (UCCA), 4 Jiuxianqiao Lu

Date: 2018.08.18

As a country arms itself for war, a family tears itself apart. Forced to avenge his father's death but paralysed by the task ahead, Hamlet rages against the impossibility of his predicament, threatening both his sanity and the security of his kingdom. The play stars Benedict Cumberbatch.



SPORT

Vertical Run 2018

Venue: China World Summit Wing, Beijing, 1 Jianguomenwai Dajie

Date: 2018.08.25

Don't get left behind during this year's race to the top, taking place at the China World Summit Wing, Beijing, on August 25th. This is the sixth time that the Vertical World Circuit has hosted their official race at the tallest building in Beijing. Do you think you can handle 330 metres, 82 floors, or 2,041 steps of vertically challenging fun? If so, and you wish to go head to head with the current reigning world champion, Piotr Lobodzinski, who won last year's male elite division. Don't hesitate because space is limited.



Benefits of Teeth Whitening

时尚达人们通常都很注重自己的皮肤美白与防晒，但是当你的皮肤变得更加白皙之后，是不是会发现自己笑起来时牙齿反而显得更黄了呢。其实随着日积月累，牙齿每天经历多次磨损和食物附着，颜色确实不如原来那样白，随着人们对外表关注度的提升，牙齿美白也在近几年火了起来。

科学地说，牙齿美白是指将化学氧化性漂白药物放在牙齿表面或内部，与牙齿发生化学反应使牙齿本身的颜色变白，或用物体粘附在牙齿表面遮盖牙齿本色，使牙齿颜色变白的过程。牙齿美白的方法主要有冷光美白牙、激光美白牙、超声波洁牙。具体地讲，就是烤瓷牙、贴片、冷光美白三种方法。此外，还可对牙齿进行化妆美白，即用牙齿化妆品涂在牙齿上，达到遮盖牙齿本来颜色来让牙齿看起来洁白的方法。

牙齿美白的好处是显而易见的。洁白的牙齿可以带给你更强的自尊心和自信心，无论是明星还是政客，你都会看到他们有一口洁白的牙齿，在微笑时带给他人良好的第一印象。整齐洁白的牙齿还可以让人看起来更加年轻，如果你不信，那么看看广告页中老年模特的笑容就知道了。牙齿还可以在不经意间让你更具魅力，无论是在会议、演讲、工作、约会还是面试时，洁白的牙齿都可以给对方留下一个好印象。对于人生的大日子，例如结婚、毕业典礼等，没人愿意留有遗憾，在这些将留下永久回忆的特殊场合，一口美丽洁白的牙齿无疑会让你在岁月的记录中更加出色。牙齿美白不是外科手术，它不会带来痛感；牙齿美白不是手术胜似手术，可以起到如整容一般的改善外观的效果。洁白的牙齿还可以影响一个人对自己的判断力，从而提升日常积极情绪。从健康角度来看，牙齿美白还可以改善患者牙齿健康状况，因为牙齿美白就医群体体会特别注意使用牙线、科学刷牙以及定期就医检查牙齿。

By Linda Perry

In the heart of every patient hides the wish of looking healthy and attractive and achieving a bright smile exactly contributes to this. The advanced dentistry with all its aesthetic materials and methods has the possibility to answer all the calls from patients' needs. The methods that create better aesthetic results are numerous and the most popular among them is teeth whitening.

The process of teeth whitening is a restorative procedure to acquire the natural shade of the tooth. That means it is possible in a simple way to remove stains of the teeth surfaces caused by tea, coffee, or red wine. Earlier, people used chew sticks for tooth whitening and that has given them great results. Today, we're using different gels, toothpaste, whitening strips, a custom bleaching tray or laser whitening.



With the dental industry progression, patients can easily have their dream smile, no matter which method of teeth whitening they choose. It's important to know that they must consult their dentist before taking any treatment. Here are the advantages of teeth whitening:

Increases Self-Respect

Self-confidence is a very important characteristic in people's day-to-day lifestyles. For most of them, this special boosted confidence is found in their pretty smile and also how their natural teeth appear to their friends and colleagues.

Patients Look Younger

When having a pearly white smile and perfectly-aligned teeth, the person looks younger and more attractive. When a patient takes the decision to whiten teeth professionally, he won't just get rid of the yellowish stains but also prove that he is conscious of his dental health and appearance.

Leaves Remarkable First Impression

According to several studies, the white smile is extremely important in how a person is perceived during his first meeting. It should be remembered that the first impression counts and if the person has a perfect and white smile he would definitely create a lasting impression than if his teeth are bad and uncared for.

Patients Have Warm Smiles

Patients with beautiful smiles always look and feel healthier. Their pretty smile would appear friendly to their new group of friends. It is generally better to have a sweet smile during your meeting, conferences,



presentations or going for interviews. Patients have to consider the fact that a nice smile looks trustful and this is very important in daily situations.

Look Perfect For Special Occasions

This is maybe one of the most essential benefits. A perfect smile on your wedding day, on your graduation ceremony, or so many important dates in your life would surprisingly change your attitude over yourself. Looking at the photos from these significant life events would be as exciting as your smile looks perfect.

Part of Patient's Daily Cosmetic Treatment

Teeth whitening procedure is a simple process which is painless. This is for sure the most frequently asked question about this treatment. It could be done anytime but only by a dental professional.

Allows Patients a Big Advantage in Their Work Competition

A good-looking persona is something that every person wishes to achieve. When you have a job interview and you want to be selected, you prepare yourself and give a shot at your best

possible appearance. And it would be incomplete without a perfect white smile.

It's Not a Surgical Procedure

Teeth bleaching seem to be the number one cosmetic dentistry treatment and it gives maximum benefits when used in transforming people's appearance.

Teeth Whitening Improves Patient's Daily Mood

This is explained by the fact that this dental procedure produces a younger looking effect. Studies have shown that smiling improves your mood simply by triggering endorphin production.

It Improves Dental Hygiene

Dental workers have noticed that almost every patient who did this type of cosmetic treatment tends to show a significant improvement in their oral healthcare habits. When experiencing the benefits of teeth whitening procedure, patients often give special care to the brushing and flossing technique and visit their dentists more often.

Good oral health can improve patient's overall health and it can be a prevention of other illnesses. This is by far the most important benefit of teeth whitening.

By Barbara Ross

As complicated and debated as the age-old question of “when is the perfect time to exercise?” is another question that a lot of people are seeking answers for - “should you or should you not eat before working out?”

健身前是否应进食？

Should You *Or* Should You Not

EAT BEFORE WORKING OUT?

For some, there might be an obvious answer, which is either that you should eat or should not, but as I mentioned before, the answer is not as simple as it seems. People that support skipping food before exercising, are probably doing so in an effort to avoid cramps, and people who support eating, probably feel they need the energy. But as it turns out, there's more to it than just personal preferences.

Studies have been conducted to test the consequences of both scenarios, and findings have been made which are surprisingly quite evenly favourable. Meaning, some tests support the fact that going without food leads to faster and effective weight loss, while other tests prove that it is absolutely detrimental not to have food before working out, as your body would not have enough energy and the blood sugar necessary for training.

So what is the right answer?

It would be best to consider the duration of workout, as well the kind of workout, to decide whether or not it would be ideal to skip food or not, as the effects are largely dependent on these two factors.

Let's consider the scenarios one at a time.

Duration of Workout

As part of a recently published study, a few men who were generally overweight but were healthy, were assigned the task of completing one hour of workout, walking at a fairly moderate pace, once without consuming any food beforehand, and once after consuming breakfast about two hours beforehand.

The results were surprising to some, as the men were found to have lost more fat when they skipped food. In fact, on further analysis it was also found that exercising on an empty stomach had a rather positive effect on the metabolism as well. This was essentially because the body utilized the stored fat to fuel these workouts, as there was no other incoming energy to tap. Hence, the fat was burnt.

However, this only proves the fact that it would be ideal to skip food for a moderate level of workout lasting 60 minutes or less. Again, it also depends on an individual's ability to handle it. In a general sense, most of our bodies have sufficient amount of energy to complete about 45 minutes of moderate intensity workout, first thing in the morning. But the further parameters of the workout, including how long and how intense the workout can be, also depends a great deal on the timing and the kind of food one has consumed the day before.



Hence it would be safe to assume that a moderate level and duration of exercise and activity in the morning would turn out to be very effective on our body, as long as we have eaten well at a reasonable hour the night before.

Type and Intensity Level of Workout

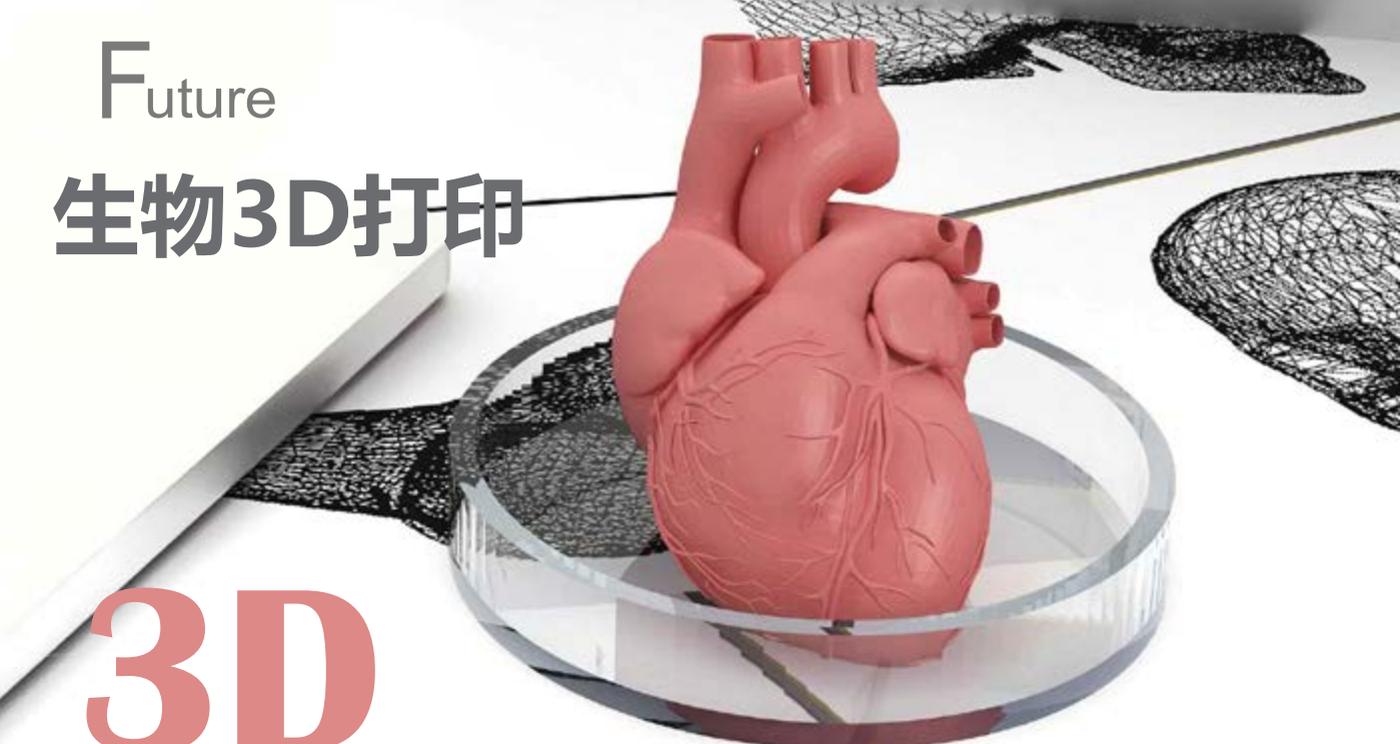
Coming back to the kind of workout, as mentioned earlier, going without food would be effective as long as the exercise regime is not as high in intensity. For example, if you are going for, say, an hour of yoga or 30 minutes of breathing exercises, you would probably do well without food as they come under low to moderate intensity workouts. But if you are planning to go on a 15-mile run first thing in the morning, then you might need to fuel up beforehand.

In short, any kind of high intensity training such as HIIT, or resistance training or weight training does require a good level of energy and blood sugar, and you would be better off eating beforehand in these cases. Suffice it to say, whether or not you should eat before a workout would be a judgement call, one that needs some intelligence rather than preference analysis. For moderate workouts it would be good to go empty, and for more strenuous workout routines, it is better to consume sufficient amount of food, at least 2 hours before working out.

健身或锻炼前究竟该不该进食补充能量一直是困扰很多健身初学者的问题，有些人甚至戏称“不吃饱怎么有力气减肥？”这句话虽然是开玩笑，但却说出了很多减肥者的心声，那么我们究竟该不该先补充能量再去运动呢？根据一项最近发布的调查实验显示，是否进食是需要视锻炼强度情况而定的。首先他们安排被研究对象先进行1小时空腹锻炼，另一次则先摄入食物而后再去进行1小时锻炼，结果显示，空腹锻炼可以帮助他们有效地减掉更多脂肪，从而达到减肥效果。这主要是因为身体所储存的脂肪能量足以为锻炼者提供一小时以内运动所需的能量，所以一般意义上来说，对大部分人而言，我们身体所储存的能量足够支持我们完成45分钟的中等强度训练。因此只要我们在前一天饮食中摄食合理，那么我们在第二天早晨不吃早餐的情况下，出门跑步是没有什么问题的。但是对于高强度训练，例如15公里跑、阻力训练或负重训练，这类训练需要身体提供更多的能量以保持稳定的血糖水平，在此情况下，最好还是先适当补充能量，然后再去进行锻炼。

Future

生物3D打印



3D PRINTING OF ORGANS AND TISSUES

By Fanny Bates

3D printing has made a huge breakthrough over the past several years. It started as a tool producing small objects, even entire houses, but one promising approach is currently leading in the world of invention, namely 3D bioprinting. What originated in the early 2000s can now be used to build organs and tissues from scratch. Even though it is in the experimental phase, it has already been sold for drug testing and is being used to print animal organs and tissues. The first transplantable tissues are expected to emerge in a few years' time.

Bioprinting – First Trails

During the early 2000s, scientists discovered that by using multiple print heads, they could deposit layer upon layer of living cells so that they would bind together and grow into a living, functional shape of a tissue. The potential medical uses of 3D bioprinting are numerous, starting from the creation of customized prosthetics and implants, tissue and organ fabrication and discovery and dosage of various new drugs.

Sichuan Revotek, a biotechnology company based in Chengdu, China, has succeeded in implanting a printed artery into a monkey. Similarly, Organovo, a San Diego company, has announced that it has printed human liver tissue into a mouse and that the tissue has developed and is performing all the necessary functions. It hopes that this will help in developing new treatments for chronic liver failure and inborn liver diseases. At the same time, a team from Northwestern University, Chicago, has printed new prosthetic ovaries for mice that were able to conceive and give birth with the help of this artificial organ.

Unlike polymers which are used for traditional 3D printing, scientists use Bio-ink, a material which is derived from alginate, gelatin, and the ECM which can effectively mimic the structure of human tissue. It is printed at much lower temperature (37 °C or below) and has mild cross-linking patterns in form of Z-axis. The process involves three stages:

- pre-bioprinting or creating a blueprint of the tissue or organ
- bioprinting, which involves creating a process plan, isolating the cells, loading them into printer and bioprint
- post-bioprinting or the final phase when all functions are being tested

In a study published by Nature Biotechnology, Dr. Atala and his team members have successfully implanted printed muscle and bone tissues in rodents. After a few months, the tissue developed a system of vessels and nerves which confirmed their hard work. They have already printed human ears, bones, heart, liver and kidney tissues made of biodegradable plastic, but they are still waiting for the government's approval for testing it on human patients.

New Advanced Methods and Limitations

A research team from the University of Oxford has developed a new method which takes 3D printing to the next level. They have found a way to solve one of the biggest problems of bioprinting, namely maintaining the shape of cells which often move around in the printed structure. To avoid this, chief medical scientist, Alexander Graham put the cells within nano-litre droplets wrapped in a lipid coating. These droplets were placed layer by layer into a living tissue. The container provided the structural support and the tissues could finally maintain their original shape, which also meant that they could survive longer in a living organism. We were aiming to fabricate three-dimensional living tissues that could display the basic behaviors and physiology found in natural organisms," Graham said in a press release.

According to the NLM report, in the recent years, approximately 120,000 people in the U.S. have been waiting for an organ transplant. When we consider the costs of surgery and follow-up, it's not difficult to believe why the idea of printing human organs is getting a lot of hype. However, it's still a long way off from becoming a reality. Scientists believe that we will have first functional human printed organs 20 years from now. Currently, bioprinting is only employed to repair human skin. "An additional problem is that organ transplantation involves the often difficult task of finding a donor who is a tissue match," the report continued. "This problem could most likely be eliminated by using cells taken from the organ transplant patient's own body to build a replacement organ. This would minimize the risk of tissue rejection, as well as the need to take lifelong immunosuppressant."

3D打印技术已经不是什么新鲜的话题，但是如果接受移植的器官是3D打印的，你会不会感到惊讶呢？生物打印起源于21世纪初。当时研究人员发现活体细胞可以通过喷墨打印机的喷嘴喷出而不会受损。今天，使用多个打印头，将不同类型的细胞连同保持细胞结构不变的聚合物一起喷射出来，就可以使细胞一层层沉积，最后结合在一起生长成为活体功能组织。各地的研究人员都在尝试打印肾脏和肝脏组织、皮肤、骨骼和软骨，以及保持人体器官存活所需的血管网络。研究人员已经将3D打印的耳朵、骨骼和肌肉移植给动物，观察它们能否很好地与受体相融合。全球每年会发生约12万例人体器官移植，随着合适的捐赠者出现缺口，研究人员正加速研究从零打造人体器官的方法。3D打印正在迅速从实验室进入现实，预计第一批可移植的组织可在几年内用于手术。

3D打印也不乏成功的实验案例。四川蓝光英诺生物科技公司已将蓝光英诺3D生物打印血管植入恒河猴体内，实验圆满成功，这标志着困扰临床半个世纪的人工血管内皮化问题成功找到解决办法，为全球近十八亿心血管疾病患者带来福音。早在2015年10月，蓝光英诺就发布了全球领先的3D生物血管打印机，如今打印血管已成为现实，并取得动物体实验成功，这意味着成都3D生物打印取得全球阶段性重大技术突破。中组部首批“千人计划”国家特聘专家、美国毒理科学院院士、蓝光英诺首席执行官兼首席科学家康裕建教授介绍，今后不仅是血管，人体其他器官皆可3D生物打印，“以病为本的医药产业，将转向以人为本的健康产业”。去年，美国研究者成功将一片菠菜叶培育成了人体心肌组织，令再造人体器官成为焦点，芝加哥西北大学的一个研究小组甚至打印出了具有生物学功能的卵巢假体并移植到小白鼠体内，接受移植的小白鼠借助这些人工器官得以成功受孕并分娩。

同样在去年，英国牛津大学发布的一项研究成果显示，有一种新的方法能够利用实验室培养的细胞，以3D打印的方式构建活体组织，随后自给自足。如果技术足够成熟，未来可用于生产复杂的人造组织和软骨，助力再生医学的发展。虽然人类在生物3D打印方面已经取得了种种突破，但是科学家还有很多技术难题需要攻破，真正实现成熟的人体3D打印并用于临床医疗还有很长的路要走





HOW TO TRANSFORM YOUR BASEMENT INTO A LIVING SPACE? 如何巧用地下室？

过去我们聊过如何把阁楼改造成书房或卧室，如何装饰卫生间、客厅等其他室内空间，本期我们要聊的是房子中最容易被我们忽略的部分，那就是地下室。地下室通常被我们视为堆放杂物的空间，如果不是为了找寻陈年旧物，大家平时轻易不会到这里来。对于空间资源如此紧张的城市住房，把一个房间当做废物“垃圾场”实在是可惜。现在，人们的生活内容愈发丰富，大家的需求也变得更加不同，地下室无疑是最值得你改造利用的一个好地方。

首先，我们可以将地下室改为娱乐室。地下室通常没有自然光射入，光线相对昏暗，把这里改造成一个影音娱乐室最好不过。无论是放上投影，还是买一块大显示屏，窝在沙发里和家人朋友共度休闲时光一定是个好选择，在墙体中加入镶嵌式照明，氛围一定更加浪漫。

其次，如果你家中的卧室有限，何不把地下室改造成成为全新的客房呢？对于睡眠而言，昏暗的光线无疑是非常好的条件，如果担心地下室过于压抑，那么选用舒适温馨的颜色涂满整个墙面，搭配以舒适的床上用品和配饰，这样就可以满足亲朋短暂小住的需求。

孩子的精力总是无穷无尽的，现有的活动空间和玩具是不是已经不足以释放他们全部的精力了呢？不妨把地下室改造成一个孩子的游戏室，让他们在这里充分发挥自己的想象力和创造力。将孩子的游戏区单独分开也非常有利于家长整理房间，把孩子的东西单独收纳在游戏室，确保其他房间的干净整洁。

如果你没有单独的洗衣房，可以考虑把地下室变为一间能满足自己生活所需的洗衣房。充足的空间可以让你把干净的衣服和未洗的衣服区分开来，同时还可以有足够的地方用于熨烫衣物。

将地下室改造成成为男士娱乐空间是个绝妙的主意。对于男士而言，如果有一个配备了台球桌、大屏电视、音响系统且能和哥们儿一起自由看球的完全属于男人们的自由空间，那绝对是人生一大享受。

There is a common notion among architects and interior designers that a house with a basement has more value than a property that doesn't have one! This extra unused space has a lot of potential than just being a place to store old and unwanted belongings. According to us, it is a ready-made transformation project waiting to be started!

Have you ever considered using your basement as a productive space other than dumping scraps, old furniture, books, clothes and unwanted items that you have no use for and wish to dispose? It is undoubtedly one of the most neglected areas of the house but if you take a closer look, using the space constructively not just raises your property's value, but it also becomes a great place to hang out with friends, relatives and guests.

If that sounds appealing as well as interesting to you, say aye and start working on this real treasure to make it a worthy addition to your home space. From a smashing-looking entertainment space, or a play zone for kids to an extra living room, a guest room or a laundry room, here are some kickass ideas to transform that not-so-important basement into an oh-so-important-space:

TURN YOUR BASEMENT INTO A COSY LIVING ROOM CUM ENTERTAINMENT ZONE

Considering you already have one living room upstairs, why not turn the basement into a second living room cum entertainment zone! Basements are usually cosy spaces. They may not have enough natural light, but if you double up on features like accent lighting and recessed spotlights, this space can have a flipping impact that your family can use as a mini living room.

It all depends on the layout but if there is any scope of carving out windows (even if small outlets) in your basement, consider doing that as it will allow a lot of natural air and light into the dark and damp space. Just add a plush sofa, a couple of bean bags, a TV set, and a home theatre to turn it into a secret entertainment hideout.



CONVERT YOUR UNUSED BASEMENT INTO A GUEST ROOM

How to deal with space crunch at home when you have guests around? Adding an extra room in your home space may not be a feasible option, but you can always optimise your basement to fill the gap. Yes, prep up the unused space with fresh wall paint, accents and accessories, apt upholstery, bedding and furnishings to transform it into a stunning living space for days when you get impromptu guests at home. The bonus is you can make the most of all your unused items like furniture, home decoration pieces, old curtains and pillows, etc. to deck up this newly added room without burning holes in your pocket.



AN UNUSED BASEMENT CAN BE A MAN CAVE

All men want to have their own retreat! And the basement is the best spot where you could build a stunning man cave! Set the ball rolling for this practical idea by arranging a comfy couch, a sturdy table, a couple of armchairs, a large screen TV, sound systems and you are good to go chilling and cheering with your brothers watching your favourite sports. And if there still some space, add a fridge to have your mini bar on board!





BUILD A PLAY AREA FOR YOUR KIDS IN THE BASEMENT

Do you want to build a separate kid's play area to save your tastefully decorated living room from all the playful ruckus and rumpus of your kids? It's natural for every kid to be a powerhouse of endless energy. They need an appropriate space to release their energy. A living room should not be turned into a play zone for the kids as they deserve a designated place to be themselves where they can focus on bringing out their creative sides. So why not

convert the basement space into a fun, imaginative playroom to keep your kid's engaged and active?

Gift them their own space where they can spend time with friends and hone their creative skills while learning new things every day. Deck up the room with bright colours and don't forget to add quirky accents and furniture to make it look cheerful and full-of-life.



TURN IT INTO A LAVISH LAUNDRY ROOM

Not everyone can afford the luxury of having a separate laundry room at home. However, if you are lucky to have a basement, why not transform it into a full-fledged laundry room! If space permits, you can also create separate sections for washed and unwashed clothes. And when you are not doing the laundry, use the room for other tasks like wrapping gifts or for sewing purpose.



Ascott China 20 Years Celebration in Tianjin Excellent Life in Tianjin 20 Years & Beyond



On July 20th, to celebrate Ascott's presence in China for the last 20 years, an "Excellent Life in Tianjin - 20 Years & Beyond" celebration event was held in Tianjin. More than 100 clients, residents and partners attended and witnessed this memorable event.

It has been 20 years since Ascott expanded its footprints into China. In July 1998, Somerset Olympic Tower Tianjin opened as one of the first properties of Ascott in China. Dozens of new properties were put into operation in the following 20 years, including Ascott TEDA MSD Tianjin in Binhai New Area and the prestigious Somerset International Building in downtown Tianjin. And now Ascott is operating and managing over 110 properties in 31 cities across China.

At the beginning of event, the guests present were deeply moved by a blessing video from the residents, partners and management of Ascott. Ascott also unveiled a colourful modernism oil painting, which symbolizes the beautiful life of all the Ascott guests. What can be more ideal than a classic and elegant dancing party to celebrate the evening? All the guests were so enjoying the moment.

The celebration ended with an ultimate lucky draw prize – 20 free room nights to stay in Ascott properties in China. So wonderful! 20 years is never an end but an important milestone in Ascott China's road. Today, Ascott and more than 100 guests and friends gathered to celebrate this milestone. In future, Ascott will continue on its grand journey. We wish Ascott great success in China and also all over the world.



“找我吧”

HIT ME UP!

By Caroline Lane

出国留学的朋友可能都遇到过这样的情况：当你迈入了理想大学的校园，结交了很多来自不同国家和地区的新朋友并且相处友好，但是朋友忽然在谈论旅行或去他们的家乡旅游时对你说“如果你去某某地方，那一定要hit me up(打我)”。这句话听起来感觉很奇怪，为什么要去打他呢？其实，Hit Me Up并不是打人的意思，而是意味着让我知道你来了，来找我吧，或者一定要通知我、告诉我。例如，“Please make sure you hit me up whenever you're in town.”就是：“如果你有到我家附近，一定要记得跟我联络喔。所以下次你就可以告诉自己的好朋友来天津玩一定要“Hit Me Up”来找我，带朋友品尝天津美食，游览天津美景。

It is Teresa's first day at her dream university in California and she's making a lot of friends from the orientation camp. Her friends come from across the States and from many different countries "Florida, Colorado, New York, China, Korea, Italy, Greece and Mexico" to name a few. Despite language barriers, they are all getting along very well.

Though, there are some things that Teresa doesn't quite understand. For example, Teresa was talking about beaches in California with her new friend from Florida and the friend said, "We've got lots of nice beaches in Florida too, so hit me up when you're there next time!" Teresa was quite shocked when she heard that statement: hit you up???? Why would I want to hit you when I'm in Florida?? No...

And then when she talked to her friend from Colorado, this particular friend said something similar, "So you like hiking,

Teresa? You'd better hit me up when you're here! We've got some real nice trails in Colorado." "Alright, I will hike with you, but I won't hit you," Teresa replied. Her friend stopped for a second and laughed. "No, of course you're not going to hit me, I mean I hope you won't. I meant please let me know when you come to Colorado because I'd love to show you some of our good hikes."

Alright, now all questions were solved. "Hit me up" means "let me know." No one needs to hit anyone, of course!

Hit me up does have a Chinese translation, and it's simple: **找我吧** (zhao wo ba). Next time you meet someone out of town and would like to show him or her some hospitality when they visit your hometown, feel free to use this phrase! "Next time you're in Tianjin, hit me up! I'll show you the best food we've got."



Bakeries & Desserts



HP **Gang Gang Bread & Wine**
冈网葡萄酒 & 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
 和平区成道126号
 奥林匹克大厦1楼104
T: +86 22 2334 5716

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

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

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

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

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



NK **LE CROBAG - Tianjin Store**
Le Crobag 德国面包房
A: Room 109, Buliding A2, Binshui West road, Nankai District, Tianjin
 南开区奥城商业广场A2商9
T: +86 22 23741921

Chinese



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

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



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

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

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

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

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

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

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



HP **Dongsir Hotpot 懂事儿涮肉**
A: No.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



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

Japanese

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

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

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

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

HP Bowbow Sushi Japanese Restaurant
宝寿司
 A: Xiannong Area, 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

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

French

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



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

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

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

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

Indian

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

Italian

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

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

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

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

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

Thai

HP **Kudos Thai Restaurant & Lounge Bar 泰廷泰国餐厅**
National cuisine of Thailand, which places emphasis on lightly prepared dishes with strong aromatic components.
A: No. 39, 4F, North Block, No. 2-6, Joy City, Nanmen Wai Da Jie, Heping District
和平区南门外大街2-6号大悦城北区4楼39号(南马路口)
T: +86 22 8728 8669

HQ **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

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

Western

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

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



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

NK **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

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



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

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

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



HP **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



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



HP **ZEST 香溢 - 全日餐厅**
A heady mix of gastronomy and entertainment, drawing inspiration from the sensory feasts of Hong Kong's open-air dining culture, the aromatic romance of Italian bistros and the elegant minimalism of Japanese delicacies.
A: 1st Floor, The Ritz-Carlton, Tianjin, No. 167 Dagubei Road, Heping District, Tianjin
和平区大沽北路167号
天津丽思卡尔顿酒店一楼
T: +86 22 5809 5109

HX **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



NK **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

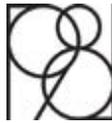
H D Café Vista
美食汇全日餐厅

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: 2F, International Plaza, Xining Road,
Tianjin (in front of Xi Kai church)
和平区西宁道国际商场二楼西开教堂对面
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, 1F 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铺位首层
T: +86 22 5832 5702

2) 09:00-24:00

A: No. 60-62, Ziyou Dao, New Italian Style Town
新意大利风情街自由道60-62号
T: +86 22 2445 3185

H P Bistro Thonet
庭悦咖啡

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

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

N K Harvest Book & Coffee

哈维斯特咖啡

They have a great collection of muffins, scones and toasted bagels to go perfectly with their healthy smoothies.

10:00-21:30

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

Tea Houses

H P Yang Lou Tea House

洋楼茶园

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

A: The junction of Kunming Lu and Chongqing Dao, Heping District
和平区重庆道与昆明路交口
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 Courtyard, 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.
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.
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.
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.
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.
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
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.
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.webbrewery.com

HX The Lounge 澜庭聚
This is the heart and soul of the hotel with a buzz of activity and professional offering of classic cocktails, wines and foods throughout the day and night.
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 东方之珠KTV
This KTV offers a wide assortment of entertainment and relaxation. You can sing, visit the buffet, play a game or go to the spa! 24 hours. **A:** No. 2, Guizhou Lu, Heping District 和平区贵州路2号
T: +86 22 2781 6666

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 河西区平山道水映兰庭商业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 Shiyang 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



和睦家医疗
United Family Healthcare

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

RafflesMedical

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

HJ 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 Fonet 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



HQ 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



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



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



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



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

Most luxurious hotel in Tianjin, located by the river next to the train station.
A: No. 158, Zhang Zizhong Road, Heping District 和平区张自忠路158号 (津塔旁, 哈密道正对面)
T: +86 22 5830 9999
W: stregis.com/tianjin

HP **The Westin Tianjin**
天津君隆威斯汀酒店

5 star hotel offering luxury, class and comfort featuring charming city views and the latest in technology.
A: No. 101, Nanjing Lu, Heping District 和平区南京路101号
T: +86 22 2389 0088



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

First opened in 1863 and refurbished in 2010, the hotel is a landmark in Tianjin's history. Favoured for its traditional appeal and high-standards.
A: No. 33, Tai'er Zhuang Lu, Heping District 和平区台儿庄路33号
T: +86 22 5852 6888



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

A landmark hotel located in the heart of the city offering unparalleled and memorable experiences.
A: No. 167 Dagubei Road, Heping District 和平区大沽北路167号
T: +86 22 5857 8888



Renaissance Tianjin Lakeview Hotel
万丽天津宾馆

HX 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



BANYAN TREE
TIANJIN RIVERSIDE
天津海河悦榕庄

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

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

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



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

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

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

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

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



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

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



TIANJIN

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

PH **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
 河西区宾水道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

XQ **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
 青西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

H P China House Museum
瓷器博物馆

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

H P The Astor Hotel Tianjin Museum
天津利顺德大饭店博物馆

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

N K Chinese Shoe Culture Museum
中国鞋文化博物馆

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

H X Tianjin Museum 天津博物馆

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

H X Yangliuqing Wood-Block New Year Pictures Museum
天津杨柳青木板年画博物馆

It is one of China's well loved folk arts, having a history of more than 400 years. 09:00-16:30
A: No. 111, Sanheli, Tonglou Area, Hexi District 河西区佟楼三合里111号
T: +86 22 2837 8718

B D Jade Buddha Museum 玉佛宫

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

Parks

N K Tianjin Water Park
天津水上公园

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

X Q Tianjin Botanical Garden
天津植物园

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

Theatres & Cinemas

H P IMAX China Film 中影国际影城

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

H P Tianjin Concert Hall
天津音乐厅

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

H X Tianjin Grand Theatre
天津大剧院

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

Associations

TICC (Tianjin International Community Centre)

Association and meeting place for foreign passport holders and their families in Tianjin. Organises monthly coffee mornings, luncheons and social/fundraising events, supporting local charities.
E: ticc_09@hotmail.com
W: tianjin.weebly.com

Education

**H X** NEW YORK KIDS CLUB
纽约国际儿童俱乐部

A: 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

X Q KIDS'R'KIDS Learning Academy,
Tianjin No.1

凯斯幼儿园, 天津雲锦幼儿园
A: Yunjin Shijia Community, No.65, Ziyang Rd, Zhongbei Zhen, Xiqing Dist, Tianjin
西青区中北镇紫阳道65号雲锦世家内
T: +86 22 5871-6901
+86 22 5871-6900
O: 8:00-17:00
Wechat: KidsRKidsTianjin
W: www.kidsrkids.com
www.kidsrkidschina.com
E: contact-tianjin@kidsrkidschina.cn

**H D** T. J Mustang Baseball Club
天津野马棒球俱乐部

天津首家纯正美式棒球培训, 招生年龄 3-17岁青少年儿童, 男女不限, 同时举办棒球公司团建活动。教练员均为职业棒球运动员及专业教练。欢迎咨询体验课及正式课。棒球, 精英家庭必修运动!
A: Ergong Park, Jin Tang Road, Hedong District
天津河东区津塘路二宫大球场
T: +86 15222875097 吴老师
+86 13920498922 侯老师



1st, 8th of September 10:00-12:00 start baseball training trail class registration, 50RMB/Kid, parents can join for free.
9月1号和8号上午10-12点体验课开始报名。50元/位儿童。家长免费参与全程体验活动。

**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 P**

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

**H P**

International School of Tianjin 天津经济技术开发区国际学校 天津分校

Only international school in Tianjin fully authorized by the IBO to teach all three IB programs (PYP, MYP and DP) from age 3-18.

Mon-Fri 07:30-16:30.
A: No.22 Weishan South Road, Shuanggang, Jinnan District
津南区(双港)微山南路22号
T: +86 22 2859 2003/5/6
W: istianjin.org

**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 X

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

H X

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

H X

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

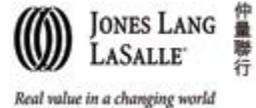
Libraries

H X

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: tj.l.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

**H X**

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

**H P**

Heping

H X

Nankai

H X

Hexi

H B

Hebei

H D

Hedong

H Q

Hongqiao

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533号

T: +86 22 5981 2667

W: maky.com.cn



LE CROBAG - Teda Store

Le Crobag 德国面包房

A: Room 105, Buliding C1, MSD. NO.79

The 1st Street, TEDA, Tianjin

第一大街79号MSD C1-105室

T: +86 22 5990 1619

Chinese

Ya Yue Chinese Restaurant

雅悦轩中餐厅

A: 2F, Binhai Jianguo Hotel, No. 1, 2nd Avenue, Binhai New Area 滨海新区第二大街1号滨海建国大酒店2楼(洞庭路口)

T: +86 22 2532 1177 ext. 6888

Red House

红房子酒店

A: No. 88, Huanghai Lu, TEDA

开发区黄海路88号

T: +86 22 6620 9438

Yue Chinese Restaurant

采悦轩中餐厅

Providing tantalising Chinese cuisine in a relaxing atmosphere.

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

A: 2F, Sheraton Tianjin Binhai Hotel, No. 50, 2nd Avenue, TEDA

开发区第二大街50号

天津滨海喜来登酒店2层

T: +86 22 6528 8888 ext. 6220/6222

Zen Chinese Restaurant

Zen 中餐厅

Authentic Cantonese and Chinese flavours with plenty of soups, appetisers and yummy seafood.

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

A: Citizen Plaza, No. 86, 1st Avenue, TEDA

开发区第一大街86号

天津滨海假日酒店1层

T: +86 22 6628 3388

Bai Jiao Yuan

百饺园

A: No. 27, bldg A. Guoxin Building

Zhangwang Lu, 2nd Avenue, TEDA

开发区第二大街展望路国信大厦A座27号

T: +86 22 6202 1188

W: baijiaoyuan.com

Indian & Thai

Patsara Thai Restaurant

芭萨亚泰国餐厅

Offering more than 100 different dishes, all served to perfection. Enjoy the Thai-style surroundings. 11:00-14:00; 17:30-22:00.

A: No. 30, 1st Floor Fortune Plaza, No. 21 3rd Avenue (Behind Happy Soho)

经济技术开发区第三大街21号财富星座底商30号(华夏银行后面)

T: +86 22 6620 2982 English Available

Japanese

Kuinoi 云井日本料理店

Experience a unique dining experience in a luxurious, elegant atmosphere with top-class service. 10:30-00:00 (Next to KFC).

A: King Buyer Shopping Mall, No. 32, 3rd Avenue, TEDA

开发区第三大街32号

鸿泰仟佰汇商业广场(肯德基旁)

T: +86 22 6529 8581

Rengaya 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 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 family physicians that speak English, Chinese, Japanese and French in order to cater for the diverse makeup of the TEDA community.

A: 102-C2 MSD, No.79 1st Avenue, TEDA Binhai Area, Tianjin 300457 天津经济技术开发区第一大街79号泰达MSD-C区C2座102室, 300457
T: +86 22 65377616

TEDA Hospital

泰达医院

A sister hospital to TICH with modern healthcare facilities and a highly qualified team of experts to take care of you and your family.

A: No. 65, 3rd Avenue, TEDA 开发区第三大街65号
T: +86 22 6520 2000
W: tedahospital.com.cn

TEDA International Cardiovascular

Hospital

泰达国际心血管病医院

An international referral hospital for all heart ailments with modern health-care facilities, sanitary environment and a well qualified team of experts.

A: No. 61, 3rd Avenue, TEDA 开发区第三大街61号
T: +86 22 6520 8888
W: tedaich.com

Drycleaning & Laundries

CAS Laundry 美国CAS 国际干洗店

An American dry-cleaning franchise. 09:00-19:00.

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

Hotels

★★★★★



RENAISSANCE
TIANJIN TEDA CONVENTION CENTRE HOTEL
天津万丽泰达酒店及会议中心

Renaissance Tianjin TEDA Convention Centre Hotel

天津万丽泰达酒店及会议中心

Has earned a reputation among conference delegates and business travellers for its distinctive level of luxury and artful blend of Eastern and Western hospitality.

A: No. 29, 2nd Avenue, TEDA 开发区第二大街29号
T: +86 22 6621 8888



Sheraton
TIANJIN BINHAI HOTEL
天津滨海喜来登酒店

Sheraton Tianjin Binhai Hotel

天津滨海喜来登酒店

Ideally located in the heart of Binhai New Area. Featuring 325 guestrooms and suites offering a range of comprehensive facilities and exemplary service, comfort and convenience for busy travelers.

A: No. 50, 2nd Avenue, TEDA 开发区第二大街50号
T: +86 22 6528 8888
W: sheraton.com/tianjinbinhai



Hilton
TIANJIN ECO-CITY
天津生态城世茂希尔顿酒店

HILTON TIANJIN ECO-CITY

天津生态城世茂希尔顿酒店

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



Tianjin Goldin Metropolitan Polo Club

天津环亚国际马球会

A luxury resort destination hotel with a prestigious members-only polo club, two international standard polo fields, a column-free Grand Ballroom and 10 restaurants and bars.

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

Holiday Inn Tianjin Binhai 天津滨海假日酒店

Located in the very heart of the business district makes it an ideal choice for modern business travellers.

A: No. 86, 1st Avenue, TEDA
开发区第一大街86号
T: +86 22 6628 3388
W: HolidayInn.com



THE WESTIN
CHANGBAISHAN
RESORT

长白山万达威斯汀度假酒店

Sheraton
CHANGBAISHAN RESORT

长白山万达喜来登度假酒店

The Westin Changbaishan Resort Sheraton Changbaishan Resort

长白山万达威斯汀度假酒店 长白山万达喜来登度假酒店

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

Apartments



天津泰达万豪行政公寓

TEDA, Tianjin - Marriott Executive Apartments

天津泰达万豪行政公寓

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



天津招泰美伦辉盛坊国际公寓

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

A: Block 6/7, Quincy Park, No.21 Bei Hai East
Road, TEDA, Tianjin, China
天津市开发区北海东路21号昆西园6/7号楼
T: +86 22 5988 1999
E: reservations.binhai-tianjin@
frasershospitality.com

Office Space



TEDA MSD 泰达MSD

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

Libraries

Tianjin Binhai Library

天津滨海新区文化中心图书馆

Monday: 14:00-18:00; **Tue-Sun:** 10:00-18:00
A: No. 347 Xusheng Road, Binhai Central
Business District
滨海新区中心商务区旭升路347号

TEDA Library 泰达图书馆

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

Parks

Binhai Aircraft Carrier Theme Park

滨海航母主题公园

A military theme park featuring all sorts of
adventure. **09:00-17:00.**

A: No. 269 Tianjin Binhai New Area, Hanbeilu
天津市滨海新区汉北路269号
T: +86 22 67288899
W: www.binhaipark.cn

Education

Tianjin TEDA Maple Leaf International School

天津泰达枫叶国际学校

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

TEDA



International School

泰达国际学校

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

TEDA Friendship Department Store 泰达友谊大厦

Houses a range of world famous luxury
brands.

A: The junction of Huanghai Lu and
2nd Avenue, TEDA
开发区第二大街与黄海路交口

Supermarkets

JUSCO TEDA 佳世客

Japanese supermarket where you can buy
BBQ and other products at a competitive
price. **10:00-22:00.**

A: 1-2F, No. 29 Shishang Dong Lu, TEDA
开发区时尚东路29号1-2层
T: +86 22 5986 1088

Golf Clubs

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

18-hole course with wide fairways.
Reservation is recommended for visitors.
06:30-17:30.

A: No. 1, Nanhai Lu, TEDA 开发区南海路1号
T: +86 22 2532 6009
W: warnergolfclub.com

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

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

Outdoor Clubs

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

Offers customised trekking tours, trips to
fantastic places in China, and weekend
trips to areas surrounding Tianjin. Also
offers equipment and clothing for trekking.
09:00-20:00.

A: No. 1038, Jintang Gong Lu, Tanggu District
塘沽区津塘公路1038号
T: +86 22 2582 9366

HONGCUN & XIDI, ANHUI

China's Ancient Villages

如画古村落——西递与宏村

我国旅游资源丰富，有无数名山大川人文风情皆被列入世界文化遗产名录。其中位于安徽省黄山市黟县的西递、宏村别具特色。它们是安徽南部民居中最具有代表性的两座古村落，以世外桃源般的田园风光、保存完好的村落形态、工艺精湛的徽派民居和丰富多彩的历史文化内涵而闻名天下，分别被誉为“桃花源里人家”，“中国画里的乡村”。奥斯卡最佳外语片《卧虎藏龙》还曾在宏村取景拍摄。

这两处古村历史悠久，西递始建于北宋，鼎盛于清朝，至今已近960余年历史。宏村始建于南宋，原为汪姓聚居之地，绵延至今已有800余年。

西递因村边有水西流，又因古有递送邮件的驿站，故而得名“西递”，整个村落呈船形，四面环山，两条溪流串村而过，村中街巷沿溪而设，均用青石铺地，整个村落空间自然流畅，动静相宜。街巷两旁的古建筑淡雅朴素，错落有致。

宏村的一大特色是其保留完好的“牛”形村落科学布局。资料显示，古宏村人为了灌溉、防火、饮用，独具匠心开仿生学之先河，建成了堪称“中华一绝”的牛形村落和人工水系。九曲十八弯的水圳似“牛肠”，流经家家户户。随后，蜿蜒的“牛肠”流入挖掘的“月沼”，此塘形似弯月，终年碧水荡漾，状如牛胃。溪水经过滤后又绕屋穿户，流向村南有“牛肚”之称的南湖，再次过滤最终流入河床。如此神奇而明晰的水系，不愧中国古代村落建筑艺术之瑰宝，“研究中国古代水利史的活教材”。

这两大村落有很多值得一游的景点，宏村外的南湖环村南部，状如弯弓。村中的月沼湖，常年碧绿，塘面水平如镜，塘沿四周青石铺展，粉墙青瓦整齐有序分列四旁，蓝天白云倒映水中，相映成趣。承志堂是黟县保护最完好的大型古民居建筑，有“民间故宫”的美誉，曾是清末大盐商汪定贵住宅。此外，还有很多牌楼、竹海等美景有待你的发现。

宏村西递四季如画，到夏季更是凉爽避暑的好去处。放松心情，到这两个百年古镇中洗脱都市喧嚣，追寻一份惬意与宁静吧。

By Evelyn Rubenstein

Amidst the hustle and bustle of Shanghai, or the overflow of tourists in Beijing, China holds a gem that lies nestled in the province of Anhui. Located in the eastern region of the country this landlocked province derives its name from two cities, namely Anqing and Huizhou. Anhui is a densely populated city with a total of 60,300,000 people residing in the whole province.

In the southernmost part of Anhui, the region of Huizhou is home to two villages located in Yi County: Hongcun and Xidi.

Hongcun or “Hong Village” is situated near the southwest slope of Mount Huangshan. The shape of the village is said to be arranged in the figure of an ox. Leigang Hill is said to represent the head, two nearby trees standing on the hill are said to be the horns. In Jiyin stream there are four bridges situated and they can be interpreted as the legs, while houses around the village serve as the body. Other various lakes such as the South Lake (Nanhu) represent the other internal organs while the Jiyin stream serves as the intestines. Some of the architecture of the residences can be traced

back to the Ming and Qing dynasties. It is even said to be the best of its kind in China. The village was used as a scene in the popular movie "Crouching Tiger, Hidden Dragon."

Xidi is a similar historical village and is a nearby town just twenty minutes away. It is also part of the "Ancient Villages in Southern Anhui". The village was built during the Song dynasty and was originally called Xichuan (West river) because of the water that flows through it. Like Hongcun, the wooden architecture of the residences is well-preserved and is also traced back to the Ming and Qing dynasties.



ATTRACTIONS NEARBY

South Lake: During the Ming dynasty, this artificial lake wraps around the front of the village and is shaped like an archer's bow. A long stone bridge serves as a crossing and entry to the village. Standing at the bridge, visitors will appreciate the view of the village and hills reflected across the water.

Chengzhi Hall: This hall has nine open roofed yards with more than 60 rooms. Built during the late Qing dynasty, the wooden beams and panels are all decorated with intricate carvings of nature, or Chinese mythology. Not all the rooms are accessible, however visitors can still explore freely around the hall.

Moon Pond: This is a half-moon shaped pond with a smooth reflection of the blue and white colours of the sky. The attractive colours make it a remarkable sight to see.

Zouma Building (Lingyun Attic): This was built during the Qing dynasty. Presently, it was rebuilt to its original structure and visitors will enjoy a view preserved from the past.

Hu Wenguang's Memorial Archway: Visitors of Xidi will be greeted by this archway at the entrance of the village. Made of Yixian stone with a grey colour this attraction has lasted for 400 years.



OTHER ATTRACTIONS

Mt. Huangshan: Also known as “Yellow Mountain” is a nearby attraction if you are either coming from Hongcun or Xidi. It was listed as UNESCO World Heritage Site in 1992. Its odd shaped pines, rocky peaks, and sea of clouds makes it a popular tourist destination.

Tunxi Ancient Street: This old street is lined with well-preserved Huizhou houses. It is 1.5km long and 7 meters wide. Visitors can browse around antique stores, or try the local delicacies.

Huizhou Ancient City: With a history of a thousand years, this is one of the four Best-Preserved Cities. The town is filled with cobbled lanes that will take you to different ancient residences and buildings such as theatrical stages, and teahouses.



TRANSPORTATION

There are many options to reach Hongcun & Xidi, and the fastest is by air. Hefei International Airport links many domestic and international flights. You can take a flight from Beijing, Shanghai, or Guangzhou.

Another option is by train. Visitors can opt for a high-speed train as there are various railway stations as well as pick-up and drop-off stations at many cities. Just keep in mind the time schedule at Hefei railway station.

A long-distance bus is also available. Hefei is the center of highway network in Anhui province, it is one of the main transportation hubs in China. There are expressways that run east-west, and north-south of the county. Do note that travel time will be longer if you choose this means of transportation.

BEST SEASON TO VISIT

The best time to visit the villages is during autumn, from September till November, and during spring time from April till June. These seasons paint an idealistic image of the towns because of the orange leaves of autumn, and the greenery of the blooming trees and flowers during spring.

Hongcun and Xidi may not seem like typical tourist destinations, but visitors will appreciate this gem as it is not flocked with tourists. The lifestyle of the residents here are simple. Both villages are also listed as a UNESCO World Heritage Site.





孟山都 MONSANTO

By Tania Tanner

The adventurous and hidden places in the world are always attractive for people with the sleepless spirit who like discovering new places around the globe. If you are one of them, then the city of Monsanto in Portugal is the perfect place for your adventure. Monsanto is a village, situated in the region of Idanha-a-Nova with the total area of 13,176 km². The city is surrounded by the same mountain at 758 meters above the sea level.

The village of Monsanto is famous as the most ethnic Portuguese village in the country. However, the most exciting thing about Monsanto is its location, which is between the magical granitic boulders. The place is historical with many traces from different eras, Paleolithic being one of them. The story of the city is abundant with various conquerors who were fighting for this magnificent place. The village holds traces of Roman civilization as well as of Arabian and Visigoth occupation. Among first kings of the village, we can mention King Afonso Henriques (1165), King Sancho I (1190) and King Afonso III (1217).

The ancient spots of Monsanto are generally in good state, preserved in the atmosphere of tranquility and

love. As you come to the village, the first impression you have will be fascinating as you could see the whole village from the bulwark, which is used as the parking spot. The first sightseeing spot you should visit is Mother Church from the 15th century, the masterpiece of Roman art. This church is filled with different images, altars, and carvings.

Other popular sites in Monsanto are Old Wine Cellar (Antiga Aldeia), Merry Church (Igreja da Misericordia) and Clock Tower (Torre de Relogio). When you stop in front of Blacksmith Fountain (Fonte do Ferreiro), you will see a plaque saying: "The water of the spring quenched many unknown heroes" thirst". If you continue further you will come across the Cave (Gruta), Communal Oven (Forno Comunitario) where you can see a magnificent belvedere (gallery on the open place). However, you will be able to enjoy the beauty of the ancient buildings around Monsanto as Sentry House (Casa do Guarda), Castle, Cistern, The Governors' House and St. Maria de Castelo Church.

As for the traditional festivals in Monsanto village, you should know that the most popular occasion



How to Get to Monsanto

The village of Monsanto is easily accessible, only 12 km from municipality Idanha-a-Velha and 176km away from the city of Porto. If you come in the capital Lisbon then you need about 258km to reach Monsanto. We recommend the train line from Porto to Castelo Branco, where you can change over to the Monsanto direction. The travel time with the train is about 5 hrs while you could also get to Monsanto by bus.

Tips

The city of Monsanto should turn out to be an unforgettable experience for anyone who visits this place. That's why you should learn about their customs and interact with people. Visit the handicraft shops and buy some ancient objects which will remind you of the village. Make sure you dedicate enough time to explore the amazing places of Monsanto.

takes place on the third of May. We refer to Festival of the Holy Cross, organized in memory of the resistance during the sieges over the long history of the village. On the day of the festival, women take the marathons (dolls) and climb to the top of the castle and throw flowers all around the village.

When you come to Monsanto as a tourist you should consider where to stay. We could recommend the picturesque place like Lion House or Cave House, both located within the walls of the village. Both houses are magnificent, old places where you could rest and have a really great time with the incredible view on the small village. You will be impressed by the furniture designed in the nuances of 17th and 18th century.

Despite being the small place with an insignificant number of inhabitants, Monsanto has various restaurants, markets, and feasts which you can enjoy during the day. Visit Cafe Monsanto located in Rue de Castelo street or Restaurant Pousada de Monsanto, great places to enjoy traditional Portuguese meals. Enjoy the beauty of the city and you will certainly come back once in your life.

试想一下，生活在一个比普通游艇还要重的屋顶下，会不会感到日夜不安呢？然而，对于葡萄牙孟山都这个“巨石下的村庄”的村民来说，这是家常便饭。孟山都村位于葡萄牙东部，西班牙边境附近的Idanha-a-Nova市，平均海拔在2486英尺以上，景色十分壮观。这里的村民仍然保持着中世纪时的生活方式，首选的交通工具是驴。村民习惯将他们的家建造在周围都是花岗岩巨石的地方，他们不将石头移除，而是选择用家去适应环境。在孟山都村，经常可以看到夹在巨石之间的房子，以巨石当墙壁、地板、甚至是屋顶，有的房子甚至会建造在200吨的巨石下。于是，各具特色的“石室”就成了这个村庄最大的亮点。走出村庄，站在山顶，环顾四周，古老的巨石亲昵的环抱着孟山都村庄，几百年来，始终如一。正是因为这里保存了中世纪那原汁原味的风韵，孟山都在1938年命名为葡萄牙“最具葡萄牙风情的村庄”。然而再多的盛誉也抵不过走在这条幽静的青石小街，感受这里独一无二的村庄，感受巨石间的力量，亲眼见证这座村庄所带来的惊叹与震撼。

除了石头房子，周边的教堂、城堡与蓄水池也值得一游，玩累了的时候，不妨前往Restaurant Pousada de Monsanto餐厅和Cafe Monsanto咖啡厅享用传统的葡萄牙美食，充分享受这座城市的魅力。晚上，你还可以住在富有当地特色的“石头屋”内，体会百年来当地人民的生活习俗。孟山都交通相对便利，你可以乘坐火车或大巴往来于孟山都及其他城市。离开这座有趣的小城前别忘了去逛逛工艺品店，这里古老的艺术品不仅可以装点你的家居生活，更会让你不断回想起这片迷人的土地。



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参赛年龄：3-16岁

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