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Renaissance Tianjin Lakeview Hotel, BLD restaurant

Weekend Brunch is RMB328/person,

Family Package is RMB398,

include 2 adults and 1 child under 10 years old,

and "Little Explorer" family activities.

Upcoming Activities:

- 9.01-9.02 Oil Painting
- 9.08-9.09 Bouquet Arrangement
- 9.15-9.16 Turkish Ebru Art
- 9.22-9.23 Charm of Colourful Clay
- 9.29-9.30 T-Shirt Hand Painting

For more information and reservation please contact
BLD via: 022-5822 3160/3161.



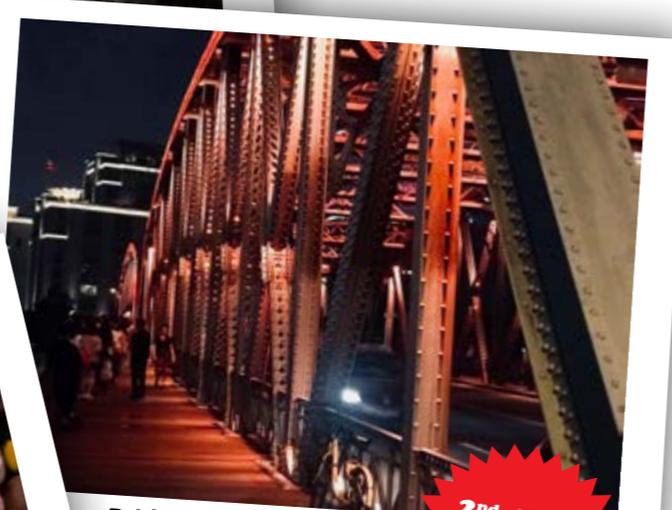
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**September
1st Prize
一等奖**

From The Top
By Mark Carey



**2nd Prize
二等奖**

Bridge Side Walk
By Michael PORTIE



**3rd Prize
三等奖**

Candies
By Phillip Sun

**BEST PHOTOS of 2018
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Send your fantastic photos in **2018** 发送照片至
photocontest@tianjinplus.com
www.tianjinplus.com/photocontest



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



Good News!

Welcome to Dr. Douglas Stevens who has joined Tianjin United Family Hospital as Chief Medical Officer!

Dr. Stevens has practiced clinical medicine for 32 years. Before joining United Family Healthcare, he served in many countries around the world. He also served International SOS for 10 years in multiple global locations with a complex scope, including 2 years in China.

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Address: No.187, Chengdu Road, Heping District, Tianjin
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 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.)



THAI MASSAGE

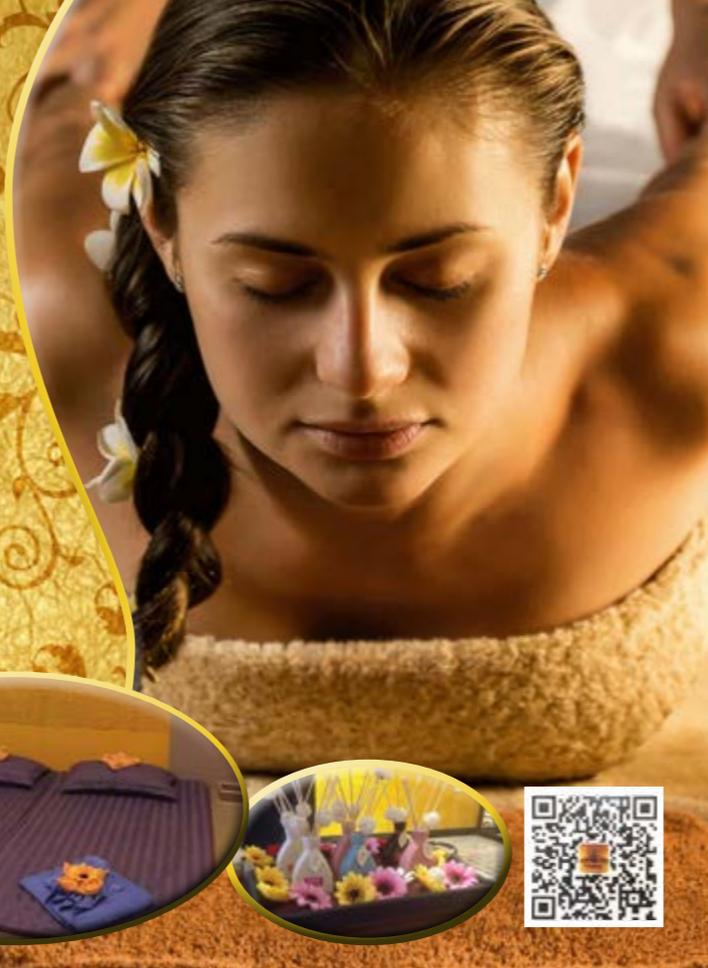
泰享阁足道会馆

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会员持续招募中



TIANJIN PLUS

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Hi friends,

In 2018, Tianjin Open will celebrate FIVE YEARS of being the largest annual sporting event in Tianjin. From 8th to 14th of October, Tianjin Tuanbo International Tennis Centre in Jinghai District, just 15 minutes away from the city centre, will host the 2018 TIANJIN OPEN, a women's professional tennis tournament which is played on hard courts.

For the first time, this tournament will offer USD 750,000 in prize money, thus becoming just one of two WTA International Series events to offer this prize value to WTA's best tennis players. You should not miss the opportunity to witness the history of this great sporting event.

This year Tianjin Plus Media platform will sponsor Tianjin Open and this partnership will usher in plenty of benefits to local citizens, visitors and expats living in town. Last year's winner, Maria Sharapova, will come back to Tianjin to defend her crown against another world number 1 tennis player, plus several top players in the world. Don't hesitate to contact us for any information and read the complete guide that we have featured in this issue.

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](https://www.wechat.com/p/tianjin_plus)) for more articles and information.

Best wishes,

Sandy Moore

Managing Editor | Tianjin Plus Magazine

天津网球公开赛在2018年迎来了令人期待已久的第五届赛事，本届赛事将在天津团泊国际网球中心举行，奖金升级至75万美元，吸引了众多网球实力选手，也成为了两大WTA国际系列赛事之一。去年夺冠选手莎拉波娃今年也将回到天津，继续自己的传奇征程。除了本次体育赛事，本期还有很多其他有趣的文章，我们将向您介绍“中国功夫”，旅游景点台儿庄古城以及帕金森症的早期征兆等。如想获取更多精彩内容，欢迎关注我们的网站www.tianjinplus.com和公众微信号tianjin_plus，更多有趣资讯在这里等着您！

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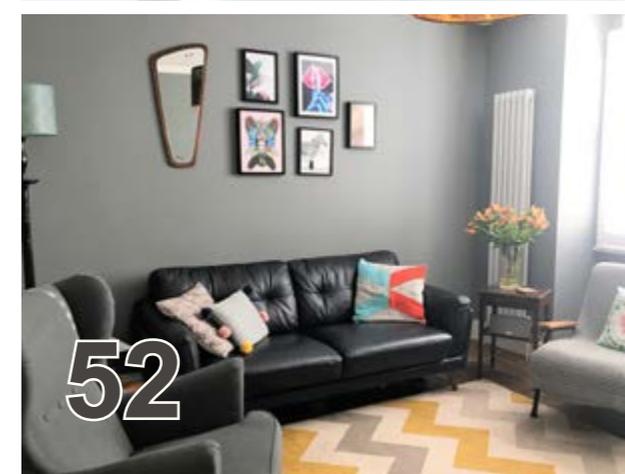


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Voice of Vienna China Tour
维也纳之声--奥地利·达世重奏乐团中国巡演

07
Fri

Date: Fri, Sep 7th
Time: 19:30
Price: 60,100,160,260,300(160x2),
360,400(260x2)
Venue: Jinwan Grand Theater
津湾大剧院

08
&
09
Sat
&
Sun



Ballet du Grand Théâtre de Genève: Romeo and Juliet
瑞士日内瓦大剧院芭蕾舞团《罗密欧与朱丽叶》

Date: Sat, Sun, Sep 8th, 9th
Time: 14:30/19:30
Price: 80,150,220,360,460,560,
770(460x2),920(560x2)
Venue: Opera Hall, Tianjin Grand Theatre
天津大剧院歌剧院
Tel: +86 22 8388 2000



Manchester Camerata 2018 China Debut Tour
法国钢琴大师巴维与曼彻斯特小交响乐团音乐会

13
Thu

Date: Thu, Sep 13th
Time: 19:30
Price: 80/180/260/350/450
Venue: Concert Hall, Tianjin Grand Theatre
天津大剧院音乐厅
Tel: +86 22 8388 2000



Sticks Stones Broken Bones
加拿大创意手影剧《影子梦工厂》

Thu-Sun
20-23

Date: Thu-Sun, Sep 20th - 23rd
Time: 10:30/19:30
Price: 190,270,370(190x2),520(270x2),
540(190x3),750(270x3)
Venue: Vision Hill Arts Center
天津智慧山艺术中心
Tel: +86 22 5835 7315



Kousuke Atari 2018 Tour
岛歌王子中孝介2018巡回演唱会

21
Fri

Date: Fri, Sep 21st
Time: 19:30
Price: 180,280,380,480,680,
722(380x2),912(480x2)
Venue: Jinwan Grand Theater
天津津湾大剧院



Royal Russian Ballet: Swan Lake
俄罗斯皇家芭蕾舞剧院芭蕾舞全剧《天鹅湖》

22
Sat

Date: Sat, Sep 22nd
Time: 19:30
Price: 100,180,280,380,580,500(280x2),
700(380x2),1000(580x2)
Venue: Jinwan Grand Theater
津湾大剧院

16
Sun

Date: Sun, Sep 16th
Time: 19:30
Price: 380,580,880,1080,1280,1580
Venue: Tianjin Sports Center
天津体育中心(大馆)

JESSIE J "THE R.O.S.E. TOUR"
JESSIE J 2018中国巡演天津站



18
Tue

Date: Tue, Sep 18th
Time: 19:30
Price: 100,180,280,380,480,680,880
Venue: Jinwan Grand Theater
津湾大剧院

Russian State Ballet: Swan Lake
俄罗斯芭蕾舞国家剧院芭蕾舞《天鹅湖》



20
&
21
Thu
&
Fri

Date: Thu, Fri, Sep 20th, 21st
Time: 19:30
Price: 150, 280, 420, 550, 680, 880, 980,
1080(680x2),1380(880x2),1500(980x2)
Venue: Opera Hall, Tianjin Grand Theatre
天津大剧院歌剧院
Tel: +86 22 8388 2000

Teatro alla Scala Ballet Company: Don Quixote
意大利斯卡拉歌剧院芭蕾舞剧《堂·吉珂德》



22
&
23
Sat
&
Wed

Date: Sat, Sun, Sep 22nd, 23rd
Time: 14:30/19:30
Price: 150, 280, 420, 550, 680, 880, 980,
1080(680x2),1380(880x2),1500(980x2)
Venue: Opera Hall, Tianjin Grand Theatre
天津大剧院歌剧院
Tel: +86 22 8388 2000

Teatro alla Scala Ballet Company Ballet: Giselle
意大利米兰斯卡拉歌剧院芭蕾舞剧《吉赛尔》



24
Thu

Date: Thu, Sep 24th
Time: 19:30
Price: 180,280,380,480,680
Venue: Concert Hall,
Tianjin Grand Theatre
天津大剧院音乐厅
Tel: +86 22 8388 2000

Vienna Boys Choir 2018 Asian Tour
维也纳童声合唱团音乐会



28
Fri

Date: Fri, Sep 28th
Time: 19:30
Price: 80, 120, 180, 280,
380,180(120x2), 280(180x2),
380(280x2),480(380x2)
Venue: Concert Hall, Tianjin
Grand Theatre 天津大剧院音乐厅
Tel: +86 22 8388 2000

Artie's Piano Trio
浪漫回眸--法国阿提斯钢琴三重奏音乐会



SPECIAL DAYS

我国素有尊师重道的传统，著名教育家叶圣陶先生建议定在每年秋季学生入学的日子，让学生在新学年的开始就记住教师的辛勤和光荣。1985年，第六届全国人大常委会第九次会议通过了国务院关于建立教师节的议案，才真正确定了1985年9月10日为中国第一个教师节。喜爱乡村音乐的你不容错过9月17日这个特殊的日子，因为它是国际乡村音乐日。乡村音乐源于美国，受到了广大乐迷的欢迎。在这一天，参加乡村音乐节或者活动时，不妨穿上格子衬衫和牛仔裤，戴上草帽，沉浸在乡村音乐的迷人氛围中。中秋节始于唐朝初年，是流行于中国众多民族与汉字文化圈诸国的传统文化节日，至今已成为与春节齐名的中国传统节日之一。中秋节时间在农历八月十五，今年的阳历时间是9月24日。人们经常在中秋时吃月饼、葡萄、赏桂花，讲述嫦娥奔月的故事。每年9月27日为世界旅游日，它是由世界旅游组织确定的旅游工作者和旅游者的节日。确定世界旅游日的意义在于为促进世界旅游业发展，推动社会进步。世界各国旅游组织每年都提出宣传口号和开展活动。9月29日是我国至圣先师孔子的诞辰，如今更成为了“孔子日”。孔子对我国儒家文化、哲学思想产生了源远流长的影响。如果你有幸在当天拜访曲阜孔庙，那么便有机会观赏精心设计的与孔子有关的舞蹈、仪式等表演。



10
Teachers Day

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



17
International Country Music Day

Country music is one of the most popular types of music in the world and this special genre of music originated in the US. International Country Music Day was established in the 1950s and is held each year on September 17th. On this special day country music festivals are held at various venues around the world. Lovers of country music gather to listen to live music acts while drinking and dancing. This is a vibrant event that can be enjoyed by people of all ages. In order to fully embrace the fun of International Country Music Day, it is important to look the part. Dress to impress in a pair of jeans or denim skirt teamed with a gingham shirt and, of course, a pair of cowboy boots and a cowboy hat to complete the look.



24
Mid-Autumn Festival

The Mid-Autumn Festival in China is a celebration that begins on the 15th day of the 8th month on the Chinese lunar calendar. Mooncakes are the highlight of this festival. They are believed to have originated during the Yuan dynasty, wherein pastries were used to deliver secret messages to each other. You can also see fire dragon dances, lantern exhibitions and carnival to commemorate this day.



27
Tourism Day

Tourism Day was established by The United Nations World Tourism Organization (UNWTO) to promote sustainable, responsible, and universally accessible tourism. Tourism benefits both the tourists and the locations that they visit, and is one of the major drivers of economic growth. Tourism Day is best celebrated by digging into your book of dreams and finding that place in the world you most wish to visit. If you're unable to get yourself there now, plan for the future and take a closer trip to get yourself into the groove of going out, seeing the world, and travelling. If you live in a tourist destination, you can get yourself involved in how tourism works in your area and see what you can do to help protect your local heritage, cultural sites, and help share the wonders and history of your area with those who come to see it.



29
Confucius Day

In honour of one of the greatest philosophers in the world and one of China's greatest teachers in history, Confucius Day falls on the day which is believed to be his birthday. The influence of Confucius in China is undeniable and many of his teachings and anecdotes have pervaded beyond the borders of the Middle Kingdom, providing many people around the world with pearls of wisdom and teachings to live by. If you're lucky to find yourself close by to a Confucius Temple on the given day, you might have the opportunity to bear witness to a Confucian ceremony involving highly choreographed processions, food offerings and dancing. Be sure to hunt down some 'wisdom cake' if you're a student. It is said to bring you good luck with your studies and better academic performance with a mere bite!

Enjoy the River Delicacies @ The St. Regis Tianjin

At the end of summer, St. Regis Tianjin Hotel invites you and your family to the Promenade to enjoy the river delicacies here. The well-respected chef team has launched a fish theme buffet to pamper the taste buds of all guests.

From the moment the diners enter the St. Regis "Riverside" cafeteria, they are stunned by the Taiyakis of crispy skin and cute appearance. Carving turbot fish and rainbow trout in front of your eyes shows the depth of knife skills of our chefs. Japanese Style Eel Rice is a perfect encounter between eels with delicious meat quality. A wide selection of well-cooked hot dishes and sophisticated desserts will also definitely leave you with deep impression.

Join the Promenade this autumn and enjoy an unforgettable dining experience!

Price: RMB528 per diner

Date: Every Thursday to Saturday

Time: 5:30 PM to 9:30 PM

Venue: Promenade, 1F, The St. Regis Tianjin

For more information or reservations please call +86 22 5830 9959.



Wake up! It's weekend! @ Renaissance Tianjin Lakeview Hotel

Treat yourself with a lavish brunch on weekend!

Price: BLD Weekend Brunch is RMB328/person. Family Package is RMB398, includes 2 adults and 1 child under 10 years old, and "Little Explorer" family activities.

Upcoming Activities:

9.01-9.02 - Oil Painting

9.08-9.09 - Bouquet Arrangement

9.15-9.16 - Turkish Ebru Art

9.22-9.23 - Charm of Colourful Clay

9.29-9.30 - T-shirt Hand Painting

Date: Every Saturday and Sunday

Time: 11:30 - 14:30

Venue: BLD, Renaissance Tianjin Lakeview Hotel

For more information and reservation please contact BLD via +86 22 5822 3160/3161.



Healthy Vegetarian Menu @ Wanda Vista Tianjin



The award-winning culinary team of ZHEN Chinese Restaurant prepares creative and delicious vegetarian delicacies featuring Simmered Pumpkin with Preserved Plum Sauce, Stewed Pear with Haw, black truffle Steamed Dumpling and more.

Price: Starts from RMB28/dish

Date: September 1st to October 31st, 2018

Time: 11:30 - 14:00; 17:30 - 21:30

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

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

"Rainbow" Fashioned Themed Afternoon Tea with ISSEY MIYAKE @ Four Seasons Hotel Tianjin

In recent years, cross-border partnership has become more and more popular. Four Seasons Hotel, Tianjin, invites fashion design brand, ISSEY MIYAKE, for its creative debut "A Rainbow Dream" fashion themed afternoon tea at La Sala Lobby Lounge. The "A Rainbow Dream" fashion themed afternoon tea was designed by the Hotel Executive Pastry Chef, Christy Tse, together with La Sala's manager, Ruby Chen. Mainly inspired by the BAO BAO ISSEY MIYAKE's limited new series "Rainbow" in China, the Hotel team created and designed the afternoon tea with a sense of artistry and aesthetics. It features varied exquisite and eye-catching desserts including Rainbow Opera Cake, Honey Thyme Bavaroise, Lemon Hazelnut Praline Puff as well as additional Rainbow Iced Cocktail.

Price: RMB 258+15%/person or RMB 358+15%/two.

Special cocktail is at RMB 35+15%.

Date: 18th August till 30th September, 2018

Venue: La Sala Lobby Lounge, Four Seasons Hotel Tianjin

For enquiries or reservation, please contact at +86 22 2716 6261 / 6688.



Mooncake @ Shangri-La Hotel, Tianjin

In celebration of the Mid-Autumn Festival on 24th 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.

Infused with Love @ Hard Rock Cafe Tianjin

47 years ago, our founders created Hard Rock that served up an authentic American style approachable to all who craved a classic American cheeseburger. In this spirit, one of our Hard Rock Cafe mottos was born "Love All, Serve All". This September and October, Hard Rock Cafe will embrace the spirit of this motto literally by infusing flavor and classic American fare with American bourbon, Budweiser beer and more. Each dish will be infused with love for great American food, great American spirits, love for an Authentic American experience that rocks and most importantly love for all people by creating a WOW culinary and beverage moment this autumn!

Date: August 28th to September 5th, 2018

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

Venue: Hard Rock Cafe Tianjin,

No. 56 Tianta Road, Nankai District, Tianjin

For more information and reservation, please kindly call +86 22 2351 7625.





Why Kung Fu Remains an All-time Favourite Sport

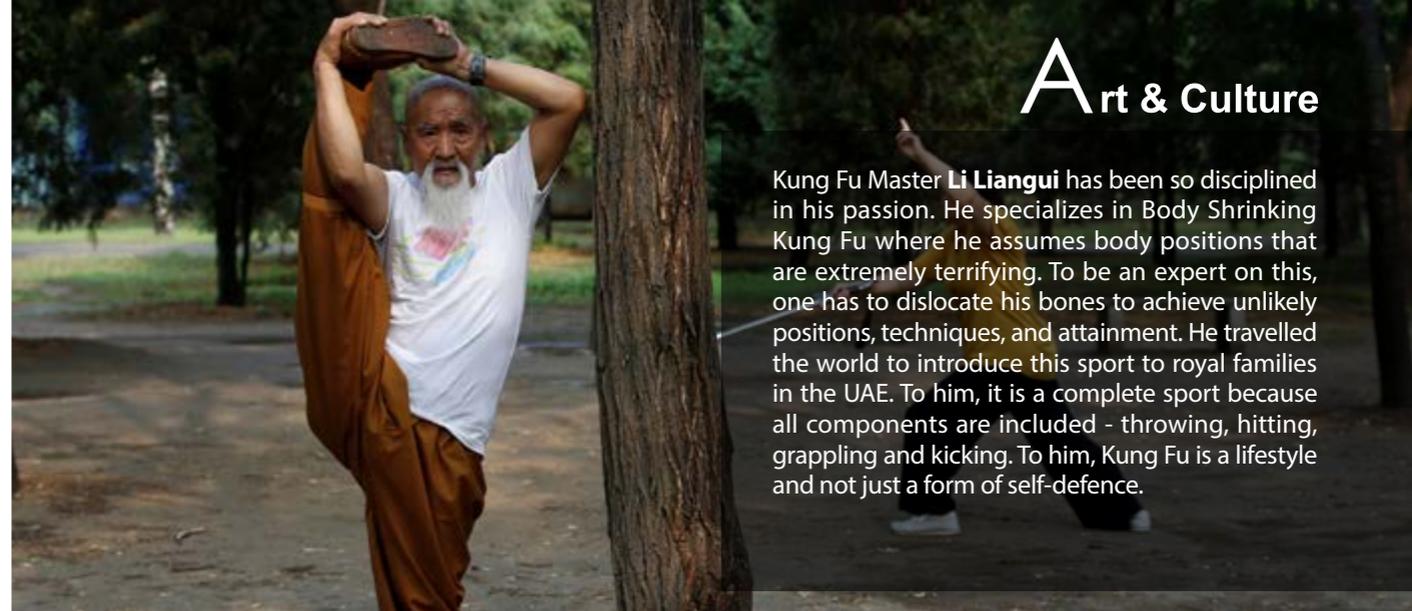
为什么功夫依旧大受欢迎？

Kung Fu, Wushu, or Quanfa, this timeless sport that necessitates discipline, patience, energy and time completion has become a venerable part of our culture and history. Martial arts gained popularity in the world when Bruce Lee captured the hearts of the global audience through his movies during the 1970s. Who would ever forget Jackie Chan and Jet Li too! These martial arts movie idols gave the world an enthralling glimpse of this Chinese sport.

Popularity of Kung Fu peaked at the start of the 20th century. It is a combat-related skill but most practitioners say it is a lifestyle. Some people say that when you learn it, it is as if you have gained superhuman powers! Generally, it covers a wide range of Chinese martial arts that bring about positive changes in your mind and body.

By Rose Salas

提及李小龙，可以说在世界各国大家对他是无人不知，无人不晓；如今，成龙的名字也通过影视让外国人所熟知。他们的共同点正是在于一身精彩过硬的中国功夫。作为一种仿佛是神秘力量的存在，中国功夫一直吸引着全世界很多体育爱好者的目光。其实功夫只是对中国各类武术的一种统称。修炼功夫不仅需要良好的身体素质，更需要耐心、全情投入、时间和纪律性。如今中国功夫已经受到了越来越多外国人的欢迎，不少中国师傅，都有了洋徒弟。民间武师李连贵一直练习中国功夫，70岁的他练成了缩骨法、脱骨功。曾先后多次出访，代表中华武术最高级别的中华武术团出访美国、俄罗斯、沙特及中东等地区，所到之处，均引起极大轰动。除了这位大师，当然还有很多其他的老师，有一些甚至开办了武术学院。对于学员来说，武术有很多益处：在练习武术时，我们可以增强肌肉、减轻体重、消除脂肪、提升耐力、增强自己的注意力和免疫力。除此外，相较于平常人，学习过武术的人可以在危险的情况下更好的保护自己，避免受到伤害。武术的另外一个特点是学习武术并不是为了格斗，而更在于修炼精神与内心世界。总之，练习功夫益处多多，你准备好开启自己的“功夫之旅”了吗？



Kung Fu Master **Li Liangui** has been so disciplined in his passion. He specializes in Body Shrinking Kung Fu where he assumes body positions that are extremely terrifying. To be an expert on this, one has to dislocate his bones to achieve unlikely positions, techniques, and attainment. He travelled the world to introduce this sport to royal families in the UAE. To him, it is a complete sport because all components are included - throwing, hitting, grappling and kicking. To him, Kung Fu is a lifestyle and not just a form of self-defence.

Another expert in the field of Shaolin Kung Fu is Master **Xing Xi**. His passion made him believe that this martial arts culture should be preserved, so he opened an academy in Beijing. He saw great potential in young people so he even takes classes for young students. For him, this sport can start as a hobby, and soon you become so deeply involved that it becomes a part of one's body and life.

Have you ever thought of the great benefits you can derive from Kung Fu? First, you can improve your posture and energy levels when you practice this sport. It will build up your muscles, enable you to shed some pounds and eliminate fats, improve your endurance and develop your concentration. As you feel the energy and notice a lot of calories being burned in your body, you will crave for healthy foods and stay away from junk. You will also notice that your equilibrium and body balance becomes better. You don't easily slip and you can manage when your body hits the floor from simple to heavy falls.

As you train from months to years, you gain an energised, focused and disciplined body that will enable you to live longer. No wonder those Kung Fu masters look healthy as an ox! Lastly, you can be confident and protect yourself in times of danger. You can apply the tactics and techniques you've learned from training and stay out of harm's way.

Another advantage of Kung Fu is that there are so many styles you can choose from that can fit your personality. This makes this sport an all-time favorite. You can practice one skill at a time, master it, and then go for another. Training comprises of different



aspects: Mind, Body, and Spirit. As a whole, it doesn't only exist in movies, books or stories. It exists in every area of one's lifestyle. Becoming strong both mentally and physically will facilitate longevity. For trained athletes, Kung Fu helps them adopt a disciplined state and a high level of fitness which is very important in the foundation of skills.



Master **Chen Fusheng**, an owner of international martial arts club, proved that Kung Fu has been loved and appreciated by foreigners. In fact, more than 100 students from 23 countries have gone to his club, practicing 9 hours a day paying a not-so-cheap monthly tuition fee.

Who's ready for a Kung Fu lifestyle now?!

“Always-Sophie”

COMPOSING MUSIC TO SOOTHE THE BODY AND MIND

By Natasha

20多年来，瑞典歌手苏菲·珊曼妮（Sophie Zelmani）一直以其独特优雅、温柔的民谣流行歌曲为我们带来欢乐，这位来自瑞典这个北方国度的甜美清新邻家女孩从步入音乐世界起便以其生活化、发自内心的真诚的诗意词句，简单干净透澈却能直接触摸隐藏在心灵深处纤细情感的音乐，征服了瑞典、欧陆乃至亚洲的广大歌迷。

苏菲于1972年出生在斯德哥尔摩的郊区，是瑞典歌手和歌曲写手。她的音乐启蒙并不早，14岁的时候，苏菲的父亲带回一把吉他回家让她学习。尽管没有经过正规音乐训练，但是她仍然坚持演唱和写歌。后来Sony Music 瑞典分公司看中了她，由创作人兼吉他手Lars Halapi负责编曲，把Van Morrison风格融入到她的新专辑中，为她录制了第一盘专辑《Always You》。

在她的歌曲作品中，词作者都是苏菲本人，她柔和清澈的嗓音给人一种甜而不腻的感觉。1995年冬天，其专辑打入流行榜单第四名，不久便在瑞典和日本大卖。从1995年开始，来自瑞典这个北方国度的甜美清新邻家女孩苏菲·珊曼妮，便以生活化、发自内心的真诚的诗意词句，简单干净透澈却能直接触摸隐藏在心灵深处纤细情感的音乐征服了瑞典、欧陆甚至亚洲的广大歌迷。

成名走红之后，苏菲面对漫长的巡回演出与数不尽的访谈感到痛苦，她过去仅开展短期巡演并拒绝了很多采访。身为一位著名的民谣歌手，二十多年来苏菲一直保持着她本真的北欧人自然的个性。她后来陆续出版了自己的几张新专辑，并且曾于2018年与天津的观众们在其巡回演唱会上见面。

苏菲的音乐是愈听愈沉醉的旋律，是难以自拔与难以割舍的意境。愿这位北欧音乐精灵继续在自己的道路上快乐前行，为观众带来更多的天籁之音。

苏菲·珊曼妮——
抚慰身心的灵魂歌手

Each new album is considered to be a small feat of victory.

She might hail from the suburbs of Stockholm, but Sophie Zelmani's soul lies in Nashville, Tennessee.

For more than 23 years, Swedish Sophie Zelmani has been delighting us with her very own variation of elegant, gentle Folk pop songs. Her new album, "My Song", is no exception. The title of the album refers to the name of a boat from the 1930's that Sophie found on one of her many trips - but it also made her realize that she was still working on "her song" as a life project.

She has managed to keep on recording during the past decade, despite a chronic shyness that still means public appearances are rare.

With her latest album, Sophie Zelmani has remained true to her very own style of music: dreamlike, beautiful, fragile, intimate, acoustic guitar dominated songs with poetic and enigmatic lyrics that still belong to the healing line of Sophie. There are also some new elements added. Some songs are joined and unfold with a feeling of sensation. The gentleness makes people unable to resist. As usual, the melancholic songs come in a semi-acoustic setting and radiate that inimitable Zelmani "tranquility" that beats the listeners again and again.

Since the turbulence of the first album release in 1995, Zelmani said 'no' to interviews and only embarks on tour for short periods of time. Tianjin was very fortunate to be able to welcome such an amazing artist subsequent to the release of her fourteenth studio album in March, 2017.

Zelmani had had no musical training - and had never performed in public - when her purring vocals first came to light, thanks to a self-titled debut album in 1995. Her father bought her a guitar, a demo tape was sent to Sony - and that was all it took for her obvious talent to be harnessed. By then she never had played in front of an audience. The album was produced and arranged by Lars Halapi, who also plays the guitar on all of the songs.

Sophie's music has been compared with great artists such as Neil Young, Van Morrison and Bob Dylan. The shimmering acoustic guitar in

"Always You" bares the spirit of Neil Young, a song that became so popular that two years later it was used in the soundtrack for the Julia Roberts movie "My best friend's wedding". "I'll See You (In another World)" radiates the feeling of Springsteen; the song is about her stated beliefs in destiny, wisdom of life, goodness, dreams, close relationships and love. Sophie's music also has a lot in common with singer/songwriters as Joni Mitchell and Jewel Kilcher. It all adds up to something unique in the history of Swedish music and Sophie's music is liked in many different parts of the world.

Swedish critics agree that Sophie's album is something special. She was awarded a Grammy at the Swedish Grammy awards as best newcomer in 1995 and she was also nominated for Best female pop singer. Her album has sold gold both in Sweden and Japan where she is very popular.

Despite being more than twenty years old as a folk singer, Sophie still maintains the unique natural lazy nature which is typical of the Nordic people.

Writing a song, recording an album, publishing an album, and embarking on a tour, especially for Zelmani, who has been producing music for two decades or more, is extremely regular and uninterrupted. Many musicians slowly consume themselves in the process, and sooner or later they are exhausted. Fortunately, Sophie finds a way to make fun of it. Each new album is considered to be a small feat of victory.

The 42-year old Sophie is seldom seen in TV shows or in other interviews. She prefers to let the magic of her music speak for itself. And maybe that's the way it's supposed to be. The shy Swede tells about magical moments in the recordings for the new album, the all-changing power of love, advice to her daughter and why she did not like to release a live album so far. However, she still enjoys flying around the world with her music and she will come back to Tianjin and get united with her fans in a live house.



《中国剩女》

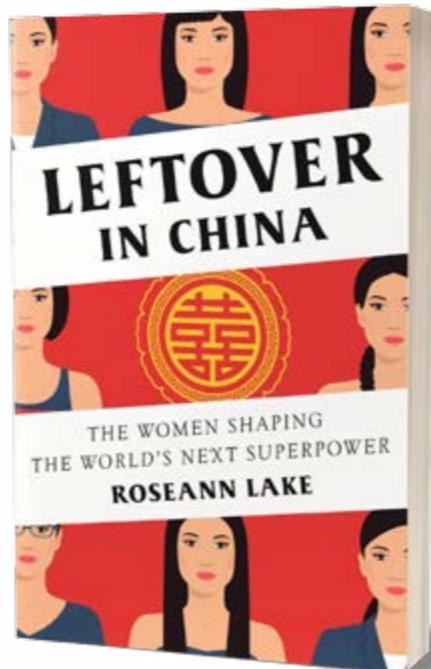
LEFTOVER IN CHINA: The Women Shaping the World's next Superpower

By Roseann Lake

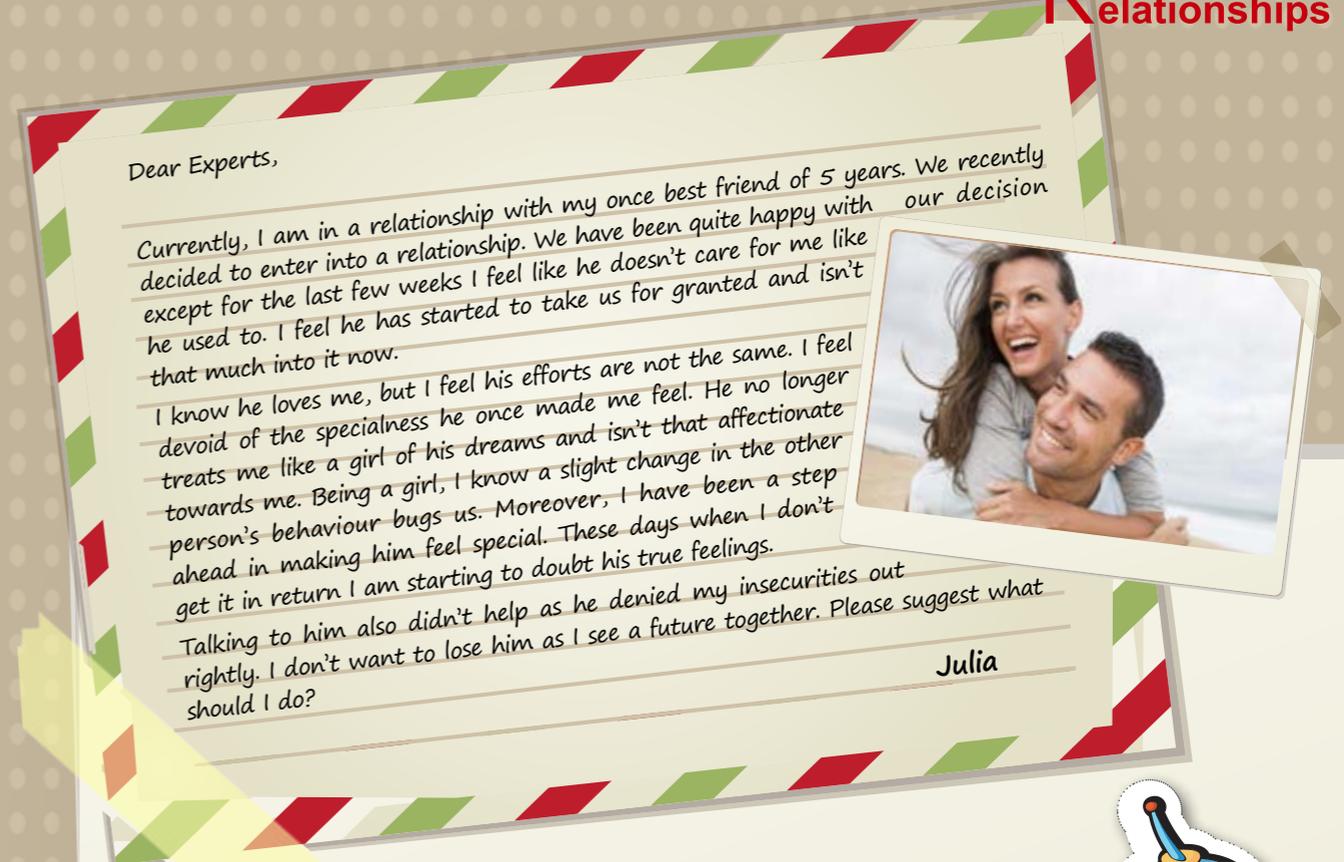
Lake perceptively tackles personal stories of China's young, well-educated, and elite urban women who found themselves in a conundrum of having to deal with the unintended consequence of China's one-child policy. While on the other hand, their economic contributions become a source of pride, these women also find themselves being discriminated upon as they awkwardly clash with traditional roles of women while facing limited choices of eligible marriage partners. Thus, the term sheng nü or "leftover women" which refers to women past twenty-five years who choose to postpone marriage or even delay it.

Taken from first-hand accounts of four diverse women and written in a light and witty narrative, Lake attempts to convey a human face of modern Chinese women as they navigate unequal gender norms in society and developmental-exclusion processes. Some anecdotes prove to be amusing: the way grandparents display their grandchildren's marriage resumes or boyfriend rental is becoming a booming online business. Going beyond these stories, Lake also gets to contextualize this phenomenon with experiences of other Asian countries across history, when women are financially capable of thwarting or even rejecting unsuitable marriages.

This is an interesting book that explores themes of changing marriage patterns and how it shapes modern families, demography, and the economy in China. In the end, Lake postulates that the worn-out stereotypes would have to adjust given how women are gaining stronghold and contributing much to China's progress.



我国单身人数在近几年内增长迅速，尤其以大龄职业女性单身数量增长明显。“剩女”也成为了女性为这个时代打下的社会烙印，很多人将之视为社会问题。《中国剩女》(Leftover in China: The Women Shaping the World's next Superpower)一书就把目光投向了中国，评估了在高速增长、社会变化以及女性在经济越来越独立状况下的婚姻状况，审视了“剩女”现象。本书作者、《经济学人》(The Economist)记者罗丝安·莱克(Roseann Lake)在书中描绘了中国近几代女性的快速崛起：刚建国的时候，中国有75%的妇女都是文盲，而今天中国是世界上女性文盲比例最低的国家之一(中国也是白手起家的女亿万富翁比例最高的国家)。严格的独生子女政策意味着家庭要把资源全部倾注在唯一的孩子身上，无论男孩还是女孩，都获得了相对平等的教育资源，这使得很多女性在专业上的成就远远超过了男性，以至于找不到合适的伴侣。“剩女”正是对这个群体的歧视性称呼，这多少显露了女性在社会角色方面的小尴尬。除了这些现象，作者还将他们与历史上其他亚洲国家的女性经历联系起来，向我们说明：当女性有经济能力时她们会拒绝不称心的婚姻。最后，作者认为，考虑到女性为中国的进步贡献巨大，过去的刻板守旧的思想必将被打破。



Dear Experts,

Currently, I am in a relationship with my once best friend of 5 years. We recently decided to enter into a relationship. We have been quite happy with our decision except for the last few weeks I feel like he doesn't care for me like he used to. I feel he has started to take us for granted and isn't that much into it now.

I know he loves me, but I feel his efforts are not the same. I feel devoid of the specialness he once made me feel. He no longer treats me like a girl of his dreams and isn't that affectionate towards me. Being a girl, I know a slight change in the other person's behaviour bugs us. Moreover, I have been a step ahead in making him feel special. These days when I don't get it in return I am starting to doubt his true feelings.

Talking to him also didn't help as he denied my insecurities out rightly. I don't want to lose him as I see a future together. Please suggest what should I do?

Julia

Angela says:

Being a girl myself, I can understand your worries. But it can't be denied that the worst and also the best part of falling for your best friend is already being in their personal space. Sometimes when you are too close to a person, the other person doesn't find it important to always remind you of their love for you. They believe you understand each other better to ever doubt each other. So, stop procrastinating girl. Try talking to him again regarding your worries when he has all your focus. Analyse his feelings accordingly with his answers.



Daemon says:

I believe you would have put a lot of thought into it before you started thinking that the spark you both used to have is missing. If you have once talked to him regarding it and he didn't think it important enough to clear your doubts, then sorry to say, girl, he is actually lacking somewhere. When a girl shares her worries, he should understand enough to listen to her carefully and clear her doubts. If he usually doesn't pay attention to your talks, ignores you, takes you lightly, you need to have a serious talk with him once and for all. Take a wise decision that would be better for both of your well-being.



本期读者在自己的恋情方面非常困扰，她和过去曾保持好友关系长达五年的男孩确立了男女朋友关系，但最近她发现对方对自己并没有那么上心，似乎浪漫的爱情在逐渐消逝，他对自己的注意力也不如过往那样专注。交流过后，男孩否定了女孩失去安全感的感受。显然在这段感情中女孩处于劣势，并且完全不知道要怎样挽留自己的男友，并争取他对自己的注意力。本期情感专家认为，有时候当你和一个人离得太近时，他并不觉得这是一件好事，当事人需要试着从对方的角度考虑这件事情，了解对方的感受。另一位专家认为，当一个男孩对你已经不再有因爱而生的呵护、关心和重视，那么此时，和他进行一场认真、理智的交流，一劳永逸的解决这个问题，为自己未来的幸福作出明智的决定，才是正确之举。

Make the most of your best month in Beijing. Sit outdoor and enjoy good food while the temperature is still pleasant. When it comes to beautiful views, Beijing will not let you down in any way. Treat yourself and your loved ones to a lovely feast with a gorgeous view today. Here we recommend to you some places for a memorable dining experience.

By Ellen Morris

大理庭院这家餐厅由来自大理的老板开设，一个植物茂盛的云南风情的院子却点点滴滴地透露着老北京的印记——成熟的石榴树漏下的斑斑树荫是北京秋天才有的阳光，屋顶的茅草被北京渐凉的秋风吹得慢慢变黄，但庭院中是云南特有的美味佳肴。这里的餐饮以云南菜为特色，此外还提供鸡尾酒和葡萄酒，如果想要抢到烛光室外露台的浪漫桌位，客人必须提前预定。北京花家怡园是盘街历史上最悠久的餐厅，也是京味餐饮第一品牌，这里有很多传统的特色菜，其中小龙虾搭配鲜啤是夏季北京市民的最爱，非常受大众欢迎。这里还有私人包间，更可以在户外庭院中用餐。小苏苏可以算得上是北京网红餐厅了，店内有一小片庭院，菜品以泰国和越南菜为特色。这家饭店的位置比较隐蔽，走到胡同口的时候一定要仔细观察。位于西城区的私家厨房为大家提供特色的贵州菜，辛辣风味在很多菜中都有体现，店内屏风和半塌的墙壁都巧妙地地为每桌用餐顾客提供了一种私密感。在这里用餐，相信你会有一番独特的体验。

FANTASTIC OUTDOOR RESTAURANTS

北京优雅庭院餐厅盘点



▶ DALI COURTYARD

This charming little courtyard restaurant off Gulou Dongdajie is one of the city's most unique outdoor venues and is perfect for warm weather months. The menu is strictly prix fixe. Starting from RMB 100 per person, guests are served an assortment of five to 12 Yunnan standards (depending on how much you pay) prepared by a chef native to the region. Among these are dishes like ru bing (grilled goat cheese), grilled chilli fish, spicy stir-fried mushrooms, spicy Yunnan-style dumplings, crossing-the-bridge noodles (guoqiao mixian), fried shrimp and stir-fried wild vegetables (ye cai). Cocktails and wine are available. Advance reservations are necessary, particularly for the candle-lit outdoor terrace.



Address: 67 Xiaojingchang Hutong, Gulou Dongdajie Dongcheng District
Open: Mon-Sun, 10:00am - 09:30pm
Price range: \$\$

▶ HUA JIA YI YUAN

The restaurant sits at the convenient Guijie location where you can dine in the outdoor courtyard. It serves tasty home-style fare in a swanky courtyard setting with comfortable private rooms. Their spareribs, kaomantou (roasted buns), mala xie (spicy crayfish) and draft beer are popular.

Address: 235 Dongzhimennei Dajie Dongcheng District
Open: Mon - Sun: 10:30am - 4:30am
Price range: \$\$\$



Address: 10 Qianliang Hutong Xixiang Dongcheng District
Open: Mon - Sun: 11:30am - 11:00pm
Price range: \$\$\$

▶ SUSU

Down a deserted alley, just at the point that doubt starts to creep in, Susu welcomes you into her twinkling, ever-so-modish folds. A courtyard oasis whose designer dazzle bears the stamp of Apothecary and Modo, it makes a supremely assuring first impression. Run by former Stone Boat owners Amy Li and Jonathan Ansfield - who also opened Thai restaurant Pak Pak - Susu has two chefs from Saigon working in the kitchen. Lunch features pho, Vietnamese banh mi sandwiches and banh xeo crepes, while at dinner you've got caramelized claypot dishes, Vietnamese stews and "the fabled La Vong Fish."

▶ PRIVATE KITCHEN 44

The menu of Guizhou dishes includes the must-have suantang yu; served in a ceramic bowl, the experience feels warmer, more personal than in other restaurants. The zaola qiezi, eggplant in a spicy and sour fermented pepper sauce also comes highly recommended. Furniture, screens and even a half-collapsed wall are cleverly deployed to give diners a sense of privacy, making Private Kitchen 44 a thoroughly pleasant, if somewhat pricey little place to spend an evening. Making prior reservations is recommended.



Address: 70 Deshengmennei Dajie, Xicheng District
Open: Mon-Sun, 11:00am - 11:00pm
Price range: \$\$\$



▶ CAFÉ DE SOFA

This cute three-story cafe tucked in a back alley of Houhai serves up a variety of Taiwanese-inspired drinks and snacks. Sandwiches, salads and coffee are on offer, and there is a rooftop terrace which enables diners to enjoy a view of the lake.

Address: 12 Yindingqiao Hutong, Xicheng District
Open: Mon-Sun: 11:00am - 12:00am
Price range: \$



2018 TIANJIN OPEN

我们在团泊等你



2018 TIANJIN OPEN

By Mary Wang

From 8th - 14th October, Tianjin Tuanbo International Tennis Centre in Tianjin's beautiful Jinghai District will play host to the 2018 TIANJIN OPEN, a women's professional tennis tournament which is played on hard courts.

For the first time in its short history, the Tianjin Open will offer USD 750,000 in prize money, thus becoming just one of two WTA International Series events to offer this prize value to WTA's best tennis players.

The tournament boasts of great past champions like Alison Riske, Agnieszka Radwanska, Peng Shuai and Maria Sharapova.

In 2018, Tianjin Open will celebrate FIVE YEARS of being the largest annual sporting event in Tianjin. With intense action inside the stadium and a range of entertainment options around the grounds, you should not miss the opportunity to join the celebrations and witness the history of this great sporting event, which is one of the best in China, and definitely the best in Tianjin.

For one week in October, the Tianjin Tuanbo International Tennis Centre transforms into the largest annual sporting event held in Tianjin. The venue of Tianjin Open is located at Tianjin Health Industrial Park. It has a centre court that seats 3500 people, as well as 16 outdoor courts, and 4 indoor courts. Surrounding facilities are perfect, such as Tianjin Tuanbo Soccer Stadium, Tianjin Sports Center, Tianjin Tuanbo Park Outlets, Samaranch Memorial Museum, and so on.

The tournament is owned and managed by APG, one of the leading sport, event and entertainment organizations in Asia. Tianjin Open is operated by Tuanbo Haomai (Tianjin) Sports & Culture Development Co., Ltd. Allied host parties are Chinese Tennis Association and Tianjin Sports Bureau, while the organizers are Tianjin Jinghai County People's Government and Binhai Tuanbo New Town (Tianjin) Holding Co. Ltd.

我们在团泊等你，如过往的四年，拥抱最纯粹的内心，回归最原始的快乐。

当2014年，首届WTA天津网球公开赛在团泊湖畔启航时，不少网球圈的朋友们都在担心“天网”能否在国内各大城市争办职业赛事的狂潮中走得顺当和长远。但时光匆匆，五年一晃而过，天津公开赛一路风雨走来，洗去的是不经世事的浮华，留下的则是未曾改变的初心。

其实天津这块地儿，没个职业网球赛事，特别是女子巡回赛，真的说过去不去，因为天津体育界、天津网球项目的战绩实在是太过彪炳。过去的辉煌暂且不提，翻开近期的WTA世界排名榜，世界前一百中仅有五名中国球员，而这其中张帅、王蔷、郑赛赛和彭帅等天津队球员就占据了四席，更不用说在还有刘方舟、段莹莹、张宇璇等球迷们所熟知的名字。

但理所应当并不等于顺其自然，深厚的网球底蕴和上佳的竞赛成绩并不代表一座城市就能办好一项国际职业网球赛事。仍记得“天网”元年，我们喊出了“心的开始，心的对决”的口号，这当然是对参赛选手的一声激励，但更是我们“天网”人的一曲集结号。万事开头难，那时的静海团泊湖畔，孤零零的中央球场身边伴着若干片外场，这就是初年天津公开赛的全部。我们从各个行业和岗位为新生的天津公开赛而集结，从球迷、球员的“心”出发，与熟悉的过去、与未知的未来对决。

在大家的共同努力下，首届天津公开赛也确实给所有人都留下了美好的回忆——巡回赛中的“普通女孩”里斯克在团泊捧起了职业生涯首冠，“瑞士公主”辛吉斯的参赛则满足了不少“元老级”球迷们的愿望，本土球员彭帅与郑赛赛取得佳绩双双闯入半决赛，而众多中国小将们则又多了一个展示自我的舞台。

都说“好的开始是成功的一半”，但天网初年所取得的巨大成功却让我们诚惶诚恐。我们深知首届赛事一切的遗憾和不足都可以用“初次”来搪塞，但时光轮转，当职业赛场的聚光灯次年再次打向团泊湖畔时，我们必须交出一份比去年更加出色的答卷，留给我们“成长”的时间并不多。好在最终我们还是做到了——这一年巡回赛中的“Hot Shot女王”A-拉德万斯卡成为了天网的实



Maria Sharapova will return to the Tianjin Open in October 2018 to defend the crown that she won last year. "It was such a thrill to win the Tianjin Open last year. It meant a lot to me and I really enjoyed playing in front of the fans in Tianjin. I am excited to be returning to defend my title in 2018 and I can't wait to see everyone in Tianjin again," enthused the current World No. 21.

The tournament was held for the first time in 2014, and was won by American Alison Riske. Agnieszka Radwanska won the following year, with Peng Shuai lifting the crown in 2016.

This year will see plenty of celebrations for the tournament's fifth anniversary, with past and current players all invited to join in with the "High Fives" theme.

"In its short history, Tianjin Open has developed into Tianjin's largest annual sports event and has become the focal point for the development of the Tianjin Health Industry Park in Jinghai," Tournament Director Stephen Duckitt said.

Tianjin Open organizers announced on August 16th that former World No. 1 Victoria Azarenka will make her tournament debut at the 2018 Tianjin Open as part of the tournament's five-year celebrations of welcoming the world to Tianjin this October.

The Belarusian's participation continues the tournament's long history of bringing new global superstars to Tianjin each year and, in doing so, joins old rival Maria Sharapova who confirmed her return to Tianjin.



Tennis fans in Tianjin will be able to feast their eyes upon two of the WTA's most recognizable stars, who previously held the top two spots on the WTA rankings in 2012, battle it out at the Tianjin Tuanbo International Tennis Centre.

Azarenka is excited to be playing in Tianjin, and returning to China for the first time since playing in Wuhan in 2015, "I have really enjoyed playing in China in the past and had some great successes there, so I am really looking forward to going to Tianjin, a new city for me, and playing in my first Tianjin Open" enthused the 29-year-old.

Azarenka has amassed 20 WTA singles titles and 16 finals during her illustrious career and reached WTA World No. 1 in 2012 after claiming the first of her two Australian Open (2012, 2013) crowns.

"We have been committed from the very start of our tournament to bring the best players in the world to Tianjin. Vika is a global superstar but more importantly she is super popular here in China and I know the Tianjin Open fans are going to love seeing her play," said Tournament Director Stephen Duckitt.

心的开始 心的对决



力担当，她作为头号种子在拥有佩内塔、卡-普利斯科娃和斯维托丽娜等强手的签表中笑到最后，不仅如愿捧起了冠军奖杯，更借此锁定了WTA年终总决赛的参赛资格。

这也让我们更加坚信，用“心”办赛、用“心”服务球员和球迷，必将换来最可靠以及最长久的支持。步入三年级的天津公开赛，已经成为了不少球员和球迷一年中的期待所在，赛事不论到场观赛人数还是国内国际媒体转播时长，与初年相比都有了质的飞跃。随着赛事运营走上快车道，作为在本土举办的一项国际巡回赛，一颗期盼本土球员“突破”的种子也自然而然的开始萌生。这一年天津公开赛，彭帅再次如约而来，作为中国女网“金花一代”唯一现役的球员，六入巡回赛单打决赛而皆铩羽而归似乎要成为整个职业生涯的定稿。我们当然期盼彭帅能在家门口有所突破，但谁也没想到伤愈复出仅半年的她，就在第三届天津公开赛完成了渴盼整个职业生涯的突破，捧起了个人首座WTA巡回赛单打奖杯。

而这或许正是网球运动的魅力所在——她是一项个人运动，但你总是能从一名球员的职业生涯轨迹中窥见她的内心，嗟叹人生的种种，与自己形成共鸣。而或许正是这种共鸣，让我们选择在团泊静候每年发生的“心”的故事。2017年与我们共同选择“天网”的还有五届大满贯冠军莎拉波娃，因“禁药事件”远离赛场近一年半的她选择在“天网”寻找新的开始。而最终，莎拉波娃也如愿在天津公开赛结束了长达29个月的冠军荒，颁奖礼上她的笑靥“绽放”得别样美丽，一如十三年前在温布尔登初次捧起玫瑰露水盘一般。

四届赛事，每一个52周的轮回都在见证天津公开赛的成长——从初年13000人次到访观众数、1173分钟的转播时长，到去年观众数达到32000人次，国内国际转播总时长达20968分钟，现如今天津公开赛周末上座率高达92%。四届赛事，每一年的天津公开赛都如约在团泊湖畔为所有人用心讲述“心”的故事。

第五年，我们依旧在团泊湖畔如约等候。“五”，是一个节点，它就像是最终汇聚于心的手掌，张开它是迎来与送往，握紧它是坚定与坚强。而今年的天津公开赛，就要张开这只手掌，向所有爱生活、爱运动、爱网球的人发出问候与邀请，抛去城市的喧嚣与生活的繁杂，“回归”纯粹的内心，“回归”快乐的网球，我们在团泊等你！



TICKET SALES PERIOD

is from July 2nd, 2018, to October 14th, 2018.

We can help you to purchase tickets from tournament committee by following these 2 steps:

1. SCAN BELOW QR CODE TO BUY TICKET!

扫描下方二维码购票



2. SCAN BELOW QR CODE AND SEND TO US YOUR CONTACT INFORMATION:

扫描下方二维码发送您的信息



- Date of event:
- Type of tickets:
(VIP / LOWER / UPPER / STUDENT or 7-day Pass VIP or 7-day Pass Lower)
- Number of Tickets:
- Your name:
- Phone number:
- Address:

TICKET DELIVERY:

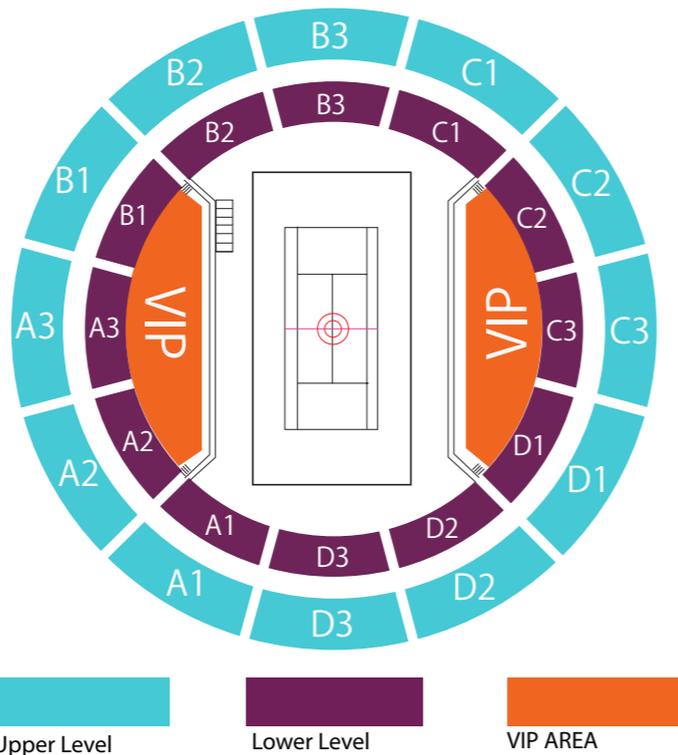
All tickets purchase before 1st October will be sent for free one week before the game.

After 1st October, the paper ticket could be collected at the venue of Tianjin Open on the match day by showing valid ID.

We can send to you the tickets by courier after 1st October by paying extra charge.

SPECIAL OFFER:

- **10% discount** for all tickets (not including student tickets) from **1st September to 30th September**.
- **Group Package:** 10% discount for Purchase 4 or more tickets in the same area of the same day (not including student tickets) from **1st October to 14th October**.



SCHEDULE

DATE	MATCH	TIME
Saturday, 06 October	Qualifying - First Round	11:00am
Sunday, 07 October	Qualifying - Second Round	11:00am
Monday, 08 October	Main Draw - First Round	11:30am
Tuesday, 09 October	Main Draw - First Round	11:30am
Wednesday, 10 October	Main Draw - Second Round	11:30am
Thursday, 11 October	Main Draw - Second Round	11:30am
Friday, 12 October	Quarterfinals	11:30am
Saturday, 13 October	Semifinals	11:30am
Sunday, 14 October	Doubles Final Singles Final	11:30am

6th Oct & 7th Oct, free to the public

TICKET

DATE	VIP seat		Lower Level Row 1-5		Lower Level Row 6-11	Student tickets
	VIP	7-Day Pass (VIP)	Row 1-5	7-Day Pass (LOWER)	UPPER	STUDENT
Monday, 08 October	198		98		68	38
Tuesday, 09 October	198		98		68	38
Wednesday, 10 October	198		98		68	38
Thursday, 11 October	198	1579	98	838	68	38
Friday, 12 October	368		188		108	68
Saturday, 13 October	498		278		158	78
Sunday, 14 October	598		338		198	98

- Student tickets are available for people who having a valid student ID.
- 6th Oct & 7th Oct, free to the public



Tianjin Open offers a limited number of VIP Hospitality. Packages are available in two categories:



JINGHAI RED

Priced from RMB 2,888 this package includes:
 - 6 x VIP stadium seats
 - 6 VIP passes to the Tianjin Open VIP Hospitality Marquee offering five-star buffet and beverages

JINGHAI GOLD

Priced from RMB 3,888 this package includes:
 - 8 x VIP stadium seats
 - 8 VIP passes to the Tianjin Open VIP Hospitality Marquee offering five-star buffet and Beverages

TIANJIN OPEN VIP HOSPITALITY UPGRADE

Upgrade your VIP experience by adding an exclusive 'behind the scenes' look at the Tianjin Open. Your Tianjin Open tour will take you into the player and competition areas of the tournament. See where the players eat, relax and hang out away from the courts and experience what it is like to be a member of the Tianjin Open family!



TOP

TEN BEST HIKES IN CHINA

By Linda Perry

There is pure beauty in every part of nature. But there are also a lot of spectacular places that are worth every penny. There are also many hiking trails in the world but only few will catch everyone's eye. They are located on our planet and the great thing is that all of them are reachable. The only thing we should do is call our friends and enjoy the ride. We have compiled a list of the best ten hiking trails in China that everyone should visit at a specific time.

10大天津周边游热门景点盘点

都说“不到长城非好汉”，来长城旅行，最佳方式当然是在长城上徒步。在这中国古代文明遗迹宏伟工程上，用自己的脚步丈量足下的每一寸土地，别有一番意义。“桂林山水甲天下”，丽江的美自然是世界闻名，在这里，旅游方式不仅仅局限于乘木筏、坐船游览江景，更可以徒步其间，如在画中游。除了丽江，桂林的龙脊梯田如诗如画，景色秀丽，民风淳朴，自然景观保护很好。在梯田中徒步，还可以遍览乡野风光。穿越崇山峻岭，在高原上揭开美丽而神秘的静卧在阿勒泰山间的喀纳斯湖的神秘面纱——在高山湖泊边徒步旅行，你会不由得生出对大自然的敬畏之情。四川稻城亚丁一带美景被誉为“中国最后的香格里拉”。这片景色融冰山、湖泊、密林为一体，行走其间，灵魂也仿佛被涤荡。虎跳峡以险闻名天下。从这里徒步，可以从不同的角度欣赏玉龙雪山的壮阔美景。最具挑战性的徒步之旅自然是在世界屋脊珠穆朗玛峰上徒步，不过如果您想挑战自己，需具备一定的高山登山经验。同样需要一定登山徒步经验的景点位于西藏自治区的冈仁波齐，这座神秘的山峰被印度教、藏传佛教等定义为世界的中心。而在西藏墨脱徒步，你不仅可以欣赏远处的冰山美景，同时还能够欣赏当地的藏民风情。黄山作为中国名山之一，享誉世界，这里的美景吸引着世界无数游客前来游玩、徒步，别有一番趣味。所有上述徒步线路，都值得每一位徒步爱好者挑战自己。



MOTUO COUNTY, TIBETAN AUTONOMOUS REGION 10

The great thing about this place is that you can enjoy the lovely view of Mount Namjagbarwa and also Mount Jialabaillei, which are regarded as being the highest peaks in the eastern Himalayas. The top of these mountains is covered with ice and snow throughout the year. Special instructions for all travelers are that they have to be well prepared, which means having a good physical body and outdoor common sense.



5 DAOCHENG COUNTRY, SICHUAN PROVINCE

The imposing mountains, lush pastures, and great valleys, make this place a fantastic choice for a hike. It is surrounded by grassland, forests and snowy mountains.



6 TIGER LEAPING GORGE TREKKING, YUNNAN PROVINCE

This place is worthwhile. It offers you a lot of adventures and you will have the opportunity to see the Jade Dragon Snow Mountain from a different perspective. It is a perfect view for all hiking people who want to explore new horizons. They hunt and gather fish.



8 THE YELLOW MOUNTAINS

This area is known for its marvelous and beautiful scenery. There are so many popular and ideal hiking trails such as the ancient villages. Yellow Mountain has united together all the strong points such as strange, arduous, steep, grand, flourishing, quiet and spacious. It is a perfect destination when it comes to discovering something new and amazing.



9 GANGRENBOQI MOUNTAIN

This place is located in the west of Tibetan Autonomous Region. Some people believe that it is the center of the world and also the most sacred mountain. Every year, thousands of pilgrims come to visit this place and it is also important to mention that besides the pilgrims, there are lots of ordinary tourists that are attracted to this place.



7 HIKING MOUNT EVEREST

Every person on the earth wants to climb the highest mountain in the world. There may be some difficulties but together with an experienced guide there won't be any additional problems. The most important thing about this attraction is the experience of being at the top of the world.

All these places are wonderful and worth visiting. So, call your friends and choose some of these recommendations. Keep in mind that every place has a specific best time to be visited and according to your free time, choose appropriately. Have a great time and enjoy the undiscovered in nature.



1 GREAT WALL HIKING, BEIJING

This attractive route represents one of the biggest architectural achievements in the entire world and it catches the eye of photographers, scientists, writers, adventurers, and travelers. This tour wants to show the mysterious and beautiful ruins with its mighty peaks and also the valleys.



2 LI RIVER HIKING, GUILIN

It is very interesting to discover this place with your own feet. The tour is a combination of bicycle riding and sightseeing. Be the storyteller simply by visiting this interesting place.



3 LONGJI RICE TERRACE HIKING, GUILIN

For all hiking fans, this is an ideal place for inhaling fresh air and enjoying the unique scenery. This historical destination is a big attraction wherein you can fall in love the first time when you discover more of it.



4 HA'NASI LAKE, XINJIANG UYGUR

The name of the lake according to Mongolians means "mysterious beauty". You can simply enjoy the natural landscape which includes valleys, forests, flowers, snow-capped mountains, and many other different natural attractions.

缺乏穿搭灵感? 快快关注这10位博主!

10 FASHION BLOGGERS

FOR YOUR STYLE INSPIRATION

By Evelyn Rubenstein



It's hard not to be envious of all the fashionable people you see or follow on social media. The picture-perfect post on Instagram, or the jaw-dropping clothing ensemble on Pinterest makes you want to go on a shopping spree and upgrade your wardrobe. The fashion industry is a multimillion dollar business and no wonder these 10 fashion bloggers - each with their own distinct taste - have created a mark in the fashion world! Check out these 10 fashionistas for your style inspiration.

DOUBLE3XPOSURE

22-year-old Atlanta based fashion blogger Reese Blutstein incorporates creativity in her clothes by styling vintage-inspired pieces to modern cuts. Her style is reminiscent of 70's to 90's fashion. Mixing bold colours, prints, and patterns is a recurring theme in her blog. Her style can be described as being unique and eccentric.



NOTJESSFASHION

Chinese-American fashion blogger Jessica Wang has a fun, daring, and bold fashion style. Mixing high street and luxury brands, as well as challenging fashion trends is her main aesthetic ethos. With a following of over 1 million, no wonder her style influence continues to be a favorite among fashionistas.



FIGTNY

If you're looking for a more minimalistic style, this New York based fashion blogger has a monochromatic approach that will make you ditch your colourful wardrobe. Wearing only the colours black, white, grey, and the occasional beige, her style is effortlessly chic. If you're ready to commit to a simpler yet stylish wardrobe, this is one blogger to follow.



GIRL WITH CURVES

One of the most popular plus-size fashion bloggers, Tanesha Awasthi serves as an inspiration for curvy women. It's no secret that the fashion industry lacks inclusion from women of different race, colour, and weight. Tanesha's blog became a pinnacle of inclusivity. Aside from her trendy outfit ensemble that goes from basic to colourful, Girl with Curves is a lifestyle fashion blog that inspires curvy women to be more confident.



SLIPINTOSTYLE

Ellie's vibrant combination of colours and mixture of patterns takes styling to a different level. Her fashion sense speaks to individuals who have a knack for a colourful wardrobe. Not one to shy away from trends, Ellie is the kind of gal that knows how to accessorize and style popular clothing pieces.



WHATMYBOYFRIENDWORE

Are you looking for that effortless gentlemen look? Check out South African fashion blogger Sergio Ines. Styling suits with casual pants for daily wear or a formal event is his main fashion panache. Sergio knows how to layer and mix and match colours and patterns, creating a unique ensemble that goes beyond your typical monochromatic suit.

THEPACMAN82

Phil Cohen's flat-lay approach in fashion captures the essential wardrobe for men. His pieces combine accessories like a watch, bag, or hat that will match the outfit he curated. His style is simple yet comfortable and can easily be integrated in your own wardrobe. It's a great fashion inspiration for men with a simpler taste that doesn't compromise style.



SCOUTSIXTEEN

Streetwear is Justin Liv's fashion statement. The New York based fashion blogger redefines men's casual wear with his everyday street style. He goes beyond basic shirt styling and is not afraid to try prints and patterns. Justin's style can go from cool streetwear to colourful fun prints.



SHEDOESHIM

Jamaican native Allison Graham's fashion inspiration comes from menswear. Breaking the barrier in women and men's fashion, Allison's versatile take on comfortable yet stylish clothes makes her a new favorite fashion blogger. From casual streetwear to dapper suits, this fashionista can rock any clothing she likes regardless of gender roles.



JORDANBUNKER

This UK based fashion blogger understands minimalism and styling basic pieces. He fuses these two concepts and creates an elegant, clean laid-back look. In addition to black and white ensembles, Jordan also incorporates the occasional pop of colour.

10大时尚博主, 给你最潮穿搭灵感

如今的时尚潮流已经不再由各类大牌说了算, 而是意见领袖和网红博主的天下, 本期我们就来为大家盘点一下值得关注的10位时尚博主。

Double3xposure由Reese姐妹创办, 她们和众多网红博主最大的不同之处在于, 作为学生族的她们从来不会去刻意追求大牌以及花昂贵的价格买所谓的高级设计, 而是在着装方面有着浓浓的复古感。这对姐妹花在妆发上也是很有个人特色, 她们近乎素颜的妆容更受高端时尚界的喜爱。

FigtNY的创办人是一位来自纽约的姑娘Michaela, 她经常在Ins上跟大家分享简约穿搭, 最爱的色彩是黑色、白色和灰色。但千万别认为简单的色彩会让人沉闷, 她擅长利用不同的面料单品穿出层次感, 比如在厚重的毛衫下穿一件薄纱长裙, 即使一身黑色也不会让人觉得乏味。

时尚圈对于多种族、多肤色以及偏胖的女性总是缺乏一定的包容度, 但是Tanesha Awasthi这位博主作为一个身形偏胖的女性, 却在搭配方面穿出了自己的风格, 不仅穿衣显瘦, 而且非常出彩, 颜色搭配也做得很好。她更是一位时尚生活方式的博主, 激发了众多女性找回自信。

Jessica Wang是亚裔时尚博主, 现居纽约, 在Ins上有超过100万的粉丝。她的搭配风格大胆有趣, 混合了高街和奢侈品, 带有自己的品味特色, 挑战时尚潮流。

Ellie绝对是那种知道如何将流行服饰加入自己搭配特色的女孩, 她擅长将充满活力的色彩和图案混入自己的衣着中。如果你对缤纷色彩非常有好感, 那么她的博客一定是你必须关注的对象。

此外, Allison Graham的时尚灵感源于男装搭配; 她打破了性别着装时尚壁垒, 从休闲装到西装, 都能信手拈来。南非时尚博主Sergio Ines则非常懂得如何调节颜色图案, 打造不一样的绅士感。时尚博主Phil Cohen广泛采用了手表、包、鞋等配饰来完善男装的整体效果。Justin Liv更偏爱街头风, 并以此重新定义了带有自己特色的休闲男装。

Jordanbunker的主页着重展示极简主义和基本款造型。如果你还没有关注他们, 不妨从现在起选择自己喜欢的风格多做了解, 一起做一个时尚达人吧!

The Korean Skincare Routine explained!

By Anastasia Chapman

From relaxing sheet masks to skin-transforming essences, Korean skincare trends and products are taking over the global beauty market. It is at the very heart of Korean culture that encourages thorough skincare right from the early childhood days among Korean women who believe that radiant and flawless skin is a true sign of beauty.

This Korean belief dates back to the time when women barely exposed their skin to sunlight to attain pristine and porcelain-like skin tone. Due to its lengthy steps, the regime has long been tagged as a mysterious gift from the orient and it is also hailed as the reason behind the flawless glass-like skin that so many Korean women have been boasting of since time immemorial.

On the other hand, the Korean beauty plan is also shrouded in numerous complexities, which explains why a lot of people balk simply at the thought of initiating the process. Although this extensive process may seem intimidating to the outside world, it is actually quite the opposite - soothing, calming and pretty sorted out! Here's our guide to a simplified Korean beauty regime.

Korean women believes that radiant and flawless skin is a true sign of beauty.



WATER CLEANSE

Koreans are the pioneers of the double cleansing movement. It is a twofold process that starts with water cleanse wherein plain water or water-based cleansers are used to break down sweat and dirt. Some water-based cleansers are even capable of eliminating oil debris right from the first wash. Make sure to pick the right water cleanser and be aware of any foaming cleansers as they often contain astringent. Our pick for this category is the Dermalogy Real Flower Calendula Cleansing Water from Neogen.

OIL CLEANSE

The second part of the Korean skin cleansing procedure includes oil cleansing. Don't let the name 'Oil Cleanse' fool you as many people who are not acquainted with the Korean beauty regime may have doubts about the idea of washing one's face with oil. But in reality, oil cleanse is the perfect way to remove oil-based dirt, makeup and SPF that often water fails to remove.

Those with combination or oil skin type - don't freak out! For such skin type, oil cleansers work wonders if followed by water cleanse.

Our favourite oil cleanser is Camellia Soombi Enriched Cleansing Oil by Blossom Jeju.



TONER

Toners have a special place in Korean skincare. They can be as specialised or vast as per individual requirements but still fit in perfectly when it comes to addressing specific skin issues. Koreans like their toners to be gentle on their skin, one that helps to renew and refresh the skin and also soothe and hydrate the face. Pure Eco Bamboo Clear Water Fresh Toner by Tony Moly is our choice of Korean toner.



ESSENCE

If you want to prime and prep your skin for more absorption then essences can be your go-to weapon to tackle skin woes. It might seem the trickiest of the entire 10-step skincare regime but it is the most important part of the process, if you ask any native Korean woman. By applying an essence, you are actually putting a layer of deep hydration on your face that enables the skin to absorb more nutrients with greater effect during the beauty ritual. Try out the Vital Treatment Essence by Blithe for great results!



EMULSION

Available in a gel-cream or liquid consistency, emulsions are super light-weight moisturizers that seep in and hydrate the skin at a deeper level. Water Drop Hydrating Moisturiser by Dr. Jart+ is a must-try.

AMPOULE

No matter what your skincare expectations are - be it protecting, brightening or plumping your skin - the potent-heavy and dense Ampoules can be the absolute saviours. Basically a serum, Ampoules are supercharged with higher concentration of active ingredients that are meant to be used for a limited period as a booster to address skin woes of some sort. A must-try is the Snail Repair Intensive Ampoule from Mizon.



“哈韩”风潮早就吹遍中国，我们今天说的“哈韩”可不单单指那些来自韩国的明星“欧巴”或是漂亮的“小姐姐”，而是韩国人的护肤“套路”。众所周知，韩国女性对美的追求是非常普遍的，上小学的女孩就学会护肤甚至化妆，成年后整容的少女更是不计其数，这也造就了韩国发达的整容、美容美体、护肤化妆品产业链。韩国的化妆品及护肤步骤也被众多中国少女纷纷学习效仿，“韩式”二字甚至成为了精致和美丽的代名词。

下面我们就来看看“韩式”护肤的步骤是怎样的吧。

整个护肤过程的第一步是彻底卸妆，如果妆面不卸干净的话很多分子和污物会留在毛孔中，导致毛孔堵塞、发炎等不同的皮肤问题。基于不同的肤质，大家可以选择不同的卸妆水或卸妆油。韩国人将卸妆水和卸妆油分开的先驱，如果用卸妆水的话，感觉会比较清爽。卸妆油则比较适合于妆面较重，使用了很多化妆品、防晒霜、底霜的人，它也适用于油性皮肤。而且不用担心，油肌卸妆乳并不会让你的皮肤显得更油，只要在用洗面奶清洁面部的过程中彻底洗干净就可以了。

爽肤水是彻底清洁面部之后的第一步，这一步是为了让自己的皮肤先做好打底，吸收充足的水分，为后续上妆做准备。精华需要在爽肤水后涂抹。它可以解决你的肌肤问题，帮助肌肤提升活力。安瓶，俗称“安瓶”，是精华液的一种，它的效果往往更加神奇。大部分安瓶都是一次性的玻璃瓶剂包装，这类产品对防腐的要求比较高，营养成分丰富，需要与外界进行绝对的隔离，常规的包装无法满足其需求，于是安瓶就这样出现了。安瓶可以在短时间内快速帮您解决很多肌肤问题，帮助皮肤恢复弹性，焕发光彩。

之后我们需要涂一层乳液。乳液具有帮助保湿的功效，尤其在冬季，是必须的护肤步骤。

面膜这一日常护肤神器大家一定都非常熟悉，无论是硅胶质地还是纤维质地，都能帮助你解决暗沉、痤疮、皮肤发干等问题。

眼霜是延缓衰老的必备品。眼部细纹是最容易早早出现的皱纹，眼霜正是让眼周肌肤保持紧致年轻的秘密武器之一。

晚霜相对粘稠，其保湿成分非常密集，可以防止皮肤水分流失，让您在睡眠中恢复皮肤好状态。

防晒霜更是日常必备。毕竟，紫外线并不是只在室外，室内一样有很多紫外线存在，如果你希望自己的皮肤能有一个好状态，那么防晒是一定要充分的哦。



SHEET MASK

The most iconic revelation to the world from the Korean beauty ritual, sheet masks can be used daily but Korean women prefer to use them twice a week. They are available in many forms - in cotton, bio-cellulose or paper, and are highly capable of tackling specific skin concerns like sun tanning, acne, anti-aging, pigmentation, dehydration and more. Sheet masks from 'Oh K!' are our absolute favourites!

EYE CREAM

The skin around the eyes is extremely delicate. To take care of the area, the Korean skincare regime has a separate step dedicated to it. The most preferred eye creams for Korean women are water or gel-based formulas that are free of emollients. Use a tapping motion to apply the cream around the eye and also on the eyelids. Pick Mizon's Snail Repair Eye Cream to get rid of wrinkles, dark circles and other problems.



SLEEPING PACK /NIGHT CREAM

Korean sleeping pack or night time creams are usually made with humectants due to which they are extremely thick and sticky. Humectants contain ingredients that retain and hold moisture for a longer period of time, so much so that they can even prevent other products from getting absorbed into the skin. Therefore, it is

the last product to be applied just before bedtime to keep your skin hydrated as you sleep. Sleeping Mask Pack from Laneige works like magic.

SPF

The Koreans have practically taught the entire world to use SPF as Korean women are devoted to saving their skin from the harsh rays of the sun. It is a common belief among Korean women that sun's rays are the single most crucial factor that damages their skin and that a pale skin complexion is the epitome of beauty that SPF helps protect. However, it is not part of a night time beauty ritual; it is also not uncommon if you find a bottle of SPF in the bag of every Korean woman in the office, who constantly tops their skin in fear of UV rays.



DIET TRENDS:

Which One Is Good For You?



饮食潮流：哪种适合你？

By Evelyn Rubenstein

我们的生活条件日趋改善，大家再也不会面临缺少粮时代的“今天吃什么”的问题，而是平添了因为食物太过丰富，不知如何选择困扰。当代人也更加注重饮食健康，我们时不时会听到一些新的饮食趋势，无论是代餐粉还是酵素等等，都让我们在感觉新奇、“高大上”的同时为它们打上了一个大大的问号。今天我们就来为大家介绍几种主要的饮食潮流。

第一种自然是早就被很多人追捧的素食主义。素食专注于摄取植物果蔬类食品，对于肉类、乳制品，则用植物食物替代。素食主义者认为，这对于环境而言是相对公平、环保的方式，但如果你缺乏营养，建议还是不要选择这种饮食习惯。

地中海饮食，是泛指希腊、西班牙、法国和意大利南部等处于地中海沿岸的南欧各国以蔬菜为主、鱼类、五谷杂粮、豆类和橄榄油为主的饮食风格。研究发现地中海饮食可以减少患心脏病的风险，还可以保护大脑免受血管损伤，降低发生中风和记忆力减退的风险。现也用“地中海式饮食”代指有利于健康的，简单、清淡以及富含营养的饮食。

除了常听到的节食、断食及低糖饮食等方法外，近年又有人追捧生酮饮食法。生酮饮食最初是用于治疗儿童癫痫的饮食疗法，其工作原理是以油脂作为主食，配合极低的糖分，迫使身体改变能量的代谢机制，产生大量酮体来缓解癫痫病、利尿，使身体加速脱水，再加上生酮饮食初期在热量消耗上相对增加，给人一种快速减轻体重的错觉。但就均衡营养的角度而言，生酮饮食并非适合长期使用的减肥手段。

“旧石器”饮食法是知名人类生物学家Dr. Loren Cordain提出的一种透过控制食物选择来达到健美和减肥效果的饮食法，它的宗旨非常简单：回归旧石器时代人类祖先的饮食法则，即以脂肪含量少、较精瘦的肉类和鱼类等食物的摄入。现代人过度摄入高脂肪、高热量、精加工的食物，导致糖尿病、高血压、过度肥胖等疾病接踵而至。而旧石器饮食法食用“未深加工过的瘦肉类”以及水果、蔬菜、莓类和坚果食物。

无麸质饮食法在近些年成为饮食方式的“网红”，掀起了欧美饮食界潮流，在好莱坞明星与运动选手加持下，其话题与争议性不断，甚至被贴上了可以减肥的标签，成为名人瘦身的秘方。这种饮食方式指食用完全不含麸质的食品，如不含麸质的面包、披萨、某些快餐食品等主食。它主要用于治疗乳糜泻与麸质过敏患者，但也被一些明星及运动员当做减肥健身食品食用。看过上述饮食新潮流后，你会选择哪一种饮食方式呢？



MEDITERRANEAN DIET

Characterizing the cooking style of Mediterranean countries, this diet is abundant in fruits, vegetables, olive oil, fish, poultry, low-fat dairy products, and whole grains. Sources of protein include fatty fishes such as salmon, sardines, and mackerel. Red meat is not completely excluded from this diet; it must be served in small portions and the meat must be lean. Red wine can also be incorporated in the diet if it is consumed moderately. However, if you have medical issues or alcohol problems, it is best to avoid red wine. Dubbed as one of the healthiest diet, research has shown that eating like a Mediterranean lessens the risk of heart attacks, and Alzheimer's disease. This diet is a must-try for individuals who are prone to cardiovascular diseases.



VEGAN DIET

This plant-based diet is focused on eliminating the consumption of all animal products. This means that meat, seafood, poultry, and dairy are replaced with plant-based foods such as nuts, vegetables, fruits, and grains. Going vegan is about being careful with foods you purchase. Reading the label and checking its ingredients will become a habit for anyone who will try this diet. This is recommended for individuals who opt for a cruelty-free, and environmental friendly approach in life. Caution should be taken for individuals who are prone to nutrient deficiencies since this diet completely replaces sources of iron and protein derived from animal meat and poultry.

KETOGENIC DIET

Known for its low carb high fat diet (LCHF), the keto diet puts your body in a state of ketosis. The process involves the production of ketones in the liver which then becomes the main source of energy to the body. Glucose is the primary source of energy in our body and we get this from high consumption of carbohydrates. Fats in our body are stored instead of being used as an energy source. The Ketogenic diet reverses this effect. When you decrease your intake of carbs, sugar and insulin levels fall. Grains (wheat, rice, etc.), sugar, tubers (potato & yam), and certain fruits should be omitted. Instead, foods that are high in fat such as meat, fish, spinach, broccoli, and dairy are the recommended source of nutrition. Research has shown that this diet helps with epilepsy, controlling blood sugar, and improving cholesterol and blood pressure.



GLUTEN-FREE DIET

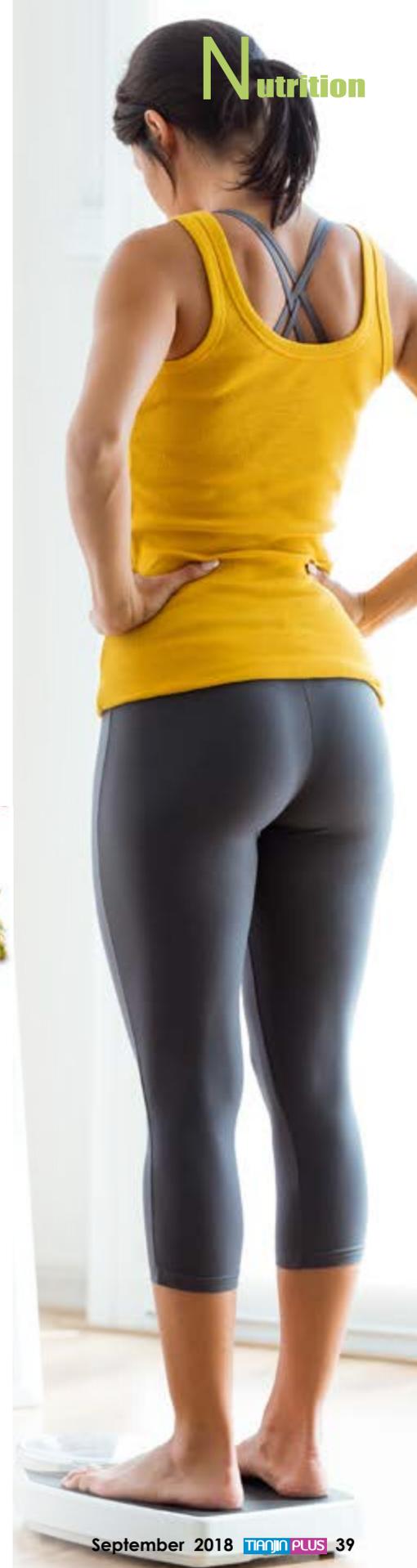
This diet is perhaps one of the most specific when it comes to food intake. Gluten — a protein found in wheat, barley, rye, oat, and other related grains — is excluded. It is best to avoid foods such as bread, pasta, cereals, and pastries since they contain gluten. This diet works best for individuals who suffer from celiac disease, wheat allergy, and non-celiac gluten sensitivity. Checking food labels and eating single-ingredient foods is the best way to avoid consuming gluten. Nowadays food-brands are careful in properly labeling their products to cater to gluten-free consumers. Although this diet may seem restrictive since most foods contain gluten, nutrients can be gained through meat, quinoa, fish, eggs and dairy, fruits, vegetables, and nuts.

PALEO DIET

Millions of years ago, our Paleolithic ancestors lived a simple life of hunting and gathering food. The paleo diet, also known as the caveman diet, follows that principle. Along with exercising regularly and avoiding a sedentary lifestyle, this diet restricts your food consumption to vegetables, fruits, seafoods, whole grain, and lean protein that are freshly produced and unprocessed. Nuts can also be eaten; however they must be consumed in moderation since they are high in calories. Any processed, high-fat, and high sugar foods that are just empty calories are eliminated. Paleo diet assists in weight loss because of its natural food choices that are rich in fiber, vitamins, and minerals.



Investing in a diet trend is more than just losing weight or reaping its health benefits; it is a lifestyle that we adapt to. Our mindset and eating habits will change for the better when we religiously follow a healthy meal plan along with regular exercise. At the end of the day it is not about starving yourself to reach your weight goal, it is about learning what works best for your body and listening to what your body needs. Diet is an investment for our health!



5 TIPS TO STAY ENGAGED WHILE LEARNING

5个妙招，全面提升学习参与度

By Nina Mitchell

Staying engaged during learning is very essential as it ensures true assimilation of knowledge and also makes it an enjoyable experience. Without being engaged, learning can't be fruitful.

However, there may be various distractions and reasons to hamper one's attention and create problems in remaining engaged while learning.

It can be difficult to grasp or to remain interested in dull topics while learning.

Thankfully, there are several effective ways in which these problems can be combated and one can stay engaged while learning to make the most of it. Here are a few essential tips which would help you to stay attentive during learning. Check out.

在学习过程中，保持个体的参与度是非常重要的，如果没有足够的参与度，知识就无法得到充分的转化，学习也不会收获真正的成效。然而现在太多的事情和物品，会妨碍一个人专注于自己的学习，手机、电脑、各种各样的电子设备都在我们身边形成了种种诱惑，不过我们还是可以用5个小妙招来克服这一问题，让自己在学习的过程中保持专注。

在学习时保持专注和投入的最好办法就是把学习变得有趣，毕竟学习可以是形式多样的，而兴趣是最好的老师，也是动力的源泉。在学习中加入一些动手活动、视听训练等等，可以有效的提升自己的专注度。有目标的学习比无目的的学习效率要快很多，也更容易让你投身其中，专注于学习目标。如果学习和所处的文化与生活方式相联系，那么它和学习者的联系紧密度就会更高，从而让学习者更积极的参与进来。学习材料可不仅仅是书本而已，图片视频和电子资料等丰富的学习资料都可以成为我们积极主动专注学习的好帮手。最后，在帮助自己保持全程参与的学习道路上，我们也需要发现最适合自己的学习内容和方式，这样才能最大限度地提升效率。

✓ MAKE IT INTERESTING

The best way to remain engaged while learning is to make it interesting. Learning can be in any form but the interest and motivation must be present to make it an engaging experience.

The topic of study can be interesting or the method of learning can be made interesting. Including hands-on-activities, audio visual modes and learning together with fellow mates are various ways of making learning interesting and therefore engaging.

✓ IT SHOULD HELP YOU IN FULFILLING YOUR GOALS

Learning which has an aim can become more engaging than aimless learning. Ensure you have an aim or a goal to learn as any knowledge can be an end in itself.

Motivate yourself and believe that learning will be useful in some way or the other. Relate the learning to fulfilling of some need or pick up topics and subjects that have relevance to everyday life.

✓ UNDERSTAND WHAT FITS YOU THE MOST

There is no one fit standard solution for all when it comes to learning. A visual learner won't be able to learn well and therefore remain engaged if an audio mode of learning is being followed. Therefore, giving importance to individual differences in adopting learning styles is very important to determine the level of engagement during the process of learning.



✓ MAKE USE OF A VARIETY OF LEARNING SOURCES

Don't restrict yourself to only one source of learning, like just by reading from a text book. In order to stay engaged in learning, select a variety of learning sources like videos, pictures, and PPT presentations and so on.

✓ ASSOCIATE LEARNING WITH LIFESTYLE AND CULTURE

Learning becomes very engaging if you can associate it with culture and lifestyle. Anything to which we can relate to can become interesting and also easy to learn, thereby making it possible to remain engaged.

There are several needs in daily life including the culture which are important to learn and apply for a more fulfilling life. Life skills and a variety of relevant ways of life can be associated with learning to stay engaged.

IST's First Day of the School Year 2018-19 @ International School of Tianjin



The wet weather notwithstanding, August 8th, 2018, was a morning of smiles, cheers, hugs and laughs as students returned to start their new school year at IST, along with new students commencing on their wonderful "learning at IST" journey. Teachers, parents and students were all in a jovial, friendly and enthusiastic mood and there were many high-fives and squeals of delight all around. Happiness, the hallmark of IST, was the all-pervading mood!

What a great start to the new school year 2018-19!



IB Diploma 2018 Results @ International School of Tianjin

Results that make IST stand apart yet again!

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

In July of 2018, IST celebrated yet another year of exceptional results that confirm our position as Tianjin's premier international school with results that truly stand out. IST exceeds both the global and Asia-Pacific average scores in all aspects of its Diploma Program. Irrefutable indicators such as our 100% pass rate against the global average of 79%; our average score of 36 points against the global average of 30; and with 21% of our IB Diploma students scoring 40 and above points; have proved once again that IST is a clear leader not only in Tianjin, but is also one of the leading international schools in China and the world.

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



International University Fair 2018 @ Wellington College International Tianjin



Our fifth Annual International University Fair promises to be the biggest ever. With over a month to go, we have over 50 universities, art schools, liberal arts colleges and hospitality management schools that have confirmed that they would attend.

We have made great efforts this year to have a more balanced mix of UK/US universities as well as representatives from Australia, Canada, Europe and Asia. In fact, the US will be the most heavily represented country this year with over 25 universities in attendance.

Though many parents and pupils will be able to have a conversation with one of their top choice universities, the number of admissions officers

and representatives also means that there is access to advice from a huge range of experts on the application process.

As per last year, a selection of admissions officers from around the world will give presentations, tips and Q&A sessions to discuss the similarities and differences between the application processes for different countries.

Growth in our Annual International University Fair represents the growing reputation of Wellington in Tianjin, the quality of students we have been sending to universities over the past 3 years and is one of many elements which contribute to our highly regarded and successful university admissions programs.



Date:
Wednesday,
September 26th, 2018

Time:
11:00am - 6:00pm

Location:
Black Box and Foyer,
Wellington College
International Tianjin



MOVIE

Mission: Impossible – Fallout

Date: Until 2018.10.05

Ethan Hunt and the IMF team join forces with CIA assassin August Walker to prevent a disaster of epic proportions. Arms dealer John Lark and a group of terrorists known as the Apostles plan to use three plutonium cores for a simultaneous nuclear attack on the Vatican, Jerusalem and Mecca, Saudi Arabia. When the weapons go missing, Ethan and his crew find themselves in a desperate race against time to prevent them from falling into wrong hands.



EXHIBITION

Xu Bing: Thought and Method

Venue: Ullens Center for Contemporary Art, 4 Jiuxianqiao Lu

Date: Until 2018.10.18

Beijing's own Xu Bing brings his work to the Ullens Center for Contemporary Art in an exhibition that contains major works since the 1980s. Xu Bing, globally renowned for his conceptual and installation pieces, creates a space in which viewers can immerse themselves into his world. Xu brings forth his keen observation skills as he displays his unique insight, encompassing both a reflection on traditional East Asian culture as well as a nuanced view of contemporary societal changes.



MUSIC

Manchester Camerata 2018 China Debut Tour Tianjin Concert

Venue: Tianjin Grand Theatre Concert Hall

Date / Time: 2018.09.13

Glastonbury opener, UK Ensemble of the Year (RPS Music Awards 2017) and 'Probably Britain's most adventurous orchestra' (The Times) – Manchester Camerata - is redefining what an orchestra can do. Famous for innovation, the orchestra pops up in all sorts of places, from concert halls to care homes, and collaborates with a spectrum of artists, from classical superstars like Martha Argerich to the iconic band named New Order.

Manchester Camerata is going on tour to China with Gábor Takács-Nagy and Jean-Efflam Bavouzet.

CONCERT

This Will Destroy You

Venue: Yugong Yishan , 3-2 Zhangzizhong Lu

Date / Time: 2018.09.21

Instrumental band 'This Will Destroy You' is returning in September for four shows in China to celebrate the tenth anniversary of their eponymous self-titled album. For this special occasion, they will play both classic albums Young Mountain and S/T in full.

Their music uses a blend of electronics, clear harmonies and various textures to create melancholic 'short' instrumental songs.

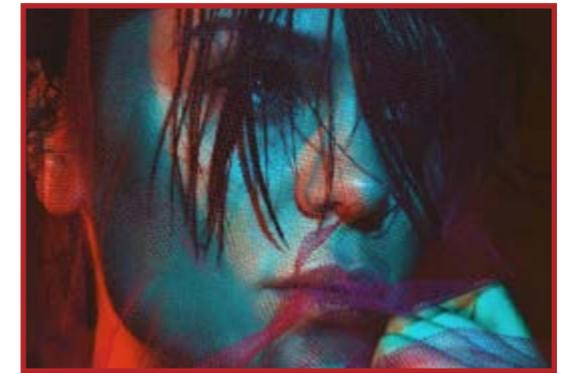


Jessie J

Venue: Cadillac Arena, 69 Fuxing Lu

Date / Time: 2018.09.03

Jessie J drops into Cadillac Arena as part of a nine-stop tour of China. The singer who made her name with 'Price Tag' has found new fame in the country following her appearance and victory on Hunan TV talent contest 'Singer' earlier this year. Building off of her success on the show and the release of a new four-part album R.O.S.E, she'll be knocking out the hits in Beijing this autumn.



PERFORMANCE

Musical Drama Vaille Que Vivre (Barbara)

Venue: NCPA, Beijing

Date: 2018.09.09

Juliette Binoche, and the renowned pianist Alexandre Tharaud, come together in Vaille que Vivre, a show created around their memories of Barbara. The show will be staged in Drama Theatre of NCPA on September 9th, 2018.

On stage, Juliette Binoche evokes Barbara by reciting texts that seek to bring her words to life from her unfinished autobiography 'Il était un piano noir'. Tharaud accompanies Binoche to cast light on Barbara's music and its extreme richness through his performance on the piano, somewhat in a minimalist spirit. It is likely to be a unique night to remember.





10 Early Signs of Parkinson's disease That People Often Miss

10个帕金森症的早期征兆

By Barbara Ross

提起帕金森症，大家一定不陌生。全世界有超过1000万人患有帕金森症。据统计，美国人每年约有60,000人被确诊为帕金森症。在亚洲人中，中国和印度的帕金森患病率居高不下，仅在我国每年就有170万人被确诊出来。帕金森病是一种中老年常见的神经退行性疾病，多在60岁以后发病，其症状表现为静止时手、头或嘴不自主地震颤，肌肉僵硬、运动缓慢等，65岁人群患病率1.7%，目前中国约占全球病人1/2。随着老龄化到来，帕金森病已成为心脑血管病、痴呆症之后威胁中老年人健康的“第三杀手”。根据现有的病例，帕金森病及其综合征，90%以上是后天患上的，需要及早进行预防治疗。帕金森的早期症状有：嗅觉明显下降或丧失（例如闻不到朋友香水的味道）、睡眠障碍（不仅表现为入睡困难，还表现为睡眠中有僵硬抽搐），写字时文字拥挤或看起来太小，便秘、声音低沉（请注意自己的声音是否变得越来越低沉以至于他人无法听清）、手臂僵硬（例如无法抬手够到自己想拿取的东西）、面部肌肉弛缓、盗汗（无缘无故地出汗或大汗淋漓）、弯腰驼背、头晕等。以上十个帕金森症的早期征兆相对容易识别，方便患者和患者家属辨认，以便于早发现、早治疗。防控帕金森症要从饮食、运动、避免与化学品接触等方面入手。在饮食上多摄入一些粗纤维的食物和其它清淡通肠的食物，如西瓜、香蕉等。要加强体育运动及脑力活动，选择变化较多、比较复杂的运动形式，比如多走走弯曲的石子路等。防治动脉硬化是预防帕金森病的根本措施，患高血压、糖尿病、高脂血症的病人要积极治疗。

There are more than 10 million people all over the world who are living with Parkinson's disease (PD). Among Americans, approximately 60,000 people are diagnosed with Parkinson's disease each year and almost one million of them are living with it currently. And among Asians, China and India are two countries that have recorded a high level of prevalence of the disease with up to 1.7 million people diagnosed in China alone.

These numbers are mere indicators of a pressing issue that is on the rise, not just in America but all over the world as well. The reason for the rise could be many, but the bottom line is that it is time to seek help.

Now Parkinson's is not exactly one of those conditions that exhibit very strong symptoms for treatment. You have to be patient and attentive to recognize the symptoms. And to make things worse, most people who are suffering from the disease are quite reluctant to even discuss their condition with the doctor.

Parkinson's basically occurs when certain cells of the brain that produce neurotransmitter dopamine start dying off. As mentioned earlier, the early signs often go unnoticed as a result of which people only discover the disease long after it has progressed.

So here are 10 early signs of Parkinson's disease that you need to carefully watch out for and get early treatment:

1. LOSS OF SMELL

One of the first few symptoms of PD is a loss of sense of smell or a significant decline of the same. If you find yourself not being able to smell something that your friends find strong in fragrance, or if you have trouble smelling particular food like bananas or liquorice or dill pickle, then it might be time for a visit to your neurologist.

2. TROUBLE SLEEPING

Another common symptom is a sleeping disorder. You could be acting out your dreams while you are in REM sleep which is the deepest state of sleep. Sudden and stiff movements while in your sleep could be indicative of a serious PD.

3. SMALL HANDWRITING

Someone who is on the initial stages of PD would find their handwriting getting much smaller than usual. You need to watch carefully for any major changes in the way your words look when you're writing, for example, if the letters are sitting crowded or if they appear too small in size. This state is called micrographia.

4. CONSTIPATION

Bowel movements can become extremely troublesome day by day. You might increasingly have to strain yourself for moving your bowels each morning, and this is in spite of eating all your fibres and drinking all your water.

5. LOW VOICE

Your voice could start seeming unusually different than normal. You need to watch out if people are

finding it increasingly difficult to hear you or if your voice doesn't go back to normal after a cold or flu. This is a very important symptom that your friends and family notice.

6. REDUCED ARM SWING

This is when you experience a subtle kind of stiffness on your arms or experience difficulty in moving your arms; in other words a reduced range of motion. If you can't seem to reach for certain things sitting on top that you could before, then you need to watch out.

7. A MASKED FACE

This is when your facial expression seems to remain the same, mostly at a depressed state, and doesn't change. Loss of dopamine can make your facial muscles stiff and slow, resulting in a blank face all the time.

8. EXCESSIVE SWEATING

As the neuro system gets affected, its ability to control and regulate body temperature also gets affected. As a result, you may find yourself sweating profusely and uncontrollably for no apparent reason. This condition is called hyperhidrosis.

9. STOOPING OR HUNCHING

If you are someone who normally stands up straight and you find yourself hunching or stooping or slouching increasingly while you're standing, you need to watch out.

10. DIZZINESS AND FAINTING

When you get up off a chair or your bed and you feel dizzy it could be a sign of low blood pressure, which is again one of the early signs of Parkinson's.

Typical appearance of Parkinson's disease



TOP 5 BENEFITS OF FITNESS TRACKERS

Ever since the introduction of fitness trackers into the world of health and well-being, there has been a steady rise in the number of fitness enthusiasts. As of today, fitness trackers have effectively taken the realm of personal health by storm, providing access to useful insights not just for professional athletes but also for fitness newbies all over the world. Undoubtedly, one of the main reasons for such rise in popularity is the convenience factor. Without having to go to the gym and without having to hire a personal trainer, anyone who is even new to the concepts of fitness can get a fairly good understanding of his or her own health status, at the click of a button.

Other than this, there are a number of other factors that contribute to the growing popularity of fitness trackers.

By Barbara Ross

健身追踪仪作为可穿戴设备，在我们的日常生活中已经屡见不鲜，热爱健身的达人们几乎人手必备一支这样的健身手环或穿戴设备。它们不仅帮助我们记录了每天运动的数据，还可以帮助我们调整自己的运动量，时刻了解自己的身体健康状况，对个人日常起居作出合理的调整。

总的来说，健身手环这类产品主要有五大优势：首先，它可以帮助您记录每日的身体数据，让用户可以将这些数据和过去的数据形成对比。随着时间的推移，用户可以看到自己的进步，这无疑是非常鼓舞人心的。其次，健身手环还可以用于心率监测、记录睡眠模式，了解你的睡眠状况等等，它还可以提供跟踪生成与心脏健康有关的关键敏感数据，帮助你发现重大疾病的早期征兆。对于健身小白来说，最开始健身直接去健身房有点吓人，但是如果你可以有这样一个穿戴设备，帮助你记录数据，就可以让你自己针对个人健康状况，制定一套适合自己的锻炼程序与饮食计划，从而采取更加有针对性的方法。第四，你可以根据健身手环反馈的数据调整自己的日常作息模式，改善生活方式，提升生活质量。最后，请健身教练必定是一笔很大的投资，但是健身手环是一次性投资，还可以为你提供24小时随时随地的辅助，这样看来，健身手环真的是一个物有所值不可缺少的好伙伴哦。

1. PROMOTES HEALTHY COMPETITION

One of the main highlights of any kind of fitness tracker is the fact that it helps you measure your current performance against your previous ones. Unless you share your activities through any of your social media accounts, the only person who is going to view your progress is you. They say the best kind of competition is the one with your own self and that's exactly what fitness trackers help you with. By providing a valuable track record of your previous performances, it encourages you to perform better each time. Therefore, you become the best version of yourself over time.

2. HELPS DETECT EARLY SIGNS OF SERIOUS MEDICAL CONDITIONS

Nowadays there are fitness trackers for a variety of purposes, such as heart rate monitors, sleep pattern indicators, cardio measurements etc. There are fitness wearables that provide a number of these features in a single device as well. By tracking and generating crucial and sensitive data pertaining to heart health and the like, fitness trackers can help discover early signs of possibly serious health issues. Any abnormalities in the heart rate or sleep patterns could indicate the onset of heart diseases or sleep paralysis or even anxiety disorders. You can start treatment early on and possibly save your life.

健身手环的五大好处

3. IMPROVES LIFESTYLE AND QUALITY OF LIVING

Let's face it - going to the gym can be a little intimidating, especially if you're just starting out. There might be people who run about 10K everyday on average and the farthest you've gone is probably the 200 meters around your neighbourhood. It could be a demotivating factor for some people, even though it doesn't have to be. Your needs are entirely different from every other person you see at the gym, which is why you need a unique set of workout routines, diet plans and exercises for yourself. Fitness trackers help analyse the individual health status of a person and curate workout regimes specifically tailored for each person. This provides a better focused and effective approach towards achieving your fitness goals.

4. PROVIDES GOOD VALUE FOR MONEY

Regular gym workouts or hiring personal trainers involves a consistent investment of money for a considerable period of time. A fitness tracker on the other hand is a one-time investment that gives you all the benefits of a regular fitness coach. Besides, it also provides a number of functions in a single device. By all means, fitness trackers provide excellent value for money.

5. IMPROVES LIFESTYLE AND QUALITY OF LIVING

By regularly tracking your daily activities, food habits and sleep patterns, fitness trackers help you gauge your lifestyle quality and the anomalies within. It gives you a sense of control over your daily lifestyle habits and encourages you to make changes wherever necessary. In course of time, this can improve the quality of your lifestyle drastically. It provides you with measurable insights and benchmarks against which you can compare and alter your daily activity levels and thereby always encourages you to maintain a good standard of living.



WHAT MAKES SMART FABRICS REVOLUTIONARY IS THAT THEY HAVE THE ABILITY TO DO MANY THINGS THAT TRADITIONAL FABRICS CANNOT, INCLUDING COMMUNICATE, TRANSFORM, CONDUCT ENERGY AND EVEN GROW

Smart clothes are also known as electronic textiles, smart fabrics or garments and are types of materials that enable digital components such as batteries, light and computer features to be embedded in them. Although the idea of smart clothing was coined several years ago, little has come of it until recently. Successful companies such as Samsung, Google, and Under Armour have begun with prototype tests of how to make clothes as smart as the phones in our pockets. Special attention was dedicated to fitness-focused fabrics and most of the smart clothes have followed this trend with incredible accurate fitness metrics and health analysis.

By Fanny Bates



working on improving your mental and physical well-being. The data is recorded in a small black box which needs to be connected to a smart device like a USB. Once connected, the person enters his/her physical characteristics such as weight, height, etc. The company also hopes to enter the medical market, so that people with heart conditions or other medical issues could be warned before an emergency strikes.

◆ **Athos**, a California-based company has launched new smart clothing package which had

and the feature 'Live View' enables the person to view the stats on the mobile device in real-time. This smart form product gives an in-depth analysis of body parameters which can also prevent possible injuries or medical conditions.

◆ **The Ministry of Supply**, a Boston-based start-up company, has designed the most advanced self-heating smart jacket which is able to respond to changes in temperature of the environment. It can read outside temperature and provide the right amount of heat in any environment. This jacket is made of



近几年，可交互的高科技纺织品越来越多地受到人们的关注，全球智能纺织市场的规模也被众多投资者所看好。尽管目前大部分智能面料仍停留在研究阶段，但它们的确是材料科学革命中非常有潜力的组成部分。未来几年内，这些面料可能会应用到医疗、健康甚至军事等多个领域，从而改变我们的生活。

截至目前，人类已经发明了三大类电子纺织品，第一代是适用于阿迪达斯、耐克等服装品牌的服装传感器；在第二代智能纺织物中，设备主要以嵌入到服饰中，例如三星等产品；在第三代智能纺织物中，服饰本身就是实际的传感器，越来越多的公司为此造了压力温度传感器。新趋势则更加神奇，未来我们将制造一种新型缝纫机，它可以通过计算机程序，将智能设备缝进衣物中，这也意味着未来的智能设备将更加精细，并且能够做到像普通服装一样洗涤。

目前已经出现的智能衣物有OMSignal的运动衫、Athos智能服、The Ministry of Supply的智能夹克。OMSignal的衣服在胸部有一圈环带，可将电信号传送到粘在衣服上、被OMSignal称为“黑盒子”的硬件中。黑盒子通过蓝牙与手机相连，可记录人体运动。由于环带包围了整个胸腔，它还可以记录心率及呼吸时胸腔扩张与收缩的模式，这让OMSignal可测量其他可穿戴设备无法测量的额外信息。由于这些数据都是直接对胸腔进行测量而得来的，它们比从手腕或其他部位得来的数据更加准确，更少受到干扰。Athos开发的运动紧身服采用了医学领域的肌电图技术，将传感器嵌入到服装面料中，从而帮助用户获得更具针对性的健身运动效果。由于传感器覆盖十分广泛，Athos可以监测到心率、手臂及腿部肌肉形态，并传输至智能手机应用上，让用户了解到健身训练强度、效果。另外，Athos可以随意水洗、烘干，就像普通衣服一样可以重复使用。总部设在波士顿的休闲品牌Ministry of Supply推出了一款加热夹克，可根据用户的喜好调节其温度，并且还有一些其他方便的功能。随着科技的发展，智能纺织与智能衣物必将为我们带来更多便利。

SMART CLOTHES

THE FUTURE OF WEARABLES 智能衣物，服饰的未来

E-TEXTILES

E-textiles are designed to be comfortable and fully functional at the same time. They are made out of traditional fabrics but are woven with conductive fibers and electronic elements. These elements include some biomedical sensors used for gym clothes, microcontrollers, and fiber antennas. The related field is fibretronics, which explores how these electronic elements and computer functionality are integrated into these traditional fibers.

The Cientifica Research has presented a new report examining the markets for these wearable technologies, the companies which are currently producing them and the applicable technologies. They have identified three generations of smart wearable technologies:

1. "First generation" has a sensor to apparel. This idea is currently used by sportswear brands such as

Adidas, Nike and Under Armour;

2. "Second generation" wearables have the sensor embedded in the garment, as is the case with current products from Samsung, Alphabet, Ralph Lauren, and Flex;

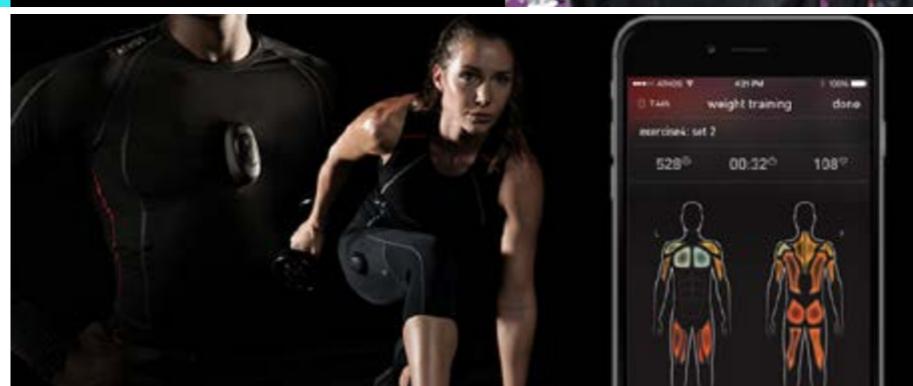
3. In "third generation" products, the garment represents the actual sensor. A growing number of companies have recently been creating pressure and temperature sensors for this purpose.

The new technology is going towards making a new type of sewing machine that embroiders thread into fabric via a computer program. Instead of the conventional thread, the manufacturers would use metallic fibers such as silver, nickel, copper, aluminum and stainless steel. Depending on the quality of fabric, thread, and electronics which are used for this purpose, the end-products will be durable and can be washed just like regular clothing.

Future applications of these textiles will include well-being products, sportswear and medical clothing for patient monitoring. Most companies are working toward mass commercialization of smart textiles as an important step for healthcare.

TAKING WEARABLES INTO THE MARKET

◆ **OMSignal's** co-founder and CEO Stephane Marceau made an official announcement stating that the company has launched a series of smart sports shirts for men and recently a smart sports bra for women. These products can track steps, distance, calorie burned as well as some unique measurements first introduced by this company. These measurements include fatigue level, breathing, and strength which body is putting into the workout. The next big step includes measuring the person's heart rate, and muscle tension, thus



previously been reserved only for elite athletes. Now, they are available for common people who can wear high-quality compression shorts, shirt, and other embedded textiles. They consist of total 20 EMG sensors, 8 in the shorts and 12 in the shirts, including breathing and heart rate sensors. These products are measuring person's heart rate, breathing rate, exercise form, balance, muscle tension and burned calories. What makes these products unique is Athos gear which collects and evaluates electrical activity produced by various body muscles

three carbon fiber pads functioning through the process called resistive heating. The microcontroller processes the temperature gained through external thermometer and motion signals to send enough power to heating pads. Unlike other self-heatable jackets, this product is able to constantly adapt and optimize the temperature creating an individual "microclimate". It utilizes Amazon's smart assistant Alexa to be able to provide the voice control function, allowing users to heat the jacket even before it's put on.

Tips To REDECORATE YOUR LIVING ROOM *for* AUTUMN AND WINTER

By Anastasia Chapman

We know there's still a couple of months for the fall season to usher in, but we can't help but feel excited about adding those warm fall touches to our home spaces to spend the frigid months in utmost comfort. In our books, transitional seasons always call for a change in home décor! And here, your living room is the prime space that sets the tone for a crisp autumnal look for the entire house.

So if you are tired of the uninviting appearance of your living room, we could help you out with that! It's understandable why some living rooms look cosy and appealing while others appear boring and lopsided, despite being designed with the best of furniture and home accents. Here we will let you in on a little living room interiors secret: it's all about choosing the right kind of colours.



For fall, revamp your living room walls with colours that add depth and warmth and lots of layering to create a snug atmosphere. Moreover, living rooms are where you relax after a long day at work. So it's a no-brainer it has to have that warm and inviting effect and at the same time ooze a sense of tranquillity and calm.

Darker and moodier tones of charcoal, grey, green, intense purple, teal, calming neutrals and earthy tones are going to be all the rage in the interior designing space this fall/winter. But you could also add some shots of cheery hues in between to add your personal touch and a distinct character to your living room décor.

步入9月，盛夏的脚步悄悄离我们远去，虽然天气未凉，秋冬的影子似乎还不曾看见，但凡事早做准备总是没错的。现在各大品牌的秋冬新款已经上架，我们的起居室是不是也要稍作调整呢？如果你厌倦了一成不变的客厅装饰，此时正好是一个改变的契机。

客厅风格的变化，主要在于颜色搭配。秋冬季适合将室内引入温暖而层次多样的色彩，以营造舒适的氛围，让你在辛苦工作一天后回到一个完全属于自己的，可以彻底放松的家。

灰色、绿色、深紫色、藏青色，这些色调在家居装饰方面非常流行，适合秋冬季节的气质。绿色是大自然的颜色，将葱葱郁郁的森林深绿色与闪亮的金属亮铜色相结合，添置铜质金属家居物品，可以提升空间内的奢华感。

有时候客厅需要一些亮点打破陈旧的气息，芥末黄色、青色、粉红色等，都是这种调和剂色。它们可以给你一种眼前一亮的感觉。如果你认为黄绿色太过扎眼，那么不妨将其中加入一些深木色和灰色调的家具，以平衡视觉冲击感。

而若现有家具陈设有紫罗兰色和石楠色，那么可以通过翠绿色来调整、均衡，打造独特效果。

土黄色的色调往往给人一种“土”味儿，甚至无法登入大雅之堂，但是巧妙的运用土黄色可以给家带来一种温馨、踏实的感觉。土黄色其实有多种变调，棕色、咖啡色、浅咖色、淡黄色都是这个色调的系列之一，它还可以很巧妙的和米色相融合。米色椅子和棕褐色的沙发带来了强烈的色彩对比，同时给人以舒适的休息感受，为整个房间的布局带来了平衡美。

如果你更偏爱乡村风格，那么不妨利用自己的客厅，搭建一个温暖的乡村风居所。墙面用文化石或墙砖做装饰，可以在瞬间带给你乡野的自然粗狂美。在家居饰品上，采用羊毛、呢子和其他柔软的面料作为家具外罩，再搭配复古皮箱和扶手椅，一个完美的乡村风客厅就打造完成啦！



Whatever fall hues you combine, remember to keep the overall feel of the living room organic and welcoming. For the rest, here are some tips that may help you find your footing while redesigning your living rooms for the colder months:



TRY FOREST GREEN WITH METALLIC TONES - Go luxe by combining lush forest green fabrics with super-shiny metallic accents like copper or brass to add that luxurious statement to your living rooms. Forest green being a warm tone will make the space cosy and revitalizing while furniture or show pieces with metallic tones like copper are a great pick to bring in a unique glam quotient in your living rooms.

BRING IN SOME ZEST WITH CHARTREUSE YELLOW - Do you want to brighten your dark living rooms? Why not bring in some vigour with shots of bright Chartreuse yellow to have that illuminated effect in your living space? Halfway between green and yellow, this uplifting hue is great if you want to add some dynamism to your autumnal interiors. Fret not and go ahead if you wish to use pops of chartreuse in the form of upholstery, furniture or accents for an eye-catching effect. If you don't like the punchy effect, dial it down with dark wooden or grey hued furniture to keep the look popping.



COLOUR BLOCK TO ADD THAT WOW EFFECT - If you are willing to experiment with the colour scheme of your living room, colour blocking can prove to be a rewarding exercise. Pick impactful colour combinations like teal green, baby pink, mustard and so on for that rare look. Dark teal green or rose walls, a sofa set in baby pink or crimson red, mustard yellow armchairs or cushions in different colours work together to create a welcoming and cheery atmosphere that is never jarring.



SPRUCE UP WITH EARTHY TONES- Enjoy earthy tones all year round in your living room! Gold and bright orange when placed next to each other are bound to create a harmonious look in your sitting space. Plus, the two monochromatic tints of brown, orange/brown included in the rug and pillows is definitely working as a brightening factor in this setting. A love seat and a sofa in neutral tan offer that much-needed break from strong colours by bringing balance to the scheme of the room.



BUILD A FAUX COUNTRY HOUSE CORNER - Don't have enough funds to build a country style home? No worries, create one right inside your living room! Fake your way to a warm, country style scheme by trying out this smart trick. Try covering your living room walls with an exposed-brick-wall look-alike wallpaper to instantly add that rustic charm of a country house. To make it look more authentic, cover the furniture with plenty of wool, tartan and tweed and other soft furnishings while teaming the arrangement with vintage storage trunks and leather armchairs.



PLAY UP PURPLE, GREY AND EMERALD GREEN FOR THAT REGAL LOOK - Create a regal look for your sitting room by letting emerald green be the anchor to ruling violet and heather tones. To add subtle vibrancy to the room, throw a dash of green accessories during the summer months and replace these with brass to work up a more glamorous look in the colder months.

4th Anniversary Celebration @ Shangri-La Hotel, Tianjin

In celebration of its fourth anniversary on August 8th, 2018, Shangri-La Hotel, Tianjin kicked off an entire month of special offers and events in August. From irresistible promotions on room nights, dining and meetings, to a talk-of-the-town party, Shangri-La Hotel, Tianjin, is a hot place to be this summer.

“We are thrilled to be recognised as a leading Tianjin hotel and are grateful to our loyal guests and colleagues for their continuous support. I look forward to welcoming everyone to celebrate four great years and even more exciting times to come this August at Shangri-La Hotel, Tianjin,” says Jason Stinson, General Manager of this deluxe property.



Mooncake Launching & Thank You Party @ Wanda Vista Tianjin

Mid-Autumn Festival is a traditional festival full of love and reunion. With it drawing near this year, Wanda Vista Tianjin held the Mooncake Launching & Thank You Party on 10th August, 2018, at the Lobby Lounge.

Nearly one hundred invited VIP clients as well as local media attended this party. Mr. Nikolaos Chatzipetros, the general manager of Wanda Vista Tianjin, gave a thank you speech at the beginning of the event. “I would like to take this opportunity to personally offer our appreciation for your wonderful support. For us you are our most valuable clients and tonight we want to thank you for the commitment and loyalty you have shown us. Tonight is about enjoying yourself with great food, great entertainment and some wonderful prizes.”

The Guzhen performance, Chinese Tea Ceremony performance, lantern riddles guessing, mooncake show, lucky draw and a sumptuous outdoor BBQ delivered a unique and pleasant mid-autumn experience to all customers. In this traditional season of reunion, Wanda Vista Tianjin presents you with three stylish moon cakes gift box selections with different flavours for you to choose from and deliver to your dearest friends or business partners to create a joyful memory.



cut corners

“偷工减料”

Cindy and Leo form a newlywed couple. Their wedding took place a couple weeks ago, and they were moving into their apartment that was going under renovation for the past few months. Cindy and Leo cannot wait to see what their new place would look like. After stepping into the apartment, they quickly went around the place and checked if things were working. Lights worked fine in all the rooms, stoves turned on fine, and water was running. Cindy let the water run for a while to check the water pressure. Exactly because of that, though, they found out that the pipes under the bathroom sink were leaking.

Upon finding the leakage, Cindy ran to Leo and told him about the discovery. Leo went quickly to the bathroom, looked at the leakage, frowned, and said, “The construction company really cut corners when they built this bathroom! We paid so much for the renovation too.” Cindy, not knowing what “cut corners” means, looked around the bathroom and replied, “Honey, what do you mean? The corners are fine in this room!”

Not knowing whether to be surprised or to laugh, Leo explained that “cutting corners” means doing something poorly or cheaply. The construction workers probably didn’t put their 100% into renovating the apartment, or used bad materials, thus leading to the leakage of the bathroom sink.

If you imagine a building with poorly constructed corners, you’ll likely see why this idiom means to do something cheaply - costs are cut and quality is low. “To cut corners” has a similar Chinese phrase: 偷工减料 Tōu gōng jiǎn liào. Next time you see something that could be built better, feel free to say that people cut corners while building it!

Cindy和Leo是一对新婚夫妇，婚后沉浸在幸福中的他们很快便搬进新家，并且迫不及待地查看各个房间的情况。当Cindy告诉Leo浴室漏水时，Leo不禁表示装修公司“cut corners”。Cindy不解地看看墙角，说：墙角很好啊。其实，Cindy不知道“cut corners”是“偷工减料”的意思。“cut corners”这个词的原意是：抄近路，找到更方便的办法，或用更省事的办法来做一件事，用地道的汉语词汇来说，那就是“偷工减料”啦。

Bakeries & Desserts



H P **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
和平区成都道126号
奥林匹克大厦1楼104
T: +86 22 2334 5716

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

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

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

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

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



N K **LE CROBAG - Tianjin Store**
Le Crobag 德国面包房
A: Room 109, 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



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

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



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

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

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

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

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

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

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



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

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

French

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



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

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

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

H P **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

H P **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

H P **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

H B **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

H P **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

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



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

Japanese

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

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

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

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

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

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

Thai

H P **Kudos Thai Restaurant & Lounge Bar 泰莲泰国餐厅**

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4楼39号(南马路路口)
T: +86 22 8728 8669

H Q **Chat Thai Restaurant 泰来时尚泰国餐厅**

A: 3rd Floor, Aqua City, No. 18 Dafeng Road, Hongqiao District, Tianjin
红桥区水游城购物中心3楼
T: +86 22 58719019

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

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

Western

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

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

H P **La Sala Lobby Lounge 四季·大堂酒廊**

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

N K **Nan Duo Shi 南多世 Afro - Portuguese Restaurant**

A: No. 12 Ning Le Xi Li, Shuishang Dong Road, Nankai District, Tianjin.
天津市南开区水上东路宁乐西里12号
T: +86 22 2374 0090

H P **1863 The Ding Room 1863 至尊西餐厅**

Choose one of the traditional menus and enjoy what Puyi or Hoover had when they were guests at the hotel.
18:00-22:00. Mondays Closed

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



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

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

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

H P **Seasonal Tastes “知味” 全日餐厅**

Offers guests an innovative combination of Asian and international cuisine.
00:06-10:00; 11:30-14:30; 17:30-21:30.

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

H P **Promenade Restaurant 河岸国际餐厅**

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

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

H P **Habuka the Butcher 羽深肉铺**

A: No. 187, Chengdu Road, Heping District, Tianjin
和平区成都道187号
T: +86 22 8338 5251
+86 157 2205 2242

RIVIERA
蔚蓝海

H P **Riviera Restaurant 蔚蓝海法餐厅**

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

O: 11:30 - 14:30, 17:00 - 22:00
A: 1F, The St. Regis Tianjin, No. 158, Zhang Zizhong Dao, Heping District
和平区张自忠路158号
天津瑞吉金融街酒店一层
T: +86 22 5830 9962

ZEST
香溢

H P **ZEST 香溢 -全日餐厅**

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

A: 1st Floor, The Ritz-Carlton, Tianjin, No. 167 Dagubei Road, Heping District, Tianjin
和平区大沽北路167号
天津丽思卡尔顿酒店一层
T: +86 22 5809 5109

H X **Café BLD 餐廊**

BLD offers buffets for each meal period with open kitchens that give the guest a feeling they are dining in the kitchen itself.
06:00-24:00.

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



N K **Hard Rock Cafe, Tianjin 天津硬石餐厅**

A: No. 56 Tianta Road, Nankai District
南开区天塔道56号
水上公园正门斜对过
T: +86 22 2351 7625

H X **Fire House 浓会**

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
南开区滨水西道
时代奥城商业广场A3座1楼
T: +86 22 5811 3300

Coffee Shops

H P **Starbucks Coffee 星巴克咖啡**

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

1) Sun-Thu 08:00-22:00, Fri-Sat 08:00-23:00
A: 1F, Berth C1-2, Buidling No. 1, No. 18 by 1, Tai'an Dao
泰安道18号增1号三号院一号楼C1-2铺位首层
T: +86 22 5832 5702

2) 09:00-24:00

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

H P **Bistro Thonet 庭悦咖啡**

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

N K **Harvest Book & Coffee 哈维斯特咖啡**

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

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

Tea Houses

H P **Yang Lou Tea House 洋楼茶园**

Tea house in a villa where you can watch TV, search the internet and play mahjong. 09:30-02:00
A: The junction of Kunming Lu and Chongqing Dao, Heping District
和平区重庆道与昆明路交口
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. 18:30-03:00.

A: 50F, Tangla Hotel Tianjin, No. 219, Nanjing Lu, Heping District 和平区南京路219号
天津唐拉雅秀酒店50层
T: +86 22 2321 5888 ext. 5293

HP Le Procope Lounge 普蔻酒廊

Elegant, sleek, relaxed. You will want to dress-up before going to Le Procope. Luxury and comfort are the core ideas. 10:00-03:00.

A: The Junction of Chengde Dao and Shandong Lu, Heping District 和平区承德道和山东路交口
T: +86 22 2711 9858

HP O'Hara's 海维林

Offers the intimacy of an English gentleman's lounge with regal Winchester styled sofas and an oversized bar counter. 17:00-02:00.

A: 1F, The Astor Hotel Tianjin, No. 33, Tai'er Zhuang Lu, Heping District 和平区台儿庄路33号
天津利顺德大饭店豪华精选酒店1层
T: +86 22 2331 1688 ext. 8919

HP River Lounge 畔吧

Leave your footprint on the Haihe River. The latest address for an afternoon rendez-vous.

O: 09:30 - 01:30
A: 1F, The St. Regis Tianjin. No. 158, Zhang Zizhong Lu, Heping District 和平区张自忠路158号
天津瑞吉金融街酒店一层
T: +86 22 5830 9958
W: stregis.com/tianjin

The Lobby Lounge
大堂酒廊**HP** The Lobby Lounge 大堂酒廊

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

HP Muse Bar 缪斯酒吧

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

HP SITONG Bar 昔唐音乐酒吧

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

HP Qba Bar Q吧

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

HP The Bar KEI 桂酒吧

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

HP The St. Regis Bar 瑞吉酒吧

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

HP WE Brewery

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

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. 06:00-01:00.

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

NK Violet Lounge 紫

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

HB Mama Mia 妈妈咪呀音乐酒吧

Release yourself with our music. Lead yourself with our culture. Embrace yourself with our style.
A: No. 437, Shengli Lu, Italian Style Town, Hebei District 河北区意大利风情区胜利路437号
T: +86 22 2445 9905

HD Churchill Wine & Cigar Bar

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

NK GAL Whiskey & Cocktail

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

HP Gusto Bar 9吧

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

KTVs**HP** Eastern Pearl 东方明珠KTV

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

HX Holiday KTV 好乐迪

One of the most popular KTVs in Tianjin entertainment that offers the most elegant decoration and conditions. 24 hours.
A: 3F, Shuiying Lanting Building, Pingshan Dao, Hexi District 河西区平山道水映兰庭商业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

**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儿医院

A: No. 21, ShuiShangGongYuan East Road, Nankai District 南开区水上公园东路21号
T: +86 22 5898 2012 400 10000 16
W: amcare.com.cn



Golf Clubs

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

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

Gyms

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

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

Moving & Relocation



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



Catering Solutions

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

Decorations

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

Electrical Appliances

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

Laundries

H P **Fornet 福奈特**
Largest high-quality professional laundry service chain in China. 07:30-21:00.
A: No. 58, Xikang Lu, Heping District 和平区西康路58号
T: +86 22 2333 2888

Hotels

★★★★★



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

Hotels

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



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



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



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



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



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

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



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



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



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



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

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



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



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

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

H Q **Holiday Inn Tianjin Aqua City 天津水游城假日酒店**
A: No.6 Jieyuan Road, Hongqiao District 天津市红桥区芥园道6号
T: +86 22 5877 6666
F: +86 22 5877 6688
W: holidayinn.com/tjaquacity



H D **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



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



H D **HYATT REGENCY TIANJIN EAST 天津东凯悦酒店**
A: 126 Weiguo Road, Hedong District, Tianjin, 300161 河东区卫国道126号
T: +86 22 2457 1234
F: +86 22 2434 5666
W: tianjin.regency.hyatt.com

B D **Hyatt Regency Jing Jin City Resort & Spa 京津新城凯悦酒店**
The resort resembles an ancient, mythical royal palace surrounded by a labyrinth of pathways, archways and waterways; creating a unique oasis that commands and dominates the surrounding skyline.
A: No. 8, Zhujiang Da Dao, Zhouliang Zhuang, Baodi District 宝坻区周良庄珠江大道8号
T: +86 22 5921 1234

Serviced Apartments



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

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

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



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

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

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



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



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

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

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

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

Art Galleries

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



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

Art Districts

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

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

Museums

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

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

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

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

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

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

Parks

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

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

Theatres & Cinemas

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

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

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

Associations

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

Education



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

HX **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



HD **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



QH 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



NZ International School of Tianjin
天津经济技术开发区国际学校天津分校
Only international school in Tianjin fully authorized by the IBO to teach all three IB programs (PYP, MYP and DP) from age 3-18.
Mon-Fri 07:30-16:30.
A: No.22 Weishan South Road, Shuanggang, Jinnan District 津南区(双港)微山路22号
T: +86 22 2859 2003/5/6
W: istianjin.org



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

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

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

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

Exhibition Centres

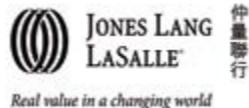
H X Tianjin International Exhibition Centre
天津国际会展中心
Located near Tianjin museum, this two-storey building is suitable for holding large-scale international and domestic exhibitions.
O: 09:00-17:00.
A: No. 32, Youyi Lu, Hexi District 河西区友谊路32号
T: +86 22 2801 2988

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

Libraries

N 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



N 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



Bakeries

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



LE CROBAG - Teda Store
Le Crobag 德国面包房
A: Room 105, 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大街2-01 (智选假日酒店北侧 近迪卡侬)
T: +86 22 5999 9191, 189 2021 8583

La Seine 赛纳河法国餐厅
A: Binhai Sky Fashion Boulevard, No.2-02, TEDA Fashion Square, Binhai New Area District. (Near the Decathlon movement supermarket)
滨海新区泰达时尚广场滨海时尚大街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大街2-07号 (近泰达足球场)
T: +86 22 5985 9988

KTV

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

Spa & Massage

Sheraton Shine Spa
喜来登炫逸水疗
A: 3F, Sheraton Tianjin Binhai Hotel, No.50, 2nd Avenue, Binhai New Area 开发区第二大街50号 天津滨海喜来登酒店3层
T: +86 22 6528 8888 ext. 6021

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

Hospitals



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

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

TEDA International Cardiovascular Hospital 泰达国际心血管病医院
An international referral hospital for all heart ailments with modern health-care facilities, sanitary environment and a well qualified team of experts.
A: No. 61, 3rd Avenue, TEDA 开发区第三大街61号
T: +86 22 6520 8888
W: tedaich.com

Drycleaning & Laundries

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

Hotels



Renaissance Tianjin TEDA Convention Centre Hotel
天津万丽泰达酒店及会议中心
Has earned a reputation among conference delegates and business travellers for its distinctive level of luxury and artful blend of Eastern and Western hospitality.
A: No. 29, 2nd Avenue, TEDA 开发区第二大街29号
T: +86 22 6621 8888



Sheraton Tianjin Binhai Hotel
天津滨海喜来登酒店
Ideally located in the heart of Binhai New Area. Featuring 325 guestrooms and suites offering a range of comprehensive facilities and exemplary service, comfort and convenience for busy travelers.
A: No. 50, 2nd Avenue, TEDA 开发区第二大街50号
T: +86 22 6528 8888
W: sheraton.com/tianjinbinhai



HILTON TIANJIN ECO-CITY
天津生态城世茂希尔顿酒店
A: No. 82 Dong Man Zhong Lu, Sino-Singapore Eco-City, Tianjin, P.R. China 300467 滨海新区中新生态城动漫中路82号
T: +86 22 5999 8888



Tianjin Goldin Metropolitan Polo Club
天津环亚国际马球会
A luxury resort destination hotel with a prestigious members-only polo club, two international standard polo fields, a column-free Grand Ballroom and 10 restaurants and bars.
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T: + 86 22 8372 8888
W: www.metropolitanpoloclub.com

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长白山万达威斯汀度假酒店
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T: +86 439 6986999, +86 439 6986888



Apartments



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



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.binhaiipark.cn

Education

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



International School 泰达国际学校
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

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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, Nanghai Lu, TEDA 开发区南海路1号
T: +86 22 2532 6009
W: warnergolfclub.com

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

Outdoor Clubs

Tianjin Freetrek Outdoor Sports Club
天津自由户外俱乐部
Offers customised trekking tours, trips to fantastic places in China, and weekend trips to areas surrounding Tianjin. Also offers equipment and clothing for trekking. 09:00-20:00.
A: No. 1038, Jintang Gong Lu, Tanggu District 塘沽区津塘公路1038号
T: +86 22 2582 9366

TAI'ERZHUANG ANCIENT TOWN

台儿庄古城



Tai'erzhuang Ancient Town is a World Cultural Heritage Site that is located at the center of the Beijing-Hangzhou Grand Canal. This 2 square kilometer site is tucked in Zaozhuang City, Shandong Province, and it is essentially at the intersection of the provinces of Jiangsu, Shandong, Henan and Anhui. It is considered to be the most stunning water town in the country. This ancient town is a suitable getaway spot for photography lovers who will enjoy the 18 ponds and the 15-kilometer long streets and lanes along the waterways.

THE CANAL CULTURE

The northern section of the Grand Canal has been rendered non-navigable, and besides, most of the cultural relics are barely discernible. On the other hand, the Southern section has been redone since 2008 though its current state cannot match the original state. Of its sections, the Qianfu Village is a replica of what was there during the Ming and Qing Dynasties as most of the lanes, ancient streets, water gates as well as the embankments are remarkably preserved.

NOTABLE CULTURAL RELICS

Typical of an ancient water town in the country, Tai'erzhuang ancient Town is characterized by lots of churches, temples and pavilions along the river. The key ones include the Mt. Tai Goddess Temple and the Mazu as well as Wanchang Pavilions.

ATTRACTIONS IN TAI'ERZHUANG

The Beicheng River Scenic Area



This is a wetland park that has beautiful and perfect connection of nine ponds. Along this stretch, the sites to be on the lookout for include Orchid Sandbank, Lotus Creek, Peach Blossom Dock, Mt. Tai Xanadu and the Apricot Blossom Ferry just to name a few.

The Canal Street Scenic Area



By Chelsea Hunter

对于台儿庄这个名字，大部分人对它的印象一定是历史上著名的抗日战争台儿庄大捷，这一次大战打击了日本侵略者的嚣张气焰，坚定了全国军民坚持抗战的信心。但可能很多人并不知道，台儿庄还是一座美丽的古城，这里有悠久的运河文化和丰富的民间文化底蕴。如果了解这一切背后的秘密，那么来台儿庄古镇旅游一番，相信你必会有不一样的收获。台儿庄运河古城值得游览的景点有很多，这里以运河为文化轴线，规划了11个功能分区，8大景区，即关帝庙景区、西门安澜景区、纤夫村景区、“运河街市”景区、板桥—花门楼景区、水街南市景区、清真寺—九龙口景区、湿地公园；八种建筑风格融为一体。

进入台儿庄古城，你就会看到一座牌坊，上书“水陆通衢”，它见证了台儿庄往日的繁荣。参将署是清朝正三品参将行署。在抗战时期的台儿庄大战中，这里曾放军火，为台儿庄战役发挥了重要作用，现在是台儿庄古城重建博物馆。久和客栈是台儿庄运河古城内徽派建筑的典型代表，现在作为便捷酒店，供游客住宿使用，扶风堂是典型的晋派建筑，是祖籍山西扶风的万家所建，万家借助运河漕运，发展成为经商大家。这里的天后宫兴建于雍正年间，后来毁于台儿庄大战的战火，如今重建天后宫，成为这里同类建筑中质量标准最高的一座。

台儿庄运河古城里还有很多历史时代的资料展馆：运河文化展馆就大运河的历史建设、经济文化和未来五个部分做详细的展览，向人们展示了它的无限风光。明清文化展馆则有很多关于明清时代的史料。

在古城内，不仅可以欣赏优美的风景，更可以玩很多好玩的游乐项目，你可以乘坐小舟穿梭于古城的内河，还可以在古城的街上看景区的表演，如柳琴戏、运河大鼓、舞狮子、杂技表演等，最隆重的还属乾隆第四次下江南的实景演出。到了晚上还可以去古城的酒吧或茶舍聊聊天，听听音乐，品茶饮酒。

最方便的交通方式是乘坐动车到枣庄而后换大巴车到台儿庄，另有BRT快车供您选择。如果要去台儿庄旅行，最好早做准备哦。



appreciating the ancient scenery of the Grand Canal, this is a suitable location for that. The major scenes that can be enjoyed at this end are the famous Tai'erzhuang Grand Canal History and Culture Exhibit Hall, the Queen of Heaven Palace, Tai'erzhuang Battle Park as well as the Tai Shan Tang Private School and the Shuangxiang port.

The Banqiao Huamenlou Scenic Area



A great deal of traditional Chinese gardens can be appreciated from this attraction site. This area is known for the following scenic spots - the Huamen Tower, Slab Bridge, Lanling Academy, the Tai'erzhuang Battle Bullet Trace Wall as well as the Tai'erzhuang Water Culture Art Hall.

ACTIVITIES YOU CAN ENGAGE IN

There are a number of activities that can enhance your touring experience while you are in Tai'erzhuang Ancient Town. You will be entertained by the cultural performances that are held in different locations at this attraction site.

You will be particularly dazzled with the folk performance sites that you could catch from the exhibition halls as well as the squares of this ancient town. Some that you could enjoy include:

- ☑ The South Shandong Shadow Puppet Show
- ☑ Emperor Qianlong Visiting Tai'erzhuang Town Show
- ☑ Qin Shu, a form of storytelling that relies on ballad songs along with a musical accompaniment
- ☑ Liuqin Drama
- ☑ The South Shandong Drum Performance

Besides the shows and performances, boat riding is an interesting way of having a great time in this attraction site. You will find many tourist boats which could either be the cockle-boats or the well-pimiped pleasure boats; the latter usually accommodates 35 people while the former can hold a maximum of 10 people. During the boat rides you will enjoy the singing as well as ancient storytelling rendered by the boatmen.

HOW TO GET THERE

You could reach Tai'erzhuang Ancient Town using various modes.

Travel by Air:

It will be impossible to entirely rely on air transport to get to the town since the nearest airports are located relatively away from this attraction site. The nearest airports are the Shandong Linyi Airport - 90 kilometers away - the Xuzhou Guanyin Airport and the Lianyungang Baitabu Airport which are 110 kilometers away as well as the Jining Qufu Airport which is 130 kilometers away. You will then have to finish up the journey using a coach or a taxi.

Travel by High Speed Rail:

This seems to be a preferred alternative to many people who plan on visiting the ancient town. Most travelers usually take the Beijing-Shanghai Railway to get to Zaozhuang Railway Station which is 70 kilometers from Tai'erzhuang. You will then have to use either a B10 coach from the Zaozhuang Bus Station to get to Tai'erzhuang Daqiao Bus Station, from where you will have to use bus 1 to finally get to the ancient town. The other alternative is to use



a taxi from the Zaozhuang Bus Station to get to the ancient town.

You also have the option of using ordinary trains which will leave you at the Zaozhuang West Railway Station, from where you will have to use either several coaches or a taxi to get to the ancient town. If you plan on proceeding with coaches from the ordinary trains you will have to board the BRT B1 to get to Zaozhuang Passenger Transferring Center. A B2 bus will then take you to Tai'erzhuang Daqiao Bus Station, and bus 1 will then help you get to the ancient town. A taxi can also help you get to the ancient town from the Railway Station.

CONCLUSION

Tai'erzhuang Ancient Town has earned the title of being the most amazing water town in China. There are a number of attraction sites and activities that could keep you thrilled throughout your visit. You could get to the ancient town by a combination of travel by air, rail or road.

BARİ

A CITY NOT TO BE MISSED



巴里——不可错过的魅力之城

By Elisabeth Galbraith

When people say the Apulia region is full of simple, natural jewels, you have to believe them because they are definitely right about this input. Lecce, for example, located in the southern part of the Italian region, is almost considered as being southern Florence, while Bari is its Bologna, a historic but youthful town with thousands of college students that make nights in the city entertaining, cool, hipster-ish and never boring. It is definitely a city that cannot be avoided. It is much more urban than any other city you will find in the same region and, after all, **it is the second-largest town in the south of Italy.** You will see that by admiring its huge boulevards, plazas, the already named super-active nightlife, constant car obstructions in the streets, and the horns and the screams even late at night. There are very few other cities that can be as lively as Bari is.

It is also home to two of the biggest universities in southern Italy, a recently renovated opera house that

has a charming story of resurgence after a big fire and all the municipal buildings that sparkle under the sun and are extremely close to the sea. Bari also sports a very busy port that has frequent links with Albania, Croatia and Greece, and a big, crowded international airport that you can use to come and go as you prefer without spending too much money since it is used by very popular low-budget airlines.

Bad travelers often end up skipping a city like Bari to go hit on the most famous city of the region, Lecce. Bari is not equally famous, to be honest, but as this guide will show you, it does not lack at all in terms of history and culture. For example, visiting the old part of the city will leave you speechless. It has a much more slow-pace living style than the city center, mostly because of the sacred atmosphere that you will feel while enjoying a walk through the ancient roads. As a matter of fact, this is the area of the town that contains the bones of Saint Nicholas (most famously known as Santa Claus). They are kept within the walls of the Basilica di San Nicola which is one of the most important pilgrimage destinations for all Roman Catholics and Orthodox Christians. It is a place of communion, a place where two different worlds, somehow, manage to unite.





Not much far from the stunning Basilica, there is a muscular, rugged castle called **Castello Normanno Svevo** (Norman-Swabian Castle). It is surrounded by ditches and trenches on all sides, except one of the northern sections that used to border the sea and can be reached by a bridge or with the southern gate. This castle historically went through many, many architectural transformations for several reasons, the most important being the fact that it was destroyed and rebuilt more than once and later acquired by different royal families over the centuries. Mainly, it is made up of so-called Aragon walls and comprises of a huge, sturdy Swabian tower. Right now the city of Bari uses the castle as a location for artistic and archeological exhibitions.

The city also has an unsurprisingly thriving food scene. After all, Italy is known for being a country that lives for food and Bari has plenty of traditional and delicious trattorias that help you stay away from the city chaos while in the middle of your trip to the culinary Heaven. However, it does not come as a surprise

when you think about how every single Italian region has amazing culinary traditions. Then why pick Bari (and Apulia) instead of somewhere else? Well, the cucina barese is, above other things, basically a Nirvana for vegetarians. The entire Apulian cuisine's cornerstones are vegetables. In fact, the entire region is predominantly agricultural, as it has always been a poor region that could not afford much meat, and in Bari you will be able to eat fruit and vegetables that are not only fresh and flavourful, but simply locally grown and biological. There is no such thing as an insipid tomato in Puglia and you will never eat better cherries than the one found in this region.

An interesting restaurant where you will be able to enjoy local food is La Cecchina, located in the very heart of the old town in Piazza Mercantile 31. You will eat amazing food while surrounded by historical, white buildings while enjoying vegetables of all sorts, beans, pasta and, if you are still hungry, fresh fish. One thing is for sure: do not go to Bari if you are on a diet, you will find impossible not to eat everything.



浪漫的意大利不只有罗马、威尼斯、米兰、佛罗伦萨这些大家耳熟能详的旅游胜地，更有很多在现代化发展中将老城保留至今，生活节奏缓慢，人民古朴的美丽城市——意大利巴里市值得你驻足流连。

巴里市位于意大利东南部，坐落在濒临亚得里亚海的肥沃平原上，是意大利通向巴尔干半岛和东地中海的主要港口。在古罗马人统治时期，巴里就已成为重要港口。老城里的街道如迷宫般杂乱无章，但集中了巴里几乎所有值得参观的旅游景观。新市区是1813年开始依有规则的棋盘模式所构筑的现代化市区，路面宽阔，街道纵横有序，遍布商店和餐厅酒吧。巴里也有浓厚的文化氛围，除了老城透露出的历史沧桑，巴里大学和巴里理工大学也坐落于此，为这座城市带来了文化与年轻的活力。很多人可能会跳过巴里去南部的其他城市旅行，但事实上，巴里有非常深厚的历史人文气息，如果有机会造访这座古老的城市，你将不虚此行。

巴里还是一个繁忙的港口，与阿尔巴尼亚、克罗地亚和希腊有航线相连，还有一个拥挤的国际机场。它是农产品集散地与重要的工业中心，有机械、水泥、食品、纺织、印刷等工厂。巴里市与巴尔干、中东地区的海上贸易频繁，输出以葡萄酒、橄榄油与杏仁为主，每年人们还在此举行东方贸易博览会。

巴里市区有建于1087年的圣尼古拉教堂、圣瑟比诺大教堂和诺曼底式城堡等中世纪建筑。其中，斯瓦比亚城堡位于巴里大教堂西侧，诺曼人于11世纪把它建于一个罗马堡垒的废墟上，13世纪弗莱德里克二世统治时期再次修建，在16世纪西班牙人统治时期又增建了堡垒和城堡中心建筑。如今宽敞的城堡内陈列有许多有趣的艺术作品。

意大利的美食闻名世界，在巴里地区，意式美食的特色以新鲜的水果和蔬菜为主，如果你尝过这里的樱桃，那么一定会对它念念不忘。如若你正在节食，那么一定不要去巴里，因为这里的美食会让你完全忍不住口水，大快朵颐。

日本美食节

JAPANESE FOOD FESTIVAL

水谷义典

9月18日至23日，天津香格里拉大酒店特邀大厨水谷义典为津门食客呈现原汁原味的寿司盛宴。水谷义典，拥有近20年的烹饪经验，曾为日本外交官和日本料理鉴赏家烹制菜肴。在埃及、新加坡和日本餐厅及5星级酒店的工作经验为他日后的精湛厨艺奠定了基础。现任北京香格里拉饭店西村餐厅行政总厨的他，坚持亲自制作料理，严格把控食材的每一道制作工序。

Yoshinori Mizutani is the Chef de Cuisine at Shangri-La Hotel, Beijing who will bring a wealth of experience, know-how and creativity gained from many years of cooking for Japanese diplomats and other connoisseurs of fine Japanese cuisine. He has always followed the principle of "Maintain the tradition and authenticity of Japanese flavors". For seven years, he was the private chef for the Japanese ambassador in Singapore and Cairo.



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2018.09.22	豪华阁五道式晚宴	净价RMB 488 net/位person 不含红酒 Dinner without wine
豪华阁 Horizon Club	5-Course Gala Dinner	净价RMB 588 net/位person 包含红酒 Dinner with wine
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玛利亚·莎拉波娃
2017 年单打冠军

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